



# Living *A Course in Miracles*

## Healing Self-Esteem

*Week 2 Class*



*Gabrielle Bernstein & Jennifer Hadley*



## **Living A Course in Miracles** Gabrielle Bernstein & Jennifer Hadley

<b>Healing Self-Esteem.....</b>	<b>4</b>
Opening Prayer .....	4
Reclaiming The Experience Of Self-Love .....	5
It's Taking Little Right Actions .....	6
Searching Outside Ourselves For Self-Worth .....	7
How Ego Thoughts Sabotage .....	10
Claiming That We're All Miracle Workers .....	11
Surrender Becomes Our Way.....	14
A State Of Mind Without Illusion.....	16
We Can Tune In .....	17
Discomfort Is Way Better Than No Spiritual Process.....	19
Self-Forgiveness Has To Happen .....	20
Gentle Self-Talk .....	22
Holy Spirit Is The Only Voice You Choose To Call .....	23
Being Unapologetic About Support.....	25
Bouncing Between Inferiority And Superiority .....	27
Gabrielle's Website Offerings.....	29
Closing Prayer .....	30

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**Week2**

# Healing Self-Esteem

***Gabrielle & Jennifer Hadley***

***Thursday, September 13, 2012***

## *Opening Prayer*

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Jennifer            Let's begin by placing our hand on our heart and taking that breath of love and gratitude and remembering our true identity right now. We drop down into our heart. And taking this breath, we raise our vibration simply by being grateful to be the two, or more, who are gathered in the name and the nature of the Christ presence, the great I Am.

We are consciously connecting and communing with the higher Holy Spirit self, invoking divine grace into our awareness right now. We open ourselves for healing.

We're releasing all attachments. We're releasing any false ideas we have about ourselves, any identification with the false, any identification with lack and limitation, suffering and separation. We're placing it on the holy altar fire of God's love right now.

We're opening ourselves for this healing. We're calling it forth. We're accepting it. What I know for myself, for Gabrielle, that we are open to the spirit. And we speak the truth, the truth that sets us free.

And we're grateful and thankful to know that we share the benefits of our healing, and our expanding awareness, with everyone because we're one with them.

All boats rise on this holy tide of love. How good it is. How good it is. In grace and gratitude, we let it be. And so it is. Amen. Amen, Amen.

Gabielle            Amen. Thank you.



Jennifer

I am going to just ask the most direct question of all and that is, what have you found to be that sort of lynch pin in your spiritual practice that has opened the door to self-love for you, Gabrielle?

### *Reclaiming The Experience Of Self-Love*

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Gabrielle

For me, I feel as though I actually didn't necessarily know what's happening throughout the process of reclaiming that experience of self-love.

It was something that I woke up and realized that I was back here. I had been a student and a teacher of the Course for seven years. And there was so much self-hatred and attack early in that process and, obviously, leading up to finding the Course.

The time that I've spent as a student has been such a great, tremendous, unconscious learning, unlearning, an unconscious unlearning, that I almost had this moment about two years ago where someone asked me, "Are you proud of who you've become?"

And I said, "**I haven't become anyone. I'm just more myself.**" And it was that moment of recognition. Oh, I had let go of all those false pretenses I had placed upon myself. And now I'm just present in this experience.

That was a really neat moment for me. I don't know exactly how it happened. **I think it was the evolution of a lot of steadfast practice, and adding up miracles, and adding up shifts, adding up the forgiveness.**

And, one day at a time, it just was bestowed upon me. So, I don't know that there was necessarily a turning point, but that was a really nice moment of recognition. Oh, yeah, that's all gone.

Of course, there are many moments when I get hooked into those illusory ways of thinking, but I don't identify with that anymore.

Jennifer

For many people, that is actually hard to imagine. It's just letting it go. It just seems hard to imagine. It seems really inconceivable. When you started seven years ago... What was your low point, do you think? How long ago was your low?



Gabrielle I had a big bottom in 2005. I was addicted to drugs and alcohol and severely codependent, and addicted to workaholism. And I really hit my knees hard when I was 25.

And that's when I found the Course. What I would say to someone that's not in that position who's saying "Well, how do I get there, it sounds so inconceivable?"

### *It's Taking Little Right Actions*

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**I think that the answer is lots of little right actions.** I don't think that I was actually so focused on the outcome, or the release. I was more focused on the moment to moment experiences of release.

And, as a result of just letting myself make those subtle shifts, I was able to experience a really radical change. Like I said, I didn't necessarily know that that change had hit until I just sort of was in a moment of recognition, "Wow! That's Here. You know. "Wow! I'm no longer hooked into that."

**And I think that that experience happens through the repetition and through the dedication to the principles of the Course, and really inviting the principles into every area of your life.**

It's not just about your spiritual part of your day, it's your spiritual life, and really treating every moment as a divine spiritual learning opportunity.

Jennifer I've been thinking a lot about that saying, "The way you do anything is the way you do everything," and that's what I'm hearing you say. It's you learn to do everything from the place of spiritual practice.

Gabrielle Yeah, and of course, there were tons of moments of going out and following my ego and not being in that mindset. But the practice was to forgive myself and come back.

**Even in the midst of going out, you're in your practice,** if that makes sense.

Jennifer Yeah, I don't know about you, but for me there's not one day that I don't fall off my practice and pick myself up. Now it's seconds, usually, versus hours or days or weeks.



Gabrielle Yeah, or years.

Jennifer Yeah, it's decades for some.

