



## **Spirit Junkie: A Radical Road to Self-Love and Miracles**

*Gabrielle Bernstein*

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## **Spirit Junkie: A Radical Road to Self-Love and Miracles** Gabrielle Bernstein

How does a New York City publicist and party girl turn into a go to guide for the next generation? In her new book, *Spirit Junkie: A Radical Road to Self-Love and Miracles*, Gabrielle Bernstein shares the story of how she transformed her life, offering her spiritual journey as a guidebook for overcoming fear, changing perceptions, and creating a life you're psyched to wake up for. Bernstein has traded self-doubt and addiction for a new kind of high. In 2005 she became a student of A Course in Miracles and since then she has been guided to teach those spiritual principles to the next generation of seekers.

## **Spirit Junkie: A Radical Road to Self-Love and Miracles Details**

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Author : Gabrielle Bernstein

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## From Reader Review Spirit Junkie: A Radical Road to Self-Love and Miracles for online ebook

### veganjilly says

As I began this book, I wasn't that into it. Or rather, I \*tried\* not to be that into it! There was even a part of me that WANTED to dislike it... but it became apparent to me very quickly that this was my own internal RESISTANCE to Gabby's message of love. Something in me KNEW that this book was going to cause my life to change, bigtime, and the fearful part of me did NOT want that change to happen! Thankfully I didn't let the resistance get to me, because this book has brought about huge growth and major positive changes in my life! I'd also like to note that I think she has a wonderful and important message, and it will reach a demographic that doesn't often get catered to with this type of spiritual material.

Before I knew it, I was engrossed by Bernstein's story and the plan she lays out for others to follow on their journey to enlightenment. As a longtime student of \*A Course in Miracles,\* I could relate to the concepts she discusses and felt that they really resonated with me. However, the universal nature of the message itself will be relevant to any spiritual seeker, whether they be brand new to the Course, have never heard of it, or have been studying it for decades.

In conclusion, I absolutely LOVED this book. I found myself looking up her website once I had finished, eager for more of the inspiration she liberally doles out in this book. It will be interesting to see how her career unfolds in the future, and I know I will definitely be watching for more books written by this author in years to come! As it turns out, I guess I am a part of her target demographic after all!!!

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### Magdalena says

From the very first page of Spirit Junkie I wanted to reject the book. I found the language a too "Gabbified" with its "far outs", "trippy's", and pop psychology which assigns the root of all our problems to the "ego", which is quite a different sort of construct to the Freudian notion of that part of ourselves which serves as a mediator between the id and the superego, forming intellectual synthesis. The pragmatist in me found the book irritating, and reminiscent of the floppy "Ashram-think" I rejected as a child (with rather a similar background to Bernstein), but I couldn't push the book away. I kept coming back to it, and inevitably would find myself reading it in the midst of my most intense anger, fear or frustration - emotions that seemed to be surfacing unbidden, more frequently than usual. Everytime I opened the book I found myself drawn into it, almost against my will ('ego' if you like). And everytime I began to read it, I started to feel my anger, fear and frustration disappearing -- turning into acceptance, forgiveness, and gratitude. In other words, in spite of all my skepticism, Spirit Junkie helped me, sometimes considerably. In spite of the funky language, which may actually draw in younger Americans, there is a very compelling energy that underlines the book. Beyond the semantics, there is a strong shared point of truth that is being presented and it's something that I found impossible to ignore.

So what's the book all about? It's partly about Bernstein's own journey as she struggled past addiction, chronic acceptance seeking, and failed relationships. Bernstein's story is an engaging enough one on its own, presented with honesty and courage, and her willingness to share her own difficulties, illusions, and breakthroughs is probably enough to keep the reader reading. Beyond that though, the book is a call to action, and this is what I found compelling, in spite of my resistance. The key message comes from Dr.

