

EPISODE 927

Optimize Your Recovery & Use These Psychological Secrets of High Performers

With Guest Gabby Bernstein

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SHAWN STEVENSON: You are now listening to The Model Health Show with Shawn Stevenson for more, visit themodelhealthshow.com.

What if you know exactly what to do to transform your body to create the relationships that you want to have, the success in your life? You had the exact roadmap. You knew exactly what to do, but you still couldn't find a way to do what was necessary. Again, you've got the roadmap. You know all the steps, you know the recipe, but for whatever reason, you're leaving out an ingredient here or there you are adding stuff that shouldn't be in there, and now your lasagna tastes like peanut butter.

Alright, how did we even get here? How did all this get mixed up? Now, I know that this is a crazy analogy, but this is what's happening for so many of us. We have the audacity and the willingness and the desire to change and accomplish our goals, but we find ways to sabotage ourselves. We find ourselves in patterns of inconsistency when we promised to follow through.

And what I want to say today is that you are not alone. This is something that is very common in our culture today. This is something that is very common amongst our community. And so number one, just the fact that you are here and you are wanting to get better and to accomplish your goals, that in and of itself is so much more powerful than you can imagine.

But there's something going on beneath the surface, deep within our psychology that is causing this self-sabotaging behavior. And today we're going to take a look inside. We're going to use some powerful insights and strategies. To start to deconstruct why I'm not following through in creating the change that I want to create.

Because you absolutely can, whatever your goals, whatever your desires are, you absolutely have everything you need within you to achieve those things. But sometimes we've got to be able to get out of our own way and to find out what's going on beneath the surface that's blocking me from my blessings.

And so this episode is so powerful, so filled with insights from somebody who's helped millions of people to make breakthroughs. And I cannot wait to share this with you today. Now, before we get to our special guest, while I was leaving the gym the other day. Somebody that works at the gym stopped me and he said, yo, I had no idea who you were.

You know, I see you in the gym, but you just popped up in my feed. And man, you have so many incredible insights with nutrition. Can I ask you a question? I was like, absolutely, bro. What? What's going on? And he was asking me about supplements to support mental health. And he found some things over the years that really supported him.

But he wanted to know if there was any science behind them. And what I thought about them in particular, when it comes to depression. Now, as you know, mental health challenges have skyrocketed in recent decades. And without addressing the root cause that's shown in mountains of studies, including social isolation, sleep abnormalities, nutrient deficiencies, sedentary behavior, and many other factors, we are going to continue to see rising rates of these issues.

And lack of solutions. And so it's important to understand that we don't wanna just treat symptoms, we wanna address the root causes here. And it's important for us to understand that no two cases of depression or anxiety or ADHD or schizophrenia, the list goes on and on. No two cases of the same. And there are unique lifestyle and mental health work that each of us need in different situations, first and foremost.

And of course medications can be helpful in some context, but most people are not educated about the science-backed natural supplements that are shown to be just as effective as many medications. And one of them that I talked about with this amazing individual at the gym might just be the most science-backed supplement when it comes to supporting mental

health, in particular with addressing depression. I'm gonna say this agAIn, caveat lifestyle factors first, but you need to know this. An analysis published in the Journal of Effective Disorders found that the renowned Spice Saffron was just as effective as conventional antidepressant drugs like Prozac, tofranil, and Celexa.

These are all conventional treatments for depression. Additionally, fewer people utilizing Saffron experienced side effects than from those other treatments. So agAIn, it's safer and just as effective as the premier antidepressant medications that are out there on the market. And so these are things just to have in our utility belt when it comes to mental health, when it comes to depression and treatments, we don't wanna get it twisted though.

Lifestyle, we've gotta address that. What is the cause? What's going on beneath the surface? And what are those things that are backed by science, that are safe, that we can utilize to help to support our mental health? And this is for all of us. Saffron is remarkable in just supporting a healthier disposition and overall healthier mood.

And according to one of my dear friends and one of my greatest mentors, who's a neuroscientist double board certified psychiatrist with the greatest database of brAIn scans of any person in the world in history, hundreds of thousands of brAIn scans. He's a big part of the NFL study. He's scanned everybody's brAIn from Muhammad Ali to Justin Bieber.

Right, and lots of everyday folks that are just seeking solutions for their mental health challenges. And I'm talking about Dr. Daniel a Amen. I first really pAId attention to the data on Saffron because of Dr. Daniel a Amen. This is one of his absolute favorite supplements that he utilizes with his patients.

And right now, it's easier than ever to take advantage of the benefits of Saffron. The incredible team at Organify has put together this wonderful formula, and you really do notice a difference. They're called Happy Drops. They're these delicious gummies that have a therapeutic amount of saffron, and you could check them out right now when you go to organify.com/model.

And not only that, you're gonna get 20% off. Go to organify.com/model. That's organify.com/model. For 20% off their happy drops and their other science backed organic blends, like their green juice blend, their red juice blend, and so much more. Again, head over there, check them out. organify.com/model for 20% off.

And now let's get to the Apple Podcast Review of the week,

ITUNES REVIEW: Another five star review titled The Model Health Show is Fire by IHY. Whether it's on my drive to work or while I get ready in the morning. I really enjoyed listening to the Model Health Show every week with the information provided from Shawn and his guest.

I feel like everyone should be listening to this podcast. Thank you for all the work you're doing, Shawn,

SHAWN STEVENSON: Amazing. Thank you so much for sharing that powerful message over on Apple Podcast. Thank you for taking with me in the mornings on your drives as well. And it really does mean a lot. I truly do appreciate that.

And if you've yet to do so, please take a moment and leave a review over on Apple Podcasts. It really does mean so much. And without further ado, let's get to our special guest and topic of the day. For nearly two decades, Gabby Bernstein has been transforming lives, including her own. She's a number one New York Times bestselling author and has pinned 11 books, including Self-Help.

The Universe Has Your Back and Super Attractor. Gabby has been featured on Oprah's Super Soul Sunday as a new thought leader and the New York Times has identified Gabby as a role model for a new generation of spiritual seekers. Gabby has been featured everywhere on major media from Good Morning America to The Today Show and in her weekly podcast Dear Gabby, she offers up real time coaching straight talk and conversations about personal growth and spirituality. Let's dive into this conversation with the one and only. Gabby Bernstein.

SHAWN STEVENSON: We have a very special guest here at the Model Health Show Studio, Gabby Bernstein. So good to see you.

GABRIELLE BERNSTEIN: It's so good to be with you.

SHAWN STEVENSON: I'm so excited. You have no idea. I've been reading both of your books.

GABRIELLE BERNSTEIN: I Love you.

SHAWN STEVENSON: All right. Like going back and forth. And I've gotta ask you, because for so many of us, we have aspirations of change and to accomplish certain things in our lives, but many of us experience self-sabotage.

GABRIELLE BERNSTEIN: Hmm.

SHAWN STEVENSON: All right. We have goals and things that we want to achieve, and we know how to get there practically the things we're quote supposed to do, but we find a way to sabotage our progress.

Why do we do that? Why do we self-sabotage our results?

