**The Universe Has Your Back**

GABRIELLE BERNSTEIN

###### 1x1.trans - The Universe Has Your Back By Gabrielle Bernstein [Book Summary & PDF]

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

*–* Gabrielle Bernstein

# About the Author:

**Gabrielle Bernstein** is an American motivational speaker, life coach, and author. She is the #1 *New York Times* bestselling author of *The Universe Has Your Back* and has also written seven additional bestsellers.

Bernstein was featured on Oprah’s *Super Soul Sunday* as a “*next-generation thought leader.”* In 2009, Gabrielle was featured in *The New York Times* as a “guru” for the next generation.

She is a certified Kundalini yoga and meditation teacher who appears regularly as an expert on *The Dr. Oz Show* and co-hosted the Guinness World Record largest guided meditation with Deepak Chopra.



# In a nutshell:

* **Look for signs that the Universe is guiding you**. A synchronistic experiment can be a sure sign that tells you the universe is guiding you. Some people see the number 11:11 or 333 very frequently; That is a sign that the Universe is guiding you. Learn to trust the journey, even when you do not understand it. Sometimes what you never wanted or expected turns out to be what you need.
* **Your intentions create your reality.** The Universe feeds off of your feelings, make sure you are putting out clear positive intentions.
* **Lean towards joy and you will be led.** Choosing to have joy be the greatest emotion every day can be a huge game changer in your life. When you choose joy, you won’t spend time worrying or feeling depressed. When that happens, the universe will happily guide you.

**The Universe Has Your Back Summary**

Now, here’s 12 main ideas to remember from Gabby’s book, *‘The Universe Has Your Back.’ enjoy.*

**Idea #1: YOU HAVE A HIDDEN POWER**

**Learn to rely on your own power to feel safe.**

Become aware of the fear-based stories you’ve been projecting onto your internal movie screen. Projection is perception. This means that whatever stories you’re projecting in your mind are what you’re perceiving in your life.

The presence of fear shows up when you’re not relying on the Universe. Be mindful of how your thoughts, words, and energy disconnect you from the Universe; and realigned your presence with your higher self.

*When your internal movie screen is projecting an empowering story, then your perception of your life is empowered.*

**Idea #2: YOU ARE THE DREAMER OF YOUR DREAM**

**The way we perceive our life’s circumstances will determine how we respond to them.**

The more attention we pay to certain images, the more we filter out others. If we see our difficulties with lack, judgment, and fear, then we’ll respond with lack, judgment, and fear. In effect blocking all guidance from the universe. But when we choose to see the same issues with love, we create space for miracles.

*Open your heart and mind to new perceptions. Allow yourself to surrender to the flow of love that always guide you. Accept that you have the right to be happy.*

**Idea #3: YOU ARE ALWAYS BEINGS GUIDED EVEN WHEN IT DOESN’T FEEL LIKE IT.**

**“There are no accidents in salvation. Those who are to meet will meet because together they have the potential for a holy relationship. They are ready for each other.”**

**– Gabrielle Bernstein**

The first step is to witness that **what may seem to be a terribly uncomfortable situation is actually a Universal assignment**. In other words, witness your craziness and call it by its name. (e.g. *fear, judgments, anxiety, etc…*) Then accept that it has shown up in this way as a divine assignment for healing and growth.

*When you notice that you’re triggered by your Universal assignment, breathe into the pain.*

Feeling the pain allows it to pass through you and strips away its power.  Rather than acting out or pouring all your energy into avoiding discomfort, you can just feel it and be present with it.

**Here are 3 things you can do:**

* Ask the Universe for help and rely on a power greater than you.
* Take care of your side of the street and own your part in the situation.
* Welcome healing and expect miracles.

**Idea #4: YOUR VIBES SPEAK LOUDER THAN YOUR WORDS**

**Don’t rely on your words. Rely on your presence.**

**Your presence is your power.**Being in alignment with your presence means that you allow the energy of the universe to move through you naturally.

*The greatest block to our presence of love is the presence of fear. Witness your thoughts and be aware whether they are blocking you from your true connection to the universe. Then get out of the way—knowing the universe has your back.*

**Practice releasing fear and aligning with love by following these three bits of advice:**

1. Get out of the way.
2. balance your energy by meditating
3. Set empowering intentions [*Setting an intention can be as basic as stating to yourself (silently or out loud) that you’re ready to reconnect with your presence energy.*]

**Idea #5: THE UNIVERSE WORKS FAST WHEN YOU’RE HAVING FUN**

**Joy is the catalyst for all that is good in the world. Lean toward joy, and you will be led.**

When joy becomes your priority, making decisions becomes easier, relationships become more loving, and you start to trust that the universe has your back.

The universe is an abundant flow of positive, powerful energy. When you align with that loving, powerful force of energy; you become a magnet for more of it.

