



Chris Attwood:

Welcome, everyone. This is Chris Attwood. I'm the Features Editor for *Healthy Wealthy nWise* magazine and co-author of *The Passion Test—The Effortless Path to Discovering Your Destiny*.



This is the *Healthy Wealthy nWise* Passions Series, where twice a month we interview individuals who are models of what it means to live a passionate life. It's our hope and our intention that these calls will help you get aligned with your passions so that you can give the world your unique gifts.

Harold Whitman described why passion is so important to all of us when he said, "Don't ask yourself what the world needs. Ask yourself what makes you come alive, and then go and do that, because what the world needs are people who have come alive."

Tonight, we're going to be interviewing someone whom the world absolutely needs and someone who is completely alive. Barbara DeAngelis is one of the most influential teachers of our time in the field of relationships and personal growth.

She's the author of 14 bestselling books which have sold over eight million copies and have been published in 20 languages. Her books include *How to Make Love All the Time* and the number-one *New York Times* bestseller, *Secrets About Men Every Woman Should Know* and *Are You The One For Me?*

Barbara's latest book is called *How Did I Get Here? Finding Your Way to Renewed Hope and Happiness When Life and Love Take Unexpected Turns*. Barbara has written regularly for *Cosmopolitan*, *Ladies' Home Journal*, *McCall's*, *Reader's Digest*, *Redbook* and *Family Circle*.



She's also a frequent guest on "Oprah," "The Today Show," "Good Morning America," "The View," "Geraldo," and "Politically Incorrect," as well as a regular contributor to "E Entertainment" and "Eyewitness News" in Los Angeles.

She appeared weekly for two years on CNN as their Newsnight Relationship Expert dispensing advice via satellite all over the world. She's also hosted her own daily television show for CBS TV and her own popular radio talk show in Los Angeles.

Barbara's also produced and starred in a one-hour special for PBS entitled "Love Secrets." She's known for sharing her inspirational presence, authenticity and passion with her audiences. Barbara, we're thrilled to have you with us tonight for the *Healthy Wealthy nWise* Passions Series.

- Barbara DeAngelis: And I'm passionate about being here, Chris!
- Chris Attwood: Good. Thank you so much for joining us. Tonight I'm so pleased to be able to introduce my business partner, Janet Attwood, who's the Cover Editor for *Healthy Wealthy nWise*, and who's going to conduct tonight's interview. So Janet, I'll turn it over to you now.
- Janet Attwood: Thanks, Chris. Barbara, it's so wonderful to be with you. Barbara and I have something very wonderful in common. We have the same mutual best friend, Deborah.
- Barbara DeAngelis: Right.
- Janet Attwood: Is that too cool?
- Barbara DeAngelis: We actually have a lot in common, which would take hours on the phone to talk about.
- Janet Attwood: I know. So we won't do it now, but we will do it some other time. I've just heard from Deborah so many



wonderful, wonderful, great things. She loves you so much, as does the world.

Also, the other thing I want to share with you is that I took your seminar back in the 70s, so I was sitting in one of your seminars, I just want you to know. You're one of my mentors. So there you have it. I've been really, really excited about this, so thank you again.

Barbara DeAngelis: You're welcome.

Janet Attwood: It appears that, in many ways, your whole life has been about passion. The first question I have is what role have your passions, the things which are most important to you in your life, played in leading you to the work you do today?

Barbara DeAngelis: The truth is that I would say passion is at the source of everything I do, not just professionally but personally as well. Most people think about passion as tremendous enthusiasm or an ability to get excited about something.

To me, passion is that light, that spark, that cosmic, divine energy that awakens us and, in a sense, charges us to do something. For me, that passion took the form and always takes the form of love.

It's love for people, tremendous love for the transformational process, passion for the ability that every one of us has to transform ourselves, to free ourselves of things that get in our way, that limit us, that keep us from doing our cosmic assignment—what we're here to do.

Really, at a very young age I was so passionate, first, in working on myself and trying to know who I am. As I say in my book *How Did I Get Here?*, I was passionate about digging deep for wisdom and being willing to ask difficult questions of myself.

And then I was passionate about helping people supporting people in getting rid of whatever it is that is



not allowing them to live the life they want in any arena. I've been very blessed to have the abilities, the gifts, the vision to be able to see how to help people do that.

That's been my passion, whether it's as I started out in my career in the late 70s and 80s talking about relationships, or as it continued and developed more into really talking much more about our emotional and spiritual breakthroughs, as my work focuses on now.

It is that same passion for freedom, the freedom that we can all have. It is the passion I have and the love I have for people that really wants to embrace them, help usher them through that transformational process.

Janet Attwood:

Will you share the story of how your very first national bestseller *How to Make Love All the Time* came to be?

Barbara DeAngelis:

It was really the same thing. I was giving a seminar at the time called Making Love Work, which is what you attended. It was a very successful seminar in Los Angeles, and people would fly in from all over the country.

I did this for 12 years and finally put it all on DVDs and CDs, so I didn't have to do it in person anymore. It's nice people now can just sit at home in their own bedroom and work through everything.

But at the time, I was doing it, everyone would come up to me and say the same thing, "My aunt needs this but she lives somewhere and she can't fly in. Why don't you put it in a book?" I had been a writer since I was a child. I'd been writing poetry and prose and had published my poetry.

I knew that being an author was in my destiny and was just trying to figure out how to do it, what to do. Eventually, I realized I had to write a book, and it was very interesting because all the agents and publishers



I went to said, “There are too many books about relationships. We don’t need any more.

Really, you should pick another subject because you’re not going to be successful.” And I was turned down over and over again. I just was so absolutely committed to doing this, and I knew. I kept trying and trying and trying, and I absolutely, finally got an agent for *How to Make Love All the Time*.