GABRIELLE BERNSTEIN: Self-sabotage Shawn is a protection mechanism. It's a protector part of us. We have inner desires, we all have big desires to create, to achieve, to manifest, to attract. And we sometimes we'll take action on those desires, oftentimes take action on those desires, and then very often just cut ourselves off at the knees and completely sabotage.

Why? Because there's deep rooted beliefs inside of all of us. And many people have beliefs. It's too good to be true, or I'm not worthy, or who am I to? And those core beliefs are the deep rooted feelings that are the feelings that we often wanna mask. And self-sabotage is the way of masking that. So we'll, self-sabotage to protect against those deeper exiled feelings.

SHAWN STEVENSON: Yeah. Yeah. You talk about the protector. Yeah. Right. And these protective mechanisms we develop, and so many of us have this, I would imagine pretty much all,

GABRIELLE BERNSTEIN: Everyone

SHAWN STEVENSON: Plus have everyone half these and. We have a manager.

GABRIELLE BERNSTEIN: Yeah.

SHAWN STEVENSON: Within ourselves. And we also have the firefighter Yeah. That you talk about as well. Can you talk a little bit about those?

GABRIELLE BERNSTEIN: So you're referencing the latest work of my, my new book Self-Help, which is based on a therapy called Internal Family Systems Therapy, otherwise known as IFS. And what I've done is really demystify and democratize this therapy through a self-help tool, but to explain these different parts, they're IFS terms.

So we have these protection mechanisms that I think everybody thinks listening could imagine. Okay, I know I am a people pleaser at times, or I know I can be really controlling, or I know I can have rage in these certain moments. Or when my wife says x, I flip out. Or we know those reactive trigger points and we know the behaviors and beliefs that block us is kind of extreme. In IFS, it's about recognizing these behaviors and beliefs as protection mechanisms, not just bad habits or behaviors.

So for example, I'm turning sober 20 years and in my recovery now I can look back and say, oh, that cocaine addict part that was 25 years old using drugs.

That wasn't a bad part of me. That was a protection mechanism. I was doing drugs to numb out the impermissible trauma feelings from my childhood. So the cocaine addict is what we would call a firefighter. It's the put out the flames, do whatever it takes to put out the flames of those deeper feelings.

The managers are also protection mechanisms, protectors, but they're the day-to-day protectors, right? Maybe controlling or people pleasing or workaholism or numbing out with YouTube or going to the fridge to eat those can be. Practices or patterns or beliefs that we carry that are typically with us on a day-to-day basis where we're just sort of like, oh, i'm a people pleaser, i'm a control freak. But the really extreme parts are the firefighters. The addicts, the suicidal ideation. That's the firefighters,

SHAWN STEVENSON: Mm-hmm. Oh my goodness. And of course, you walk us through how do we address this? Yes. And we'll get to some of that in a bit. But one of the things that you shared.

Also is that we find it hard to give up the fear we've grown dependent on. Mm-hmm. So a lot of this is due to fear. That's right. You know, we self-soothe, we, we find this way to protect ourselves. And a lot of it is based around fear, if not all of it.

GABRIELLE BERNSTEIN: Yes.

SHAWN STEVENSON: And so can you talk a little bit more about that? Why do we find it hard to give up fear that we've grown to depend on,

GABRIELLE BERNSTEIN: Well, we all had difficult experiences as children, no matter whether it's big T trauma or small T trauma, we all experienced it. Maybe it was alcoholic parent and that was a big T trauma, or maybe it was something that seems less significant, like maybe being bullied on the playground or a teacher telling you you're stupid.

All of these moments as little kids are big moments because in those moments, we don't have the ability to process those big feelings of being inadequate, being unlovable in some cases, terror or shame. And so we don't have the ability to process that. And so without the ability to process that, what are we gonna do?

Put it down, push it down, numb it out. So as little, little children, we start learning. We're really wise. Our brAIn starts to develop these protection mechanisms to numb out that feeling of being inadequate or unlovable and say, no thank you. Never wanna feel that agAIn. And so what do we do if we were not loved or not not attached with our parent?

We're gonna do everything we can to get attachment, right? We're gonna people please, we're gonna override ourselves if our life fell out of control. That was my experience. Things fell out of control. We're gonna do whatever it takes to control. Why did I need to control? Because if I'm in control, I don't have to feel the fear.

If you're that people pleaser because you didn't have that love or that attention, you're doing the people pleasing. So you don't have to feel the feelings of being inadequate and unlovable. Mm-hmm. So these protection mechanisms are protecting us from very young, exiled parts of ourselves that we just don't want to face.

SHAWN STEVENSON: Yeah. I think we unconsciously give so much purpose to that

GABRIELLE BERNSTEIN: We do. We really, we, we unconsciously are living in a state of protection all the time, braced at all times. And those folks out there that haven't done any personal development work are likely living in this braced state that in any given moment something could trigger you and boom, you're gonna pop off and this is gonna happen and of course, those folks with more, more of these big T experiences as children may have more extreme protectors. But we all have protectors.

SHAWN STEVENSON: Yeah. One of the things that you sAId, and agAIn, when, when I read this, I was like, why? Why? Like, whatever. Like if you were to tell me this, I would be resistant to it.

You said that we are resistant to being happy. Yeah. Many of us.

GABRIELLE BERNSTEIN: Yeah.

SHAWN STEVENSON: And it's just like we consciously, like, I want to be happy. What do you mean? I want to be healthy. I want to achieve this weight loss. Mm-hmm. I wanna have this great relationship. But when you broke down, why it is like. It makes complete sense.

GABRIELLE BERNSTEIN: Yeah. Well, we think that the happy is the relationship or the weight loss or the job, or the abundance or the cash in the bank. We think that's the happy, but the resistance to being happy is the resistance to doing the deep inner work that's required for us to allow the presence of joy to be revealed naturally.

We are at our core, joyful, healthy, loving, spiritual, just inspired beings. That's who we are. That energy is what in IFS we call self. That's why the book is called Self-Help. Self is the presence of calm, connection, compassion, clarity, creativity. It's who you are in this moment with me. You're not worried about tomorrow or later you're with me.

That's your self energy. But the majority of the time, folks who haven't done enough deeper inner work are blocking that self. And that's that true joy, that true happiness. And so we're resisting that happiness because we are protecting and protecting, and protecting in this hypervigilant state of trying to brace ourselves, to not have to feel those deeper feelings that are underneath.

SHAWN STEVENSON: Yeah. When it comes to us dealing with all this stuff, a big part of the struggle is because it's, we feel like it's all on us. Mm-hmm. I have to figure this out. I have to do this work. And one of my favorite quotes. From you is the presence of fear is a sure sign that you are trusting in your own strength.

GABRIELLE BERNSTEIN: Mm-hmm.

SHAWN STEVENSON: Talk about that.

GABRIELLE BERNSTEIN: I love that you're bouncing from book to book. This is awesome. This is good. 'cause you're like, this is from this book and now I'm pulling from this book. You're reading both the books at the same time. I can tell right now, uh, the presence of fear is a sign that you're relying on your own strength.