*Celebrate the support of the Universe and enjoy the synchronicity, guidance, and remind yourself that you’re on the right path.*

**Idea #6: OBSTACLES ARE DETOURS IN THE RIGHT DIRECTION**

**All obstacles that are perceived with love can be transformed into the greatest life lessons.**

Trusting that your obstacles are detours in the right direction helps you align with the power of the Universe and alleviate whatever pain you’re experiencing.

It’s when you let go of the outcome that you open your perceptual worldview and allow yourself to be led.

Get honest about how you’re controlling certain circumstances in your life, then use this prayer that Gabby offers from the book to stay grounded: *“Thank you, Universe, for helping me see this obstacle as an opportunity. I will step back and let you lead the way.”*

*The guidance you’re receiving is leading you in the right direction, even if it feels like a detour at first. Because once you choose to see your obstacles as detours in the right direction, you can begin to find deeper meaning and personal growth amongst the discomfort.*

**Idea #7: CERTAINTY CLEARS THE PATH FOR WHAT YOU DESIRE.**

**Those who are certain of the outcome can afford to wait and wait without anxiety. -A course in Miracles.**

The first step on the path toward certainty is your readiness. In other words, have you mastered your crafts? or are you at least practicing and taking action?

Gabby shared how at the start of her career she learned to hold her visions clear on becoming an author and speaker; she would visualize herself writing books and speaking in front of thousands. As a result, she works harder in the process of holding her visions with certainty.  In due time, they came true.

I think this is such a beautiful reminder to us all; that no matter what it is we’re after—if we’re willing to put in the work; with certainty and convictions can be attainable.

**Idea #8: THE UNIVERSE SPEAKS IN MYSTERIOUS WAYS**

**The universe guides us wherever we focus our energy and intention.**

When we believe in the love of the Universe and allow it to move through us, we are in a clear channel to receive great gifts and guidance. That is why It’s so crucial to witness the difficult situations in your life through the lens of love. See them as an opportunity to surrender to your spiritual practice even more.

If your spiritual practice feels like work, then it becomes just another thing to cross off your to-do list.

The more playful and curious you are on your spiritual path, the more synchronicity you will witness*.*

**Idea #9: ONENESS SETS YOU FREE**

**Judgment and separation form the basis for so many of today’s problem. Without judgment, we would see one another as equal.**

It can be scary to fully let go of judgment because it is a pattern that we grow to rely on. We use judgment to avoid the feeling of our own inadequacy, insecurities, and lack of self-worth instead of focusing on our commonality.

When we fully commit to shifting the pattern through prayer and meditation, we begin to rely on love more than fear. Love becomes our default, and we can redirect our thoughts and energy quickly to return to our truth.

**Idea #10: YOU ARE THE UNIVERSE.**

**Each time you shift your focus back to love, you release your sense of separation and realign.**

The way of knowing your truth is to allow the voice of love to echo through every single thought you have. Even when you detour into fear, *which you will do all day long;* commit to the voice of love the moment you witness that you’ve chosen wrongly.

Listen with the voice of love and live more joyously and free. This is what it means to release your perception of separateness and accept you are one with the Universe.

*Our spiritual path leads us toward spiritual sight. This is when we begin to relinquish our faith in our perceptions of the world to see strength rather than weakness, oneness rather than separation, and love rather than fear. –****Gabrielle Bernstein***

**Idea #11: WHEN YOU THINK YOU’VE SURRENDERED, SURRENDER MORE**

**Surrender our financial needs to the love of the Universe while simultaneously showing up for work with faith and grace.**

When you surrender your relationships to love, you’re able to bring your highest self to the table. Because Controlling your relationships blocks love and robs you of your spiritual lesson.

In order to allow the presence of love to shine in every area of your lives, you must remember that hope never rests. Hope is the energy that carries us when we lose sight of our spiritual faith. It reminds us of the power of love and clears the path toward the highest good for all.

*The pathway back to hope is through surrender. It’s not something that comes naturally to us—it must be a daily practice.*

**Idea #12: BE AN INSTRUMENT FOR LOVE**

**The more love you bring to the world the more you will inspire others to live in love.**

The miracles that occur on an individual level have a massive impact on the collective field of energy. One person’s shift toward love shines light onto all. This ripple effect of love is what changes patterns, creates peaceful revolutions, and ends wars.

*You may feel that your power is lost in the hands of some insane CEO, terrorist, or fear-based world leader. It’s not. Your power lies in your capacity to spread love, think higher and feel deeper.*

There you have it, these are the main lessons that I learned from the book. *“The Universe has your back by Gabrielle Bernstein*” If you want to, grab yourself a copy on Amazon or something because It’s a good read.

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I would love to hear from you now! Which ideas stand out the most for you? How can you start applying it to your life today? Leave a comment below and thank you so much for reading!

***This summary is not intended as a replacement for the original book and all quotes are credited to the above-mentioned author and publisher thank you.***