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Opening Extract from...

May Cause Miracles

Written by Gabrielle Bernstein

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GABRIELLE BERNSTEIN



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A 6-WEEK
KICK-START TO
UNLIMITED
HAPPINESS

MAY
CAUSE
MIRACLES

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Introduction



*Heaven on Earth is a choice you
must make, not a place you must find.*

—WAYNE DYER

Winter 2009 was a turning point in my career. I was in the process of trying to get a publishing deal for my first book, *Add More ~ing to Your Life: A Hip Guide to Happiness*. At this time the recession had us in a headlock. Fear and uncertainty were at an all-time high, news anchors reported on the ever-growing unemployment rates, and nearly every industry was negatively affected.

I remember sitting in my mother's kitchen telling my stepfather about my book concept. He tried his best to be as supportive as possible, but his fear of the recession was very strong. He responded, "This is a great concept, Gab, but don't forget that right now is a terrible time for the economy. It will be hard to sell a book." My response was confident and almost involuntary—words flooded out of my mouth. "Thank you for sharing," I said. "But I don't think that way because I believe in miracles." I felt empowered by these words and filled with faith regardless of the outside world's resistance. In that moment I

witnessed my commitment to letting go of fear and recalibrated my faith in miracles.

Three months later I sold the book.

For the past seven years I've been working hard to keep my mind clear of fear and maintain my miracle mind-set. As a result of my dedication to miracles I have become a raconteur for love, inspiring audiences worldwide through my global speaking circuit, books, and social media. Today I live a miraculous life and am on a mission to help everyone do the same. My dedication to miracles got me to this groovy state. But I'll be straight-up with you: choosing loving thoughts over fearful delusions was a tough transition at first. It seems easy—who *doesn't* want to trade in fear for love? But giving up fear is like giving up sugar: they're both sneaky ingredients that hide out in almost everything. And just when you think you've got that craving under control, suddenly it rears its not-so-pretty head again. Therefore, releasing fearful patterns isn't for dabblers. It requires diligence and commitment. It requires you to become a full-on miracle worker.

One of the key components to my glass-half-full lifestyle is my dedication to *A Course in Miracles*, which teaches, "An untrained mind can accomplish nothing." Over the span of nearly forty years, the *Course*, a self-study metaphysical guide published by the Foundation for Inner Peace, has changed the lives of hundreds of thousands of people. It can be approached in whatever capacity works best for the individual, and in my experience studying the *Course* resulted in a full-blown mind cleanse, not to mention a superrockin' life.

As a student of the *Course* I've learned that to find real happiness we must be willing to look at our fears straight-on.

Throughout my practice I was guided to examine all my fears and investigate their root cause. For instance, upon looking at my fearful patterns with food, such as bingeing and obsessing over the next meal, I could understand that my compulsive overeating was a reaction to the childhood anxiety I'd picked up at the dinner table. At one time, my mother struggled with overeating. She turned to food to anesthetize her own inner turmoil. Her compulsive overeating affected me because I unconsciously picked up her anxious energy around the dinner table. This seemingly minor experience created a lot of anxiety for me when it came to eating. Unconsciously I took on my own fear around food. The fearful thought *There's never enough* became an internal dialogue that plagued me at every meal. I'd overeat and speed through meals. I never tasted my food. I never even enjoyed it. I lived in this torturous cycle for years until I became willing to look at the fear underneath my behavior. Once I looked at my fear, I understood that it was based on that false belief that there was never enough. I spent decades in fear of not having enough to eat. I'd chosen to carry that limiting belief into my present and replay it in my day-to-day life. And that's the thing about limiting beliefs. They're just smoke and mirrors, a bit of mental sleight of hand that leads us in the wrong direction in life. Through my willingness, dedication to miracles, and infinite patience I was guided to all the resources I needed for healing. In time, my food addiction lifted.

Upon realizing that overeating wouldn't ever make me feel safe and complete, I recognized that nothing outside of myself could fill me up. I learned that real happiness doesn't come from *getting* but from *giving*. I accepted that true serenity and happiness come from a connection to love. Deep down we all

inherently want to love and be loved. When we fulfill our function, which is to truly love ourselves and share love with others, then true happiness sets in.

