

Janet: Welcome to the Passions of Real Life Legends. Again, my name is Janet Attwood; I'm the cover editor for *Healthy Wealthy nWise* magazine, as well as the author of *The Passion Test: Discovering Your Personal Secrets to Living a Life on Fire*.



As many of you know, our *Passions* series is designed to allow you to hear from people who have been incredibly successful at discovering and living their passions so you can learn from their lessons and so you can be more effective in discovering and living your own personal destiny.

I think you all probably feel the same way that I do; that every one of you, I'm hoping by now we're all feeling this way, is unique, in that all of us have unique gifts which no one but each one of us can give, and our hope is that through these calls you will begin to be more successful in giving your unique gifts to the world.

Tonight we have the honor and privilege to interview number one best-selling author Debbie Ford. The recording and transcript of this call are exclusively available to our Real Life Legends Club members, as well as a free lesson from Debbie's *Loving Your Life* online course.

If you are not yet a club member, you can listen to this call again, as well as have access to all our previous calls with people like Stephen Covey, Neale Donald Walsch, Dr. John Gray and others by joining. You can get all the details by going to [www.HealthyWealthynWise.com/elite.asp](http://www.HealthyWealthynWise.com/elite.asp).

Now it is my pleasure and delight to introduce my co-host for tonight's call, Gay Hendricks. Gay, are you there right now?

Gay: I sure am.

Janet: Gay and his wife Katie are co-founders and directors of the Hendricks Institute, which teaches core skills for conscious living. Over the past 30 years, Gay and Katie have helped thousands of people open to more creativity, love, joy and vitality through the power of conscious living and whole-person learning.

I encourage all of you to visit [www.Hendricks.com](http://www.Hendricks.com) and experience,



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as both Chris and I have, the amazing work that they do. Gay, thank you so much for being with us tonight and I'll turn it over to you now to introduce our wonderful guest.

Gay: Thank you very much, Janet. Well, I hope you're having a great time in Delhi, India. Stay well over there, okay?

Janet: All right, thank you so much, Gay.

Gay: I am very delighted that they invited me to have this conversation with Debbie today, because she is just a remarkable human being. I will give you her official bio here, and then I'll tell you a little bit about a couple of things I know about her personally.

Debbie is an internationally recognized expert in the field of personal transformation and human potential. Many of you know her best through her big New York Times Best Seller *The Dark Side of the Light Chasers*. That was a number one New York Times Best Seller; it's been translated into 26 languages. She has been a guest many times on *Oprah* and *Good Morning America* and has been on the *Roseanne* show and FOX News and WNBC.

She has also been featured in a lot of magazines, like *O Magazine*, *Self Magazine* and *USA Today*, and lots of other publications like that. One of the things that I think I admire most about Debbie is how practical and yet how spiritual her answers are. She really is clear in both the spiritual sense and the very practical sense. She gives really practical coaching and also deep spiritual wisdom to people that she comes in contact with.

Lots of celebrities have come to her for coaching: Alanis Morissette, Bonnie Raitt, Donna Karan and many other people. She is the founder of the Ford Institute for Integrative Coaching, which is a personal development organization that provides professional training for individuals who are committed to leading extraordinary lives. Her teachings and revolutionary inner processes have made her an internationally renowned coach, motivational speaker and seminar leader.

It is our privilege and honor to have her as our guest this evening, and one of the things I also just want to say is that I think this woman is a national/international treasure. Good evening, Debbie. Thank you for joining us.



Debbie: Thank you for having me.

Gay: It's a great pleasure to have a chance to talk to you. I know everyone is going to benefit from what you have to say, but it is also great for me because I jumped at the opportunity to do this. It has been a long time since I have just had an opportunity to sit down and talk to you and catch up with all the things that you're doing these days. I am going to benefit from this personally too.

One of the things that everybody can do is go to [www.BestYearofYourLife.com](http://www.BestYearofYourLife.com), which is a very informative website that has to do with a lot of Debbie's latest activities. It's a good place to get additional information based on what we're talking about here. So, what role, Debbie, did your passions, the things that are most important to you, play in the emergence of your books?

Debbie: Well, really everything, and even today, I feel that my passion is to really teach people to love themselves completely. Not just love the part of themselves that is loveable, like the charming, sweet, smart part, but to really love all of themselves, including their darkness.