Gabrielle That's right. Yeah, that's been my experience, too. **It's that over time, what would take two weeks to first figure out, and then two weeks to get out of, now can take seconds, yeah. It can really take seconds.**

Jennifer When you hit that bottom in 2005, on a scale of 1 to 10, let's say, with a healthy self-esteem being a 10, where were you on that scale, 1 to 10?

Gabrielle I was probably a 4, yeah. It was pretty low, maybe lower. **My entire sense of self-worth was really based on outside circumstances and situations.**

Jennifer Can you illustrate some examples of that so people can recognize it in their own life, where your sense of self-worth comes from circumstances?

### *Searching Outside Ourselves For Self-Worth*

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Gabrielle Yes, **I was looking for my sense of self-worth and my sense of safety and security and peace in my credentials and my romantic relationships, and my body and my financial status, anything that was outside of spirit, anything that was outside of my truth.**

I was looking for it outside of myself. And that experience of searching, searching, searching, really was the catalyst to me hitting bottom, because we can try. We can try. We can try. **We can do it a million different ways. It will always end up falling short. And luckily for me, I felt so blessed that I was a drug addict at 25. That's the gift that was given to me. It was God's plan and it was divine.**

And Holy Spirit was like, "Let's have her hit her knees young, and have her hit her knees hard." And we got real young so that I could start to wake up real fast, so I could start to wake up a new generation as well.

Jennifer I think a lot of people your age are coming to spirit a lot faster. I'm 52 and so I'm 20 years older than you. And I know it was a lot slower for me. But for me, it was faster than it was for a lot of people who are older than me, that we are experiencing this progressive waking up. **And all**



**our minds are joined, so each person's contribution to the wakeup is so valuable.**

Gabrielle

I couldn't agree more. It's happening real fast right now. The younger folks are waking up faster. And those folks that took a little longer are still waking up really fast now. **It's like the collective wakeup call is here.**

And I definitely felt that for myself. I felt like it was really setup really fast. I felt a very strong, strong inner call. It's like, "You've got to get yourself together because you've got work to do, and you've got to tell a story in an authentic way. And you are a [unintelligible] for *A Course In Miracles*, and make sure that it's being told loud."

My own personal experiences have been my greatest teaching devices. And really the most awesome way to be able to teach, for me, is just by sharing my experience with the Course, the experiences of what transformations I've gone through and the gifts that come from these principles and practicing these methods.

Jennifer

Yeah, and you have been such a dedicated student. When you first came to the Course and you first hit your knees and began this process of waking up and releasing the false identification, what were the actual day to day practices that helped you the most?

Gabrielle

**Obviously, doing the Workbook has and will always be, a big part of my life. I love redoing the Workbook.** It's so fun to redo the exercises and just think, "Oh, my God. I get that now," you know? And it's just to come back around and revisit the Text and revisit the Workbook.

**I was a regular Workbook thumper and like most, struggled a bit with the Text in the beginning, but was kind to myself.** If I could read a page a day, I was really quite proud of that.

**And it was teachers like Gary that really helped wake me up.** A friend of mine... I think it was about a year into practicing the Course, a friend of mine gave me *Disappearance Of The Universe*.

It's a friend that I don't see often. I randomly went to her house. I don't even know why I ended up there. It's very far away from where I live. Somehow, randomly, I got to her house.



I didn't know why I was there. I kept thinking, "What am I doing here?" And she said, "I feel like I need to give you this book," and she handed me *Disappearance Of The Universe*.

And we all know how thick and dense that book is. I read it in six hours. I stayed up until like five in the morning reading the book. And I literally read it in like six hours.

**And the second I put it down, I picked up the Course and it was like I was reading the newspaper. I could interpret the Course in a whole new way.**

The Holy Spirit was working through Gary and working through the book and working through my friends to just get me there. It's really what I wanted. I was like, "I totally understand this differently. I want this to be clear. I want to really..." **I just was ready to just get there. And that book was the catalyst for me. That book just straightened me out.**

And literally, within the next day, I picked up the Course. I was literally like reading a newspaper. I was like I got this so clear. And I'm grateful for Gary. I'm grateful for that experience. I'm grateful for my friend giving me the book.

And I think that that really helped me heighten my practice. And then it was really about living the principles and being mindful of becoming this really lovely, non-judgmental witness of my fear.

And as we were talking about earlier, that became, and today is really the biggest, most valuable tool I use. **It's to continuously witness my ego without judgment and bring it to the Holy Spirit for healing, every moment, every moment. Not every hour, every moment I am conscious.**

Every moment I have that conscious contact because that experience, that gift is what has allowed me to just take down that veil to feel, to hear, to know and sense that to live in a place where I'm really feeling a tremendous amount of guidance, and to then reclaim that experience of self-love.

Jennifer

Did you experience in this really getting into the daily practice, working the Workbook, did you start to see how your relationship to yourself



was changing in terms of treating yourself better, making higher choices?

## *How Ego Thoughts Sabotage*

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Gabrielle Oh, absolutely. I began to, obviously, stay clean. I've been sober now seven years. **Without that relationship to the Holy Spirit, without that relationship to my inner guidance system and that self-love experience, I would not be able to stay clean.**

I started to respect myself in relationships. I started to respect myself in the way that I would talk to myself. And yeah, most importantly, it was my thoughts.

**I started to see my ego thoughts as toxic and really became very, very mindful and conscious of how those thoughts were affecting me,** and started to really just one moment at a time, one thought at a time turn it over.

Jennifer You know what I love that you shared in *Spirit Junkie* was that... So here you are. You're writing your second book and you're talking about when you began your first book that the ego mind was telling you that you don't have what it takes to write a book. You're not articulate enough to write a book. And all of these things come flying into your mind. How did you actually work with that in order to go forth and write your book?