As soon as I made the *Course* part of my daily life, I cleaned up my fearful thought patterns. Everything began to change. The most significant change wasn't *what* I experienced, but instead *how* I experienced it. As a result of following the *Course's* suggestions, I've forgiven my past, released my future, and shown up for the present with love and faith. The changes in my life were beyond phenomenal.

Now I'm going to show you how to do the same.

How to Become a Miracle Worker

The first step in choosing love over fear is to understand your fear. As a student of *A Course in Miracles* I learned to become the witness to my fear-based thoughts. Each time I felt fear set in, I'd take a deep breath, step outside of my thoughts and actions, and witness my behavior. By witnessing my fears I saw how delusional they actually were. For instance, early in my career I ran a public relations business. Every new client brought a new opportunity to negotiate my monthly retainer. I hated negotiating. It made me feel anxious and jittery, and I'd lose my sense of calm. When I acknowledged my fears around negotiating for more money, I realized it was related to a fear that I'd acquired as a young woman: that women shouldn't ask for more. This was an outside projection the world had created and I'd chosen to believe it. I honestly don't even remember where or when I picked it up, but it stuck to me like glue. This fear-based illusion from the past replayed itself enough times that it became a belief

system I was faithful to. But by getting honest about my fear, I determined how this lack mentality had become a fear-based pattern in my mind. Throughout the book, I'll reinforce the message that witnessing your fearful patterns is the first step to detaching from them, and I'll provide support and guidance as you witness your own fears in all areas of your life.

Then comes willingness. You can change a pattern only if you're willing to change it. *A Course in Miracles* says that the slightest willingness is all you need to receive the guidance to change. When we become open to letting go of our fear, we open our heart, mind, and energy to be guided to a new perspective. Willingness raises your consciousness of new possibilities and ignites what I call your ~ing (your inner guide). Your ~ing is the voice of love, your inspiration and your intuition. Your ~ing steers you out of fear and back to love. All you need is a little willingness to get your ~ing on and receive guidance to change.

This guidance will come in different forms: intuition, inspiration, and sometimes even through synchronicities. Often we can experience intuition as a strong inner knowing that offers us guidance of some form. Inspiration can be experienced as a feeling of flow and excitement that comes through in moments when our thoughts and actions are aligned with love. Then there are moments of synchronicity, which are really groovy—like when you're thinking about your mother and she calls or when you keep hearing about a new book and the next day it falls off the shelf in the store. As you add up the exercises in this book, the presence of your inner guide will become more apparent while intuition, inspiration, and synchronicity will flow naturally.

Three other components are key to living a miraculous life: gratitude, forgiveness, and love. First comes gratitude. An emphasis on gratitude is the only attitude for the miracle worker. Living a grateful life creates more abundance, acceptance, and appreciation. To transform your fears back to love, you must embrace a grateful way of being.

Then comes forgiveness. The act of forgiveness is to the miracle worker as lettuce is to the raw foodie. Forgiveness allows us to cleanse ourselves of the old, junky fear and shines light on the darkness of our worries, doubts, and suspicions. Rather than continuing to play the role of victim, we can forgive and be set free. With each choice to forgive, we shift our perception from fear to love.

Finally, there is love—the most crucial ingredient. *A Course in Miracles* teaches that the only thing missing in any situation is love, and where there is fear there is no love. Therefore, living with an open heart and embracing love as our true purpose is essential to living a miraculous life.

Experiencing Miracles

The payoff for sticking to the *Course* principles is that the more you choose gratitude, forgiveness, and love, the more miracles you experience. If you're wondering what I mean by "miracle," it's simple: a miracle is a shift in perspective from fear to love. A miracle can be the moment you choose to forgive your ex-lover and let go of decades of resentment, or the moment you recognize that losing your job was not a tragedy but an opportunity to follow your true calling. Simply put, each moment you choose love over fear is a miracle. And the more miracles you

add up, the less likely you are to perceive life through dark-colored lenses. When you choose to perceive love over fear, life begins to flow. You feel peaceful and you see love in all situations. Your hang-ups subside and your life feels guided.