Then it was published, and everything kind of exploded from there. But I wasn’t one of these people who had an idea for a book, instantly got an agent, instantly got a publisher, and the next thing you know, it was the number-one bestseller without my working on it, and then my whole career skyrocketed.

I have been a long, slow, steady success with a lot of commitment and my undying passion for what I did that finally convinced everybody else to believe in what I was doing. But if I hadn’t had that passion, I would have just been one of these people saying, “If only I had written a book.”

Janet Attwood:

Yes. I think it’s so great. You really must have learned so much during that journey at the same time and became even more resolved in what your own knowledge was, what your own feelings were about your own self, your own passions, what you were about, and what you were doing.

Barbara DeAngelis:

My whole life has been about emotional courage. Emotional courage is a phrase I created. I haven’t heard a lot of people ever mention it. Emotional courage means the courage to really live passionately.

It’s the courage that comes from really being committed to what’s inside of you, being willing to risk, being willing to shift, being willing to change, being willing to, as I said, dig deep for wisdom, and to face whatever it is that you need to face so that you can live with freedom and love with freedom, and



unfold into the fullness of who you are.

That emotional courage is something that I really try to help people develop and find in themselves, because with it you can do anything or deal with anything. Without it you can do nothing. That courage comes from being in touch with your true passion.

That means your passion for what you're really doing here, whether it's being a wonderful mother or creating a business or taking care of animals or being a minister. It doesn't matter what it is. It is our passion that really is our charisma.

I train speakers and writers a lot because they want to do what I do. One of the things I tell them is, "Forget technique on one level. If you are passionate when you speak, when you present—or for anyone listening when you give a presentation at work, when you're out on dates, it doesn't matter what—people will love you.

What they're loving is that aliveness in you because we all are attracted to the light of aliveness. That passion, if you can touch it, if you can find it, and then if you can radiate it, will be absolutely like a magnet that attracts all kinds of things to you.

I don't really know how people function without it. It's very hard to be successful without it, so finding a way to tap into it, which is what I do in my work with people, is like finding a gold mine. It's like finding something that is the source of everything.

Janet Attwood:

I really, really love all of this. What I especially, really appreciate hearing you say are the two words 'emotional courage' because my own experience has been that you can really have your passion, and you have to have that courage to go along with it.

Here's a question for you, and I'll ask it in a question. Do you think that just because one is aligned with his passion that he'll be able to fulfill his goals of that



passion?

Barbara DeAngelis:

No, of course not. That's one of the things that I talk a lot about in *How Did I Get Here?* There are millions of people out there with dreams, whether it's the dream of happiness, the dream of a certain career, the dream of creativity.

What determines whether or not you're going to be able to manifest that is a lot more than just feeling it, knowing it, believing it. It takes tremendous emotional courage to really, as I say, come out of the closet with who you really are and what you're doing here in life, because the road of really manifesting who you are is not an easy one.

It's not an easy one. There is a lot of resistance in the world. There is a lot of challenge. Every successful person who has really gone out and lived the life of their dreams has met tremendous adversity. If you don't know how to move around that, to navigate through it, you will just come to a complete halt every time something comes into your path.

That's what happens to a lot of people. We end up actually sabotaging our own happiness without realizing it. We misinterpret the signs. We don't know how to navigate around them and through to the other side.

There is a great quote that I always share about all of us who are trying in life to become something or do something: "We either make ourselves miserable or we make ourselves strong. But the amount of work is the same." Isn't that fantastic?

Janet Attwood:

Yes, that is.

Barbara DeAngelis:

That says everything. To everybody listening right now—and I'm so grateful that you tuned in for this phone call—all of you are so powerful. You don't need to be any more powerful than you already are. We have all been given the same life force.



In different languages it's called the chi, the Shakti, the divine spirit. We've all been given the same divine energy, just like every drop of the ocean is wet. The question is what are you doing with your power? Are you using it to focus on the negative?

Are you using it to hold yourself back? Are you using it to empower fear and talk yourself out of things? Are you using it to sabotage the good things in your life? Are you using it to believe in yourself? Are you using it to take risks?

What do you do with the power you have? That's the question that I ask people when I give my seminars, when I work with them. Not, how do you become more powerful? How do you use the power you have? How do you understand it? How do you use it for what you want, and not let it use you?

Janet Attwood:

That's beautiful. The other thing that you said—and I'm sitting here writing a million miles an hour just so I'll get all of this myself—is that what you help people do is to be in touch with their true passion. Wouldn't you agree that you have the courage when you're in touch with your true passion?

It's kind of like a natural component that seems to follow it. When you're truly in touch with your true passion, then it's as if you can get through anything. It doesn't mean that there aren't obstacles. There are, but you have that extra push to get you through because you're so aligned. Is that your experience?

Barbara DeAngelis:

Yes, it's beautifully said, Janet. I believe that our passions for things do come from divine assignments that we've been given. Therefore, when we tune into what our passion is for, it's in a sense like we're tuning into a package, and in that package are many things.

There are particular gifts and talents we've been given. There are desires that will make us kind of go



out there in the world and manifest those gifts and desires. But also in that package is kind of like an emotional first-aid kit that's been given to us. It's part of it. It's the grace that comes with the dream and the vision.

It's that higher energy that is there to guide us, help us, protect us, bring the right people into our lives, allow us to continue and to find new roads even when we seem to come to dead ends. Turn them into doorways. So that's all there.

But you're absolutely right; it needs to be connected. Here's the thing that a lot of us make the big mistake on. Passion is not the same as enthusiasm. Enthusiasm is a mental construct. "I'm enthusiastic about this. I believe in this strongly."

That's not the same as passion. Passion is an emotional experience. It is found in the heart. It is not found in the mind, so you can't intellectually get passionate about something. You can get intellectually enthusiastic about something, positive about it, but to get passionate, you have to surrender.