Gabrielle I literally brought it to the Holy Spirit for a healing. Had I not had those tools, I wouldn't have been able to do that. I wouldn't have been able to get through it.

**My ego really had me in a headlock when I was writing both of those books,** particularly the first one, because I hadn't had the experience of the first one under my belt yet.

I write about this in the book. I had eighth grade English. I had no experience writing a book, but I knew I had something to tell, and a story to tell, and I'd been given a publishing deal. It was like I've got to do this.



And I brought it to my meditation pillow and I just said, “Please help me release this and help me to love instead of this.” And very, very quickly the guidance came in.

The book fell off the shelf. Immediately after that call for help, I got the intuition to contact a dear friend of mine who’d worked with a writing coach. And then that writing coach, within 24 hours, became my writing coach.

**As it always happens, once we surrender to spirit, we're given everything we need to make it happen, to heal. And so that has then become my life's practice.** It's to give it to spirit and then let the guidance come. And then, most importantly, show up for the guidance, listen to the guidance. I'm happy to say I've been working through it because I've got a lot more books in me, so I have to keep writing.

Jennifer

Clearly. You make such an important point, Gabrielle, because many people, they get stuck and they get stopped. Just what you said about when you make the commitment, when you make the decision, spirit will provide everything that's needed.

For someone who... It's because many people who are listening might be in that place of they're feeling stuck. They have inspiration. They have guidance to write a book, to do a dance, to do something fabulous, something wonderful, some expression of their divinity. And yet they get stopped because of those self-esteem, because of those self-sabotaging judgments. What would you say to that person of how to really get into the nitty gritty of working with it every day?

### *Claiming That We're All Miracle Workers*

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Gabrielle

I think the first part is... there's two pieces. **One is that with that experience it's just accepting we're all in it together.** The ego wants to compare and say, “Oh, she's got the book,” or, “She's got the Course and he's got this.”

And the ego wants to say, “How dare I? I can't because there's not enough to go around. These people are already doing it,” all the crazy crap that goes through our minds.



**The first thing we have to really claim is that we all are miracle workers. We all are here on the same mission.** We all have the same story to tell.

We all have an experience, an experience that we can be a storyteller in our own right, and be a teacher in our own right. And it's claiming that, really claiming that as not in an ego way, "Oh, I'm going to do this because it makes me who I am." It's claiming it from, "This is why I'm here and I have to do this." And taking that responsibility for that work as a miracle worker, I think really will help you.

I think that, when we're in that space of, "Oh, I want the message to come out this way and I need to teach in this way. And I want to share my gifts this way," we limit ourselves. We play really small.

When we tune into that place of, "There is a lot of work to do and I'd better shine bright," then we can be really unapologetic about the service that we need to be provided for us to do that work, and be really unapologetic about the miracles that are given. **And we can be unapologetic about the support that we receive and really just show up in a big way.**

Jennifer Right, we're entitled to miracles.

Gabrielle **And we must be extensions of those miracles.** When we start seeing it's not about me, it's about the fact that there's a lot of love that this world needs, then that was a big shift for me.

When I really said, "Uh oh, there's a lot of illusory stuff that is really taking us down. I need to serve," and I stepped into that. That, ironically, was when my career exploded and things started to move really fast. **It was when it was no longer about me.**

Jennifer I say that all the time when people come to me for counseling and they say they're afraid of failure. They have a brilliant idea, something they feel inspired and motivated to move towards, but they're afraid because they're afraid of failure.

What I say to them is, **"God cannot fail. So when you are doing it, purely for the love of God, purely to be of service, spirit cannot fail as you. You don't know how it will ultimately look."**



I'm sure when you started writing the first book, you didn't really know that it would look like how it is right now.

Gabrielle No, I didn't. And I really, really love what you just said, by the way. I just think that that is exactly what people need to hear. **That when you tap into, this is God's work and I'm here to just be an extension of that, and trust that God's work doesn't fail, then exactly what needs to happen will happen of the highest truth.** And it won't look the way you necessarily think it needs to look. **And, in many cases, it looks far greater than you could ever imagine.**

Jennifer So true.

Gabrielle That's been my experience. Everything that's happened to me from my career to my romantic relationships, to how I experience my physical body, and to how I experience my spirit is eight million times greater than I could ever, ever have imagined. **I could not have imagined this greatness, no way.**

Jennifer Exactly, me too, me too. High five on that one. I think of Gary Renard. To me, Gary is such a good example of this because when you read *Disappearance Of The Universe* and he's been a friend of mine now for, I don't know, a half a dozen years...

What he shows so clearly in *Disappearance Of The Universe* is he started in this place where he was really thinking and acting like a knucklehead. And he has transformed so much. And the life that he enjoys now, that he loves, was unimaginable, unimaginable when he began.

Gabrielle Yep, yep. Oh, yeah, I know. It's funny. It's great to be able to know people's stories and know the back story. And then I'll see how they thrive today. And it's really, really beautiful to witness.

And I hope that that's for any listeners that are in a darker place right now, that the ego's gonna wanna use those examples to compare and say, "Well, I can't have that," and let the Holy Spirit speak louder and say, "There's no difference between you and Gary. There's no difference between you and me."

Jennifer Right.