My dedication to living this way has changed every area of my life. I've let go of addictions to romance, drugs, work, food—you name it. I've learned to choose forgiveness whenever resentment creeps into my mind. Fear of financial insecurity has lifted and my internal abundance, my zest for living a love-guided life, is reflected in external abundance. Today I see obstacles as opportunities and know that the Universe has my back. Most important, I feel a sense of certainty that there is a power greater than me supporting my every move. My *~ing* is on!

When you release your fears, you too will begin to raise your thoughts and therefore your energetic state. Your body is a molecular structure that is always vibrating energy. That energy is positive when your thoughts are positive, and it is negative when your thoughts are negative. Our energy fields are like magnets; they attract their likeness. Therefore, if your energy is negative . . . guess what? You're attracting negativity into your life. For instance, if you walk into a job interview thinking you're not good enough for the position, you energetically exude insecurity and a sense of inadequacy. This energy is not attractive to the employer and you don't get the job. In this instance your thoughts informed your energy, and your energy negatively affected your reality. The miracle-minded approach shows you how to shift your thoughts and energy, thereby attracting positivity into your life. Had you walked into the job believing you were good enough, your energy would exude that same strength.

Then the positive impression you made could lead to immediate employment or a future connection. Either way, your positive energy will create a positive result. Releasing fear requires honesty and courage—but it's simple. And if you're willing, you'll be able.

Want to achieve these groovy results? Join me on the journey of new perceptions.

The Forty-Day Miracle Worker Commitment

Like any effective practice, true transformation occurs with daily repetition. Begin with a forty-day commitment and start experiencing positive results immediately. Why forty days? Metaphysicians and yogis place much emphasis on the repetition of a forty-day practice. Mythical examples range from Moses's forty days and forty nights spent on Mount Sinai to the story of the Buddha reaching enlightenment on the full moon in May after meditating and fasting under the bodhi tree for forty days. The number has scientific significance, too: research has shown that after repeating a new pattern for forty days, you can change the neural pathways in your brain to create long-lasting change. So let's take a cue from the mystics and scientists and commit to this forty-day fear cleanse. (Because this practice takes place over six weeks, you'll actually have forty-two days for the fear cleanse, an extra two days to practice our miracle work!) It's the simple, consistent shifts that count when you're making change—so I've outlined this journey to be fun and achievable. I will guide you to keep it uncomplicated and stay on track. And one day at a time you'll become a miracle worker.

By choosing to follow this plan for the next six weeks, you'll begin to reprogram your thoughts from fear to love. If you dig the results, stick to the path and commit to a life as a miracle worker.

This book is divided into six chapters, one for each week. The weekly chapters contain exercises for each day of the week to transform your thoughts back to love. Each week focuses on a different area of your life:

- **Week One.** This week guides you to identify how fear has tripped you up and blocked your life's flow. I'll lay the groundwork and guide you to embrace the key principles: witnessing your fear, willingness to change, shifts in perception, gratitude, forgiveness, expecting miracles, and reflecting and recapping.
- **Week Two.** This week is all about the importance of self-love. You'll be guided to strengthen your relationship with yourself, and you'll become willing to release old patterns of self-attack. Self-love is supercrucial to the miracle-worker practice.
- **Week Three.** I'll give you practical exercises that shift your patterns of self-sabotage when it comes to food and your body. I will guide you to identify the root cause of your food and body issues and begin to shine light on any darkness in this area of your life. You'll quickly come to realize that ingesting loving thoughts greatly enhances how you ingest your food and perceive your body.
- **Week Four.** Romance is in the air! I'll help you get honest about how fear has held you back from romantic

bliss. This week incorporates many of the *Course's* rockin' teachings for releasing fear in romance. These powerful tools will lead you to experience immediate internal shifts around romance, whether you're single or attached.

- **Week Five.** I'll guide you to focus on how fear has blocked your financial abundance. This week's exercises activate gratitude for your current workplace, help you address your financial fears, and guide you to shift your limiting belief system around money and work. This week is applicable to any type of work, whether you're a freelancer, a stay-at-home mom, a philanthropist, a banker, a salesperson, and so on. Just apply the principles to whatever work you do.
- **Week Six.** You'll learn to embrace the practice of being a miracle worker in the world. This week helps you shift your focus from yourself to your power to create energetic change in the world around you. Service is a key principle in *A Course in Miracles* and is strongly emphasized this week. You'll come to realize that serving the world is like serving yourself a big, heaping plate of love. When you focus your thoughts and energy lovingly on others, your heart opens and your true purpose shines bright.

