



Own Your Truth podcast

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Host: Ken Cervera

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Welcome to Own Your Truth. The show that highlights individuals who have embraced the dark lessons of life and used these difficult moments as fuel for growth and success. These are the artists, the entrepreneurs, creators, leaders, survivors, and thrivers who have made it to the other side of hardship with unique knowledge and inspirational insight.

I'm your host Ken Cervera and I believe a good conversation can change your life and if you're curious to explore the great business of living your purpose I invite you to step into the present moment, remove the mask and Own Your Truth.

Diane Babcock and Rocky Cave were high school sweethearts who hadn't seen each other in over 43 years. Then, one night while relaxing on the couch with a glass of merlot and watching Pulp Fiction a particular song in a certain scene triggered a powerful emotional response within Diane to reach out immediately to her long-lost love. She had no idea that her phone call would arrive at a pivotal moment in Rocky's life and ignite the journey of healing, reconnection and true love that I'm honoured to share with you today.



*Diane Babcock & Rocky Cave 2019
reunited after 43 years*

Diane is an incredibly talented writer and a gifted communicator with a natural ability to listen, let go and trust in the unseen intangible truth within. So whether you believe in destiny or coincidence, Diane's story is one of those rare reminders that life's most beautiful moments may arrive when we have no reason left for hope.

K: The story begins with you and your high-school sweetheart, Rocky, reconnecting from what I understand after 45 years in what you described as "a beautifully bizarre twist of fate that renewed a special bond to inspire a phenomenal faith when death seemed the only outcome."

And I'm giving you a direct quote from your email that you sent to me as I just found that was so beautiful and I'm really excited to get to the reconnection portion of your story. But before we get to that I would love to know more about your high school years with Rocky and some of the significant memories you shared with your boyfriend at the time, Rocky Cave.

D: Yeah. He likes to remember this too you know. We first met actually on the school bus because his stop was before mine and it's like when I got on the bus he knew he wanted to ask me out. And so I was surprised because my mother never really let me date and was very picky, and so I was very surprised she let me date him. But yeah. We'd go out...we just liked being together a lot. It was so comfortable just hanging out and it's not like there's a bunch of jealousy or grabbing. Like in the sense of just trying to get a man in your life. It was so natural to be together and that was the wonderful part of our history really. It's kind of I guess something that I've kind of missed all these years without even realizing it - we both have.

K: Since you are a phenomenal writer I would like to read the first part of your story intro because I think it's the perfect segway into my next question. I love this part which was:

"This amazement story begins during one of my favourite evening pastimes where after finishing a busy work project I treat myself to dinner and a movie, or more specifically Spaghetti Puttanesca, Merlot and Netflix."

I love this part because it was really at this point in the evening you wrote about your process of picking your movie and I'd love for you to just share how the rest of this moment really unfolded for you.

D: Well, it is like I do most movies I just go through, kind of feel my way through Netflix really. My faves are actually action adventure but when I saw Pulp Fiction I thought, "I haven't seen that in a long time you know I'd like to see that again". And just recall the old John Travolta and Uma Thurman, who I love and I just want to just remember the story really, and so that's when I chose that one.

K: I love the moment that specifically happened when you were in the middle of that movie and the music and the senses really rekindling this memory of Rocky. What was that experience like for you and I think you'd mentioned specifically the Neil Diamond moment. Which I love Neil Diamond, by the way, my father still is a big fan of his music and I would love for you to share that physical very visceral sensory experience on hearing that song - that would be beautiful.

What was the name of that song by the way?

D: Girl you'll be a woman soon. It's a song for some reason it really touched me like really deeply. It moved me. Songs do that and they're really famous for bringing - they're emotional right. And I've studied music and its effects on us but it hit me and it's like wow I couldn't get it out of my head or my senses. I'm going I just felt the rest of the song all through the movie. Like I say, afterwards I went onto YouTube and I found a good version and I just listened to it over and over and I just really got into the harmony and the words and they just really spoke to me.

K: You, at that point it sounds like from your story this is the moment of reconnection with you and Rocky, because that song and that memory in that experience triggered within you that need to reach out. What was it like for you, because you describe this a little bit in your story, having experienced that song and then making that decision to finally call Rocky after hearing this song and seeing that movie? After how many years was it that you guys have been?

D: 43 years since I left Quesnel.