Helen Schucman's *A Course in Miracles*, the backbone to *Spirit Junkie*. The book conveys, primarily through anecdote and exercises, that we need to shift our perceptions from fear to love in order to create our own personal miracles. Each chapter ends with a brief exercise, most of which take the form of a meditation or affirmation. Again, I wanted to resist these -- meditation has never been something I've been interested in, despite a lifelong yoga practice. However, in spite of myself, I found myself repeating the affirmations and using the meditations, which are all simple and easy to remember, therefore particularly valuable when you feel yourself overcome by fear or anger.

Ultimately, *Spirit Junkie* is a very simple book with a single message delivered in a variety of ways. However basic it seems, the reality is that, for many people and women in particular, fear sabotages us. It holds us back, causing us to de-prioritise our own needs, and putting up barriers to self-actualisation, happiness, and inner peace. It takes the form of pebbles we throw out to undermine our abilities and stop us from being truly happy and at peace. In our busy world where achievement and ticking boxes seems to take priority over everything else, the message is a critically important one, however it's delivered. Call it "ego", or fear, or self-sabotage, and talk about God, spirit, '-ing', or simply our own inner, innate capabilities. It doesn't matter. What does matter is that Bernstein's book is powerful and effective, infused with extraordinary energy and passion. I was unable to dismiss it and find myself returning to the exercises and affirmations frequently as fear is replaced by acceptance and calm.

Article first published as Book Review: *Spirit Junkie: A Radical Road to Self-Love and Miracles* by Gabrielle Bernstein on Blogcritics.

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### **Micheaux81 says**

UPDATE: A while back I gave this book 5 stars and called it life chaning in a positive way, and at the time I really felt like it was. However, now I know that the author and Marianne Williamson, and all those who teach "*A Course in Miracles*" are really Bomphat worshipers. The "spirit" they call the holy spirit or Ing is just another name for this illuminati demon. Please do your research. *A course in miracles* is not a christian book. It just uses christian terminology but denies the deity of Jesus Christ. But even if you are not a christian the teachings are still centerd around the worship of a demon. \*No matter what your religion you can do allot better than worshipping a demon\*. I was once deep into this life when I didn't know any better. The author of "*a course in Miracles*" said the book was autobily dictated to her while in a transe. She said later the voice told her he was Jesus, but that revelation only came to her later. Sounds like she summned a demon who lied to her or that she lied to us about the books origin. Please be careful - all the priciples and practices in these types of books work but they are 100% demonic so I stopped using them. On Gabrielles youtube channel she encourages building an alter and she shows the one she has in her home. It was filled with chrystals and yantras . These tool are used to summon demons to control people and the elements. They work. But the cost is your soul. Even if you never acually summon a demon yourself just the act of having these things in your house puts them to work for you and will cause sickness and tourment in your life.

Whatever "blessing" you get from them will be followed by tourment and bad health. Before I knew better I had as many as 15 yantras in my house. I thought they were "lucky" and hameless. If you are reading this review and you have any negative or demonic things in your home (includong this book) get rid of if immedaitly. If you own any teaching that talks about the "ego" being your bad side or smaller self. Get rid of it. Authors to watch out for: Louise Hay, Duwayne Dryer, Ram Daas, ect. Also I want to apologize to anyone I may have influenced to buy this book based on my previous positive review. I will pray for you.

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### **Suzanne says**

I felt very drawn to reading this book and intuitively knew that it could be a help on my journey inwards. But, curiously, I experienced some strong internal resistance at certain points while I was reading it. I realised after a while that it was the fearful side of me that was trying to put up a fight. Spirit Junkie made me look inwards and shine a very bright spotlight on some things that had hidden in the ‘inner shadows’ for too long: things that needed to be confronted, but that the fearful side of me didn’t want to address.

It’s too early to say how deep an impact this book has had on me, though I know that it has triggered (or at least helped to trigger) a period of great growth and healing for me.

Spirit Junkie is a great read for anyone who is looking for ways to find faith and connect with love – particularly those who need to heal deeply and learn to love themselves. I found it to be quite profoundly thought provoking, and it opened my eyes to another way of perceiving the world. It is a book worth considering.