- Gabrielle **The commitment to the Course will get you there, absolutely will get you there.**
- Jennifer What just occurs to me now as you're sharing, Gabrielle, is how dare we think for one second that spirit will not provide what is necessary for the highest expression of love in our life?
- If we're willing to align with that, that is our spiritual nature. That's our true identity. Everything has already been provided for that. It's the seek the kingdom first, which is within, and all else will be added unto you.
- If you're thinking you're not willing to put your life energy into it because you don't know whether or not you will be provided for, it's really like, how dare you?**
- Gabrielle Yep, yep. I love it. I like that language, too. How dare we not think that spirit would not provide? We've got to be that serious about this because there's so much, there are so many opportunities to be taken out of that thinking.

## *Surrender Becomes Our Way*

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- We have to be so steadfast and, so mindful of being in that space and staying there. Obviously, it's easier to do that in some areas of our life when we really are just super surrendered, right? Whereas other areas, we can say, "Oh, I want to hold onto this," or something.
- But when we give it up, that's when it's just a tremendous experience. I'm happy. **I think the more we experience how the surrender leads to the solution, the more we just surrender, the more surrender becomes our way.**
- And so once again, back to that original point, it's about lots of little right actions.** We're continuously inviting spirit and saying, "Yes," and saying, "Show me where to go and what to do and what to say," and just trusting that we will be given what we need.
- Jennifer Beautifully said, yes. It's more than we could ever imagine will be given to us. Just like you were saying before, if someone is really mired in self-judgment which is the opposite of self-esteem, if they're mired in self-



judgment, then what they're doing, don't you think, is they're making their opinion more important than they're divinity, or any other thing?

Gabrielle Yeah, yeah, yeah, absolutely. And they're putting themselves before spirit, right?

Jennifer Yeah.

Gabrielle **Rather than thy will be done way of living, it's my will be done and that's a train wreck. We all know what that feels like.** The line, "If you knew who walks beside you," I can't quote it properly in the moment, that, to me, says it all. If you knew who walks beside you, I mean I could cry just thinking it.

Once you accept that, once you accept Jesus in your life, **once you accept that there is a companion, and to accept that you are being given everything you need and you are totally taken care of, you can breathe.** You can live so differently. And it's so much more fun.

And I just wish that upon everyone. I really wish that upon everyone, to have a spiritual relationship of their own understanding, whoever it may be, angels, Jesus, Gandhi, whoever wants to come to you, whoever you want to talk to and listen to, and whoever you resonate with.

**Without the posse that I allow into my life, I would be nowhere.** And this good work isn't happening just by me. This is a collaborative effort. My life is a collaborative effort, and that really helps a lot with the self-esteem, right?

**When you feel the love of spirit around you, when you can shut your eyes and feel angel wings wrapped around you, how could you possibly feel a lack of love?**

Jennifer It's true. I call it partnering up.

Gabrielle Yeah.

Jennifer And all that's required, really, to accept that full load of partnership, like the unbelievable help from the invisible realm, all that's required is our willingness.

Gabrielle Yeah, yeah, yeah. And I've begun a very powerful practice with kundalini yoga, mixing my kundalini and my Course practice and all



the things I have in my life, it's really a good just like an immediate download.

And then the neat things that happen, the sparks of light, it's moments of... For me, there will be moments of feeling spirit holding my hand. I black and like, or I start to see the edges of images lit up in light. These are moments when the Course comes alive and all the promises come to be.

You're sitting there like, "Oh, this is what this is all about." It all starts to make sense. **And I think that once again, to the newcomer, this is about daily commitment. And the more committed you are, the more those messages become a reality.** It's quite incredible.

Jennifer

It is. It blows your hair back. It really does. It is so far beyond you can imagine when you start. And then you get trained into not exactly expecting a miracle, but allowing a miracle all the time, inviting the miracle all the time.

And the miracle really is the transformation of your consciousness from feeling small and little and unworthy and undeserving, to recognizing that you're one with the infinite. **How could you be unworthy of anything if you're one with the infinite?**

## *A State Of Mind Without Illusion*

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Gabrielle

**Yeah, I love what the Course says, "Can you imagine what a state of mind without illusion is?"** I think there's also a scary place that we come to when the illusion begins to lift and we know that there's other stuff happening, but we're still in the illusion and this weird dance that we do.

I was talking to David a little bit about this on the radio, and it's that transition. **Though it can be really beautiful, it's also really scary.** And what's your experience then of that?

Jennifer

The illusion?

Gabrielle

Of just that shifting period, of when things start to become less illusory to you, and you start to see more truth.

Jennifer

Hmm. Let me just feel into that for a second. I think I can remember many mornings, very early in the morning sitting the Course book in



my hands and not even necessarily reading it, but just sitting with it and maybe reading a sentence, or two, and feeling the truth of it and weeping, just weeping, weeping, and weeping and weeping because I was so grateful that this companion was with me, that there was an eternal truth.

I could access it and I was not doomed to live in the hellaciousness of feeling separate anymore, that I was liberating. And so the liberation that truth brings is, in a sense it's hard to describe, but it really is what you're saying.

**It's moving into an awareness of that which is real.** We live in a world where people are encouraged to fantasize and dream. So much of even spiritual teaching is about manifestation. It's about really teaching people to, in a sense, fantasize about having stuff, and that the stuff is going to somehow be evidence of your ability to know the truth.

**There are so many mixed messages in the spiritual world, in the self-help world. And the thing about the Course is it really is so pure.** It gives us a doorway into really opening our minds to true reality. And there's such comfort there. There's such peace there. There's such healing there.

And it's all completely available when we do as you're saying, surrender. Cultivate that willingness. And it's required that we have to sit. We have to sit still with spirit.

