



Gabrielle Bernstein

Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you.

As we set out to create a life we love, something can get in our way – anxiety. For many, feeling anxious and stressed has become a common part of life, and may believe that to reach their goals they have to push themselves and that pressure and stress just comes with the territory. But what if I told you that you could reach your goals without the stress, anxiety, and fear that you’ve become used to? You can make your dreams come true with more ease than you ever thought possible. To show us the way, we are speaking to Gabrielle Bernstein from GabyBernstein.com. Gaby is a Number One New York Times Best-Selling Author and has written seven books. Her most recent book, *Super Attractor*, shares methods on manifesting a life beyond your wildest dreams.

She’s also a dear friend and I always love chatting with her, welcome Gaby!

Gabrielle Bernstein: Thanks, Jess. So good to be with you.

Jessica: So good to have you, especially because you use tapping yourself. I know you have a lot of great insights around tapping and anxiety, but I’d love to start by asking you what attracted you to tapping and how have you incorporated it into your own practice?

Gaby: What attracted me to tapping probably was my own anxiety. I was looking for relief, and I was introduced to tapping originally through Brad Yates, and then through you guys. Once I started seeing all the work of The Tapping Solution, I started to feel like, “Okay, you know what? This is something I need in my life!” Then it was when I read Nick’s book that I not only decided that I was going to make Tapping a big part of my own personal growth path, but that I was also going to really get myself trained by Lori Leyden, and learn as much as I could about tapping so that I could facilitate and help people tap in lecture settings, or read about it in books or bring it out in a way that was unique to me. Tapping has not only been a very beneficial resource that I’ve had throughout my personal growth journey, but also a way that I’ve been able to support others. I’m very grateful to you guys for being the



catalyst. Thank you.

Jessica: Thank you. We're grateful for you because, as you said, you are now spreading this to so many people and sharing this as a resource. But it all started with that personal desire to release anxiety. Can you tell us a little bit about how anxiety has shown up in your life, how you see it show up in your community, and how we can begin to look at it differently and address it with tapping.

Gaby: So anxiety has been a big driver in my life for many years, in that it was what originally led me to use drugs and alcohol, to anesthetize that discomfort. I got sober 14 years ago, and then in 2016 I was really suffering with severe anxiety attacks. I kept having anxiety attack after anxiety attack. At that time I remembered trauma from my childhood. That was a major turning point for me in my spiritual and personal growth journey, because here I was now recognizing where the anxiety came from. My belief is that a lot of anxiety is... the root cause of anxiety, is often trauma.

When we tap on anxiety, we're tapping on an aspect of an unhealed wound that... it's completely fine to tap on the actual feeling of anxiety, but what may happen is we may start to uncover other aspects that live beneath it. So for me, I really did a deep dive into my tapping journey with Lori Leyden, who's been referred to me through you guys. When I was going through the early stages of my trauma recovery, tapping was a huge, huge, huge part of my development. I relied on it because there were days that I couldn't get out of bed without having my tapping tool to get me through the day, to get me out of bed, to get me on an airplane. There were times when I was going through that very difficult experience where I would just be in the backseat of the car just tapping on my gamut point, just trying to get through the moment.

Then most recently, as you know, I was diagnosed with post-partum anxiety. That led to anxiety attacks, insomnia, and depression. So tapping once again saved me, as a resource and a tool to get me through not just the bigger issue, but also the moments when I felt debilitating fear, and frozen. So I was able to use this resource to not only help me with general anxiety, but with severe anxiety that was a biochemical issue as well.

Jessica: Yes, there is definitely that aspect to it as well. When it comes to anxiety, it has become so common, that for many it's just become a normal part of life. Like I mentioned in the intro, when it comes to wanting to change our lives and pursue goals, there is this cultural belief that in order to succeed, you have to deal with that



stress and anxiety, that it just comes with the territory. How has your mentality shift around anxiety and the real impacts it has on our lives and whether it is something that we need to just be okay with?