So self-help, this book is a detour in, in a bit for me 'cause it's about a therapeutic process. Most of my books are very spiritual, are all spiritual self-help books and rooted in spirituality. And so what I mean when I say that the presence of fear is a sign that we're relying on our own strength. What that means is that when we are in that state of separation, fear, self attack, judgment, attack of others, any form of resistance, we are out of alignment with our spiritual nature, we're out of alignment with a sense of certainty, connection to the universe, connection to the divine connection to a higher power of our own. Understanding that presence of that spiritual connection is unique to everybody. Everybody can decide what that is for them, but that is the true source.

That connection is the true source of that state of self inside. And so when we're in fear, it's a sign that we're out of alignment with that source. Yeah. Period.

SHAWN STEVENSON: How do we clear the static on the line?

GABRIELLE BERNSTEIN: Yes. Okay. So everything I've done throughout my, I've written 11 books. Every single one of these books are designed to get out of the static that misaligning us from that, that core truth in the case of the universe has Your back, which you have right here. That book has a lot of spiritual practices of spiritual surrender through prayer practices of learning to, it's about called Transform Fear to FAith is the subtitle. And it's really about strengthening a fAith of your own understanding.

In the case of this book, Self-Help that is about really actually starting to rely on your own inner healer. Which is also equivalent to the presence of your spiritual truth. And that inner healer is the self inside. And there's a four step practice in that book, which is designed to really help you be in relationship with these protectors.

So the fear is the impetus to make that protector start protecting. Yeah. And you don't wanna go straight to the fear, but you can start to create a relationship with the protector. So you can become curious about it. You can check in with it, you can be compassionate towards it. You can start dialoguing with these protection mechanisms as if they were inner children inside of you.

So I'll give you an example. I had the controller. The controller has been with me for many years. She's doing pretty good though right now she's actually pretty relaxed, but the controller was, was really controlling and she was running the show and just kind of just creating chaos and making people crazy and not trusting in others.

Really trusting in God in the universe, but not trusting people. And why? Because I was a child of trauma. Because I grew up with, with without the right attachment bonds, of course I was gonna feel the protection mechanism of I've gotta control everything. 'cause nothing was in control. So the more that I started to connect to that part of me, the more it became unburdened.

And so how did I do it? I'd noticed in those moments when I'd have the need to start controlling, maybe it's a work related thing or a relationship related thing. And when I had enough enough awareness of the stimulus of the need to control, I would separate myself from it and I would, or even if after the fact maybe I'd be controlling like crazy and later I'd check in with it and I would follow these four steps, which is this self-help practice based on IFS and this is what I've designed.

The first step is to choose to check in with the control. In this case, the control, the protection mechanism, or whatever your protector is, choose to check in. So I'd focus my attention inward. And then the second step was become curious about it. So I would start asking questions inside, where do I feel that in my body?

And it would always be in my jaw or my chest. And I'd start describing it. It feels tight, it feels red, you know, just noticing what's happening on the inside. And then I'd ask more questions. What do I know about this? Is there any thoughts or feelings or sensations attached to it?

And so as soon as I started to feel a little bit of a connection to the part of me feeling it inside or hearing its messages towards me, the third step was to compassionately connect to it.

And that's when I would say, what do you need? And those three words, what do you need? Is. The greatest gift you could offer these parts of yourself. 'cause these parts of us are like little kids inside and they need to be seen. They need to be heard. They need compassion. And so then I'd let that part of me speak up and I'd usually say, I need to rest or I need to speak up for myself, or I need boundaries.

And then the fourth step is to check for self. So check and see if you've connected to self. Do you feel calm? Do you feel more compassionate? Do you feel more connected? Do you have some clarity? Do you feel a little bit of creative energy? Do you feel a little bit of compassion towards yourself? And if you even feel a molecule of any one of those C qualities, you've done the job.

You've done the work. You're, your self is showing up.

SHAWN STEVENSON: My question is, how do we know when to check in? Yeah. Because I think that that's one of the big barriers is just we're we're, we're busy, we got stuff going on. Right. And we're just in reaction all the time.

GABRIELLE BERNSTEIN: Right. We are in reaction all the time.

So the way that we know to check in is to begin by recognizing the protectors. So everyone watching or listening can ask themselves what are the extreme behaviors or beliefs that I'm often mad about, right? So, ugh, I did that again. Or I don't know what just came over me. Something just came over me.

That's a big one. Those beliefs and patterns and behaviors are the protectors. And so starting to name them, call them by their name. Do you know of any protectors that you might have that are up for you on a regular basis? These patterns. Really? Oh, where did that come from? How'd that happen again? Maybe you don't wanna talk about it here, but,

SHAWN STEVENSON: Let me think about it.

There's a part of me that wants to stand up for what's right to stand up to the bully. To protect other people.

GABRIELLE BERNSTEIN: Protect, yeah. Yeah. Look at the word right? How long has that part of you been around?

SHAWN STEVENSON: Ever since I was a kid. That's right.

GABRIELLE BERNSTEIN: As long as you can remember, right? Yeah.

SHAWN STEVENSON: Yeah. And and so I wanted to protect my mom.

GABRIELLE BERNSTEIN: There you go. There you go. So that's a very big protector. That's a big one. And I'm sure it shows up less and less now 'cause you're a man that has done a lot of personal development work and you have a lot of probably coping mechanisms to self-soothe and moments and things. And so you have more self-awareness.

But what if you could protect and care for others and make sure people don't get hurt and stand up, but in a less extreme way? What if you could speak up instead of fist up or whatever? I'm not, you know, whatever that might be. Right. Is there, because that's a beautiful quality. These parts of us, these protection mechanisms that we often shame and blame are actually extraordinary parts of us. Right? My controller part wrote 11 books in 14 years. Like she's serving souls.

GABRIELLE BERNSTEIN: She's done a great job, but now she can do it in a less extreme way. So Shawn, you know, you and I have known each other for a long time, but if you had met me six, seven years ago, you'd be meeting a different version of me because the me you would've met, then you might, you might've left the room being like, she's super cool, she's super nice, she's definitely connected to the work she's doing, but she feels a little hypervigilant, or she feels a little bit like wiry or something, you know? And that's because I've just been healing these parts and healing these parts. And it's not like I made those controller parts go away.

It's not like I'm letting go completely. I still run a business, I still run a family, but it's not in a burdened way. I'm not in an extreme way. Yeah. So it's beautiful.

SHAWN STEVENSON: Yeah, I, and I could see that. Thank you for saying that because these protectors and these parts of us, there's beauty to them.

GABRIELLE BERNSTEIN: A hundred percent.

SHAWN STEVENSON: And I could see where that part of me, I can hurt myself trying to protect others.

GABRIELLE BERNSTEIN: Absolutely.

SHAWN STEVENSON: And then I might not be around to protect them.

GABRIELLE BERNSTEIN: You could get yourself into a lot of trouble. Exactly. Yeah. And the thing is, is that that protector part is probably something that is so beautiful to your wife and to the people around you.

And they see you as this carer. And I, I feel that barely knowing you just for a little time in Mexico and here, that caring nature and that that nurturing and at the same time it can be extreme. Yeah. Right. So you have to give it both sides.