## *We Can Tune In*

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Gabrielle

Yeah, if we don't give ourselves that communication time, it's like you pray and then you pick up a coffee and your phone. **It's like you're in a one way conversation. You need to just listen. Just shut up and listen.**

And that's the best, right? Sometimes I'll be sitting on the couch and my fiancé will be sitting across from me and be questioning in my head, I'll start spinning and my eyes will roll backwards and I'm just listening and I'm just listening, he says, "What is going on?" And I'm just like, "Oh, I'm just sleeping, you know?" But I'm feeling so much.



The more we choose to listen, the more we can listen all the time, right?  
**We can have that experience and that capacity to tune in, tune in, tune in whenever we want.**

And we can have that conversation dialed up whenever we want, not just when we're on a meditation retreat, and not just when we're in our Course study group. **It's a life experience.**

Jennifer The Holy Spirit is live streaming all the time.

Gabrielle Live streaming, yeah.

Jennifer I mean it's just all the time. **So, if we think it comes and goes, what actually is coming and going is our attention, our listening.** It goes back to self-esteem.

If we're more interested in what we think, and our opinions, our judgments, the story that we have made up about our circumstances, about what's possible for us, then we obviously aren't going to be listening to the holy live stream of healing that is always available to us.

Gabrielle Right. **And I think it's also really important that we re-emphasize that gaining self-esteem is actually not about getting anything. It's about losing everything. It's about losing all of the things that we thought we were.**

And it's an interesting thing because, as you lose that, you gain so much. It's such a weird thing. **As you lose all of the false pretenses, you gain a lot in this world,** in the sense that you attract toward you your likeness, but you understand this [unintelligible]. Let's say you let go of the need to be an author because of your ego's needs. And your desire to be an author is for the service of it all.

And then you get the book deal, right. The book comes in, but then that's when we really have to stay committed to practice continuously losing it all, right? It's saying, **“Okay, this book is here, but now let's stay committed to why the book is here,”** and not let that ego and stuff come back in, right?

You will always gain. As you let go, you will gain. From a worldly perspective, more and more and more will be a magnet towards the being [unintelligible] empty-handed then having it handed to you. But



then it's like what do I do with it now that it's given to me? Does this make sense?

Jennifer Exactly. Jesus, in the New Testament, says, "You have to lose your little life to gain life eternal." This is it. **We're shifting from the ego identification, the grasping, the needing, the wanting, the not having, to recognizing that we have. It's preinstalled.**

It's like you get those things in the mail. You're pre-approved. We're pre-approved. It's preinstalled. It's available anytime we want to choose it.

Gabrielle And I think it's important to say the purpose of having. **We have. And now that we've identified and recognized we have, what are we going to do with that, right?** That's where the real responsibility comes in, what you're going to do with that.

Jennifer Oh, yeah. I don't know about you, but people ask all the time, "Does it get any easier?" it's because a lot of times when people are in the first few years of their spiritual practice, and they're going from a place of drug addiction and really low self-esteem, it can feel so hard.

When you were in the first year, let's say, of this transformation, did it feel like you were constantly going back to your knees like, "Oh, my God. This is so hard."

### *Discomfort Is Way Better Than No Spiritual Process*

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Gabrielle I don't think that that was an easy time just because I had so much unlearning to do and I was recovering, but it was way easier than what I was doing when I wasn't there.

**Regardless of discomfort that we may see early in the spiritual process, it's way better than not being in a spiritual process.** I think in the midst of it being difficult I still just felt such a tremendous amount of relief, just relief of, "Oh, my God. I don't have to do that anymore." I can turn to this. There is a solution. There are resources. There is help.

Jennifer For people who feel it is really, really hard, and they're feeling really stuck, I can just feel some folks who are listening, going to be listening to the replays. They're thinking, "Well, hey. I've been trying to do this



for years. It's not easy for me. It's not working for me." What is the thing that really most greased the wheels for you, the wheels of transformation?

Gabrielle

**I think that I felt so much relief in knowing that there was a plan better than mine, and staying in that space really helped me a lot.** It really helped me stay on path and stay on course to stay committed.

So, it's just continually reminding myself this plan's far greater than mine, and I'm in the process, and not feeling like I had to fix it all overnight, and also trusting that being in the process of subtle shifts were going to be the solutions.

**In those subtle shifts I was going to have tremendous, tremendous breakthroughs.** It wasn't about I've got to get somewhere. I've just got to be here and move this and it will just arrive. What it is, is peace will set in.

Jennifer

What I'm hearing is that you really had a tremendous willingness to rely, not on your own opinion anymore, but to open to be guided.

Gabrielle

That's right. And that willingness is exactly what has brought me to right where I am today. And not only the willingness from October 2005, the willingness every day SINCE every single DAY SINCE. Every single day is a day of willingness and surrender and turning my day over to the Holy Spirit and saying, "What miracles would you have me PERFORM today?"

And being in that space every single day is what keeps you going and what deepens the growth.

Jennifer

Did you have any particular opinions about yourself, or judgments against yourself that were really challenging to dislodge?

## *Self-Forgiveness Has To Happen*

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Gabrielle

**Yeah, I think that there's a lot of self-forgiveness that has to happen early on in anyone's process.** And for me, I had a lot of inventory to take based on what I had done to others and myself physically as a result of using drugs and alcohol, and as a result of situations and circumstances I got myself into.



There was a lot of self-forgiveness to have to go down. And then today, I will unconsciously revert back into those old behaviors. So, that pattern of **being the non-judgmental witness, looking at my fear, and then saying, “I forgive you. I love you. Let’s release this.”**

That is the go to pattern. That is the inner dialog. That is how I speak to myself. And that is what I've learned, learned behavior. **And that process is really what saves me, and saved me from not staying stuck in self-hatred and self-attack.**

And today, even at this point, when that isn't my go to place, I still have many moments of self-attack and discomfort because of actions, or thoughts, or beliefs about myself.