Gaby: Yeah, great question. In my book, Super Attractor, I talk a lot about the ways that we block our super attractor power, and that's our ability to attract what we desire into our life. It's our ability to align with joy and spirit, so we block it big time with anxiety because often the driving force behind an anxiety is a belief system that if I'm not in control, I'm not safe. Or if I'm not doing everything, I'm not good enough. Or if I don't do it, nobody else will. So these are many belief systems that drive that fight or flight state of anxiety. So without undoing the experience of anxiety, we then live in that frenetic energy and like I said, fight or flight.

That fight or flight energy deflects our super attractor power. It deflects what it is that we desire. It keeps us bouncing from trigger to trigger, so we want to have a tool that we can use regularly to balance our energy and return to a state of peace whenever possible.

Jessica: You said something really interesting, and it's something I remind myself of often, because this is a personal challenge for me, but this desire to control things and how anxiety comes from that. I don't think that's a part of the national conversation around anxiety. Can you tell us a little bit about that wanting to control things and how it connects with that anxiety?

Gaby: When we are trying to control, we have this pushy energy; controlling is a way that I believe we try to feel safe. We try to control our circumstances to feel safe. But ultimately, we're the safest when we let go. But we have an unconscious fear that if I am not controlling the details, then I won't be safe, it won't happen, I won't get to where I want, I won't get what I need, I won't be enough. That's a pretty scary place to live, and that constant state of trying to control will never work because we can't really control anything in life. So you're going to be in a state of anxiety because ultimately you're just pushing, controlling, trying to manipulate circumstances, and that's a terrifying place to be.

Jessica: I'd love to do some tapping around that, but before we go into that, I want to get clear on what's the other side of this. On one side we have the controlling, we have the anxiety. On the other side we have a super attractor. How does that appear in our lives? What does that look like? How do we know when we're in that energy and attracting things into our lives?



Gaby: So I, in the book, write about how to do less and attract more. This means that when we are aligned with a spiritual connection of our own understanding, we don't actually have to hustle so hard. It's not that we don't take action, of course we take action. But we learn how to take action from a place of spiritual alignment rather than a place of fear, rather than a place of anxiety. So the practice of tapping on anxiety will actually make you more productive. It will make you attract more into your life with effortless ease. It will bring more joy to your life because you'll feel more peaceful and that presence of joy is what attracts. So they go hand in hand. Releasing anxiety through tapping is one of the greatest things you could do to heighten your capacity to attract more of what you want into your life.

Jessica: Right, so Gaby, you mentioned earlier that our anxiety can come from a trauma, but that also sometimes it is helpful just to start where we are, to start with the feeling. I know that when we feel anxious, we don't have the clarity as to what's going on. It can be a very physical sensation. So with that, would you be willing to take us through an experience of just that first step, where we feel anxiety, we feel it in our body, how do we tap?

Gaby: So the MPI, I guess, is "I'm anxious, I feel so anxious." Great, so let's begin our tapping with rating the most pressing issue, zero to ten, ten being the highest. I'm sure we have a lot of nines and tens in this crowd, because I know personally we live in a world of a constant state of anxiety lately. So let's honor that, and let's begin tapping on the karate chop point, and you can repeat after me.

Side of Hand Even though I feel anxious
I deeply and completely love and accept myself
Even though I feel so anxious
I deeply and completely love and accept myself
Even though I feel anxious
I deeply and completely love and accept myself

Eyebrow All this anxiety
Side of Eye It's keeping me stuck
Under Eye It feels debilitating
Under Nose I feel so scared
Under Mouth I feel so scared
Collarbone I have no way out
Under arm I feel like I have no way out
Top of Head All this anxiety



EB I feel frozen in it
SE And I just want out
UE I just want out
UN I can't breathe
UM I can't breathe
CB And I'm scared
UA I'm scared
TH And that's okay