SHAWN STEVENSON: Yeah. Oh wow. This is so awesome. Thank you for this. So I mean, the bottom line is we've gotta do our own internal investigation.

GABRIELLE BERNSTEIN: Yes sir. We really do. You know? Yes.

SHAWN STEVENSON: And I, why are we putting this off again? Like we are so externally focused. We're all this stuff. Lemme ask you this, right?

GABRIELLE BERNSTEIN: Ready? So let me hold up these two books. Ready? This is the why. So you have this book right here and it says, the universe has your back and it's, you know, transform Fear to Faith.

And then this one is self-help in big red letters. You're in the bookstore. Which book are you picking up?

In the comments below, tell me which book you're picking up. Yeah.

SHAWN STEVENSON: Do you want me to answer?

GABRIELLE BERNSTEIN: I mean, you might be different than the rest of the world. And, and it's, it's not that your, your viewers are not the exact typical demographic. 'cause they're out there, they're doing all this incredible work on themselves.

They, I'm gonna step up, but it's unlikely that people are gonna sit, even wanna, even wanna sit at a beach with this book in their hands. Yeah. No, I don't wanna do that. So they want the universe to have their back, right? Yeah. Or my book super attractor of, you know, manifesting that's what they want.

And so this feels like work. Mm-hmm. But there's a reason I put these big red letters on the page. 'cause this is, and also the subtitle. This is your chance to change your life. This is not a small thing, it's requirement, but it doesn't have to be heavy. It can be one minute, four steps every day, once a day.

And of course if you do more, the better the muscle is built. But you know, you wanna start working out, you wanna start hitting the gym, you're not gonna be completely outta shape and go to the gym tomorrow. You're gonna start by maybe walking 5,000 steps and maybe you did 10,000 steps. And then maybe you're gonna be like, okay, I'm gonna start lifting five pounds.

Or I'm just thinking about women more than men, but like, or, or, or men or somebody that's just starting out for the first time. My son's nanny, she's middle aged, she really wants to start to get into shape. And I looked at her and I was like, listen, here's a weighted vest. It's five pounds, here's three pound weights.

I sent her off, I was like, get out of here. I'm like, just start cleaning your cows with the five pound weights and lifting the, the three pounds. Wearing the three pounds when you're walking. Mm-hmm. Like even if you're going for a five minute walk, I like just start there. And the same thing goes for self-help.

One minute, four steps once a day. That's it. I love it. But it's terrifying for people.

SHAWN STEVENSON: Of course. Yeah. The easy self help.

GABRIELLE BERNSTEIN: Maybe this guy, but not everybody else.

SHAWN STEVENSON: It is just it. It is. I, I think again, where you are, what you're gonna be drawn to, but the universe having your back feels a lot more, a lot easier, you know

GABRIELLE BERNSTEIN: Cause people think like I want, it feels easier, but they also think when I get that thing I'll be happy. Yeah. It's the opposite. It's when I've done the inner work to feel good inside, whatever I desire starts to come into me and forms far greater than I could ever imagine. Yeah.

SHAWN STEVENSON: The universe has your back. For me, that is a call to remember.

GABRIELLE BERNSTEIN: Yes.

SHAWN STEVENSON: Right. And you give so much and so many insights on helping us to remember.

GABRIELLE BERNSTEIN: Yeah.

SHAWN STEVENSON: And really rekindling that seemingly lost connection that was never lost. That's right. With that sAId, agAIn, you still have to do the work. There's still work though, because it's so easy to forget.

Yep. It might be easier than ever to forget because we're so externally focused. That's right. And so with that being sAId, one of my favorite parts of that book. Is when you talk about, and this is a direct quote, synchronicity, guidance, healing, and abundance are avAilable to us all the time.

GABRIELLE BERNSTEIN: That's right.

SHAWN STEVENSON: Let me tell you this, that first word synchronicity is so powerful. It just reminds me that I'm in the magic, I'm in the flow. When I read this sentence, this was the day after I was speaking on stage in, at an event in Atlanta, and I quoted St. Francis of Assisi.

GABRIELLE BERNSTEIN: Yes. Mm-hmm.

SHAWN STEVENSON: And then I opened your book the next day.

There. And you have a quote from St. Francis of Assisi. And that message right there about synchronicity.

GABRIELLE BERNSTEIN: That's right.

SHAWN STEVENSON: I, my eyes started watering. Yeah. You know, I started tearing up.

GABRIELLE BERNSTEIN: Well, I've got so many chills. That's your spirit guides. Let's go there. That's your guides.

We all have angels and spirit guides working on our behalf. Your audience now might be like, goodnight. Okay. Take it or leave it. Take it or leave it. You can call it energetic presence. You can call it the universe. I don't care. But what I believe in my spiritual fAlth is that, and it's not even a fAlth.

It's a knowing. It's a knowing. It's a connection. It's a hearing. I have Claire Essence, Claire audience. I could hear Claire Sentence. And that knowing is that we have these divine guide, spiritual, whether it's grandma, whether it's an energy that you've been with in past lives. AgAln, I believe all, and I know all of this, these energies are always working on our behalf to guide us in the right direction.

When we pray or when we set intentions, we're sending out a message to the universe, but also to these guides saying, I need help. Even just saying things like, I need a i, I. It has to be a better way. Or is this it? I wanna change. Those are invisible doors that we open, and when we open those doors, that's when the presence of this guidance starts to come into our life.

And for, for those moments, when you have that, you're speaking on behalf of the divine. When you're speaking a prayer or message from St. Francis of Assisi that's saying to the universe, Hey, I'm awake. I'm paying attention. Okay, well what are your guides gonna give you? They're gonna say, open Gabby's book today.

Write to that page. Those are signs and winks from the universe, from your guides, that you are divinely guided, that you are divinely protected, that you are always being led. That synchronicity is your birthright. That joy is your birthright. That your spiritual essence is who you are. Period. End of story. Done.

SHAWN STEVENSON: Yeah. You know, my logical brain even in those moments was like, what is this like one in a hundred million chance that I would quote this particular saint? Yes. And then read it in your book. It's just, these are impossible odds. This was for me. Yes. It was a moment for me that was for to remember.

GABRIELLE BERNSTEIN: Well, I think that my mission particularly right now is much, much more elevated in this time. And my mission is to teach people that these are actually regular situations. That this is actually how it is supposed to be, that synchronicity and miracles are natural, and that when they're not happening, that there's something that's gone wrong, that we're blocking them.

And so the, we're always in awe of these moments of synchronicity, but that's crazy. Those moments of synchronicity are how it's supposed to be all the time. Yeah. We are just a population, a global population of people who have made many wrong minded choices. And those wrong minded choices have led us into very dark corners and lots of protectors and negative energy and negative beliefs that have created separation, attack, war judgment.

All of the issues that we have in this lifetime, all of the issues are based on that core separation from the truth of who we are.

SHAWN STEVENSON: Mm-hmm.

GABRIELLE BERNSTEIN: Think about it. Religious separations, racial separations, all of these. This is all separateness. Imagine if every human was walking around believing in their divine guidance, divine wisdom and synchronicity.