K: *Yeah what was that like?*

D: Well, that was a bit of a shock because I did not expect it you know. I have a very strong sense of guidance and so I listen to it when I get hunches, intuition and stuff.

I pay attention because I know that's part of sending me on to my next step but when it came to that it's like: why? Why would I call Rocky? And the message was very clear. I was to call and "make sure he was okay". That's all there was to it that's just the words, the impression. You know you get impressions like in your heart and your mind.

That's what it was it was, an impression. It was a really strong one like I was meant to act on this and so I kind of floundered my way through making sense of it, because it didn't make sense. I don't even know if he lives in that town still or his life situation or anything - and it's been so long. I wonder what he's going to think. He's going to think I'm crazy. That's exactly what I was afraid of. He's going to think I'm one of those weird people who...I don't know. Anyway, so I went and tried to find his phone number on White Pages. So I did that search and finally found it and then I kind of hesitated and I kind of waffled back and forth. Should I or shouldn't I? What would I say? What am I going to say? How am I going to say this?

And finally I thought, he's going to think I'm nuts, but whatever, I'm just going to put it to him and let whatever he does with this information that'll be up to him as long as I say it. And so that's what I did and I phoned. He wasn't home or he was away from the phone so I left a

message basically saying, "Hi, Rocky. It's Diane Babcock. I know it's been a long time, but I just had to phone and make sure you're okay, so have a good life, bye".

Basically that's what I said and then he came in and he just missed the call and he saw who it was and it took him a few minutes he said to put the D with me with my name D Babcock. And then he phoned me right back, and so I felt a little caught off guard.

All I did, I said, "Well, I left you a message and this is basically what the message says and so I repeated it and that's when what he said floored me, because he said, "You must have been hearing my troubled thoughts". He said, "I am so glad you called", and that's when I started to understand the importance of the message.

K: Man! Reconnecting like that, especially knowing what happens after you guys had reconnected. What I'm particularly curious about in addition to this journey and how it unfolds is really the sensations for you in just trusting this energy, this voice, this nonverbal instinctive thing that really goes beyond the realm of from what most people understand and I guess is telepathy or connecting through energy. In that moment for you what was it like for you to actual experience that level of awareness and insight where you had that immediate validation of wow this voice, this feeling, this sensation is real and it's true? How is that for you? Was that a bit of a shock?

D : It was! It really was, because I was amazed at the story he told me. He had basically given up on hope of having this very important, very, very important brain surgery that had been put off so many times because of forest fires - he had to fly to Vancouver. He just got so fed up of being promised "we're going, we're going" and then the next moment "you're not going, you're not going". And he was confined to the hospital for a whole week before that, and he just said at that time too, he said he could have something go wrong that would be life over anytime if he did not get that surgery. That's how important it really was.

He said he wasn't going to answer the phone if the hospital called. He said he's had enough of them he was just going to go home and take his chances with whatever.

He said I gave, the phone call, me phoning gave him the strength to actually answer the phone. They did call the next day actually he was whisked off by ambulance to the airplane and off to Vancouver just like that. And that to me was another, a second kind of miracle in this. He actually, the very next morning got the call to go and then he spent the next week in Vancouver having the brain surgery.

K: And this was because of the cancer that had spread throughout his body to his brain.

What was the significance of the cancer at this point that you had just discovered on the phone with him?

D: Well, the fact that this brain tumour could take his life at any moment, but also that 5 years earlier he'd gone through a bout with lung cancer and so that was something - a whole different story really. And so, in so many ways just his fortitude, his inner strength was so inspiring to me he kept going and kept wanting to get better - he's willing to do whatever it takes at that point.

He phoned me when he got back from the operation. He said he woke up with a renewed sense of life. He said he was just so happy to be alive. It's like he was given a second chance and I thought that was really wonderful but he seemed to want to credit me and for me to take credit for that it's kind of like, "Well, you know you're a part of this, too. You must have reached out in some way on an energy level or something, your thoughts, and so I just basically picked up on that". So I guess I was ready to hear it, too - we were both ready to connect but this is what it took.

K: And the story you shared with me about the extent of this in terms of the cancer tumour in his lungs and actually pressing on his spinal cord. From what I understand from family members and close individuals in my life when cancer spreads to that extent trying to hold on to your will to survive it takes a certain kind of human being to push through that. You know that because you were there it seems in every step of the process.