You have to surrender to something within you. You have to surrender and allow it to take over, and that is really scary for people to do unless they understand it. But in that surrender there is grace. And in that grace, you will be guided, supported, protected, et cetera, and in ways that you can't possibly imagine.

Interestingly enough, a lot of people are waiting to kind of get pregnant with their own passion. You know, I do transformational consultations for people all over the world actually, and I think a lot of you, my friends whom I work with, are listening.

People will call me up and say, "I don't know what my purpose is." Or "I feel like a big breakthrough is about to happen but I'm not sure what to do," and "I'm tired of my job, but what should I be doing?" Never, never, never do they actually not know or feel what they



want to do.

It's in there, but they're aren't recognizing it for several reasons: one, their mind talks them out it; two, they're not looking in the right place for it; and three, to really feel it takes such courage, because then you have to do it.

Confusion—and I say this in one of my CDs, in my *Living the Life You Want* program—is just a cover-up. We're very rarely ever confused. We just don't like the information or the choices that are in front of us. Many times we hang around in confusion rather than in passion because it's a very safe place to be.

As long as you're confused, you don't have to do anything. As long as you're confused, you don't have to take a risk. As long as you're confused, you don't have to put yourself on the line. You don't have to actually take a stand.

You don't have to make a change. People make a profession out of being confused. You can stay confused for years. Meanwhile, you're not doing what you came to do. Meanwhile, people need you and your gift.

Meanwhile, the world is continuing to go into turmoil, and you are not doing your assignment. So I always challenge people when I do my seminars, and say, "I can get you unconfused in five minutes," and I can because they're not really confused in the first place.

So the other side of passion, you might say, is confusion, uncertainty. And if anyone listening is feeling that, please come work with me because it's such a silly place, it's such a painful place to hang out, in wrong confusion. Confusion eventually turns into depression if we hang around for too long in it.

Janet Attwood:

Now you just said for those who are confused to come work with you. And for those of you who are feeling like, "Yes, I absolutely need to come work with



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Barbara, as a sidebar you can go to [www.HealthyWealthynWise.com/Barbara](http://www.HealthyWealthynWise.com/Barbara). Come work with Barbara.

Barbara, you should see my pad; it's almost all taken up all ready, but this one line you said really just jumped out at me. You said, "We are very rarely confused. We just don't like the information around us."

That is so powerful. Thank you so much. I'm sure everyone's is writing crazily, as fast as I am. How are your passions being expressed in your work today?

Barbara DeAngelis:

That's a beautiful question. First of all, they're always being expressed in my work. I can't do anything I'm not passionate about. In fact, that's actually been a hindrance in my business life, to be honest with you.

I know a lot of people who do, I guess you would say, the correct thing business-wise at times because it makes money or because it's a great way to franchise themselves. I've never done that. I have followed my passion.

I cannot do something I'm not 100% committed to. That's just the way it is. I'm not saying it's a good thing. It's just the way it is. So I've always been 100% passionate. The thing about my work in the last four or five years has been this absolutely radical transformation and rebirth that I've gone through.

I write about it to some extent in *How Did I Get Here?* I started out as a relationship teacher. It wasn't really what I meant to start out as. As you know, Janet, I started out before that as a meditation teacher. It just so happened that I began to do work on relationships and love and things like that, and I became really famous doing that.

So that became what I was known for. People would see me and say, "You're the love doctor! You're the love lady!" And it was great, and I kept writing books



about it. I have been on a spiritual path since I was 18, and that's now thirty-something years ago.

As I began to radically transform, radically expand, really radically morph into something much more than I imagined I could ever be, my work began to change. My work began to expand tremendously. My abilities began to expand.

I realized that I wasn't just a teacher of this or that anymore, that I really had become a transformational teacher. A transformational teacher—and again, it's just a phrase that I came up with—is not about information.

It's about the process of transmission and real transformation that happens at an energetic level. As these abilities began to develop, even I was kind of thinking this is really kind of shocking to me because I thought, "I'm a psychologist and I do this and that."

But that was changing and disappearing and something else was taking its place. So it took a lot of courage for me in the last few years to actually begin what I call coming out of the closet, which all of us need to do.

Everyone listening right now has something you need to come out of the closet about. I guarantee you. For me, it was being able to stand up and say, "I'm a spiritual teacher. I'm a transformational teacher. I can help you do this. I can help shift you radically.

I can undo things inside of you that are holding you back. I can see things in you and feel things and hear things that you can't, or that most people can't." That was just huge for me because even I was shocked at what I was saying.

It was my passion for helping people who are truly ready to make a major shift, not a minor shift, and not just having a better life. There are people listening right now on the phone all over the world—and you



know who you are—who hear a voice inside of you saying, “My time has come, and I am ready.”

Maybe you don’t know what for. Maybe you don’t know how it’s going to happen, but you know, you have been prepared for something and you need to make the shift. And I absolutely received information that my next purpose—this was years ago—was to be there to help escort people in that process, down that new path because I had been down it myself.

I didn’t even know what that was called, what it looked like, what books to write about it, how to talk about it at lectures because I would still get the calls saying, “Can you give a great talk about sex?”

So I had to really, really listen to my passion, listen to that inner assignment and just start talking about it and see what happened to see if anyone else really understood what I was saying. And it’s been really remarkable.

I get calls from all over the world from people who have either read *How Did I Get Here?*, have heard about this work, have seen me live recently, or have taken one of my teleseminars. They say, “Yes, that’s me. I’m ready.”

Help me make this transition. Help me really come into my fullness now. I’m ready. I know it.” And we do it. It’s a really remarkable experience so that’s my latest passion, and it’s really a passion for just helping everybody rebirth themselves into who they were meant to be.

