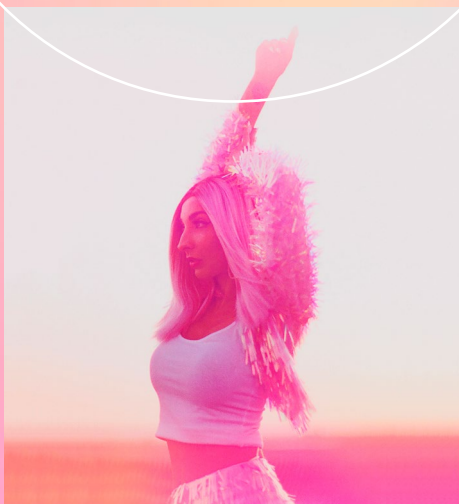


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INTRODUCTION

“Nothing that is happening needs to affect your vibration and therefore needs to affect what is happening to you.”

ABRAHAM-HICKS



As we rounded the corner and the end of 2017 came into sight, I felt like a ghost of my former self. Like I had been dragged over shards of glass, down the highway and back again, by my own hair. I was spiritually bereft. I felt emotionally exhausted. I was frustrated, scared, sad, angry, and anxious: a truly painful cocktail of bullshit that I felt I should have been way past. But I wasn't.

On the surface, my life was beautiful. Wonderful. Delicious. In almost every way, it was. But my relationship was giving me fits. I loved my boyfriend desperately and he loved me too, but we seemed to be having endless problems. Our frustrations with ourselves met in the middle and seemed to ricochet off one another. The places where we had disappointed ourselves seemed exacerbated by the other. We wanted to be better, but we were struggling. As two high-achieving Virgos, this was like being in the ninth circle of hell.

And you know how it goes: even if everything else is great, if one thing feels off, you almost can't *help* giving it your undivided attention. You become obsessed with fixing it. But you may have noticed from your own life that every time you focus on your problems, they only become bigger. The more we brainstorm, the more resources we throw at them, the larger their gravitational pull becomes. What started as a small irk is now an unavoidable black hole, with your entire existence swirling around the outskirts.

This was certainly the case for me.

I was shelling out hundreds of dollars for therapy every week, and even though I loved my therapist Carole and the big chunk of rose quartz in her office, I didn't feel like I was breaking any new ground. It seemed like we just kept digging for pain. Where were these feelings of rejection coming from? Why did I have a fear of abandonment? The worst thing is that as much as I searched my memories, I didn't know the answer to any of these questions. I kept coming up empty.

It felt like time to call in the big guns, and so I started listening to Tony Robbins. He had great energy and his tools made sense, and it motivated me a lot in the beginning! But even as I made copious notes, asked myself hard questions, and implemented his suggestions, as the weeks passed, it seemed that nothing in my real life had shifted. Or to put it plainly, my relationship was still causing a lot of pain.

I was watching Tony's videos every day, even the videos where counsellors broke down his steps so I could understand them from a therapeutic level. While it was useful for my work and intellectually stimulating, I didn't feel any better. It seemed like Tony's tactics were simply a variation on the same strategy I had always used, which was to ask myself, 'How do I logic my way out of this problem?'

So many of us do this. We try to apply logic to our emotions and wonder why nothing changes. The problem is that you cannot convince yourself out of anxiety, no matter how good your supporting evidence may be.

The sound of the bells on my front door jangling -- a sign that my boyfriend was about to walk into my apartment -- which had, once upon a time, made me feel so happy and excited, now made me feel anxious. I adored him, and I wanted more than anything for it to work, but it seemed that the more I wanted it to work, the more distant he became. I was exhausted from living with him, and desperate for space, but I was afraid not to be with him. I wanted to sleep all the time, and I didn't feel creative. All of these things fed each other like a ghastly snake eating its own tail. In short: I was screwed.

One day, for no reason I could discern, I hit pause in the middle of yet another Tony Robbins video, and typed "Abraham-Hicks" into the search box.