EB It's okay to be scared
SE Because this feeling sucks
UE This feeling really sucks
UN And it's okay to feel scared right now
UM It's okay to feel right now, whatever is coming up
CB It's okay to feel whatever is coming up
UA Because I'm safe right now
TH I am safe in this moment

EB I can breathe in this moment
SE And breathing is my way out
UE I am taking action now
UN Action that will soothe me
UM And I have faith in it
CB I have faith in tapping
UA I have faith that I will find relief
TH I am feeling relief now

EB I am feeling relief now
SE Because it's okay to be true about my feelings
UE Because it's okay to be anxious at times
UN And in one tapping session, I can change my anxiety
UM I can shift my anxiety
CB I release my anxiety now
UA I release my anxiety now
TH I take a deep breath, and I release my anxiety now

EB I am safe to release my anxiety now
SE I can let go of control right now
UE I release my anxiety now
UN I release my anxiety now



UM I take a deep breath in now
CB I feel more ease than I did before
UA And that's a wonderful feeling
TH That is a wonderful feeling.

Take a deep breath in, and release. And you can rate your MPI now, zero to ten.

Jessica: Thank you so much for that, Gaby. I can just imagine being in bed, and do you feel that anxiety come up, like you said? In that moment, you can tap and keep it simple, giving a voice to how you feel, accepting how you feel. Now many people who learn about the law of attraction and believe that their thoughts impact their life can sometimes feel this pressure to always think positively, and this fear of saying how they're feeling, because they don't want to anchor it in, or they don't want to live it. What would you say to someone who feels resistance around this idea of accepting how you feel?

Gaby: I want to be really clear that we can think all the right thoughts but not feel the feelings that are aligned with those thoughts. Sometimes true attracting is vibrational, and it requires our energy to be released, relaxed, at peace, and joy. So the fastest way back to peace is to honor your feelings in the moment so that you can honor the wound, tap through it, and move to the next vibration. So when we tap, we heal the energetic disturbance that lives underneath the problem, the fear, the anxiety, the trauma. So when that energetic disturbance shifts, our energy shifts, and our energy shifts to a point of attraction that is aligned with a more peaceful state. That more peaceful state is what attracts what we want into our life.

I would be less concerned about the thoughts or thinking, and be more focused on the feelings you're having.

Jessica: Yes, I'm going to have to reiterate that, because that's so good. Be more focused on the feelings you're feeling than the thoughts you're thinking. It's about the feeling. Yes, and we all know it. We've all said affirmations when they didn't feel real, right?

Gaby: Right.

Jessica: Wonderful. That was some great tapping and I want to talk about what you call the manic manifester, because this really ties in very well with the anxiety. What is a manic manifester?



Gaby: A manic manifester is the person who is like, “I’m meditating every day, I’m tapping all the time, I’m doing The Tapping Solution, I’m drinking all the green juice, I’m doing all the recipes, but I’m still not attracting what I desire into my life.” That is the person who is using their spiritual practice as a way of over-spiritualizing their desires and ultimately using their practice as another way to control. So when they’re in that state of trying to control everything, their energy is out of alignment with a lot of the universe, with a lot of lot of things tuned into inspiration, and it’s in the way, ultimately.

Jessica: Yes, I think to really be able to understand that balance between the accepting and moving forward, we have to look at the way that we look at struggles. You said something brilliant that I love, which you shared, that you had difficult experiences in your life but you look at them as a spiritual assignment. Can you tell us a bit about that mindset?

Gaby: I am grateful for all the discomfort that I’ve in my life, even though it’s been tough, because it has revealed to me the hidden parts of my shadow that I still needed to heal. It revealed to me the opportunity to experience discomfort in a way that I could then later speak more authentically to that suffering, so that I could be a greater teacher. It gave me the opportunity to go deeper on my personal growth journey so that I could be in the freedom that I’m sitting in today. I think that there’s a beautiful message from Kenneth Wapnick, who is a great Course in Miracles teacher, and he said, “Be grateful for the discomfort because it reveals to you what you still need to heal.”