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### **April Dawn says**

Fierce, fabulous, & funny spiritual sage and girl guru Gabrielle Bernstein has a new mantra for the modern generation: “Make shift happen!” Her latest book, Spirit Junkie: A Radical Road to Discovering Self-Love and Miracles, is all about making miracles- and making love- to yourself. In times when we all want something to believe in, Gabrielle gives us something to believe in: ourselves.

“A decade ago, young women like Ms. Bernstein might have been expected to chase the lifestyle of high heels and pink drinks...But now there is a new role model for New York’s former Carrie Bradshaws...well versed in self-help and New Age spirituality...Ms. Bernstein is one of a circle of such figures, influenced less by the oeuvre of Candace Bushnell than that of Marianne Williamson.” —The New York Times

Once upon a time, I thought there was no hope for my generation. Nothing short of a miracle could have convinced me otherwise. And I wasn’t holding my breath for that miracle, either. Miracles were things people talked about, but had never seen; much like Big Foot, the chupacabra, and the ghost of Elvis. They weren’t things that really happened, and they certainly didn’t happen to me. They were reserved for sensational headlines like “Miraculous Birth: 90 Year Old Man Gives Birth To a Two Headed Kitten”, and the Christmas classic Miracle on 34th Street; which needless to say was about Santa Claus, another mythical marvel.

To me, a spiritual journey was a trip to the mall, on the search for my latest “sole mate”; another pair of stilettos.

They say that when the student is ready, the teacher will appear. Enter Gabrielle Bernstein, who I accidentally stumbled across via Facebook- on the page of a reality TV star, no less. By this time, I was all ready beginning to move away from societal pursuits and towards living an inspired, authentic life, so Gabrielle’s philosophy of Add More ~Ing To Your Life: A Hip Guide To Happiness was intriguing to me. And just like that, I was high. I was a junkie. A spirit junkie.

Gabrielle's teachings are a modern day adaptation of the text A Course in Miracles. As a person with a degree in psychology and a graduate degree in social work, I considered myself well versed in the mysteries of the mind and the factors that govern human behavior. I shunned self help books and laughed at the idea of self love. I lived in fear, but I didn't know it, because I didn't have the understanding innerstanding to see that.

The concepts and exercises Gabrielle introduces in both books are scientifically sound. Mantras and affirmations used in conjunction with meditation and physical activity have been proven to have tremendous health benefits, both mentally and physically. Neurologically, rewiring your brain is possible, and Gabrielle shows you how in an easy to understand way that's totally fun. You won't even realize you're working with yourself on yourself; it's much more like playing...it's a joyful, happy, fun experience. It's like having a gab session with your best girlfriend, if she was something like a tiny Buddha.

The pesky little ego (negative self talk/doubts/disbelief) is always popping up, like that arcade game "Wack-a-Mole". Choosing love over fear and getting your ~ing on is a never end~ing process. Like any good relationship, a relationship with your self takes work. Spirit Junkie is the perfect antidote; a refreshing reminder to continue choosing love over fear, and keep up the good work.

As for me? Remember that miracle needed to change the world I was talking about? Ultimately, I have ended up holding my breath for that miracle. I never turned blue in the face, either. Instead I learned to control my breathing, one of the most basic involuntary functions we have. That in itself is a miracle, because a miracle, as Gabby teaches, is a shift in perception. And who would have ever thought we can control our most basic seemingly involuntary functions, like breathing?

Miracles do happen. Every day. Whether or not we label them miracles, or realize they are miracles, they are there. They start with us, and they spread out; like the gentle rippling of water when a rock is a skipped across its surface. And when we realize that we live in a world where miracles happen every day, we can expect them.

Like Albert Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Expect miracles!

Disclaimer: I received a digital edition of this book for free from the publisher. This in no way affected my review; this review is my own opinion.