What I'm curious about is there was this pivotal moment in your journey when you talked about Rocky's 50/50 chance of remission and weather the difficulty of having to decide whether or not to endure that lethal radiation/chemo combo treatment that almost killed him when he was healthy.

During your research period for him what were some of the things you learned about alternative cancer treatments?

D: Well, the one thing that I have to say that stood out was Cannabis being one of the most available for one thing and there are so many healing properties in it. It is the most versatile plant there is and that's one of the things I believe there should be trials on, because there's so much, also testimonials. Huge websites started from people who actually were cured of cancer from just trying it and I'm really, really glad it's finally legalized in Canada. And I want the government really and the medical system to pay attention and take that one step further and start bringing that really potent, it is really potent as far as healing properties, into our medical system in a much bigger way. Just looking at all the proof I found in it - it's amazing.

I did make Cannabalm and I found out how easy that was and that's a topical; that's for pain, that's for joint pain and skin conditions, and it's so easy to make. It's just the simplest thing, it takes an afternoon. You got to have some kind of common sense when you're making stuff like that using double boilers and heat and oil, but it's basically cannabis-infused coconut oil is all it is. I just wanted to experiment for myself and I found out that it does work. I use it on my back, because I have back issues and I really want people to be aware this is there. It's possible and there's no reason to put out all of this horrendous money on pharmaceuticals that are by far very, very unhealthy for our systems in all the side effects they cause.

K: What was it like for you, by the way, it seems like you were putting in a lot of energy and time and effort really being a significant factor in the healing process for Rocky.

What was this like for you, you trying to manage in your day-to-day life and sort of be distant from each other and at times connected?

What was that journey like overall from the moment of that phone call and reconnection to now?

How has that been for you?

D: Well, what it was like is: I just wanted to be his support, like bounce ideas off of and bring whatever insights, because I can hear things in people's voices and in their words when they're trying to say something to themselves.

And so, I knew that he was the only one that had the answers as to how he was going to deal with this. And so, what I did, kind of pulled ideas, offered suggestions, take it one step at a time, see how this goes. I sent him a book my doctor wrote on alternative cancer therapies because there are many but he just was thankful I was there to be that. For the most all I did is really care. I cared that he was okay and that message is what kept me going and he appreciated the fact that I didn't nag him and try to demand that he do this or do that because I knew that he knew. Somewhere inside he knew the right thing to do for himself because these are personal challenges. Same as when I had my back injury it was a personal challenge to decide whether I was going to have surgery or not and I chose it, but I was lucky. I felt lucky. I felt fortunate that I had a very good neurosurgeon for a doctor.

K: Thank you for sharing that, by the way, because I think it's great I'm sure the audience and the listeners are going to hear really more about this story as you share it. And, of course, as it goes out, because there's so many details about your life that really created and painted for me this wonderful back story of an incredibly resilient human being. You were very honest and really very detailed about some of the important moments of your own life. In some cases, like in sentences you'd write them and I'd read them and, "Huh! There's really a lot here to dig into."

And I think something that there was this powerful moment you shared very briefly, which was how you were raised in an environment where children were to be seen and not heard except the next level up not to be seen either. I thought that was a powerful expression of what it was like for you in early childhood in that environment.

Considering being raised like that I think it's wonderful how you've come full circle to be honest with you. And how you've used that early childhood experience really as a way to connect with your gifts.

What have been some of those lessons you've learned from early childhood that have really carried you through this experience with Rocky?

D: I learned a lot of Independence that's what I did learn. I learned how to be very resourceful in doing things because I found a lot of times I had the answers, more answers than most people had for situations. But, I can see into things and I think around my home there was tension so I think I learned early on how to distance myself or pay attention to that energy when somebody was 'going to get', you know fly off the handle or something. I just learned how to sense and I think that's how I learned. I just knew when to move away and when to try to please this person so they wouldn't get so angry and stuff like that.

K: That's beautiful! I mean that's inherently how we learn to not just adapt to our environment but to really find out who we are within our environment. And having that awareness of it I think quite honestly, looking at your story and the big chunks of it you shared with me so far has just really helped to shed some light on the powerful connection that you have within yourself. And that you have with Rocky, because there was this really beautiful moment you talked about where Rocky had found much truth and those are important words because finding of the truth and really about what was truly important in life.

