

The Universe Has Your Back

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // “You may have found that you regularly experience relief with meditation, prayer, positive affirmations, therapy, or any other type of personal growth, only to sabotage that great feeling with a limiting belief, negative comment, or addictive pattern.”

QUESTION // Q1. What is one way you might have sabotaged yourself in scrapbooking or everyday life?

QUOTE // “Energy flows where your attention goes.”

QUESTION // Q2. Where is your attention right now? Is it on your creative time or self care.. or is it elsewhere in your life?

QUOTE // “When you dwell in an energy of positivity and power, you become a magnet for miracles.”

QUESTION // Q3. Are you familiar with the Law of Attraction concept? Do you believe in it?

QUOTE // “Our happiness is a direct reflection of how quickly we can restore our fear back to love.”

QUESTION // Q4. Where does fear crop up for you, in life or in scrapbooking?

QUOTE // “True healing occurs when you give yourself permission to feel whatever feelings live below the triggers.”

QUESTION // Q5. Do you regularly share feelings on your scrapbook pages or is it challenging for you?

QUOTE // “When you vibrate a high-vibe, loving energy, you will receive high-vibe, loving energy reflected back to you.”

QUESTION // Q6. Can you think of a person who embodies this high-vibe, loving energy?

QUOTE // "Meditation strips away doubt, limitation, and fear to reconnect us with the flow of love."

QUESTION // Q7. Have you tried meditation?

QUOTE // If you're ready to receive creative possibilities say this prayer: "Thank you, Universe, for transforming limitation and doubt into creative possibilities."

QUESTION // Q8. Have you had an experience of life where you were able to gain new perspective by letting go?

QUOTE // "When joy becomes your priority, making decisions becomes easier."

QUESTION // Q9. How can you proactively create more joy in your life?

QUOTE // "This next step is to spend mindful moments throughout the day looking for love."

QUESTION // Q10. Does this sound like a delightful and doable next step?