I had heard about Abraham-Hicks many times, from many different people, and I'd made a few attempts to listen to it in the past, but it never really worked for me. I didn't understand what she was saying, and the idea that a woman was channelling the collective unconscious felt too far-fetched for me to put any stock in. I had called bullshit on the whole thing years ago and never given it another thought.

Until today.

At the time, I had no idea what had possessed me to do this, but today I see it as a case of divine intervention. The first video I watched told me everything I needed to hear, lifted my spirits, and made me realize a better future was not just possible, *it was guaranteed*.

I was hooked.

Growing up, my parents had always talked about the power of the mind, and that you could have, do, and be anything you wanted. I had heard it so much, but over time, my natural optimism had tarnished. Listening to Abraham-Hicks was like having someone take a cloth to my optimism and shine it up again.

I started to take notes and practice what Abraham-Hicks was preaching: to feel good, to think something else if my thoughts were unpleasant, and to allow myself to go with the flow.

At first, it was shocking. I became aware of just how often I was allowing my mind to wander to the worst case scenario and stay there. I saw how lazy and undisciplined I had been with my thinking. And so, I made a commitment to focus on what felt good, and see what happened.

It worked instantly.

I started to feel more peace, more ease, more joy, and not because there was a change of government, or my boyfriend suddenly did what I wanted him to do, or anything else that was external to me. The solution was in getting my mind right. The solution was *choosing to be happy no matter what*. The solution was removing conditions from my joy, and not allowing my environment (or my boyfriend) to throw me off. Practicing gratitude every day, feeling good like it was my job (because I realized that it actually is), and being relentlessly present: these simple things created an unbelievably powerful transformation.

My elevation was undeniable. I was feeling good -- what Abraham-Hicks calls "being in the Vortex" -- every day. I was making new friends, travelling to the other side of the world to speak and meet the most amazing people, owning my power, and even getting dressed in the Vortex! (Mostly this looked like a lot of wigs and sparkly bodysuits, and honey, it felt great.) I went to Los Angeles with my best friend for a week and felt absolutely incredible the entire time.

But when I went home to New York, my relationship was harder than ever. The gap between my boyfriend and I had gotten even bigger.

A week or so later, I got on my knees and did something I hadn't done in years: I prayed. I prayed for peace in my relationship. I prayed that we would be happy, that something would change. I didn't even know if I believed in prayer, or in a higher power, or in any of that. I just knew that something had to be different.

The next day, out of the blue, my relationship ended.

As Danielle Laporte says, "The Universe always trades up." Even though the end of our relationship was sad, a couple of weeks later I found myself on the best first date of my life, with a man I would have a beautiful romance with.

It has now been almost a year since I started listening to Abraham-Hicks and making feeling good my priority. When I look back at my life one year ago, it could not be more different than my current reality.

A couple of months ago, I packed up my entire life in New York City and moved to Los Angeles. I now live in a beautiful house with a porch, a backyard, and a two-car garage. (Anyone who has lived in New York knows how insane this sounds!) My creativity has exploded. Opportunities I've always wanted have started to flow into my life with absolutely no effort from me. I created the body I'd

been desiring for a long time, using visualization, appreciation, and consistency in the gym! And best of all, I wake up every day feeling free, joyful, and excited about what's next.

Listening to Abraham-Hicks unlocked something within me. It reminded me that ecstasy is my birthright, that nothing is outside of the realms of possibility, and that if I want to feel good, I cannot blame anyone else for how I feel. It's all on me.

These days, I consider the teachings of Abraham-Hicks to be my foundation, and they inform everything else I do. But it is not the only thing I follow or believe in. There are many other beautiful philosophies and tools within this world, and my life has gotten even more delicious when I layer them on top of what I've learned from Abraham.

That's what this book is: an exploration of the various systems that I have used to enhance my life, to make it more beautiful, to make it more easeful. I am going to share with you everything I've discovered about manifesting the life you've always wanted. We will cover everything from creating daily routines to transforming your relationships to clearing your clutter and making your space feel delightful.

I can't wait to jump in. Let's begin.

A handwritten signature in cursive script that reads "Gala" followed by a stylized flourish.

Manifest the life
you've always wanted

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