I wrote my first book out of this passion to really share that God did create us as amazing individuals, but that we have this really similar blueprint within all of us. We all are everything; the good and the bad, the light and the dark, the sweet and the sour, the fearful and the courageous.

*The Dark Side of the Light Chasers* was really birthed out of that passion to really show people that we all have these dark parts. We all have parts of ourselves that we feel ashamed of, we feel scared of, embarrassed by and that we want to wish away and we can't wish them away because that's what it is to be a human being, but we can learn to integrate them.

That passion that exists probably more in me today, Gay, is so interesting. I am more fascinated by what I do today than when I started. That still drives me to do everything that I do.

Gay: Well, I think that's a sign, Debbie, that you're really on the right track as far as your work is concerned, because I know that when I am around people like yourself that are really passionate, what it



speaks to is that the work you are doing and the work you are teaching has an intrinsic validity to it and an integrity to it, out of which more and more passion comes.

I always tell my students that the best way to know if they're doing the right kind of work is if they feel better at the end of the day than they did when they started.

Debbie: I love that, Gay. Well, it's the end of my day and I feel like I'm just getting started.

Gay: Oh good. Well that lets you know you're on the right track. Well, congratulations also on getting a book to the top of the New York Times Best Seller list. How did that happen, by the way?

Debbie: It was one of those magical moments. I always try to teach people now that there is only so much you can effort into the world. I remember that when *The Dark Side of the Light Chasers* first came out I was sure, like many people are who write, that it would go to the top of the list and I was going to get on *Oprah* and everything was going to be great and easy.

I passionately went out in the world and spoke to three people or seven people or 15, whoever would come and listen to me and it really took years for finally all the pieces to just fit together. I had great people giving *Oprah* my book but still nobody called. Now I look back and I say that some things are just meant to be, and they're going to happen when they were meant to be.

I know you're an author so you understand the "*Oprah* desire" for authors because it just propels your work out into the world. It was just really, I feel, at a time when I was surrendering and when I had given up that dream and said, "Okay, what do I have to do to get my work out into the world? I'll do anything," so I was just really working day and night to do whatever I had to do

Then, of course, a few things happened. I met Cheryl Richardson, who was on *Oprah* all the time and she's like, "Wow! Your work is so important. What can I do to support you? Why haven't you been on *Oprah*?" It was interesting because she had me look at why I hadn't gotten my work out in the world the way that I wanted, and what I saw was that I was scared that I would just become overwhelmed because I was already overwhelmed with my task.



Just the moment of truth of seeing that I was the one that had the blocks up, I was the one that was really scared and saying, "I can't take more than I have," reminded me that I didn't really need to do anything, that if I would just surrender, God, or my spirit, would take care of me.

I did that and literally three days later I got called to do the *Oprah* show. I did three shows and then they re-aired all three of them. Within a couple of months those books - shadow work went out in the world.

Gay: That's so remarkable. That's almost an identical experience. We kind of beat our brains out with our book, *Conscious Loving*, to get on *Oprah* for the first year it was out in hardback. The Persian Gulf War was going on and so it didn't happen. Suddenly, a year later, when the paperback came out, literally one night we were sitting in our living room working with six couples, and two days later we were working with 10 million people on *Oprah*.

You never know how those kinds of things are going to happen, but one thing I hear you speaking to, which I really appreciate, Debbie, is that you're open to both the conscious manifestation and also open to letting things happen in magical ways.

Debbie: Yes, and I think that that's the hardest part. So much of what I know, Gay, just so you know, is because of you and Katie, who are both brilliant teachers. So much of the human desire is to make it happen and to think that you can do everything, that you are the driver.

Really, when you give up being the driver, there is a bigger driver that is going to do a much better job than you. It's always remembering, 'What can I do today to resign as general manager of the universe so that I could allow what I am supposed to be doing?'

I fell in love with a prayer when I was recovering from drug addiction 25 years ago. It was in the Alcoholics Anonymous Big Book, which was "I offer myself to thee to build with me and do with me as thy will. Relieve me of the bondage of self so that I may better do thy will."



I'm sure I'm not saying it right, but that phrase "to relieve me of the bondage of self," I love that, I love that. I used to be on my hands and knees every day for five years; just use me, relieve me of what I think I should be doing and allow the universe to use me for some greater cause. I feel like today I am being used for that greater cause and I love it.

Gay: That's a beautiful, beautiful message that I don't think we can hear too often and I also love that phrase "resigning as general manager of the universe." Consider that as the title of your next book.

