

# Gabrielle Bernstein Quotes

*Stress, Energy, Thinking, Believe, World, Letting Go, Miracle, Needs, People,  
Spiritual, Opportunity, Choices, Self, Block, Positivity, Persons, Healing, Love Is,  
Pain, Past*

Allow your passion to become your purpose, and it will one day become your profession.

~Gabrielle Bernstein

Remember that you have a choice in what you see. If you choose to see a person's darkness, you strengthen your darkness within. If you choose to see their light, you shine from the inside out.

~Gabrielle Bernstein

The key to serenity is trusting that the universe has your back.

~Gabrielle Bernstein

The simple intention to surrender control is all you need to experience miracles.

~Gabrielle Bernstein

Be faithful that your authentic power is all you need to truly share your light with the world.

~Gabrielle Bernstein

You can't make people be or do what you want. All you can do is be unapologetic about what you want and let others show up however they can.

~Gabrielle Bernstein

Take action once a day to do something that ignites your life.

~Gabrielle Bernstein

A miracle is a shift in perception. The moment that we choose to perceive our life with love, we can create miraculous change.

~Gabrielle Bernstein

Healing opportunities can be disguised as people who really piss you off. Pay attention because they could be your greatest teachers.

~Gabrielle Bernstein

Let go of what you think you need & what you really need will show up.

~Gabrielle Bernstein

True abundance isn't based on our net worth, it's based on our self-worth.

~Gabrielle Bernstein

Dreams are the way to unfulfilled wishes in the individual; visions are the way to unfulfilled dreams in mankind.

~Gabrielle Bernstein

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

~Gabrielle Bernstein

The moment you accept that there's a guidance system supporting you, then you experience a new sense of freedom and peace.

~Gabrielle Bernstein

I've learned that fear is simply an illusion based on past experiences that we project into the present and onto the future.

~Gabrielle Bernstein

The moment we begin to celebrate ourselves and focus on our successes is the moment we begin living.

~Gabrielle Bernstein

Whenever you notice your thoughts detour into attack mode, say out loud or to yourself: Happiness is a choice I make.

~Gabrielle Bernstein

When you choose to perceive Love over fear, life begins to flow.

~Gabrielle Bernstein

Bring acceptance and compassionate self-talk. Say nice things to yourself - you're the only one listening. Tell yourself, I am doing the best I can.

~Gabrielle Bernstein

Now is the perfect time to make powerful change-your willingness is at an all-time high.

~Gabrielle Bernstein

The universe will always remove what is no longer serving you.

~Gabrielle Bernstein

Much of our anxiety and stress comes when we're focused on fear and disconnected from the voice of our inner guide.

~Gabrielle Bernstein

My definition of God is the ever-present essence of love.

~Gabrielle Bernstein

Forgiveness isn't about letting the other person off the hook - it's about releasing ourselves.

~Gabrielle Bernstein

What makes me most happy is connecting with others. I love meeting new people, being social, and engaging in empowering discussions.

~Gabrielle Bernstein

Each day when you wake up, say: "What miracles would you have me perform today?" Then listen.

~Gabrielle Bernstein

Those who are certain of the outcome can afford to wait, and wait

without anxiety.

~Gabrielle Bernstein

The more difficult it is to forgive someone the greater the opportunity for spiritual growth.

~Gabrielle Bernstein

Today I no longer need to change the world around me. I just need to change the way I see it.

~Gabrielle Bernstein

Get naked with your truth, offering the world your greatest gift: your authentic self.

~Gabrielle Bernstein

Spirit seeker is someone who remembers there is a power greater than themselves and who is willing to reconnect with it.

~Gabrielle Bernstein

The great paradox is that our lack of faith in love and miracles is what blocks us from receiving love and miracles.

~Gabrielle Bernstein

I would suggest that the next generation stop looking for happiness outside of themselves but instead turn inward.

~Gabrielle Bernstein

Sometimes your higher self will guide you to make mistakes so you can learn lessons.

~Gabrielle Bernstein

I believe that simple, consistent shifts in our thinking and actions can lead to the miraculous in all aspects of our daily lives, including our relationships, finances, bodies, and self-image.

~Gabrielle Bernstein

The happier and more stress-free you are, the more people will want to be around you and the more your friends will respect you.

~Gabrielle Bernstein

Letting go of control, that's actually when you're safe.

~Gabrielle Bernstein

What you believe, you receive.

~Gabrielle Bernstein

I am willing to see things differently. I am willing to see love.

~Gabrielle Bernstein

When you focus on your greatness you elevate everyone around you.

~Gabrielle Bernstein

If you stay in that new flow of positive behavior, it's hard to revert back to old patterns. But if you do fall off, just forgive yourself, recover quickly, and get right back on.

~Gabrielle Bernstein

So much of what holds us back in life are the long-held resentments stemming from childhood.

~Gabrielle Bernstein

People carry around resentment for years! And that creates daily stress.

~Gabrielle Bernstein

I think quite often we hold onto trauma because we don't process it.

~Gabrielle Bernstein

Your energy has far more power than you can even imagine. There is energy in your spoken words, in your emails, and in your physical presence.

~Gabrielle Bernstein

When we function from a fearful, low-level energetic state, our thoughts and energy can literally pollute the world.

~Gabrielle Bernstein

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

~Gabrielle Bernstein

Be real. That's part of being present.

~Gabrielle Bernstein

Joy is a big stress buster too. Measure your success by how much fun you're having.