Janet Attwood:

Yes. What you said is not about information but about the process of transmission of information. Will you explain what you meant by that? Go a little more into that.

Barbara DeAngelis:

It’s not transmission of information. Everything in life is actually the exchange of energy. For instance, right now, I’m talking and everybody’s listening, but there is



something else happening if people are tuning in. They're feeling something.

Hopefully, they're not feeling bored! Hopefully, they're feeling excited. They're feeling like something makes sense. They're feeling a shift. They're feeling openings. They're feeling expansion.

With that feeling of energy we get—whether it's with your husband or your wife, a best friend, an inspiring speaker, a beautiful piece of music—there's a transmission of energy that happens when we open ourselves to positive, life-affirming energies.

That energy actually triggers things inside of us that remind us of our highest self, remind us of who really are, remind us of what we're here for. That energy, therefore, makes that voice the strongest and softens those other voices that say, "You can't do it. You're not good enough. What will people think of you?"

Those voices get softer and softer and softer because the The Voice—capital T, capital V—becomes incredibly loud and prominent. So transmission of energy is another definition for love, isn't it? You're holding the hand of someone you love or they embrace you.

You feel all this energy and yet where is that energy coming from? What is that? How do you define that? They're not giving you information. They're transmitting the love energy to you.

I really began to see that the true role of a teacher, at least the way I understand it, is to awaken that energy that is within each of us, and to allow whatever is around it holding it back or shadowing it to fall off.

And of course, many teachers do this in different ways, but I realized that my particular next assignment was to just focus with such love on who people really were, and to show them the mechanics of how they sabotage themselves.



I want to show them how they don't get correct wisdom from within, and that those mechanics allow you to actually stay present with who you really are, what you're really here to do, and to make the shift. It's kind of like standing on a road, Janet.

We all are on this path in life, and a lot of us are standing at a turning point, and before us is this fantastic new road. We can feel the energy, we can feel the possibilities, we can feel people waiting to help us, we can feel our destiny calling.

But we're standing with our backs to the forward part of the road, and we're looking backwards. We're looking behind us, and we're looking at what we didn't do. We're looking at our failures. We're looking at what people have said to us, what people have done to us.

We're looking at the disappointments. As long as you're looking backwards, you cannot move forward. You have to turn around. What I do in my work is I help people turn around, literally, turn away and around and face forward.

When you do that, this amazing process begins to happen. You see everything that's been there the entire time. You just weren't looking.

Janet Attwood:

The next question I have, and this is the perfect place for this one, is passion is a word used—because you were talking about love—to apply both to how one feels about their work and to how one experiences a romantic relationship. Do you think, Barbara, that these two kinds of passions are related?

Barbara DeAngelis:

Oh, they're completely related, and that's a great question. I have two chapters in *How Did I Get Here?* and I really hope that people will get this book. I have to say that it's the most important book I've written. I can talk about my books like that and tell people, "You must get it," because they don't come from me.



They truly come through me. I am just a vehicle for these books, and it's a very intense process. It's like getting pregnant and giving birth. And when I finish a book, I literally read it myself over and over. I'm absolutely astonished.

I say, "This is fantastic. This is amazing. Look at this part." I did it before I called. Before I got on the phone, I opened my book—it just came out in paperback—and I looked at it thinking, "God, this is fantastic. God, look at this part here. This is a beautiful quote."

But I do not identify with it. I refer to it all the time myself, but there are two parts of it that talk a lot about passion. You cannot have passion in your relationship with somebody else if you are not living a passionate life. It's impossible.

When you are living a turned-off life, you are going to have a turned-off relationship, and nothing the other person's going to do can turn you on. Your process of turning yourself back on from the inside out is what allows any relationship to work.

I call it living a turned-on life. Let me read you some quotes from *How Did I Get Here?* It says, "To reawaken the intimacy in a relationship, we must first rediscover and reignite our own secret fire. Then our passion will not be dependent upon being stimulated from the outside.

Rather, it will emerge from our own consciousness, our own vibrant aliveness, our own willingness to feel deeply and fully." And the truth is, when you're not turned on inside yourself, your partner will have a difficult time doing it for you. Do you understand the point?

Janet Attwood: Absolutely.

Barbara DeAngelis: No one can do that. You have to rediscover your



passion. By the way, I'm not talking about particularly changing a career or having some great goal. Passion is about your passion for being alive, your passion for being awake, your passion for growing, feeling, experiencing.

That willingness to be 100% alive no matter what you are going through is the key to any great relationship. Two people who are turned on inside themselves, and I don't mean turned on sexually, and all things are fully functioning, those two people can have a turned-on relationship.

But somebody who is turned off, shut down, numb, not feeling is going to have a hard time getting turned on to anyone or any thing.

Janet Attwood: Yes. You said the partner will have a difficult time turning them on. Wouldn't it be impossible? If you're not on, you're not on.

Barbara DeAngelis: You ultimately can't. None of us can actually turn anybody else on. All we can do is dance with a partner who's already turned on.

Janet Attwood: In your book *How Did I Get Here?* you talk about the fact that some of us have gotten so beaten down by life that it's hard to feel passionate about anything. You also explain how to reclaim one's passion. My question is why do we lose our passion in the first place, and how do we get it back?

Barbara DeAngelis: That's a huge question. It's why we lose our light. Babies are very passionate. I always tell the people I work with who say, "Well, I'm just not that kind of person," that there is no such thing as a six-month-old who just happens to be a very quiet type of person.

There is no such thing as a shut-down three-month-old. We are born passionate. We're born totally alive. We're born totally feeling. We learn to not feel, to not dream, to not open because of all the hurts and disappointments we go through as children.



This is because of the messages we get about being less passionate, about not feeling too much, about being disapproved of for any of those things. And slowly, over the years, parts of us go to sleep. I walk around in my life, and I look at people on the street.

