

## *Lauren McLaughlin*

**12.03.14**

**Lauren McLaughlin, Unity Minister, writer, speaker, and retreat facilitator, *Why Life Doesn't Have to Be So Hard.***

The link to listen to today's call is at:

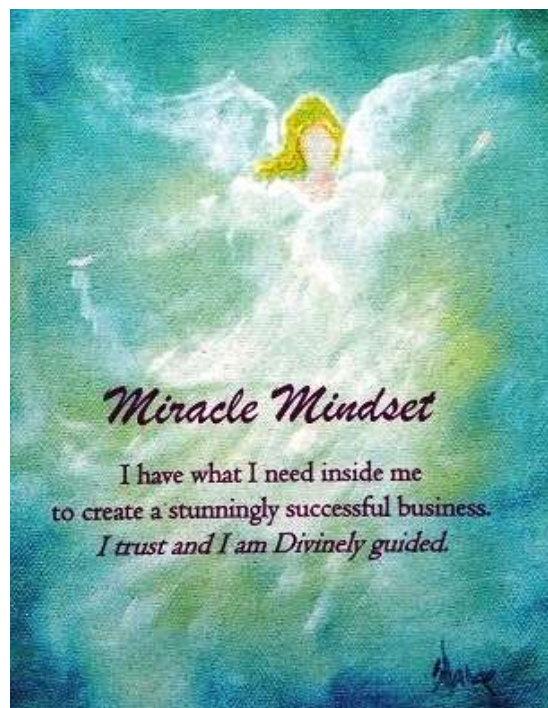
<http://www.blogtalkradio.com/divinely-intuitive-business-radio-show/2014/12/03/lauren-mclaughlin-life-doesnt-have-to-be-so-hard>

**Rev. Anne:** Today we have two Irreverent Revs on the show because Lauren is a Reverend as well and she also calls herself that!

[Opening Blessing]

Sink into your heart... know that you and your business are whole and complete and perfect right now. You are in the perfect moment of now. Rest in that truth. Thank you... and so it is.

Today's Angel Card is the Miracle Mindset card.



You are always Divinely-guided; it's your job to be still and listen to it.

Let me introduce you to Lauren McLaughlin. She's part of a team of thousands of teachers on the planet at this time, whose purpose is to remind those who wish to remember that:

- 1) they are deeply and dearly loved by the Creator and Sustainer of all life,
- 2) the answers to the most important questions they have are carefully stored in their own heart, they're inside us sweet ones, and
- 3) they deliberately chose the human experience for the sheer fun of it.

LOL! We'll have a fun conversation about that!

Lauren is an ordained Unity Minister, a writer, speaker, and retreat facilitator who is currently living happily-ever-after with her husband, John, in Clearwater, Florida.

Lauren and I have been Facebook friends for years. We've spoken on the phone a couple of times and we hang out on Facebook together. She's at the other end of Florida, but we've never actually met.

**Rev. Lauren:** I think people don't realize how large Florida is. We're six hours apart. We made it home here because it's more peaceful on the West coast. That's about making your life easier.

**Rev. Anne:** Let's get talking about how life doesn't have to be so hard. What do you think it is about life that makes it so hard?

**Rev. Lauren:** We always try to do things the hard way, from the human perspective, without using our inner guidance, like a GPS. We didn't ask for directions in the first place. We get intoxicated by life and start running around putting out fires, without realizing we could do better planning and attract people who are going to help us.

We don't remember the instructions, so we bumble through. If we stop and do a little thinking and studying what other people have learned, things can be easier.

**Rev. Anne:** Yes, in business, we're often putting out fires. That is what I used to do years ago. I think the way to get away from that is to do Divine self-care to disconnect from those fires. It's difficult; you have to make a choice.

**Rev. Lauren:** First, you have to wake up to the fact that you can do things in an easier way and realize that we are not all of God, but God is all of us. If we know that we can go to God for security, direction and livelihood, life becomes much easier.

For the first 50 years of my life I didn't realize this!

Once you wake up (this means talking to people who've had experience with this) you learn tools, seven of which are described in the book, and in the classes you and I teach.

**Rev. Anne:** We have access to mentors through quality books and books on tape. You still have to choose to find it. Now through YouTube.com you can find astonishing abundance. I was blown away by the quality of the library system in Florida.

What happened for you around age 50?

**Rev. Lauren:** The first wake up was around 40 years old. I was brought up Catholic, non-practicing after 20 years old. I went to the Unity Church for a while, and then stopped. When my child was a teenager, I was driving along one day and the radio said, "*Do you realize you have a direct connection to God? You are God!*"

I slammed the radio off at such blasphemy. But I kept thinking, "*What if he's right?*" I then began to meet people who told me that we are all extensions of God, people interested in metaphysics.

Once you let the Universe know you are open to hear, you'll be guided.

By the time I was 50, I was attending Unity Church, and I married a man with similar interests. He wanted to become ordained, and then I followed suit and became ordained at the age of 59.