And that practice of just forgiveness is really what lets it go. **And that practice is being so involuntary today.** It's really what's so great about it.

Jennifer            Yeah, for me, it came as a practice of self-compassion, treating myself like someone who is lovable.

Gabrielle            Yeah.

Jennifer            Here's one of the things that really helped me. And that was I realized that anytime I realized I made a mistake, I did something that could be labeled stupid, or foolish or bad or wrong, anytime I made a mistake, that that was an opportunity to forgive myself and to have compassion.

Forgiveness is love. It's a compassionate expression of love. And compassion is loving understanding. So, I developed the discipline that every time I made a mistake, I would move into compassion for myself.

**And I had the realization then that, every time I made a mistake, actually more love was being expressed in this world because I made a mistake, when I forgave myself.**

The world was a more loving place because of my mistake. The mistake brought me to a place of love, yeah.

Gabrielle            I love that. And we were talking about the same exact thing, just different ways of expressing it. As I began to see my ego's ways as just new opportunities for forgiveness, it became so nice, “Oh, okay, great, more practice.”



Jennifer Yeah. It's that. It's moving into exactly what you're saying. I love that. That's beautiful. It's the, "Oh, I'm grateful. I can see here's my opportunity to practice. I have the awareness that my practice makes it better. My practice brings me closer to happiness, to joy, to my true identity. So, therefore, I welcome my practice. And it's moving from."

I used to look at, when I would see negativity and things in my mind, I would go, "Oh, here's another one." So I moved from that place to, "Ooh! here's another one," because I was taking out the trash.

Gabrielle **Yeah, and when you perform the practice, you then feel so grateful and proud of yourself for doing the work.**

Jennifer And then, hey, frozen yogurt. You make a treat and you reward yourself. I mean seriously, there are certain ways to just say, "Okay, now. You've done a good thing." I would pat myself on the back and I would say... I developed a way of speaking to myself that, instead of chastising myself when I would make a mistake, I would say, "**Darling, Sweetheart, it's okay. You've make a mistake. You can learn from this. Learning is good. You're a learner. We like to learn. Now we're learning. Awesome. This is great.**" I learned to **reframe.**

## *Gentle Self-Talk*

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Gabrielle It sounded like... Yeah, you learned to reframe it, right. What I was going to say was you sounded like Louise Hayes who spoke to a bunch of... a bunch of new teachers spoke at an Ignite, Hay House Ignite Conference.

Wayne Dyer was opening for us. It's like this really interesting, intimate experience, right? And many of the speakers were nervous and uncomfortable and talking on the stage with our teachers and this and that.

And Louise just said, "Here's how I want you to speak to yourself. I want you to get off that stage and, no matter what you did, no matter what happened, I want you to say, 'I love you. You did the most beautiful job. You are incredible. You are amazing.'"

It just reminds me. I'll never forget that pep talk she gave us. That was the best pep talk I ever have been given in my life. **No matter what**



**you do, you love yourself. You praise yourself and say, “I love you.” And I took that into every area of my life, really.**

Jennifer That's how you turn around that inner critic voice. I used to say that I had an inner critic and she was like a Nazi trainer and I called her Helga back when I lived in New York, back in the '80s.

And Helga didn't let me rest. She was brutal. I really worked at... When I would hear that voice of Helga, I'm saying, “Okay, Helga, it's going to be okay, but we're not going to take that approach. No, you don't get to talk to me that way.” Yeah. It's about addressing it every time, really becoming consistent.

Gabrielle Yeah, it's every time. **But I love it. Just being so compassionate and loving towards yourself, it's really just the most beautiful way to be. And that takes practice and that takes time.**

I love that the Course says, “Don't judge your ego with your ego.” As we look, and as we continuously look and look and look at the ego, it's going to be easier to say, “Oh, my God. I'm a train wreck,” or, “Oh, God, I left so much work to do,” or, “How dare I be this way?” And take that one. **Don't judge your ego with your ego.**

Jennifer Yeah, because the ego never looks at anything and sees that it's enough. The enough only ever sees lack. And the ego is always saying, “You have to get more. You have to get more. You don't have. You're in lack.”

Spirit is always saying, “Seek within. It's already there. It's preinstalled. You've got it, baby. Enjoy it. Express it. Reveal it. Own it. Share it. It's already there. There is no lack.”

Gabrielle No.

Jennifer So, we can learn to talk to ourselves like that and embody the voice of the Holy Spirit.

### *Holy Spirit Is The Only Voice You Choose To Call*

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Gabrielle **And that's, eventually, the only voice you choose to call.** And then eventually, it's the only voice you hear. It's not the only voice, but it's the louder voice, right? That's been my experience.



**The ego voice comes in, but the voice of the Holy Spirit is so much louder. And it's so quick to come in and save the day.**

Jennifer

We're like the Blues Brothers. We're on a mission from God, and we really are. We're on a mission to remember our true identity. And, as each one of us does it, it's like a light going on in the world.

The great thing, it sounds trite now, but it's so true that, when the light turns on, it doesn't have to have an argument, or conversation, or intimidate the darkness. **The light goes on. The darkness is not there anymore. It doesn't exist anymore because it's nothing.** It's nothing. The light is something. We are that light that lighteth up every man, woman and child in the world.

And, if we are convinced that we're not good enough, then we've got our light under a bushel, as they say. And it's our free will choice. We can do that. We can do that.