That’s a message that I live by, because when I have a difficult time, I don’t look at it as saying, “Oh my god, I’m a victim of the world I see,” but instead I say, “Here’s another opportunity to deepen my tapping, or another opportunity to deepen my faith, and really live to tell what true recovery looks like.”

Jessica: Yes, absolutely. With that, I would love to do some tapping around this sense of control, because when it comes to these moments in our lives when we’re struggling, I think a lot of the anxiety and frustration comes from not being able to control the situation. We can show up, but there is a level of waiting, and a faith, and in those moments of patience it can feel very difficult to continue your faith, because there’s certain things that yes, you can tap and you can feel better instantly, but you can’t tap and suddenly your bank account will automatically change, or your body will feel better but sometimes it takes some of that patience and some of that letting go of control, and it’s that time in between when we’re doing the work but we haven’t yet seen the result that I feel like are the most difficult. I notice



people planting a seed and then digging it up to see if it's growing, instead of letting it do what it's meant to do.

So would you be willing to do some tapping that could help us release some control and begin to move towards having more faith?

Gaby: Definitely.

Jessica: So, "Even though I'm struggling to release control..." and then we can move towards that. I love it.

Gaby: So if I'm struggling to release control, what's your most pressing issue? What is it zero to ten? You can rate it now. Let's start tapping on the karate chop point.

Side of Hand Even though I'm struggling to release control
I deeply and completely love and accept myself

Even though I'm struggling to release control
I deeply and completely love and accept myself

Even though I'm struggling to release control
I deeply and completely love and accept myself

Eyebrow I feel all this control in my body
Side of Eye I feel it in my jaw, in my neck, in my back
Under Eye I am so clenched and tight
Under Nose And I need to stay in control to feel safe
Under Mouth Because I feel so unsafe
Collarbone I control everything to stay safe
Under arm And I control everything to stay safe
Top of Head Because I don't feel safe

EB My body is taking the brunt of it
SE And I feel out of control
UE And it makes me anxious
UN It makes me so anxious
UM And even if I try to be in control, I never am
CB I never am
UA And I know I am meant to surrender
TH But it feels so hard



EB	It feels so hard to surrender
SE	It feels so hard to surrender
UE	But I'm safe in this moment as I tap
UN	And tapping is a form of surrender
UM	Tapping is a form of surrender
CB	I can feel some surrender now
UA	I take a deep breath and I let it go
TH	I let it go
EB	I can let it go right now
SE	I don't need to control anything right this moment
UE	Once again, I can just let myself feel
UN	I can let myself feel into the physical control and the emotional control
UM	I can take a deep breath into that now
CB	I breathe into that now
UA	I feel relief in my breath
TH	I feel relief in my breath
EB	I feel relief and I take a breath
SE	I don't have to control anything in this moment
UE	I surrender it now
UN	I surrender it now
UM	I release it now
CB	I breathe and release it now
UA	I breathe and I release it now
TH	I release control

Now, zero to ten, where are you? I think that this is a very important practice for us to be committed to, is releasing control, every day, every morning.

Jessica: Absolutely. I want to break down what you're doing here because it's so great and as the listeners can tell, we are just going with the flow, starting with how we feel and giving it a voice. Then when we're feeling better, moving towards how we want to feel. But this is such a forgiving process, it's such an easy process, and I think it's important to give ourselves permission to just go with the flow and see what words come up as we're being honest with ourselves.

Gaby: Definitely, yeah. I think that when we tap on our own experience, we just can let whatever needs to come through, come through, and that's the perfect way to do it.