Most of the people are just functioning, and most people are, to a large extent, asleep. They're not fully living, not fully paying attention, and not fully seeing. They're not fully feeling. They're just not fully alive.

Then they wonder why we need constant stimulation: drugs, alcohol, food of every type, violence, things that are going to be more and more exciting, things that are going to make us scream and yell. That makes us feel alive temporarily, and then we have to go back to doing more.

This is really true for young people these days who have so much fear about life, who have so much numbness that then they need to just do all kinds of things that are extreme to feel anything. The truth is that there is nothing that is a greater high than just being fully awake, fully alive.

Just paying attention in life will be the greatest drug experience you could ever have, but that takes courage because it means not just feeling the good things. It means feeling the things that are uncomfortable.

Janet Attwood:

Is that what you'd tell people, that one way to get it back is to pay attention and feel?

Barbara DeAngelis:

There are a lot of different ways to find your way back to passion. One of them is to have the courage to be authentic. I talk a lot about authenticity in my work with people. Authenticity means that you are living on the outside the life that reflects the person you are on the inside, that who people see is who you are.

Authenticity means that you're not hiding huge pieces



of yourself, that you're not walking around trying to get people's approval or constantly in fear of what people will think of you and therefore editing yourself, holding yourself back.

Authenticity means honoring who you are and allowing that to unfold, to express itself. If you give yourself the willingness to be authentic, you will instantly be passionate. Authenticity just means paying attention to all the ways that you hide, that you edit, that you, again, don't come out of the closet with who you really are.

This is true whether it's just telling somebody how much you love them or getting excited about something even if the person around you isn't excited. Or it's just being really grateful and not worrying about how professional you look.

I don't like the word professional. I've never been very professional. When I did my first book, they convinced me to cut my hair really short and wear a suit and look professional. I really couldn't stand it because that's not me.

I was a 60s flower-child so I didn't do the suit thing and the short hair and everything else. As soon as I finished my first book I thought, "That's it. From now on, I'm just going to be me." And me is very professional in many ways.

I have a saying—and this is the thing again—"Our pictures are our prisons." This is really important. Your pictures are your prisons, your pictures of how things should look, your picture of what you should look or sound like, your picture of how you're supposed to act, your picture of what is good, professional, all those things.

Those things limit us. Here is how a woman should act. Here is how a man should act. I'm 55; here's how I should look. Here's how I should dress. Those things imprison us. They imprison you. You need to



find out who you are and then allow your reality to be molded by it, not the other way around.

That is how you're going to feel authentic and passionate and one of a kind. Those of us who try to imitate other passionate, successful people are making a huge mistake. There is no one more special or important than you.

No one has ever been created like you. You are perfectly interesting in your uniqueness. You just have to be willing to live it and find the way to express it. That's what getting back to passion is about. Chris had mentioned some tips for people, so the first is have the courage to be authentic.

Number two is to measure your days in love. People think of having passion as having some great career and making a ton of money or having the perfect love life. Every day we have so many opportunities to experience love.

It could be as simple as love for the sun that's rising outside of our window, love for our dog—who is just loyally wagging his tail at us no matter what mood we're in—love for our children, love for our body that's still functioning and gives us another day of life, love for our breath, love for the people around us, love for a friend.

We have love in our life every single day, and when we measure our days by how many sales we closed, how many books we sold—you know what that's like—where we are on the bestseller list, how much money we have in the bank, we are setting ourselves up for unhappiness.

There are going to be good days in our lives and there are going to be horrible days in our lives. There are going to be days when we triumph and days when we are beaten down, but you can have a successful day every day if you do not define yourself by what's happening to you on the outside.



Instead, define yourself by what's happening to you on the inside. I cannot control what happens on the outside to a large extent, but I can control how I react to it, what I do with it. That is my triumph. That is what defines us, ultimately, as human beings, not the events of your life, but who you are, how you met those, what you did with them.

This is something I teach in my Living the Life You Want course, how to create every day to be a successful day no matter what happens, and how to measure that day in love, in wisdom, and not in material things.

That's a way you can feel your passion instantly. For instance, at the end of today, you can all go back and say, "What wisdom did I gain? What love did I experience or express? Wow! I had a fantastic day," and that will make you passionate about today no matter what else happened. Do you want the third tip?

Janet Attwood:

Absolutely. I love this. We have this huge mirror in our office and I'm going to write on it, "Measure your days in love." I think that is so profound to always be reminded. Every tip you have is wonderful, so please continue.

Barbara DeAngelis:

All right. The third thing I was thinking about is—and this is something that is one of the most important lessons and constant focuses of my own life—and it may sound abstract at first but I'll start it out with a beautiful quote by Rabindranath Tagore.

He said, "The winds of grace are always blowing, but it is you who must raise your sails." What does that mean? My third tip is catch the winds of grace. A lot of us wait until we have it all figured out to do something.

We wait until we can see the map, the itinerary, the map quest of our life. "Can you please show me every



step for the next five years? Then maybe I'll start." If we wait until we are clear, we will wait forever. I say in *How Did I Get Here?* sometimes we need to just take that step, and the winds of grace will reveal the rest.

Life will rise up and direct us, but we must be willing to move, we must be willing to shift, we must be willing to actually go forth sometimes in faith. We have to raise our sails. What does raising our sails mean?

It means just moving one step into whatever it is you think you want to do. Just taking one step forward with whatever it is that's been calling to you, not waiting, not expecting God, spirit, whatever you believe in, to hand you an entire itinerary and have it all laid out, because it doesn't really work that way.

Do you know what? If someone hands you one of those it's wrong, because it's not going to be accurate as you well know, Janet. It's not going to look like that. So just be willing to take that step. I call it proceeding without a map.