Each week builds upon the next, layering exercises and strengthening your mental muscles as you embrace the miracles. Each day incorporates the same outline to create repetition within your daily routine and in your mind. As you repeat these practices, they'll become easier and easier until they be-

come second nature. Though you may experience some bumps along the way, making the shift can be easy if you want it. When you're willing to change, you're given all the energy and support you need to move forward. Commit to each exercise and expect miracles!

How It Works

This book is meant to be a guide for you to create subtle shifts for miraculous change. Therefore, don't get hung up about the process. If you follow the simple daily steps, you'll be hooked up with all you need. Try your best not to skip ahead or practice more than one exercise a day. Each lesson is artfully placed right where it needs to be. Do your best to stick to the plan—but if you feel that you need to stay on a specific day for a little while, that's totally cool. Feel free to repeat days if you need to go deeper into the exercises. But trust ultimately that there is a plan that is well crafted for you. Each exercise will create subtle shifts. These shifts are miracles. And the more miracles you add up, the more miraculous your life will be.

Before you start exercising your love muscles, it's important that you prep for your journey. So next are a few things you'll need to know and prepare before starting your journey.

Prepare to Meditate

A superneat part of this book is that many of the exercises are self-reflective and very calming. I'll guide you throughout each day to establish and deepen your own meditation practice. Each exercise has written guided meditations that are also

available bundled together as an audio album on my website, www.gabbyb.tv/meditate.

Your Meditation Space

To heighten your self-reflective experience, I suggest you set up a meditation space in your home. Maybe it's a corner in your bedroom, a nook in your office, or simply the edge of your bed. Find a space where you can be alone and feel at peace. My meditation space at home has a meditation chair (as seen on my website www.gabbyb.tv/meditate), candles, incense, Post-its with positive affirmations, and inspirational images and quotes. Most important, it is a space where I feel centered and calm. You will use your meditation space for your morning and evening exercises. This space will become sacred to you. It's likely that it will become your favorite place to hang.

Your Journal

In addition to your meditation space, you'll need a journal. You may want to have it with you throughout the day to document your shifts, so make sure it's small enough to toss in your bag.

Self-Care

Throughout your miraculous transformation you may feel overwhelming emotions. This is a good sign, trust me. But if you're not making self-care a priority, your emotional breakthroughs can morph into meltdowns. So make sure to activate specific self-care activities throughout each day. For instance, I love

lighting a candle and taking a bath. The simple exercise of taking a bath is an act of self-care that supports me throughout all kinds of shifts. Regardless of what's going on, my daily bath is essential. So pick one or two acts of self-care that you will incorporate into your practice. You may want to be extra conscious to eat healthful foods, drink more water, or sleep more. Know that this is a transformational course that will crack you wide open. Be prepared to keep yourself in balance by consciously paying attention to self-care. Eat well, sleep well, think well.

Be Aware

Throughout your journey, remain mindful that fear is tricky. Right when you think you've got the love thing down, fear will sneak back in. This is nothing to be afraid of—just be aware. Being conscious of your fear behavior helps keep it in check. Also, since you'll be working your self-care so well, your fear will have less room to creep up. Love will take up so much space in your mind that fear won't have anywhere to go but out. Trust this and know that love will always shine brighter than fear.

Getting Down to Business

Now that I've laid the groundwork for your miracle-minded process, it's time for you to set your schedule. I suggest you begin the exercises on a Sunday. Each new week begins by reading the upcoming week's introduction. So this coming Sunday, read the introduction for Week One and start Day One on

Monday. You don't have to stick to this routine, but test-drive my suggestion and see if it works with your schedule. This process isn't meant to be rigid; rather, it offers you guidance to create your own transformational practice.

Take this practice seriously. Trust that as you change your thoughts, your actions and experiences will change accordingly. As *A Course in Miracles* says, "You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think." Each day of the practice you will be guided to "exercise the choice" to change the way you think. As you add up new perceptual shifts you will begin to see miraculous changes throughout your life.

Now it's time to let go, be guided, and expect miracles.