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### **Erin says**

Have you ever heard of the book A Course In Miracles (A.C.I.M)? "Spirit Junkie" is a lovely, meaningful, true account of a 30 year old woman's struggle (and then triumph over) addiction by finding A Course In Miracles. Gabrielle lovingly and open-heartedly touches on some of the beautiful 365 lessons in the book (yes, one lesson per day for a year), and shares her thoughts on how you can apply them to your life if you are so moved. (If you are interested in spirituality as opposed to religion, yet yearn for your own "religious experience", I suggest researching A.C.I.M.) The book's main idea, and Gabrielle's book's main idea, is that we always have the choice to either act out of fear or out of love, and that any act of love (outward OR

inward) IS a miracle in the "eyes" of spirit/the universe/God, and affects not only our own life positively, but in turn, serves the whole world.

A.C.I.M. was published in the 1970's, and spiritual guru Marianne Williamson's book "A Return To Love" (also based on A.C.I.M) was published in the 1990's. Now, for a newer generation, Gabrielle has introduced us to the concepts, feelings, and ways of life associated with spirituality and love. Her take on it is clearly geared toward spiritual novices and a younger group of readers.

As I read, I kept thinking about how excited I am for these concepts to be introduced to a new generation. A lot of the book was very rudimentary as far as spiritual concepts go, so if you are new to (and interested in) beginning a new, loving commitment to your inner life (Gabrielle uses the term "~ing" to signify your Inner Guide, which is love), you will appreciate "Spirit Junkie".

I felt that the book continued to get richer and more saturated with helpful, nurturing material the farther I read into it. Gabrielle is such a great example of a human who respects herself, loves herself, and sees all people as equals: "rays of light from the same sun". So refreshing and filled with dog-eared pages I will go back to when I need to rid myself of egoic tendencies and return to love (um, which is every day!). As a result of reading this, I dusted off my old copy of A Course In Miracles....

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### **Meryl Landau says**

I really enjoyed this book. Bernstein is very much a younger version of Marianne Williamson, with the same focus on the Course in Miracles. I appreciated her honesty about her own failings and issues, which she used the Course to resolve. A fast, easy read with a lot of pragmatic suggestions for connecting with spirit.

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### **Melissa says**

What the author calls "ing," the church I grew up in called the holy ghost/spirit. Love, Jesus, God, Holy Spirit, inner voice, wisdom... it seems this book and a lot of the new age (for lack of a better term) spirituality books I've read carry the same messages as the Christian church I grew up in. That's fine by me. There are many paths up the mountain.

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### **Kimberly says**

When the mind is ready, the right book appears. Such was the case with this book.

I first learned about Gabby through her show on HayHouseRadio.com. Immediately, I was skeptical. I bristle at anyone marketed as "the new \_\_\_\_ for a generation." But, something stuck with me and I kept listening to her. Listening to her eventually lead to me reserving "Spirit Junkie" from my local library. And let me tell you all, when Gabby states that your "~ing" leads you what you need, it's true.

Due to its high request rate, it took about a month for me to get this book. I got it on a Friday, finished over breakfast that Sunday morning. Why? What was so attractive about this book? Well, for one, it's an easy accessible read. I've always been curious about reading A Course in Miracles. In fact, I've owned it for close to 9 years and still haven't gotten past the second chapter. "Spirit Junkie" brought the course down to my level. Interweaving lessons from the Course with personal life experience, Gabby's text shines with approachability and interest.

This book is exactly what I needed to read at exactly the right time. It's motivated me to incorporate a daily reading from the Course into my meditation practice, expand my mindset regarding what is possible in my life and steered me toward using the big F bomb - Forgiveness - in my life.

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### **Kelly says**

I was prepared to give this book 1 star, but I'm glad I waited to review it after my book club discussed it. I'm familiar with A Course in Miracles (ACIM), and I believe its message is a good one. Marianne Williamson (who can write) told Gabby to write a book for her generation after Gabby healed from ACIM and Williamson as her mentor. Sadly, if this is what this generation deserves for a book, then I pity them. The message is good - forgive others, eliminate fear which destroys you and your true purpose, and don't project negative feelings you may have about yourself onto others- but Gabby's writing style is awful. She tries too hard to be cool with her swearing and "you know what I mean" comments and her slang, and I know repetition is how we learn, but Gabby needs to learn to repeat info without making it redundant. I thought the book was talking down to its intended audience. Many twenty somethings don't think they need the help this book offers; I think older readers will appreciate this more (and the discussion at my book club which consists of 20 year olds to 70 year olds proved this). I think the reader needs to know something of ACIM to understand/appreciate the book. It's nice that Gabby simplifies/explain parts of ACIM, but I expect a book to be more than a summary of the original book.