It wouldn't matter where you were born and what circumstances you were born into, whether it was in poverty or whether it was in wealth, you'd still be walking around with an energy of appreciation of gratitude, of, acceptance, of allowing, of surrender of connectedness. Think about how different your life would be if these energies were what were leading us as a collective.

SHAWN STEVENSON: Got a quick break coming up. We'll be right back if you want to dramatically reduce the frequency of you getting sick and accelerate your recovery. If you do. I wanna make sure you and your family are utilizing what was highlighted in a meta-analysis published in the Annals of Clinical Biochemistry.

The study was titled Electrolyte Imbalances in Patients with Severe Coronavirus Disease, and it analyzed five studies with nearly 1500 patients. With COVID-19 and found that both sodium and potassium were significantly lower in patients with severe COVID-19 and improving people's electrolyte balance dramatically improved their recovery.

Now this is known in the hospital setting, but we don't need to be severely ill to get the immune system support of electrolytes. In fact, a peer reviewed study published in the European Heart Journal titled Sodium Intake Life Expectancy and All Cause Mortality Reveal Quote, observation of Sodium Intake, correlating Positively with life expectancy and Inversely with all cause mortality.

Shocking to the researchers and the scientific community at large, higher sodium intake than conventional beliefs about sodium is associated with a longer average life expectancy and reduced all cause mortality, and this was a huge meta-analysis. By the way. This is the data from 181 countries, but the question should be why?

Well, sodium is required to help conduct impulses of your nervous system. It's required for muscle contractions. It helps all of our cells, tissues, and even your brain maintain proper fluid balance. It's deeply involved in every aspect of our immune system function. The generation and utilization of energy and the list goes on and on.

But the most important factor is getting the right ratio of these key electrolytes, sodium, potassium, and magnesium. And that's what you get in the number one electrolyte supplement in the world. It has no sugar, no artificial dyes and results that you notice. And right now, not only can you try their popular drink mix that's now being used by dozens of professional sports teams, they also have an amazing new electrolyte sparkling water.

And with every purchase you get a free sample pack to try out their classic drink mix flavors. I'm talking about the amazing electrolytes from LMNT. And as always, LMNT has a no questions asked money back guarantee. So you have nothing to lose and only better hydration, performance, immune system function, and overall performance to game, go to [drink element.com/model](https://drink.element.com/model) to take advantage of this right now.

That's drink lmnt.com/model to get your free sample pack with any purchase, including their new electrolyte sparkling water. Again, go to drinklmnt.com/model. And now back to the show.

SHAWN STEVENSON: One of the things you keep leaning into is the practice, is the work.

GABRIELLE BERNSTEIN: It's the whole thing.

SHAWN STEVENSON: And one of the things that I've done recently is I have a journal where I keep those synchronicities.

GABRIELLE BERNSTEIN: Yes.

SHAWN STEVENSON: Right? Because again, even some of the best of us who are aware of this and kind of just stay tapped in, stay connected. We can forget. Mm-hmm. And we start to live through our own limited power. And having this journal where, you know, again, I document these magical moments and I can go back to and remember instantaneously.

And I made it a practice to keep on again. Every week I'm putting something new.

GABRIELLE BERNSTEIN: Are you talking to your dad?

SHAWN STEVENSON: No.

GABRIELLE BERNSTEIN: Okay. So he's, okay. So I'm a channel. I'm a, and I don't want to totally derAll this conversation, but he is knocking on the door right here, right now. He is, I don't know if you see my hand. It kind of goes numb and I start to, he is in this room.

He is banging on the door. He is guiding you to those moments. He is with you and he's like, Shawn, we gotta talk, bro. He's like, we need to get, get it going. This is a new relationship. He's very direct. He's like, this is a new relationship. We need to do it this way. Now he's really directing you. He needs to, do you mind that I'm going there?

I did not ask your permission.

SHAWN STEVENSON: Okay. Please.

GABRIELLE BERNSTEIN: Okay. He needs to let you know right now that he wants to and has to be in your life in a big, big way. Okay. For, he said, shows me family, but he's also showing me career. He is like, who? He's like big skyrocketing. He wants to be on your board of advisors.

Was he like that in the, in this lifetime, like guy, like really directive?

SHAWN STEVENSON: No but board of advisors is something that I think about every day.

GABRIELLE BERNSTEIN: Is it?

SHAWN STEVENSON: Yeah. It's like a practice I have where I create a mental board of advisors.

GABRIELLE BERNSTEIN: Okay, so this is your spiritual board of advisors. And he is like, I'm at the head of the table.

He is. He wants to deeply be in the internal direction. He's showing me. So in the internal direction of the next Right. Action. And I start talking a little fast when I channel, but he's

showing me the speedy, speedy, speedy, speedy things are really picking up. And you're gonna need that guide, that board of directors to say, Hey dad, what about that choice?

What about that choice? Is this the right move? And he's gonna, you're gonna get a clear yes and a clear no. He's selling me that. Those synchronicities, those that you're writing down, that's him. It's him. He, that's how he speaks to you. He's he's coming in hot man. Like, and it was hard to deny. I'm sorry.

Normally I can shut it off, but it is like my, everything is just like blowing at you. He's also like sometimes maybe even connecting to one of your sons too, like working through one of the boys. Yeah. This is, um, a very, very, very strong message for you. So just take that, that he wants to be on your board of advisors.

He wants to be consulting in the choices that you make and that he wants you to know that he's super proud of you and that there's so much, it's really cool here and that there's so much divine order and direction that you could be tapping into with his support that's gonna take everything that you're doing to the next level and that you are here in the service of humankind and he really wants to be here to hold your hand as you do that work.

SHAWN STEVENSON: Thank you, Gabby.

GABRIELLE BERNSTEIN: Yeah. He's so loud. He's coming in.

SHAWN STEVENSON: When he passed, and I didn't know at the time, everything slowed down. Everything slowed down and became overwhelming. Mm-hmm. And I'm, I can't recall ever experiencing overwhelm as an adult, you know, in, in this lifetime. And for a year everything slowed down and I know that things are going to pick up and become this kind of quicker pace towards something very special.

GABRIELLE BERNSTEIN: Yes.

SHAWN STEVENSON: And I've been apprehensive, I'm uncertain Yeah. About it because of everything that happened and how everything slowed down and became overwhelming.

GABRIELLE BERNSTEIN: Mm-hmm.

SHAWN STEVENSON: And so this is very helpful for me right now. Yeah. It's affirming because I know I can feel it.

GABRIELLE BERNSTEIN: Mm-hmm.

SHAWN STEVENSON: And my, I'm gonna be different. My life is gonna be different. It's gonna be beautiful, but I just don't want to feel that overwhelm again.

GABRIELLE BERNSTEIN: Well. Remember what I said, and this was the quote that you pulled out. That the presence of fear is a sign that you're relying on your own strength.

SHAWN STEVENSON: Yeah. Yeah.

That you're thinking you have to figure it out. Yeah. He's coming in hot right now saying, you don't have to figure this out alone.