Be willing to proceed without a map, and know that you will be guided. This is a beautiful quote from a great writer and poet, David Whyte. He says, "If we can see the path laid out for us, there is a good chance it is not our path."

It is probably someone else's we have substituted for our own. Our path is must be deciphered every step of the way." I call it the unpaved road to paradise. You don't know but you keep opening the door. You keep moving.

The winds of grace are there to take you. So that is something each of you listening has to interpret inside yourself, but you know what it means. It means be willing to just start the shift, and the winds of grace will come and they will carry you where you need to go.



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Janet Attwood: You said if we wait until we are clear we will wait forever.

Barbara DeAngelis: That's right.

Janet Attwood: I mean, how many of us are always doing that? "Okay, I'm waiting for the sign."

Barbara DeAngelis: The sign is you are incarnated on the planet. That's the sign. The sign is you're here. The sign is you have a little voice saying something, "I want to do this. I need to do that.

I'm ready to start dating again. I need to get closer to my husband. I want to feel more." That's the sign. The sign is not God coming down and just saying, "Hello, Janet. Today is the day to begin living." That's not the sign. I always say that the voice of truth, the voice of spirit, is not a loud voice.

Do you know the loud voice? It's the mind. The mind is very loud. The mind says, "What's wrong with you? Why are you doing that? That's the stupidest thing I've ever heard. Don't trust anybody." The mind is loud. The voice of wisdom is very soft. It's a whisper.

It doesn't even have words. It is wordless. It is almost soundless. It's sensation. It just calls to you, and if you're waiting for it to scream, you can wait forever. You have to be willing to learn to listen.

This is something I teach people in my seminars, how to listen with the ears of the heart, if you will, and not with the ears of the mind, and to really know that that guidance, that map, actually is there. However, it's written in invisible ink, and you have to put the light of love on it. That's the only way you're going to see it.

Janet Attwood: This is so wonderful. Actually, really, truly, I'm going to write a book with my pad. This is so great. Barbara, many of our readers tell us that they feel that they often sabotage their own success, and we've been talking a lot about that.



I know you discuss this in *How Did I Get There?* Why is it so often that we sabotage ourselves? Can you talk a little bit more on how we can avoid doing that?

Barbara DeAngelis:

First of all, we need to redefine what success is, Janet, because that's the key right there. What makes you successful? This is something I ask people to contemplate. What is going to make you feel successful? A certain amount of money in the bank? Your name in lights?

Having more than your brother or your sister? Being able to say to that person, "I told you so"? Having a certain house? What is it that actually is going to make you feel successful, and is that going to be enough when you get it?

Everybody listening has the 'if only's': if only I had a million dollars, I'd be happy; if only I got married I'd be happy; if only I lost weight I'd be happy; if only I found my soul-mate I'd be happy. Everyone right now is living the 'if only's' they had ten years ago.

Are they waking up every day saying, "I'm so happy"? No, because then they get another 'if only' and another one. We live very conditionally. "I'll be happy when this happens." We keep realizing that we may feel satisfied, but that's not what happiness is about.

It's not even success. The biggest thing we do to sabotage our success is we limit our definition of what success is. I'm sure you will have many of my wonderful friends and colleagues on who tell people how to make money and all that.

Believe me, I should pay more attention to things that they say, but I have a very different approach to life, to success, to love, to what we're doing here. It's really from the inside out. I do not believe that success has to do with what we're accomplishing on the outside.



I believe it has to do with our inner attainments, and yes, those will manifest in fulfillment on the outside. I believe if you focus only on outer attainments you are going to end up empty-hearted, maybe not empty-handed, but empty-hearted.

You have to be willing to know what true success is in your life. My stepfather, who was like my father, passed away a few months ago. I sat with him at his death bed. He was a very simple man. He had not made a lot of money. He had not gone a lot of places.

He was very modest. No one knew his name. He hadn't accomplished great things. But I held his hand and talked to him for two days before he died, and he told me he was totally happy. He said, "I feel like the luckiest man in the world."

This was because he was madly in love with my mother, because all of his children, at the end of his life, adored him, and because he had lived a good life. He had not given in to bitterness no matter what had happened to him.

He had not given in to anger, and his soul was successful. I looked into his eyes when he could no longer talk and saw the look of his soul ascending. It was one of the most moving things I've ever experienced.

He was more successful than hundreds of people I know who are out there with 10 cars and mansions. He was way more successful because he had lived a life where, from the inside out, he had mastered love. He had mastered forgiveness.

He had mastered compassion. So I would say to everybody, no matter what your situation is today—I don't care if you're doing great in your career or not great in your career, great in your marriage or not, it doesn't matter—you can experience that success today.



You can stop sabotaging yourself today by just honoring your journey, honoring how much you've grown, honoring your courage, honoring yourself for being on this phone call, honoring yourself for having the guts to keep trying no matter what you've gone through.

That is what all of your guides and angels are cheering for when they see you have that kind of spiritual courage. It's not when you make a lot of money, not when you have a great honor. They don't care about that. When you triumph in the level of the soul, then there is applause in heaven.

Janet Attwood:

Earlier you talked about those moments of 'if only,' how we get strung out, are not in the moment, and cannot appreciate who we are. I want to ask you, do you ever experience those moments of 'if only' in your life these days?

Barbara DeAngelis:

No, never, Janet! I've never had that! I'm perfect! What do you mean? I've never had one moment of regret because I've had a very uneventful life, as you know. Of course, of course! Everything I'm telling everybody, I have to remind myself of every single day, sometimes hour to hour.

There are many things that I would do differently, looking back. There are many choices I would not have made. There are many things that, if I could undo them, I would. And there are paths I've gone down unknowingly that have caused me great pain, and I've had to crawl my way back.