I'd like to read another portion of your writing if that's okay because the listeners need to hear this is just great writing.

“He said he found much truth about what was truly important when he faced the prospect of dying as told to him by his oncologist and at the heart of it all some things once coveted simply got filed away as unimportant in his mind. He laughed when I mentioned to him that many healthy people spend many hours in meditation trying to get to that very same place of living from what is truly important in life and they call it enlightenment. We both laughed even more when I told him I was one of those people.”

What were some of those important aspects of your life that this particular conversation with Rocky helped to bring awareness to?

D: I've spent a lot of years in basically self-analysis and understanding my own self and understanding what is important in my own life and also with my back injury learning what I needed to do to create a better life for myself and not be pulled into other people's dramas. That is one of the big things, but I also find there's so much frivolity in many people's lives where they put importance on a lot of things that don't serve them or give them joy, like possessions and stuff. I'm quite....I love my son a lot and so to me family is really, really important, but I wasn't really brought up like that and the joy for life, I found how important that is, because if I don't have that right energy I'm not going to attract the good things right? I have to. If I'm going through a bad time then I start attracting a lot of negative situations and then I have to work my way back up to not resisting them, letting them go and focus on my happiness and focus on the love that's inside of me and I think Rocky kind of got that, too.

He really started to see because he gave everything away and then he started deciding, "I just really want to be happy." And so that's what I learned, too. I just want to be happy and that's basically the most we can give ourselves...that happiness. And what that entails really is letting go of the stuff that doesn't. It's pretty simple when you talk about it but when you got cords of emotional trauma still attached to you, you got to work through them and let them go somehow and be thankful they were there to show you that you need to make some changes.

K: Yeah! I've often thought about the idea of happiness and really what it means and I think for a long time I viewed it as something like a destination you arrive at and now I'm realizing more and more as a father, and a husband, and as a friend, it's really something you cultivate and you practice.

D Yeah! You live it.

K: You live it, you do it, you project it outwards. So, that's my biggest goal now as a dad is let my son, the biggest gift I can give him really is to let him see me be fulfilled living my purpose, loving my wife and cultivating that environment where that's just all he knows.

What's the experience been like for all of you really as a family, specifically with this journey and Rocky and the reconnection?

What has that been like for you?

D: The reconnection? Well, there's a couple of parts to it because it was about real friendship really and having someone to be able to share. Like, we found ourselves understanding each other really well in what we talked about. And we would talk about spiritual things and we talk about family, we talk about this and that. And it's like we could just talk and we eventually became each other rocks kind of thing. It's like there was this nice place where we could just talk

and be ourselves and it was okay we could talk about anything and he really understands me and that's something I've never found before really.

With all of the stuff I've learned and all of the spirituality, basically my direction, my way of thinking. And my first real step into this way of thinking was with Stuart Wilde and his book 'The Force' and I still have that book by the way and I read it every once in awhile. He's really the most awesomest person in the world as far as I was concerned and just opened my mind up to absolutely everything. And it's like finally coming home with Rocky to a place where I belong and he feels the same way...we just belong.

And my son did not really...like...he felt uncomfortable with the things that I was doing, the stuff I was learning because back in '92 I did teach a spiritual awareness course. It was just kind of weird for him and so he didn't really like it and so you don't really talk that way to him but he actually has a gift, too. He has a real good insight.

One thing about my view on raising kids though is that I really wanted to know. When Tyler was born, I wanted to know who this person was. I wanted to get to know him, I wanted to know what he thought, how he saw the world. I didn't tell him what to think. I wanted to know what he thought. That was the real struggle, between that and discipline, because it was very, very different from my upbringing. I wanted my kid to have all the advantages of knowing themselves and knowing themselves really well so they can make smart decisions and he is. He's making pretty smart decisions and he's also a very loving father and so I was really happy to see that. I probably took you off in a little bit of a side trip there but oh well.

K: We were exactly where we need to be in that line of question because honestly that's the greatest gift any mother can give to the universe is the raising of a beautiful father, a good man. It's not an easy thing to accomplish even when you are an amazing parent so I just want to give you a moment of respect and acknowledgement and really just praise for doing everything you've done, and really cultivating your own beautiful world. I think it's been great for me and just hearing your story and learning about the journey and also sort of seeing it unfold digitally from one e-mail, one text message to the next. I think it was on May 12th you emailed me on some exciting news about you and Rocky officially declaring your girlfriend-boyfriend status.