You have your board of advisors. You can go at this pace that's gonna be methodical and thoughtful and inspired and, and, and it was very important for everything to hit at the same time, because it was a breakdown to break through. It had to almost be leveling out for this next level of your life and your career, leveling out for the next level.

They don't always come in that hard, but like he was right.

SHAWN STEVENSON: Thank you. I'm like, what is this? Who is this? I was like, oh, it's dad. Okay. Yeah. Thank you, Gabby. I'm so grateful. I'm so grateful.

Something that you said reminded me of something I wanted to ask you about, which is for myself included, I'm experiencing what, I choose to perceive.

GABRIELLE BERNSTEIN: Mm-hmm.

SHAWN STEVENSON: Right. We're creating our own movies.

GABRIELLE BERNSTEIN: Mm-hmm.

SHAWN STEVENSON: Right. It's one of the great analogies that you share, and we can be tuned into the Fear Movie, the Fear and Struggle channel, or we could be tuned into that positive movie, positive perspective about it. And so we are the image makers.

GABRIELLE BERNSTEIN: That's right.

SHAWN STEVENSON: Right. So can you talk a little bit about that? Because again, we often feel that life is happening to us. Yeah. We're in reaction to it, but we have so much agency to be able to see the world that we wanna see.

GABRIELLE BERNSTEIN: We are co-creating our reality at all times. When we wake up in the morning, we're going and setting the projector screen for the day ahead.

We are the way we start our days, the thoughts that we repeat, the beliefs that we carry are creating our reality. It does not mean that things outside of us don't happen. We're living amongst others. So s gonna hit the fan, right? There's gonna be fires in the streets, there's gonna be protests, there's gonna be war, there's gonna be things.

But on a day-to-day basis, what is the projector screen that we are turning on? What is the real we are playing? And that begins with one, what is our spiritual foundation and condition and our personal development practice so that we can heal the wounded beliefs because those old beliefs are going to stay with us until we stick up for them, until we show up for them, right?

It's gonna keep coming up until we show up for it. But also, what are the day-to-day thought patterns that are just beginning to set us off from the start? And I know that you're a man of habits and rituals and, and so one of my greatest morning habits. I wake up in the morning and I ask myself four questions, and this is what I call the daily design method.

And so I ask myself, who do I wanna be today? How do I want to feel today? What do I want to give today? And what do I want to receive today? Every morning does it matter how early my kid woke me up? It doesn't matter what I have to do later before I even wake up or put my glasses on, or whatever I have to do to get outta bed.

I ask myself those four questions. Who do I wanna be today? What do I want to feel today? Or how do I want to feel today? What do I want to give today? And what do I want to receive today?

SHAWN STEVENSON: Why are questions so powerful?

GABRIELLE BERNSTEIN: Well, it's allowing us to actually choose, right? So you were saying, we have the choice in the moment to create our reality the way that we want to.

And so making choice is the operative word. We can wake up and choose to turn over to the phone, look at the news, look at the to-do list. We can look at the dramas, we can look at the things that bring us lots of stress. We can choose to start our day with an attitude of, what are you gonna do for me?

Or, you know, walk down to our partner and say, the, the toilet's broken, or this or that. Or we can choose to begin our day with thoughts of what is the intention I wanna create in this day? And. It's a prayer to the universe. I, today, when I woke up this morning, I said, who do I want to be today? I said, I want to offer, I wanna be a, a a speaker, and I wanna be a, a healer.

I wanna offer wisdom. What do I want? Uh, what do, how do I wanna feel today? I said, I wanna feel energized. As you saw when I walked in, I was like really tired. And, you know, even if that means like, just, just just tuning in and doing a meditation in the Uber on the way over here, I wanna feel energized. Um, what do I wanna give today?

I wanna give wisdom. What do I wanna receive today? I wanna receive energy. I wanna receive vibes. So that was really clear for me this morning, and, and I'm already feeling it. It's here. I feel so much energy with you. I barely slept. I've been on the road, I've been banging it out, and here I am with you and I feel so much energy.

So I'm creating that reality. Yeah.

SHAWN STEVENSON: What if we are like, I don't want to take responsibility for that.

GABRIELLE BERNSTEIN: How's that working out for you? That's up to you. This is the thing. It's all your choice. It's all your choice. Your happiness is your choice that you make, the things that happen outside of you, you cannot control.

But what happens on the inside is what you can control. And it's not that you can control your experiences, but you can control your experience of your experiences. That's big. How are you gonna perceive this situation? And it's a reprogramming and a training of yourself, and we're gonna fall back all day.

You know, I was falling back today on something and it's, you know, picked it back up in the moment. Right. And I was getting annoyed about something I used to get annoyed about when I was talking to one of my, my VPs that works with me, who's been with me for 12 years and something was going on. I was like, in my head, controlling the controller was there, and then in the moment I pivoted, I was like.

She is so in the devo, I just started hearing this in my head. She's so in the devotion of your work, I almost started visually turning the story around and I was in this place of, oh my God, this is happening too fast, and we're rushing. And then all of a sudden I was like, she is deeply in the devotion of your work.

Everything she does is in the devotion of bringing this forth. This is the most important divine relationship of your life. Just move into gratitude. And instantly I was like, thank you so much for your hard work. Instead of being like, wait, but why isn't this working? Why isn't that working? I just shifted my consciousness in that moment, and the more we practice these things, Shawn, you're, you're, you're in the gym, you're training, right?

I'm training. I'm in the gym too, but I'm training mentally every single day. Harder than anybody that's in that gym.

SHAWN STEVENSON: I love that analogy because truly, you know, it's, it's sometimes going against resistance. Yeah. It's how we get stronger.

GABRIELLE BERNSTEIN: Exactly.

SHAWN STEVENSON: Right. And so having that spiritual gym, having that mental gym and the physical as well, of course.

And training ourselves because. Stuff's gonna happen.

GABRIELLE BERNSTEIN: Yes, it's right.

SHAWN STEVENSON: And so in the physical aspect, we're gonna come up against, you know, resistances sometimes that we can't necessarily handle. Yes, we gotta get stronger, or we might have an injury or a setback or something, kind of throws off our program.

But the most important thing is getting back to work.

GABRIELLE BERNSTEIN: Let me give you an example of that. Okay. So, so now for decades I've been sober. I've been spiritually fit, I have been practicing what I preach. I've been writing about what I've learned. I've been deeply in therapeutic processes, and I've been healing myself tremendously.

And in 2020, I did a year of IVF to try to have a second pregnancy. And if, if you've ever, if anyone knows about in, in fertility treatment, it's a big, big undertaking for a woman. And I did nine rounds, which is like unheard of. It's unheard of. I mean, the amount of weight gain and hormones and, and every round I wasn't getting an embryo.

And I wasn't even getting, I was barely getting any eggs, but I wasn't even getting any embryos and any embryo I would get wouldn't be held. It was just, actually, no, I didn't get any embryos. I was just getting eggs and they were not good enough. And finally, after the ninth round, I got one embryo and. I waited for the results.

'Cause you test the embryo to see if it's healthy. And I called up the woman who tests who looking at the embryo. And I was like, can you pray on my embryo for me? And the embryo turned out to be a healthy boy. And I was like, I got my one. And my husband and I, our mantra was, all you need is one. All you need is one.