- Jessica: Yes, and sometimes I think a great technique is just to pretend you are speaking to your closest friend, and just tell her what's going on. I noticed that when I was tapping with you, even saying the negative things, and I always find this with tapping, people will think, "I don't know if I want to say it out loud because then I'm going to really have to face it, or then I'll really feel it." Sometimes it can increase in intensity when we really get clear on what it is, but there is something incredibly freeing about giving a voice to what we're feeling instead of pushing it down. That in itself is so healing!
- Gaby: Definitely. In the moment that we give a voice to what's happening is actually the moment that we face our shame, and we can recognize that we can have great transformation just in naming it, and trust in that.
- Jessica: Yes, absolutely. You have inspired me a lot with your daily practice, and teaching tapping and different techniques, not for this one-off thing when your mother-in-law is driving you crazy, but as a daily practice, because we do live in a fast-paced world. Can you speak a little bit about that? How do we begin to build a daily practice and why is it something that is so important to you?
- Gaby: Well, I think we have to have a daily practice because it's the way that we stay consistent, and grounded, and connected to our inner peace, inner wisdom, and in my language, spiritual connection. That's the most important way to navigate life if we want to truly live free from anxiety, if we want to truly live free from fear, and pain, and suffering, then we have to have a daily practice.
- So if you're listening now, and you're part of The Tapping Solution, then you're on a really good path. You're really on the right path, and I want you to be very proud of yourself because you've made a commitment, and keep listening, keep tapping, keep tapping, tap daily. Let that tapping be part of your daily ritual and your routine. It's one of the greatest ways to get connected.
- Jessica: I know a lot of times we have the intention to do something regularly, we'd like to spend our mornings connecting, but then we get caught up in life. Do you have any strategies, any things that you do, to really make sure that you're spending that time? Any practical wisdom, in that sense, to be able to incorporate these tools that we know can really help us.
- Gaby: Well, choose the times of day that you know you can tune in, and make it a part of your day. I know for myself, my son wakes up at seven, and I get him ready and I



change his diaper, and my husband takes him for a coffee and his bottle. (My husband drinks the coffee!)

Jessica: Yes.

Gaby: Then I take that 20 minutes to tap, to meditate. I tap actually before I meditate, because I feel like when I tap I can clear my energy and then I can have a deeper meditation. It's a practice that I never fail. Then actually when I hang up with you today is when I meditate in the afternoon. I do transcendental meditations, it's twice a day for 20 minutes. I don't think that my life would be as rich and loving and fulfilling as it is if I wasn't practicing these principles daily. So I think that we have to really make that commitment to ourselves and to our families and to our purpose in our life to really show up for our spiritual growth.

Jessica: And we're talking about 20 minutes, sometimes 10 minutes of tapping is enough.

Gaby: Five minutes is enough, yes!

Jessica: Yes, definitely. I want to get your thoughts around healing. We talked about how, as we begin to do this work, we begin to heal these different parts of ourselves and as we face other struggles in life, we begin to see other areas of our life that need healing. Sometimes I find that this word "healing" can begin to feel really heavy, like this idea that one day I'll be healed. Like one day I'll be perfect and every time I discover a part of me that's not healed, there's a bit of that shame or that disappointment because I should be further along by now, I shouldn't have any doubts, and that in itself is just such an immense amount of pressure. So can you speak a little bit about that?

Gaby: I just think that what we are all in the pursuit of is feeling a sense of freedom. So freedom doesn't mean that we're completely healed, but freedom means that in the moment we feel that we're one step closer to being new. We don't have to put any pressure on ourselves to try to be recovered, but we can continue one day at a time to get closer to that state of recovery. I also want people to be able to live with faith that there is a way of living... there's a beautiful quote from A Course in Miracles. "There is a way of living in the world that is not here, though it seems to be. You do not change appearance, but you smile more frequently, your forehead is soft, and your eyes are serene." I don't think there's any reason for us not to be in the pursuit of that.

Jessica: Definitely. I think for me the distinctions I've always made is being in the pursuit of



that, and then when there's moments that I see something that needs to be healed or when I feel triggered, for me it's such a wonderful opportunity to begin to put all of this knowledge into practice instead of getting hung up on, "Why did I even feel that way in the first place?" You know, there's one thing exploring, but there's another thing piling on the shame of feeling like we're not supposed to feel like that, or we shouldn't have been triggered by that person.