For me, I do believe that I signed up to be a transformational teacher. I knew very clearly that that meant going through a very rigorous process of living, and that my life was not going to be a simple life. It was not going to be a life that was comfortable.

It was going to be a life of a lot of challenges and a lot of opportunities for mastery so I could teach these things to other people. So of course I have those. In



fact, one of the things that I really cherish when people write me emails or call is when they'll say, "I was crying as I read this book and I loved it and I realized, my God, I'm not the only one."

You've gone through these things, and that means it's okay." One of my complaints, Janet—and I know you can relate to this and we don't have to talk about why—is about teachers of any sort when they don't share their true, authentic, honest process and they make it seem like it's all magical.

It is not. I honor all of my teachers in my life, but I vowed, 30 years ago, that I would share my process with people and not sit up on stage, and look beatific, say inspiring things, and have everybody say, "Oh, my God, I wish I could get there."

I have to get here every day. I redo it every day, and I share with people how I do that. No matter how clear or enlightened I can be, I am human. All of us are human in a human body, and that means there's an interplay between our highest and the other parts of us.

It's essential to understand how to deal with that dance every day. Otherwise, you can hear all this great stuff from all these people on stage, and then you end up walking away feeling depressed. You think, "I could never make as much money as..."

"I could never be that." "I can never be as positive as this guy and jump up and down." "I can't do that." I'm saying, "Yes, here I am talking about this, and here's what I do when I can't talk about it that way." I'm not saying that makes me better.

Perhaps it's because I'm a woman. Perhaps it's because of everything I've been through. It's just the way I teach and I work with people. But I find that it creates a lot of safety and intimacy and trust, and together, we all ascend.



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Janet Attwood: I asked you this for two reasons: one, so I'd feel better after this call, and two...

Barbara DeAngelis: You can call me after the call and then you'll feel better.

Janet Attwood: That was the second reason. I want to ask you to join my transformational-teacher support group. No, just kidding!

Barbara DeAngelis: It's a beautiful question. Again, it's what I do when I work with people, and I'd love a chance to tell people what I do so that I can invite them to participate with me.

Janet Attwood: Go ahead.

Barbara DeAngelis: Chris mentioned that there are very special people on this call, and I wanted to invite people to participate in something that I'm going to be doing. I want to offer people something very special who are on this call because they're all seekers on the path.

First of all, if you want to read more about *How Did I Get Here?* you can actually just go to my website at [www.BarbaraDeAngelis.com](http://www.BarbaraDeAngelis.com). There is a whole excerpt from the book on there, and you can read about it, read what people have said about it, and order it.

It's a really, really powerful book. If you don't need it now, believe me, someone else does. I really am very, very proud of it. There are two ways that I'm working with people right now. One is that I give a teleseminar—it's very powerful, very hands-on—called Living the Life You Want.

It's a six-week process that deals with everything I've been talking about. We take six weeks and we move through all of this together. It's a limited enrollment. We talk about how to be powerful from the inside out, how to create success in each moment, how to stop sabotaging yourself, and how to really listen and



understand the inner voice.

I'm going to be starting another one in July, and I would love to invite people who are listening to participate with me. I'm going to be giving a special discount to everybody listening. The page isn't up yet, because I didn't know about this call until a few days ago.

You can just email me at [AskBarbaraD@aol.com](mailto:AskBarbaraD@aol.com). Just email me at AskBarbaraD and mention that you heard me on this call. We'll send you out all the information about the teleseminar. We'll make sure you get the special discount.

It's going to be an amazing process. I do these regularly—and have done these for years—but I'm in a really good place to do this next one now. So if you're ready for a big shift and you don't want to feel you're the only one going through it, I will take you through that.

If you can't do the one that is this summer, you can still sign up and get the discount for the one I'm going to be doing in the Fall. So just email me. The second thing is if you really resonate with what I'm talking about and want to work with me one-on-one, please email me.

This is what I do all day long for people all over the world, and it's a very powerful, very intensive process. What we accomplish in an hour sometimes takes somebody else years to do. That's not because of me. It's just because of what has been working through me lately.

Of course, there are all my books and lots of other things that you can learn about, et cetera, but those are the things that I think would be significant for the people listening right now.

Janet Attwood:

I want to repeat this. For all of you who want to take the six-week process, and you can take it either when



it starts in July or later on in the year if July doesn't work for you, go to AskBarbaraD—as in dog--@aol.com.

Barbara DeAngelis: Thank you, Janet! How about 'd' for divine?

Janet Attwood: I love my dog. I'll tell you later why I said dog. Dog is on my mind, and we'll talk about that later.

Barbara DeAngelis: Because God is dog spelled backwards, that why.

Janet Attwood: God. That's right. [AskBarbaraD@aol.com](mailto:AskBarbaraD@aol.com), and for her one-on-one, Barbara, can they go there as well?

Barbara DeAngelis: Yes. The reason I'm saying to go there and not to the website is because this isn't up yet. Everyone's hearing about it first on this phone call. I'll send you the write-up of exactly what's in the course, the time, and all the information.

You'll get a mailing about it immediately, but it's just not up for you to go to. Hopefully, it will be soon, but this way you'll just get a personal email back.

Janet Attwood: If you are interested in the six-week process or in one-on-one coaching with Barbara, again, [AskBarbaraD@aol.com](mailto:AskBarbaraD@aol.com). Then, to order her book, you can go to [www.HealthyWealthynWise.com/barbara](http://www.HealthyWealthynWise.com/barbara). Barbara, at *Healthy Wealthy nWise* we believe strongly in the power of intention to manifest outcomes.

So we'd like know what is your current, most important project, and what intention would you like us here at *Healthy Wealthy nWise*, along with all of our readers and listeners, to hold for you right now?