And I remember being in the, in the transfer where they transfer the embryo and the embryologist came in and she's like, I'm, this is so unprofessional, but I read your books and I just want you to know, as soon as you told me to pray over the embryo, I knew it was you. And she was like, so, and then I, I carried this baby for five and a half months at the, at the almost over 20 week scan and I was still pregnant.

And the, uh, doctors came in and they just kept saying, you know what's, they were very concerned and they kept saying, well, what's going on and everything okay. And do you have any other embryos? And my husband's like, no, all you need is one. All you need is one.

GABRIELLE BERNSTEIN: And that day we found out that our son, Owen, was at almost six months, no longer gonna survive. He wasn't gonna withstand this life because he wasn't, I actually truly did never even found out exactly what was wrong, but he wasn't growing. And I remember sitting in that room and just hearing my husband's voice saying, all you need is one. And the heartache of that.

And then I had to go through the process of having an abortion 'cause he was still alive. It was horrific. And my girlfriends were looking at me the days after and they were looking at me and they were, why aren't you losing it? I knew I had a protector that was really holding it together. And I looked at them and I said, listen, I'm going to lose it when I can lose it.

I'm gonna use my tool as while I can. I'm also gonna let this dissociation be a part of my protection right now. But this is what I've been training for. Literally, this is what I've been training for. It's this type of moment in life that is what I've been counseling women on for decades. It's what I've literally been in the spiritual gym getting mentally and spiritually fit to have the faith that even though this horrific moment is happening in my life, that there's a bigger reason.

Okay? Fast forward a few years now, Shawn, I can sit with you right now with my 7-year-old son, Ollie, my one child, and I can tell you all you need is one. All I needed was one, my one son that I already had, Oliver. And I had to extend this journey to all those lengths to actually accept and know that all Gabby needs in this big life that I've got going, this travel that I'm doing, and this mission that I'm on is one child.

And so we might think we need something and sometimes we'll exhaust every opportunity to get that thing, but the thing we really need is revealed to us. And so that faith is what I was training for, and that faith is what carried me through that journey. It was like a blanket that held me in that extreme trauma.

Yeah. That faith was there for me. So that's what we have to train for.

SHAWN STEVENSON: Yeah. Thank you. Thank you, Gabby. Thank you for sharing that. Wow. With the training. Mm-hmm. Um, at some point, of course, we're going to fail. We're gonna have those times where we can't, we can't remember, you know, we forget mm-hmm. About the practice, or we go astray or, you know, something comes up and we don't react the way that we want to.

Can you talk a little bit about getting back on the horse, AKA, like what do you do when you fail?

GABRIELLE BERNSTEIN: I'm gonna curse right now. You're gonna fuck this up every day. You're gonna be on your trading path, and then you're gonna act out. Or you're gonna get activated. Or you're gonna get triggered, or you're gonna be like, what came over me?

It's not about how perfectly spiritually fit you are, it's how quickly you come back. It's about your comeback rate. And I know you would say the same thing about physical fitness. You're gonna eat that chicken and waffles like you did on your birthday, but then later, the next day you're gonna be drinking your element and get back in the gym and getting your electrolytes and doing whatever you gotta do to just reset.

It's how quickly do you come back? We can't hold ourselves to these standards of perfection. Yeah.

SHAWN STEVENSON: It doesn't exist.

GABRIELLE BERNSTEIN: That doesn't exist.

SHAWN STEVENSON: But that's, I think that's like one of those extremes Yes. In that spiritual training. Yes. That we might get a message from other teachers that, that that is the goal, is this perfection.

GABRIELLE BERNSTEIN: Yeah. Good luck with that.

SHAWN STEVENSON: That's why of course, I could relate to you so much and instantly when we met, like it's just like, oh, this is, it's my sister here.

GABRIELLE BERNSTEIN: We went deep fast. Yeah. We were like right in the, in that in Mexico, in the car. We were going right into it.

SHAWN STEVENSON: Yeah. Yeah. And I appreciate you for that because you are a voice that we need right now.

You know, you're really helping to, um, take these kind of elevated principles and, and bring some earth to it, some groundedness to it, and practicality. And again, I'm so grateful for that. Thank you. Thank you. A thousand times. Now I want to circle back because I don't feel like I've got like a comprehensive, you know, understanding of this, uh, that can be delivered to everybody.

But when you have your morning ritual where you're asking those questions, yeah. There's something very, very powerful about being able to question ourselves, to pose these questions to ourselves. Can you talk a little bit more about why, like the power of questions? Like why is that something that you talk about, that you use yourself, that you coach people to do?

GABRIELLE BERNSTEIN: We are often telling ourselves what to do, why we're wrong, what we did wrong, why we should do it differently. What is that? We are so mean to ourselves. If your child, one of your children, came to you and said, dad, I'm having a hard time. I did this thing. I'm not happy about it. I feel ashamed. What would you do?

You would put your hand on their back. You'd say, what do you need? You'd be compassionate, you'd be empathetic, you'd be calm, you'd connect. But the children inside of us, we treat them so horribly. We, we speak so unkindly to these little children, these protection mechanisms inside. How'd you do that again?

Why are we back here again? You're such an idiot. We gotta, we shut it down. We fight against it. This query, the, in the inquisition, the, the curiosity is the most compassionate way we can treat ourselves. So instead of saying the what did you do, you can ask the, why did this happen? Why did you need to do that?

Why do you feel that way? That why is the curiosity question. It's the, it's the compassionate response. Yeah. And so it's really about treating ourselves like little children and recognizing that we have an internal self inside that's like an internal parent that's always available through curiosity and compassion to tease out the why and to help.

That's why self-help. That self is there to help in any given moment. Yeah. We have to get into the practice of it.

SHAWN STEVENSON: That was the specific thing that I wrote down and circled like 27 times. Yes. While I was sitting here in that four-step process with self-help, self-help. What do you need?

GABRIELLE BERNSTEIN: Yes.

SHAWN STEVENSON: Asking yourself and that part of you, what do you need?

GABRIELLE BERNSTEIN: Mm-hmm.

SHAWN STEVENSON: And having the, the patience and the awareness and the compassion to just ask. Because my tendency would be to just push through. Just keep pushing, keep going. You gotta just keep going.

GABRIELLE BERNSTEIN: Mm-hmm.

SHAWN STEVENSON: And just to check in and just ask what do you need?

GABRIELLE BERNSTEIN: Yeah.

SHAWN STEVENSON: What do you need right now?

GABRIELLE BERNSTEIN: Yeah. Yeah. If you're in the gym and you're, you're, you're hurting, your knee's hurting, are you, most people, I'd imagine, not you, but you wouldn't push over it.

Right. You're gonna, you're gonna be like, whoa, I wanna protect that knee. Go check it out. I'm gonna sit down. I'm gonna put some ice on it. You're gonna check in. We don't do that with our emotional wellbeing.

SHAWN STEVENSON: Mm-hmm. That's so true. So true. So, for you right now, what is your, what is your big mission right now?