I say to people sometimes who are in this place of low self-esteem, **I say to them, "Okay, let's just do this. Let's just set a deadline. How much longer are you going to think that you're a piece of crap?"**

Let's just say, "Okay, on this day I'm not going to do that anymore." And people will sometimes look at me and go, "What? I can't just decide I'm not a piece of crap anymore." Why not? It's not true.

Gabrielle

Right. **Exercising that choice is exactly really accepting that your happiness is a choice you make.** It's what we have to claim and come to and not say, "Oh, I can't." I like that. I like the deadline. That's nice.

Jennifer

It works. I'm telling you. Because I'll say to people, "Let's just set a deadline. You can say this afternoon. You can say next week. You can say next year. You can say 10 years from now. But just give yourself some kind of a tangible deadline that you say, 'From now 'til then, I have permission to think I'm a piece of crap. And after that I don't.'"

And I say, "What's the deadline you want to set?" And usually people are like, "Now, I want to start now. I really do."

Gabrielle

That's a good one. Would you rather be right, or happy?



Jennifer

Another way that sometimes is helpful with people, is people get so attached to... And you've shared a lot about this. It's that we get identified with, it's the stuff. It's the stuff that validates me.

If I don't have the stuff, I'm not validated. How am I going to get validated if I don't focus on getting the stuff? That is a big one for a lot of people.

**They think that having the stuff, having the job, having the money, having the body, having the recognition, all of that stuff, without it their life isn't worth living.**

When someone's in that place, because it really sounds like from what you've written and shared, that you were in that place, how do you break out of that one?

Gabrielle

I think it comes back to understanding what stuff is about. There's a difference between denouncing all the stuff and saying, "Oh, well I'm on a spiritual path, so I don't need or want any of that."

### *Being Unapologetic About Support*

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**And there's another way of looking at it and saying, "I've got work to do. I want to do it in a big way. I am unapologetic about what I want in my life to help support me so I can do my great work."**

For me, that was the biggest shift. When I started to accept, okay, the book, the collaborators, the publishers, the abundance, the support, financially, emotionally, **all of that isn't about my pretense of myself anymore. It's about helping me hold this container, helping me be an expression, helping me reinvest in the mission.**

Then it all becomes really free flowing and not about you. It's about a greater purpose. I think that there's a dangerous place people can get into, "Oh, I'm so spiritual. How dare I have stuff? How dare I have abundance? How dare I have comforts? How dare I have security?"

**I want to say, "Screw that, and how dare you not have that? How dare you not accept that God will give you everything you need to be an extension of love?"**



That's where I come from. I come from dwelling in a space of abundance and dwelling in a space of real richness in the sense of knowing that I really allow the presence of spirit to give me everything I need so that I can expand and grow the message that I believe needs to be heard. So, that means a comfortable home to live in, to write in. That means financial insecurity lifted completely. That means loving relationships to support my great work and to support me as a being. It's whatever that means... if that means physical health.

I embrace that whole-heartedly. I accept that and I welcome that fully. **And I think it's really important for us to understand that being spiritual students, spiritual teachers, doesn't mean we need to be broke.**

Jennifer Don't you think oftentimes when people have a sense of unworthiness, low self-esteem, that they're in that place of lack? And so they're often struggling with limitation in all areas of their life. They don't think they're enough, and so they just keep manifesting experience of not enough, not enough, not enough, not enough.

Gabrielle And I think that's exactly right. I think that the real shift to presence is when we stop looking at the stuff as the source of completion and self-worth, and we start looking at the first goal as the healing. **The first goal is transformation and refilling our spiritual bank account, right?**

Jennifer Yes.

Gabrielle Then that abundant mentality is reflected back towards us. And it happens naturally and it's much of what we were saying. **Once we let go of the need for the stuff, the stuff can come in naturally. It's just there to help us. It's not there to make us feel like we're complete. It's there to support us in the work that we need to do.**

David and I talked about this a lot. David was like, "Yeah, I was in Hawaii and somebody offered me a mansion to speak in and I'm staying there for a week."

It's you've got to just say, "Thank you, yes. Thank you, yes. I will receive this. Thank you, thank you thank you. Show me more. I welcome more. I'm grateful for all of it. Let's work together. Thank you.



Thank you. Thank you.” And just let it all come in. But you're absolutely right. **When we're dwelling in a space of lack energy, then everything is lacking.**

Jennifer           And it's true. The more that we open to receive and become that great listener that you were sharing about, then we become receptive to all kinds of things in the material world, as well as in the invisible world.

**Receptivity is key, but if we feel unworthy then we're not going to be so receptive.**

Gabrielle           That's right, yeah, definitely.

Jennifer           We've only got a few minutes left here, Gabrielle, and I know we could talk for hours and keep going to more topics and more topics, but staying here, I know that one thing that you have shared about, that you have real insight about, is bouncing back and forth between that you're better than and thinking that you're less than other people, and all of that.

**That is a particular kind of hell and a lot of people are in that, bouncing back and forth between inferiority and superiority.**

What do you have to say about that?

### *Bouncing Between Inferiority And Superiority*

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Gabrielle           Yes, I work with this one all the time with myself. It's so easy to be like, “Oh, I'm so cool,” or it's so easy to be like, “Oh, I'm not that.” That's a really big one for me.

I grew up in a home where it's a lot of like needing everybody to see how great I was. That shows up in really funky ways. And so what I do in those situations is, I can no longer... I feel very nauseous when that behavior comes out. **And I think that starts to happen the more mindful you become of the ego, the more uncomfortable we become in the ego.** When, though, it shows up we just get so grossed out by it that it's an immediate response, “Oh, that's not who I am. Give it to the Holy Spirit. Let's forgive ourselves. Let's move on.”