Gaby: Don't judge your practice. I wrote a book called Judgment Detox, and in that book I talk about how we don't want to judge our judgment with more judgment. When we witness ourselves in our practice, we really want to be careful not to judge that practice. We want to really trust that we are where we are, and it's perfect.

Jessica: Yes, so we've had a great conversation about anxiety and how it can stop us and how it can really block us from attracting. When we're on this journey of wanting to be more open, we want to bring in more ease. We want to do less and attract more. What are some other emotions or hang-ups that we should take a look at that we can address with tapping?

Gaby: Really anything. Whatever is blocking you, tap on it. It may not be the exact block. Let's say you're tapping on feeling anxious, but the real block is the trauma, or you're tapping on rage towards your coworkers, but the real block is your feeling of unworthiness. So tap on whatever is in front of you and trust that it will reveal the true aspects of what you need to heal, and don't judge whatever comes up.

Jessica: It's true. Sometimes we don't have that awareness right away, and I hear people say "I'm mad but I know there's something deeper. I just don't know what it is yet." You've got to start with the tapping, because I have tapped on something and then gotten the awareness of, "You know what? This is actually something else that's triggering me." Or, "This reminds me of another time." A great question is, "What does this remind me of?" But in your book, Super Attractor, I love how you had aspects where there were certain beliefs that can really block us. One of those beliefs, and I think anxiety ties into this, is this idea that there is just not enough, that there is a limit.

So we see someone else being successful, and we look at that and suddenly think, "I am now less than because I am seeing them." And especially now in this social media world, where we're always looking at these pretty, shiny photos. We can begin to have these limiting beliefs that again, if they're successful then it means there's less for me. Can you talk a bit about this belief, and why it's something we should really look at and make sure that it's not tripping us up?



Gaby: Yeah, I can definitely speak to it because it's something I've healed. I'm totally recovered from that belief system. I'm not in any way hung about it, and it's like this really free place. I wrote a whole chapter about it, in my book, *Super Attractor*. I wrote about how there's more than enough to go around, and this chapter is really all about how when we get into a place of wanting more for others, that's actually when we start to create more abundance in our own life.

So this storyline of, "I'm not good enough because somebody else has it," is just another form of separation, it's another form of disconnect from our higher power. So I believe that the closer we get to God, the less that belief system is present or even true to us anymore. When we make our commitment and our devotion to be spiritually aligned, connecting daily, we start to feel joy in the presence of other people's successes, because we recognize that, "Namaste, the light I see in them is the light I see within myself." So we can be constantly recognizing and remembering that. Don't judge yourself if you are still in the story of comparison and judgment. It's of human nature and it's definitely at an all-time high now with likes and shares and all the things that we are obsessing over. But that's a very debilitating way to live.

For me, I think that... I decided at a very young age that I was going to stay in my own lane and keep a focus on commitment, and service, and love, and happiness, and joy. That really helped me not get into a comparison, or lack, mentality. I think that the more we devote our lives to the joy that we can lean into in creating joy in our own life, the fuller and richer we feel and the less we need to compare.

Jessica: Right, and when I think about moments when I have fallen into that belief – you know, I'm trying to think back about what that feels like – and there is this sense of wanting to control, wanting to change things. Seeing someone have a certain success and go, "Okay, well how can I get that? Is there enough for me?" And it goes back to what we're talking about, this idea of wanting to control, instead of celebrating and finding joy, and also staying in your lane and celebrating your own successes. So all of these beliefs and all these emotions, I really see how they contribute to each other, this restriction.

So with that, I would love to sneak in a little more tapping. Why don't we imagine – we've all been there; you mentioned that this is something that you worked on and got to the other side – but when you see someone else succeed, and you start to think, "Well, what about me?" And you have those beliefs, "I'm not far along enough, there's less for me, there's not enough to go around," and we feel that



restrictive feeling in our body as well as in our emotions. Could we do some tapping? Maybe what we can focus on is a feeling of lack, of scarcity, “Even though I don’t feel like there is enough for me.”