Congratulations! How's that been?

D: It's been amazing. I finally got a cell phone, believe it or not, and so we can talk, talk for hours and we have been, and that's brought us so much closer together.

He was here for the first time in February...is when we first met after 45 years and we had a wonderful time just hanging out and I showed him everything in this beautiful city. Beaches he

loves, we went for dinners, lots of activities and when he went home it's like he just felt like he wanted to keep living like that and I like it, too. I like living that way with him. He's a wonderful companion and just a wonderful person and generous and you can't find those qualities all together. Somebody who relates and understands what I'm talking about and I understand what he talks about and it's that communication. We have that ability to communicate really.

K: I think often we get wrapped up in our own romantic notions about what the timeline of a life and relationship and marriage and connection should look like. And what I love most about your journey is that really it's not bound by time or any restrictions; it's this beautiful, seamless reconnection of two people who from what it sounds like were destined to reconnect and really declare not just more than your girlfriend and boyfriend status but the incredibly exciting news that I received about a week ago from you which is...I believe you have to share this one.

D: Yeah! Well, Rocky came for another visit for a week and he suggested we take it to the next level and so he proposed. I was so happy to have that we really are that close and it seems so natural that we can be that kind of relationship. The first time I ever even heard of any such relationship and this is the example that I try to recreate in my own life is the example my great-grandparents left me. And, the thing with their relationship is: they were sweethearts all the time throughout their marriage. And I thought to myself, because I have my great grandfather's poems and my great-grandmother's memoirs, and that's what their life was about. They were sweethearts all the time and I thought I want that for me and I thought I will not settle for anything less and I didn't. I did not expect Rocky to do this or even have those feelings for me because I thought he was happy to stay in Kamloops where he was. Hanging out, just getting away from all the doctors and stuff, being around his other children who he adores really and they are so supportive of us. It's incredible. My son is so supportive, too, and it's like the love just emanates from both of us and everybody's noticing it. They really are! It's amazing! They're just noticing it so much in our photos when they see us; it's like this never-ending smile planted on both our faces always - it's just natural.

K: I'm so happy for you, Diane. For me I'm just like a casual observer in all this and I feel truly blessed because I think you just discovered the podcast and reached out via email and it's almost like this beautiful gift that just sort of fell in my lap and this incredible story. I'm really grateful for you for reaching out and I want to thank you for sharing it and I love how it ended with a marriage proposal and this really just the beginning.

D: Yes! He's planning and getting ready to move here as we speak and he should be here by the end of the month. He's made that decision and his kids are all for it and my son is all for it. It's such a beautiful experience when we're together. It's where we belong and I am so grateful to the universe for bringing us together. I don't even know for sure how it works and I don't need to...I just know this is fantastic stuff really and everybody should have some.

K; Really. Absolutely. And you have to keep me posted on how it unfolds and all the joy that comes from this reconnection and moving things up the next level. I'm excited, I'm really happy for you.

I love asking my guests this question about creating an alternative educational experience.

So, for you Diane if you could create an alternative educational experience and teach the three most important life lessons that we don't learn in school what would they be?

D: Oh the life lessons, eh? Wow. They don't teach meditation. They need to do that. Meditation is one of the most powerful ways of connecting to your Source, the Universe, our higher self and that's where all of our individual answers are... and so yes.

What else don't they teach? Probably emotional intelligence. They don't teach that.

K: Really good one!

D: Yes! They don't and these are the things that I learned when I took training as a life coach and they also don't teach how to be an active citizen. That's one thing they need to do, too. Citizens must be involved. Same as life and let your children know themselves that is very important life skills. There not teaching the right life skills I don't think. Knowing yourself is one of the most important things is knowing yourself.

K: Absolutely! And sometimes I think all of our journeys are different, but imagine if we could get a head start on it and just prepare for the journey... beautiful.

So what's the big vision you have, Diane for your life and the impact you'd like to make in people's lives?