**And that pattern that we spoke of earlier non-judgmental witness, bring it to love and let it be healed. That practice to**



**heal just organically shows up, but part is being the witness of it.**

I feel that stuff coming all the time. It is an old, yucky pattern. **It doesn't resonate with who I am today, but it absolutely still shows up.** And my work is to bring it to love and just continuously forgive myself for that old pattern, and continuously remind myself that it's not who I am, continuously forgive myself for my actions and my thoughts and my words, and all of the self-promotion, and all of the stuff that we like to do.

And I continue to stay really non-judgmental, really kind, really loving and just say, "Help me do this differently." **I think it's being really, really mindful of it when you're in the ego, how it's shining a huge flashlight on that ego and saying, "Let's heal this."**

Jennifer And it's not allowing ourselves to entertain either fantasy of greater than, or less than.

Gabrielle **Either one is an equal fantasy, exactly. And it will suck you dry of energy. It's hard, it's really hard to not go back and forth there.**

Jennifer I wonder if you could share a little. I know you talk about this in your book *Spirit Junkie*, when you were a kid and then you had the experience of... It's your relationship with your father and then getting the acting gig. I have the sense as you're talking that sharing some of that story and that healing will really support people. Do you mind sharing a little bit about that?

Gabrielle Yeah, you just nailed it. I mean that's where all of that cop came from, that need to be heard, that need to be famous, that experience of not feeling like my father paid attention.

When I was 10 years old I landed this commercial, a national commercial. I remember my father picking me up and spinning me around, and that was the first time I ever noticed my father paying attention to me.

I, my ego, equated success equals Dad loves me. **And so I put myself on a real journey of needing a lot of success, and needing success to be the reason for my self-worth.**



And as I've grown spiritually, I've come to understand that that is not the truth. And it's so funny because I spent so many years calling my father every Sunday just going down the list of all the things that I had going for myself.

Today, he has to beg for it to get it out of me. I don't even want to go there. I'm like "things are good... things are happening!" You know? That's just real recovery. It's real, real hardcore recovery because then it shows up in other places.

It shows up at a dinner party, [unintelligible] you publish books," and you know you just go into the dumb story. **It's very easy to go right back into that place of needing people to see you.**

**But I think that the more we practice the principles of the Course, the more uncomfortable we become in the ego.** And you just cannot dwell there anymore. **We witness it in the moment. We surrender it in the moment, and we shift it in the moment.** And that's been my grateful experience, which is learning to let it go.

Jennifer

Indeed. That's it. It's the moment by moment practice, the real willingness to walk the talk, live the love and choose love, choose love in every single moment, and to not let a moment pass us by, not let an opportunity for our healing pass us by.

And if we do, then in that moment, we can say, "Oh, I missed the moment yesterday. I missed the moment this morning. I missed the moment five minutes ago, so I'm going to claim it right now. I'm going to forgive myself for the missed opportunity. I'm going to take it right now and love myself right now."

Gabrielle

Yeah.

Jennifer

We are at the time for us to close here. Before I pray us out, Gabrielle, can you remind people? Let's tell them about your books, your website, how to get the free stuff.

### *Gabrielle's Website Offerings*

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Gabrielle

**My books are *Add More – ing To Your Life*, *Spirit Junkie*, and the new book is *May Cause Miracles*. And everything you can find at**



**GabbyB.Tv.** And I have free meditations and videos that are available there. And it's G-A-B-B-Y-B-.-T-V.

Jennifer Beautiful. I'm so grateful to have this opportunity to talk and connect with you. For those who are listening, this is our first time really getting to know each other. It's been great, really great.

I look forward to being with you in person when you're out here in Los Angeles. And by the way, I'm going to be in New York at the end of the month. I'll have to tell you about that.

I've got a workshop at the Open Center on September 29<sup>th</sup>. I'm looking forward to that because when I was in my lowest points, I was taking workshops at the Open Center myself when I lived in New York.

Gabrielle That's a beautiful example. And now you're teaching there. Thank you, it's beautiful.

Jennifer I know. How cool is that? I can't wait. It's going to be fun.

Gabrielle It is cool, yeah.

Jennifer Also, remember, you can be with us and David Hoffmeister and Gary Renard and everybody at the *A Course In Miracles* Conference in Chicago in April next year. We're all going to be there so we're looking forward to giving you a hug in person there.

## *Closing Prayer*

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In the meantime, let's all place our hand back on our heart and take this holy breath of gratitude. And once again, consciously partner up with the higher Holy Spirit self.

And remember that our true identity is perfect, whole and complete, that really we are the love of God. We always have been, and we always will be, and we dare not have any other opinion.

Any judgments that we've held against ourselves or anyone else, we're placing them on the holy altar right now. We're recognizing that they no longer have value for us.

We're accepting our healing. We're awakening to our divinity and we are grateful and thankful to share the benefits of our healing with everyone because we're one with them. We're so grateful and so



thankful to remember the truth that sets us free. In gratitude, we let it be and so it is. Amen. Amen, Amen.

Thank you, Gabrielle.

Gabrielle Thank you. Thank you, thank you. It's so wonderful to be with you.

Jennifer You, too. We love you everybody. Thank you for listening. Remember, you've got 48 hours to come back and listen again and bring a friend.

Share with a friend. Learn to enjoy doing the practices together.

Develop that transparency, and that authenticity of being able to really share what's what with your loved ones. It accelerates the healing. So, it's 48 hours to listen to the free replay. Take advantage of it and thank you. We love you.

Gabrielle Bye everyone.

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