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### **Anna Bez says**

If you've ever wanted someone to explain Marianne Williamson's writings to you using a flippant attitude and valley girl speak, this is your book! The book also serves as a promotional platform for Bernstein's previous title. I never was able to get a solid read on whether Bernstein actually believes what she is saying. A book like this needs to be bolstered by a confident tone from the author.

PS. I got so sick of her overuse of the term "~ing"

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### **Elizabeth says**

Talk about being led to (or away from) the right book at the right time! I started this one about 9 months ago when I finished May Cause Miracles, but for some reason, I just couldn't stick with it and ended up putting it back on the shelf. Fast forward to a few days ago when a shipment of my belongings (including books) showed up in my new city of residence, and I had the strongest intuition to pick this book up again. Everything I needed to hear right now was addressed in Spirit Junkie - I mean, we're talking about the answers to specific questions I had been asking my inner guides that very morning! I picked up where I left off last June and all the answers were there. I've seen some other reviews which dismiss Gabby's writing style as "flippant" or "too young/slangy," and everyone is entitled to their own opinion, but I really didn't get that vibe, especially not "flippant." Gabby's writing is very personal and conversational, and I think we can all agree that different people need to hear the same lesson in different ways. If Gabrielle's writing style opens up the world of spirituality and ACIM for someone who might otherwise have heard it, then that's a miracle! This is a truly inspired piece of writing and I'm so grateful for it.

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### **Shannon says**

A little bit quicker and easy to read than the Marianne Williamson books, which was what I needed at the moment. Must give major props to Gabby Bernstein for putting herself out there like she does. Looking forward to digging into another one of hers soon.

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### **Julie says**

This is my second reading of Spirit Junkie and is a good example of getting different things out of the same material when read at different times. I gave the book a five star rating when I read it last year (before my GR days), but on the second reading I am a bit more critical. It's not that I don't believe Gabby's sincerity or knowledge but I just feel that there is too much self publicity in a lot of what she does and this doesn't sit well with ACIM principles. She does acknowledge herself that she has to deal with feelings of specialness during the book and I get the feeling that this may be an ongoing thing. Gabby also admits that she has had to train herself to write and she is definitely a more inspiring speaker than writer. She is not as eloquent as Marianne Williamson, but maybe when writing for her age group, which is her goal, this is the style that will resonate. Regretfully, I'm no longer in this age group!

Having said all of this, I did still get an enormous amount from the book and this is one of several that I am rereading to support me in a major life upheaval. It has done exactly what I wanted it to do, which was to remind me that I don't have to take responsibility for everything and I can relax into the experience knowing that I will be divinely guided if I do so.

Gabby's fundamental story is inspirational and I recommend this as a read, particularly if you are having a difficult time, as I was. The self promotion of the author does not detract from the essential important message of living a life of love and peace through forgiveness.

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### **Aisha says**

I think Gabrielle Bernstein will join Diana Cooper & Doreen Virtue: authors I may read and enjoy every book for without taking them THAT seriously.. I really wanted to like this book but it's really trying way too hard to be what it's not! I appreciate what Gabrielle is trying to do but it's not right (~ing, ~ingTervene, ~ingWrite! Really! -\_-) That being said, certain chapters like "Spirit Became my Boyfriend" and "Relationships are Assignments" were five stars for me personally although she didn't explore the ideas as thoroughly as I hoped for..

I really really wanted to love this since I really enjoy Gabrielle vlogs on youtube, but then again it could also be the fact that I read this after Frederick Dodson & Vadim Zeland

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