~Gabrielle Bernstein

True manifesting is allowing the universe to catch up with your dreams.

~Gabrielle Bernstein

Choosing love will bring you great joy and great happiness - that happiness is a choice you make.

~Gabrielle Bernstein

The more you retrain yourself to choose happiness over fear, the more blissful you will be.

~Gabrielle Bernstein

When we function from a place of positive energy, the world around us becomes more positive.

~Gabrielle Bernstein

Trust me when I say: Your commitment to love is crucial in the awakening of the world.

~Gabrielle Bernstein

If you're stuck in traffic, call a friend or listen to a favorite podcast. If you're waiting in a long line, make friends with a person in line with you. There are lots of ways we can change the vibe.

~Gabrielle Bernstein

If I jump out of bed without hugging my husband, that creates stress between us.

~Gabrielle Bernstein

Each person's energy matters.

~Gabrielle Bernstein

When energy speeds up there is no space for playing small, and nothing can remain hidden.

~Gabrielle Bernstein

All the happiness, self-confidence, and support you're seeking is already within you.

~Gabrielle Bernstein

Happiness is your choice. You can choose today.

~Gabrielle Bernstein

At some point all lies are brought to the surface and truth comes forth no matter how hard we try to hide it.

~Gabrielle Bernstein

Putting your well-being first - like putting your oxygen mask on before you help the person next to you - that really benefits all your relationships.



~Gabrielle Bernstein

Letting go of stress means that you can enjoy your life.

~Gabrielle Bernstein

What makes me vulnerable is speaking up about topics that may be controversial to others.

~Gabrielle Bernstein

I feel very accomplished. It makes me feel great to know that I am impacting lives and of service to the world.

~Gabrielle Bernstein

The more we tune into our own frequency of love, the more love will spread.

~Gabrielle Bernstein

If you clear that negative feeling and forgive yourself, then you can see the world from a different lens. You stop attracting that same type of experience. You can set yourself free.

~Gabrielle Bernstein

There is a massive call for more lightworkers, and now is our time to rise up and bring more positivity to the world.

~Gabrielle Bernstein

When love is the trend, there is no room for violence and war.

~Gabrielle Bernstein

Have a vision but hold it lightly, wear it like a loose garment.

~Gabrielle Bernstein

We're not going to stop trying to live big. It's about transforming your stress so that it doesn't take over. The first step is to realize that it is

there and that you are trying to outrun your fear.

~Gabrielle Bernstein

Let's begin creating miracles now.

~Gabrielle Bernstein

I believe it is my duty to share the gifts I have learned. How dare I have the tools for finding serenity and not share them with the world?

~Gabrielle Bernstein

I've worked very hard to transform my fearful delusions into loving beliefs, and I am committed to maintaining this way of being.

~Gabrielle Bernstein

Letting yourself off the hook takes the stress away.

~Gabrielle Bernstein

Learning presence is a stress buster.

~Gabrielle Bernstein

Stressing and obsessing over your vision blocks it.

~Gabrielle Bernstein

I think stress is an addiction. It can be tied to work addiction or busyness addiction or success addiction.

~Gabrielle Bernstein

If you're living your life avoiding stress, you must be living on an ashram.

~Gabrielle Bernstein

Fear and stress - one creates the other.

~Gabrielle Bernstein

You must develop a rich inner life to enjoy life altogether.

~Gabrielle Bernstein

I learned that real happiness doesn't come from getting but from giving.

~Gabrielle Bernstein

Even if you're just making a list of all the things you have to do, putting your pen to paper gets it out of your head. It puts you in this place of release.

~Gabrielle Bernstein

When the masses begin to vibrate with an energy of love, the world will no longer be a container for war, violence, and lies.

~Gabrielle Bernstein

Right now we're in a special and powerful position, because the world is having a spiritual awakening.

~Gabrielle Bernstein

I let go of my need to control and allow the Universe to do her thing.

~Gabrielle Bernstein

You have to know your triggers for stress and then have rituals for combating them.

~Gabrielle Bernstein

I recommend free writing in the morning and the evening as a type of mental shower.

~Gabrielle Bernstein

By growing a spiritual practice, we are given all that we need.

~Gabrielle Bernstein

For me, if I get up and don't meditate and don't eat something before having caffeine, I go from 0 to 10 on the stress scale.

~Gabrielle Bernstein

The second you change the way you look at a situation, your stress levels drop.

~Gabrielle Bernstein

Repeating a new behavior is what makes change stick.

~Gabrielle Bernstein

Resentment creates stress.

~Gabrielle Bernstein

To begin your commitment to new perceptions, start by paying attention to attack thoughts toward yourself and others.

~Gabrielle Bernstein

You let go of the past, and stop bringing the past into the present and replaying it into the future. You release guilt, shame, and you can create an entirely new pattern for yourself.

~Gabrielle Bernstein

Your skin will get better, you're going to be more attractive, you're more likely to get a job - all the things you want, you will get as a result of being in a more calm place.

~Gabrielle Bernstein

If your stress is related to another person, finding forgiveness - changing your thoughts and energy around that person - can lower stress.

~Gabrielle Bernstein

Being less stressed doesn't mean that you stop doing things.

~Gabrielle Bernstein

Stress is actually the number one thing that blocks people from their happiness and well-being and from getting what they want.

~Gabrielle Bernstein

When you repeat a new pattern often, you literally change the neural pathways in your brain. This shift helps true change settle in.

~Gabrielle Bernstein

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