Gaby: Sure. So, “Even though I don’t feel there’s enough for me,” zero to ten, rate your most pressing issue. Let’s tap on the karate chop point.

Side of Hand Even though I don’t feel there is enough for me
I deeply and completely love and accept myself

Even though I feel like there is enough for me
I deeply and completely love and accept myself

Even though I don’t feel that there’s enough for me
I deeply and completely love and accept myself

Eyebrow I don’t feel that there’s enough for me
Side of Eye I think everybody else can have it but I can’t
Under Eye And it feels horrible to compare myself to people
Under Nose And I want to believe that we’re all one
Under Mouth But I really don’t
Collarbone And that makes me feel worse, because I’m a spiritual student
Under arm And so I feel really bad about myself
Top of Head I’m judging myself

EB And I feel like there’s not enough to go around
SE It just doesn’t feel like there’s enough to go around
UE Why not me?
UN Why can’t I have it, too?
UM It seems like things come easily to everybody else, but not to me
CB Not to me
UA But it does feel good when I celebrate other people
TH It feels a lot easier to celebrate them than to judge them

EB It feels a lot better to celebrate them than to judge them
SE The quickest way out of my own lack is to be of service to others
UE That’s the quickest way out of my lack
UN So when I’m done tapping I’m going to go help somebody else
UM If I’m feeling helpless, I can help somebody else



CB	That will make me feel really good
UA	That will make me feel really good
TH	And when I feel good, I feel worthy
EB	When I feel worthy I feel abundant
SE	I can serve and feel abundant
UE	I can celebrate the successes of others
UN	And I can recognize that they are mine, too
UM	I can recognize the light in them as a reflection of my life
CB	I can let go of lack
UA	I can celebrate all of our abundance
TH	I can let go of lack

Take a deep breath in, and release it. When you're ready, open your eyes and relax and take another deep breath and let it go, and see where you're at, zero to ten.

Jessica: That was beautiful. Thank you for that, Gaby. There's moments, too, when we tap, I always get the best ideas, don't you? You just get thoughts, and you even shared some brilliant thoughts, saying, "When I feel helpless, I can help someone else." I feel like we always just get the inspiration that we need when we're in that space. Thank you for leading us through that.

I want to wrap up with a happy topic, a fun topic, which is joy. Tell us about joy, because for a lot of people joy is like, "Yeah, it would be nice," fleeting moments of joy. But a lot of us aren't thinking, "How do I feel more joy?" Or, "Why should I feel more joy?" Let's make this part of the conversation, why joy?

Gaby: When we commit to joy, that's when we're a super attractor, because often we think that, "If I have something that I think I need, then I'll be happy," but it's actually that, "When I'm happy everything I need will come to me." So the work we have to do is make joy our priority, rather than the things we can get and the places we can get to, but instead recognize that the best place to get to is the presence of joy. You can start now through tapping, you can start getting closer to joy by just doing more of what brings you joy. Just have more fun doing more of what brings you joy.

My book, Super Attractor, it says this is methods for manifesting a life beyond your wildest dreams. Yes, you will have all that you want come to you when you practice those principles, but most importantly the book is about feeling good, so it's a whole book on how to feel good and in that presence of feeling good, that's when you're a super attractor.



Jessica: Definitely, and all of us like attracting things and having that expansion. I also find, too, that when we begin to have this joy, we see how much we already have. How many blessings do we have that we just aren't aware of because we're not spending the time to simply say "thank you"?

Gaby: Exactly, exactly, we have to really say "thank you".

Jessica: Yes, absolutely. Well Gaby, this has been a really amazing conversation. You're always just so easy to talk to, and I always leave feeling incredibly inspired. I do have one last question: tomorrow morning, we're brushing our teeth and we're remembering on thing. What do you hope that is?

Gaby: Lean towards joy, and you will be led.

Jessica: Lean towards joy, and you will be led. Thank you so much.

Gaby: Thank you, Jess.