Where you are again, like you said. Seven years ago, Gabby, and, and our connection would've been different. It would've been awesome.

GABRIELLE BERNSTEIN: Very different. Would've been, would've been a beautiful mission, but, and it's been pretty consistent, but I think it's more grounded now. Yeah. And it's more fully integrated and aligned right now.

And my mission is very clear and it's, you said it out loud, which is to democratize and demystify the divine, to help people have faith in this incredibly shaky time. Right now, I'm writing a new book. I believe this also, I'll share the working title here for the first time. I think it's called Unshakeable Light is what I want the book to be called.

And it's, it's, it's about living with an unshakeable, knowing that we are divinely guided. We are, it's gonna be required. It's, it's, we haven't even seen a fraction of what's coming. And I don't wanna be terrifying people, but we gotta wake up. We gotta wake up to what is happening around us. With the division, with the environment, with AI, with everything that's happening in the world.

So we have to be spiritually fit. And so it is my absolute mission and commitment to the world at this time, to be a translator for the divine and to make it accessible and to make people feel empowered that they can have a faith of their own understanding so that they can feel safer inside. That's it.

SHAWN STEVENSON: Oh, I love it. I love it. One of the things from that talk that I mentioned that I did in Atlanta was a call to action for everybody. That AI is here, it's here. We're just in, we're just seeing the very, very, the preschool of it. A baby school, and it's gonna, yeah, it's gonna get to graduate school, right within a couple of years. And one of the things I was advocating for is for us to be more human than we've ever been before. Yes, it is required. Right now. It is. And. This is something that there's no stopping it. Mm-hmm. In some ways it's kind of a race to the bottom mm-hmm. With some of these companies that are investing in this.

But there's gonna be opportunity, and I think the opportunity is to direct ourselves back to us again.

GABRIELLE BERNSTEIN: It's exactly right. Yeah, it's exactly right. Get offline, get, get outside. I picked up tennis this summer, like hardcore, like two times a week with the, with the pro. And, um, it's the greatest gift I give myself because I'm just outside for an extra two hours a day.

Just be outside. Get off your phone, get outdoors. Use your hands, get creative. Also, learn AI, to be really honest, learn AI. It's the folks that know AI that will still have jobs. So learn AI, which is just a warning, right. I'm deep in it. I, I enjoy it. I'm using it for the right purposes. Uh, I think you have to lean into it.

Yeah. Yeah. But get outside.

SHAWN STEVENSON: Yeah. Just with all this stuff, there's a, there's a right use. Or righteous use of this technology.

GABRIELLE BERNSTEIN: It's here. What are we gonna do with it? What's the purpose? Right? So is it, can we make our clones? Yes, I've done it. I'm sure you're on the path, right? I've got the Gabby AI here.

She's gonna be right in my app. You can, but why? Okay, what's the purpose? I'm leaning in somebody can, they need my help. They can talk to me at three o'clock in the morning. They can talk to Gabby AI whenever they need her in my app. That is leaning into it. I'm not gonna say, oh no, I'm never gonna touch that.

I'm gonna say, okay, it's here. I gotta use it. Let me use it to my advantage to really help people. Is that the dream scenario? Maybe not, but maybe it's gonna be really, really impactful for people that were like, I needed that moment and I've been using it. It's amazing. I'm in this alpha test of this, this, this clone.

And it's like, I'm like, go Gabby. Nice answer. 'cause she's been fed 20 years of books and lectures and podcasts and endless content. So she's really speaking my truth and it, listen, I think spirit is in all of it. So you have to trust that.

SHAWN STEVENSON: Where can people pick up your books and also this incredible innovation that you have? Where can people get access?

GABRIELLE BERNSTEIN: This is the place to go is, so my app is called the Gabby Coaching app, and so you can get in the app store, you can go to dear.gabby.com/app and that is the best place to get my, you can get self-help check-ins from the books. You can, you can get manifesting challenges and trust the universe challenge and hundreds of meditations and daily practices.

But the biggest thing that's gonna be entering this app in the next month is Gabby AI. And so you're gonna open the app and you can just talk to Gabby AI and I can coach you and I can help you get grounded and I can help you connect to your spiritual relationship. And so I, my AI, she can do it, but I also can do it through the transmission of all the work that's in there.

And so I think that would be the best first step is for somebody to go try that out or if they're thinking, I wanna really feel that connection that we are talking about today. I have a challenge called Trust the Universe and that. Is the trust the universe challenge. It's really deep and it's really effective for what we've been talking about today.

And of course my books are on Amazon.

SHAWN STEVENSON: Yeah. Awesome.

GABRIELLE BERNSTEIN: If you feel called, you'll feel called.

SHAWN STEVENSON: Final question, Gabby Bernstein. What is the model that you are here to create for the world with the way that you live your life personally?

GABRIELLE BERNSTEIN: I am living my life with intention and alignment, and in doing so, I hope to teach that through my presence.

SHAWN STEVENSON: Yeah, I feel it. This room is? I do.

GABRIELLE BERNSTEIN: Oh, it's, yeah. There's a lot going on in this room. There's a lot of energy Dads in here.

SHAWN STEVENSON: Gabby, this has been a blessing for me.

GABRIELLE BERNSTEIN: Me too.

SHAWN STEVENSON: I appreciate you so much for coming by to hang out with us.

GABRIELLE BERNSTEIN: One of my favorite interviews, Shawn,

SHAWN STEVENSON: Let's go. That's what I'm talking about.

GABRIELLE BERNSTEIN: Yeah. No, I have a lot of this. This is one of my favorites.

SHAWN STEVENSON: It was destined. Really beautiful.

Well, we've got the one and only Gabby Bernstein, everybody. Thank you so very much for tuning into this episode today. I hope that you got a lot of value outta this again, you know, the mantra, apply, apply, apply.

Take some of these insights and put them into practice and definitely check out Gabby's wonderful books again. Number one, New York Times bestselling author, number one is crazy. Alright, so some of the things she's created, these books have been movements and it's very special and you know, she's impacted the lives and supported a lot of people and a lot of transformations.

But as she mentioned, it's a practice and so having this practice of remembering how powerful you are and that you're not alone and that you don't have to rely on your strength solely. And also being able to do that inner work and to build those spiritual muscles, build those mental and emotional muscles to handle life's inevitable challenges.

Alright, we've gotta put in that work and I think we need to do that now more than ever. If you've got a lot of value outta this, please share it out on social media. You can take a screenshot of the episode and share it on Instagram or Twitter or Facebook could tag me. I'm at shawnmodel on Instagram and tag Gabby as well. We got all her socials in the show notes for you as well.

So listen, we've got some amazing masterclasses. And world-class guests come in your way very, very soon. So make sure to stay tuned. Take care, have an amazing day and I'll talk with you soon. And for more after the show, make sure to head over to themodelhealthshow.com.

That's where you can find all of the show notes. You can find transcriptions videos for each episode. And if you got a comment, you can leave me a comment there as well. And please make sure to head over to iTunes and leave us a rating to let everybody know that the show is awesome and I appreciate that so much and take care, I promise, to keep giving you more powerful, empowering, great content to help you transform your life.

Thanks for tuning in.