D: Continue. Basically what's going to happen is, Rocky and I are likely going to become a little bit like a pair of social butterflies in some ways and he wants to travel the island and he wants to start something...we're going to do a project together. We don't exactly know what it is but it's fun for us to hang out and we're just going to enjoy life as much as possible and of course support our kids, and hang out with our friends. That's it: enjoy life as much as possible, because basically that's all we've got right now is that and that's what we're going to do - is just enjoy.

K: Beautiful! It's pretty damn good vision.

D: Yes, well. It's a long time coming because, like I say, I've had to go through a lot of trauma and I've had to clear it out a lot. Rocky's had to do the same and we are very fortunate to be together, but we were both paying attention to ourselves and to our own guidance and that's what I think brought us together.

K: If today was the end and you were on your deathbed, what would be your biggest regret at this moment in your life?

D: That we didn't do this sooner. You know. I just feel like sometimes you just wonder, all that suffering! I didn't have to do all of that! I could have done this sooner had I known, right?

Had I known these certain life skills I could have cleared this baggage out sooner, I could have cleared this trauma out sooner. And there are ways of doing it and I found them for myself and I hope everyone finds theirs because everyone has baggage of some sort. Everyone has conditioning and that's where for some people it's fine, they can imitate their parents lives and stuff if they want because it's comfortable. But then in your own life it's a whole different story and we're creating it every day, every day is new for us. Everyday is newness for us.

K: This is one of the truest perspectives on life and what you said there was so powerful making a choice to decide to imitate our parents' life or create our own.

D: Yeah! My parents lives didn't work for me... truly.

K: And in the same breath what would be your most peaceful thought or realization that you've lived a good life?

D: It's that real connection to the highest love that's available on Earth and that's the Universal love that is so beyond anything that we can imagine. It's so beyond brotherly love, it's beyond romantic love. It's Universal love that's just being in that space and being allowed to live in it and experience it on this planet. It's the most that I can and taking it to the next step is sharing it with someone. The fact that I got to share, that's the ultimate for me and I am sharing right now. I get to share it and it's been received, whereas before people were spooked by stuff like this and now I'm free to be.

K: I'm excited to ask you the final question because again all interviews must come to a close but according to Diane Babcock what does it mean to own your truth ?

D: To own your truth is to be yourself. It's just simply be allowed to be and that is a wonderful state, actually. I practice it so much: just being. It's more than peace; it's an actual field of lightness and just being yourself without any heavy thoughts or any thoughts at all, any emotion,

just being and that's a wonderful place. Wonderful experience is just that: being! That's what we're connected to Source. That's the highest state really. It's being allowed to be -in our own skin you know.

K: Comfortable being exactly who we are.

D: Yeah, and just being in our own skin. I understand that trauma can make you feel like you're not in it and I know that feeling but when you can actually be in your own skin and just exist in that even for a moment a day.... and just stay, stay for a minute, like seizing the moment, but being, just being.

K; Diane I want to thank you again for this beautiful, beautiful, absolutely wonderful moment. There's a phrase that I've heard recently which is heart-centered and I've come across a few genuinely heart-centered human beings in my life and I trust and know in my heart that you are one of them. So, it's just generally an honour really to chat with people who have been through their own experiences in life who are willing to share them and understand the value of those dark moments.

So, thank you again for adding to the archive of inspiration for the Own Your Truth podcast because it really means a lot. You never know who we can impact with our stories and I'm just grateful for you for having the courage to connect with me today and share it.

Speaking of connection where can the listeners connect with you and just chat and really learn more of what you're up to... where can they connect with you?

D: I do have a namesake website that connects to all my other sites it's dianebabcock.ca and also I'm on Facebook as Ms Diane Babcock and so that's probably a really good start.

K: Diane, please keep me posted on your journey as it unfolds.

D: The next chapter is incredible and it'll happen. When we're together magic happens.

K: I look forward to hearing more and thank you again for chatting with me today and I really appreciate it.

D: I appreciate you

K: Thank you for listening to Episode 19 with Diane Babcock. I hope you guys enjoyed this episode and encourage you to reach out to Diane and let her know what you thought and make

sure you follow her on all the social medias connect with her and learn more about her journey of love and reconnection with Rocky.

For me this episode is a powerful reminder that love really isn't bound by any time limit restraints and doesn't have to fit within the framework of what we believe it should look like, so thank you, Diane, for the reminder to let go and trust that the Universe has our back and thank you guys for listening and look forward to connecting again in Episode 20.

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