Barbara DeAngelis: I heard you were going to ask me that, and I thought that was so beautiful. I thought about it a lot this afternoon. It's two-part. The first part has to do with what I mentioned earlier, which is that I have been and am emerging from the kind of teacher I was into the teacher that I am now, and that's a spiritual-



transformational teacher.

It's been an interesting process of going out to people who think of me as the big TV personality or love person, and actually reintroducing myself in a sense—even though I've been doing this work for 40 years—and saying, "This is who I am now. This is what I'm doing."

I would love people to all hold the intention of seeing me with open doors in front of me, being able to walk through and do that work, and to be seen and known for that work so that I can really do what I'm here to do, to help my re-birthed self emerge.

For years I had regular television shows, and then I had a huge radio show for years in Southern California. I've been resisting doing anything regularly for a long time for a lot of reasons, but I've been getting very strong inner messages that I need to do that again.

I also feel that it's not going to be a talk show or the kinds of things I used to do, but the work, the real work that I can do. Imagine a transformational television show or a transformational radio show. That is what I want, and I believe what's out there and what needs to happen.

So I would love everybody who wants to participate to hold that vision of me actually doing a very big national transformational television or radio program, a regular program.

Hold that vision of me really serving the millions of people out there who want to shift, who want to break through, who want to be in this time of bringing the light on the planet. Hold that vision of me being their support team every day.

That's really, I feel, my new dharma, what is meant to happen. And I thank you so much for the opportunity to verbalize it and to ask for everybody's blessings.



Janet Attwood: You absolutely have it, and it's so easy to be able to see this from inside because all that you've shared tonight has just been so completely profound. The world needs this knowledge now. I really want to say you've arrived, and I'm so thankful that we've been able to have this time together. It's such an honor to sit with you this evening.

Barbara DeAngelis: Thank you. I appreciate that, but I want to say that all of us have really arrived. All of us right now listening are listening for a reason, knowing that our time really has come. May I share a few lines to finish my part of what I'm saying, Janet?

Janet Attwood: Absolutely. The last question I was going to ask you was what single idea would you like to leave our listeners with tonight?

Barbara DeAngelis: I'm going to share my idea and then read you something to finish. My single idea is this, because as Janet confessed, many times when we hear of people who seem inspirational, we actually start to put ourselves down.

"Oh, what can I do? Oh, I can't talk like that. Oh, I can't write 14 books. Oh, I can't have a radio show. Oh, my gosh! I'm nothing. What can I do?" And I really want you to know something. All of us are teachers. All of you are teachers.

You don't have to have a PhD to teach. You don't have to be on stage to teach. You teach every day in how you love, in how live, in how you represent life. You are ready right now. Do not disqualify yourself for any reason. Somebody needs what you know right now.

You may still have things to learn. You may still have another step to climb, but someone is on a step beneath you waiting for your hands to pull them up. I always say I may not be able to do something for everyone, but each day I can do something for



someone.

Each day, in some small way, I can make the world a better place than the day before. Each day, you can love. Each day, you can give. That's all you need to be. You don't need to say, "I want to become a big..." Forget about becoming anything.

Just be loving today. Have compassion for yourself. It is not easy to travel a conscious path in this lifetime. It is not easy. You will have many challenges. You will feel alone sometimes. You will feel sometimes you were better off when you didn't think about who you were and just went bowling or watched television.

But you are being prepared for something. I wanted to say thank you so much for this really precious opportunity, Janet, and I feel very connected with you in the heart. This is a wonderful Rumi verse, one of the great mystical poets, and it says, "From the dust of the earth to a human being there are a thousand steps.

I have been with you through these steps. I have held your hand and walked by your side. You may think that I have left you on the side of the road. Don't complain. Don't become mad. And don't open the lid of the pot. Boil happily and be patient.

Remember what you are being prepared for." Many times we feel like we are boiling. We are being purified, we are being prepared for awakening, and the world is waiting for us.

Janet Attwood:

Thank you so much, Barbara. I love that you said it's everyone's time. It's very interesting. Chris and I just got this song that we play now at our seminar and it's called "It's My Time." We're going to make you a copy of it because it's wonderful and it's all about that. Thank you. It's so important for everyone to know that. Chris, are you there with us?

Chris Attwood:

I am. Thank you, Janet. Barbara, what a treat and



inspiration to have you with us. Thank you so much for sharing your wisdom and your experience so freely. It's really quite amazing to sit with you. Thank you.

Barbara DeAngelis: Thank you. It's been a real honor. I can really feel everybody who's there listening, and I send you all much love and many, many blessings.

Chris Attwood: For our listeners, please be sure to get a copy of Barbara's latest book, *How Did I Get Here?* Again, you can do that by going to [www.HealthyWealthynWise.com/barbara](http://www.HealthyWealthynWise.com/barbara), or you can simply go to [www.BarbaraDeAngelis.com](http://www.BarbaraDeAngelis.com). That will take you to the same place.

Also, for those of you who have been as inspired as we have with tonight's call and this time with Barbara and who want to learn more about the program that she'll be offering in July and the special discount that she has so kindly offered to our *Healthy Wealthy nWise* listeners, send an email to Barbara at [AskBarbaraD@aol.com](mailto:AskBarbaraD@aol.com).

Then be sure to join us on June 20<sup>th</sup>, in two weeks, when we'll be interviewing Lisa Nichols, whose program *Motivating the Teen Spirit* has changed the lives of tens of thousands of teens. Lisa has worked with over 50,000 teens, and 2,000 of them credit Lisa with having saved them from committing suicide.

Then, on July 11<sup>th</sup>, Mark Victor Hansen, co-author of the *Chicken Soup for the Soul* series, will be our co-host as we interview the billionaire legend Art Linkletter. Until then, thank you all for joining us. Thank you for your commitment to living your passions and giving your unique gifts. We'll open up the lines now and say goodnight.