**Rev. Anne:** Did you minister?

**Rev. Lauren:** Yes, for 7 years; but we're both teachers and now we have an Internet ministry.

**Rev. Anne:** I have never yet felt guided to lead a church. I wanted the experience and the interfaith training in the first year, and the second year was about rituals and how to hold the energy of the sacred transitions in life. It was culminated by an incredibly powerful ordination.

**Rev. Lauren:** My husband came from a business background and we took two churches that were ready to close and restored them physically and fiscally to full strength. But that took away from being able to reach people earlier in their lives.

We want to reach the baby boomers who are ready to explore their spirituality, but they don't know how. We're the transition team, teaching people how to do things the easy way rather than the hard way!

Christmas time, for example, is a time when we encumber ourselves with a lot of "have-tos", such as Christmas cards. They may serve you, but if you dread something, stop it. Or, buying presents for everybody in the office, giving a Christmas party you don't want to give, going to one you don't want to attend...

We build boxes around procedures, ways of thinking and we don't allow other opinions without getting upset. People are going to have other opinions.

Compromise doesn't please anybody, so you have to cooperate.

**Rev. Anne:** What are your "have-tos" in your business? Taxes, paperwork?

**Rev. Lauren:** These are things that have to be done...by someone. If you absolutely hate something, you have to change it or grit your teeth. Gritting your teeth is the hard way. If you can't afford it, you can always barter. There is always someone who likes to do what you don't like to do. Ask for guidance about the smallest little thing.

**Rev. Anne:** Yesterday, I was whining about something, and I realized I wasn't asking for guidance.

**Rev. Lauren:** The problem with an entrepreneur is that they are the only one. They have to look at the payoff: for example, I don't like to wash dishes, but I like to eat off clean dishes. I can buy paper plates, I can pay someone to wash them, or I can spend two minutes washing with them and start cooperating with the situation.



**Rev. Anne:** My daughter doesn't like washing dishes, so she only buys things that she can put in the dishwasher!

So, let's talk about your book.

**Rev. Lauren:** I started writing a self-help book several times, but they were all quite dry, and one day I was teaching and I heard myself saying, "*The best teachers are storytellers.*" I spoke to my Angels, especially to St. Michael, and he said he would help.

I wrote it in 60 days. It poured through me.

It was one of three books. The next two books will be a little bit more complex, since, as you grow, you're open to bigger ideas.

**Rev. Anne:** I love about how you can watch the characters open up and evolve and step into their spiritual truths, and then readers can identify with the characters. In books, series, and so on, if I can't identify with the characters, I won't watch or read them.

**Rev. Lauren:** The highest compliment about my book I heard was, "I wish these people lived next door to me."

**Rev. Anne:** So did you just download it when you sat at the computer?

**Rev. Lauren:** It wasn't totally downloaded; it contains stories about myself, people I know and smart-aleck things my kids have said. Before writing each day, I would ask St. Michael where we were going.

One night in bed, my husband said, "*Is Tony in here as well?*" It was because I was so wrapped up in the characters I was creating. John was nothing but 1000% supportive, he was amused. At one point, I had Tony using a Rolodex and John said, "*Lauren, no-one uses a Rolodex now!*"

**Rev. Anne:** [laughs] What a love...Tell us about what the ELF is...Tell us about the seven lessons.

**Rev. Lauren:** The ELF is the Eternal Life Force. My calling is to remind people that God loves them. Many people have a love-hate relationship with

God, and can't truly believe that God really loves them. I went to Spirit and asked about this, and the answer was, "*Find another name for me.*"

Then I realized that ELF, Eternal Life Force, is in yoursELF, himSELF, hersELF... You can call it your inner being, your higher self. It's the part that is much greater than your human part.

Rev. Lauren: The seven teachings came from spirit:

- (1) You are the ELF in yourself.
- (2) We cause our own problems by building boxes.
- (3) We came here to have a good time. Whatever you consider to be fun is what you are supposed to be doing. It's the antithesis of what we've been taught. You don't have to be bad to have fun. It's about feeling a tiny bit better constantly. When you relieve yourself of weight, and just turn around a little, your perspective changes.

**Rev. Anne:** So you have a gift for our listeners.

**Rev. Lauren:** You can get access to the first six chapters of *Go To Elf* at [www.GoToElf.com](http://www.GoToElf.com). Listeners can also email me for 12 Affirmation, 12 times a day for 12 weeks. It's called 12, 12, 12, just email me at [godbless@tampabay.rr.com](mailto:godbless@tampabay.rr.com).

**Rev. Anne:** I have spiritual affirmations for entrepreneurs in my store. That is why the Miracle Mindset affirmation card came up today. Sometimes when I say them I think, "*Man, I'm telling lies here...*" But the whole process is that you state where you want to be and then move through the gap to be in alignment with where you want to be.

[Closing blessing]

You can be that light that you already are. Shine your light, share it with the world. You are guided every single moment. Connect in with it. Own it. Be it. Share it.

**Rev. Anne Presuel**  
*Your 6<sup>th</sup> Sense Guide to a 6-Figure Business*  
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