Debbie: Exactly. Especially when it comes to getting a book on the New York Times list; you can't make it happen. If it's going to happen, it's because there are a lot of things lined up to make it happen. How are you going to love yourself even if it doesn't happen?

Gay: Yes, exactly. You know, I was leafing through this wonderful new book of yours, *The Best Year of Your Life*. How about telling us a little bit about that, and then I have a couple of very specific questions to ask you about how that book came to be. Why don't you tell everybody about that?

Debbie: Well, *The Best Year of Your Life* is really about becoming the person that you desire to be at the end of the year. Not that you have to change your goals, because, yes, I have had many years where I have attained everything I ever wanted in the material world, but was left feeling empty inside.

The years where I have worked on my inner world and I have had that balance between inner and outer; at the end of the year, if I have made good choices, if I have allowed myself to evolve, and if I've surrendered and I love who I am, then nothing else really matters. That is what I see from teaching and being a trainer and training coaches, is that when you are loving your life, magic happens.

*The Best Year of Your Life*, ultimately, even though it is called "Dream it, Plan it and Live it," and does give people those tools on how to make things happen in the outer world, really, its point is, who would I have to be in the inner world to create effortlessly and easily with joy, the things that will nourish me in the outer world? Maybe I don't even know what they are, because oftentimes, the things we think we want aren't exactly what are going to bring us





happiness.

Gay: Well, yes, and that really speaks to one of the questions I wanted to ask you about *The Best Year of Your Life*. That is, one of the things that impresses me about it is that it is so much about balance, about creating more openness in the inner world at the same time as you're manifesting your heart's desires in the outer world.

One of the things I was wondering about, I haven't seen you in about a couple of months, I guess, and I wanted to find out a little bit about your life now, about how do you keep yourself in balance now. How are you able to practice the principles in the book, with the pressures and the busyness of your life?

Debbie: I'd like to say that I am a master at it, but you know they say you write what you need to learn. It's been a really hard lesson and I think that's why I write about it so much, of really that balance. The great news is that I have a ten-year old that I love and love to be with.

That really has me stay at home where before I used to be on the road and I could drag him around. The last four years he doesn't want to go anywhere with me. He doesn't even want to skip school! I got married this year, as you know, and really built the house of my dreams.

I had an amazing year last year and so now I feel like I'm drawing in. I'm spending more time taking care of myself and seeing what I can let go of. I'm handing my business over to my coaches and my staff and changing a lot of things, because I feel like this year is really another inner year.

I see that I go back and forth between the outer and the inner and taking that time to do some yoga or meditate or just send some love. I feel like my work is all about having people go inside to find the answers, and I lead so many calls where I'm leading meditations and I always do the work myself. That, of course, gives me a balance that I could never get anywhere else if I wasn't doing that, because it's really part of my work.

Gay: That's one thing I really like about your work. I made a decision many years ago never to teach any principle that I hadn't found



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useful and valuable and practice myself and you do the same thing. You actually do the work and I think that's one of the things that gives your work a lot of power.

Debbie: I love it and I know that when I first started on the spiritual path and being with teachers and seeing how insane a lot of them were - it was depressing. I went through a hard time once with a teacher who I really admired and then I got into their inner life and was horrified.

I think, because of that experience, I believe that we don't have any experience that we are not meant to have and learn from. I really learned and I said that I always want to be somebody that can practice what I preach. Am I perfect? I'm not, and anybody who knows my work knows that I share a lot of my own process.

In fact, I started blogging on the *Best Year* site, which is really great because I get to share my inner struggles. I'm a human and actually I wouldn't give them up because every time I have one, I learn from it and I feel like I evolve and grow and have the opportunity to test out my work.

Gay: Beautifully said. If people were going to take away a central idea of one practical step they could do to create the best year of their life, what's something that they could do?

Debbie: Well, my favorite chapter, I think, is the chapter on fantasy. What the chapter on fantasy does, is it busts the fantasy that that one day you're waiting for: when I finally get on *Oprah*, when I finally finish my movie, when my husband finally starts treating me this way, when my child goes to college, when I finally have enough money; that one-day fantasy, I feel, is what robs people of having the best year and creating, being responsible, right here and now.

There is nobody in the world that can make your life great but you. We are always giving up to that dream when this finally happens, and the fantasy really busts that, but more importantly, it has you look and see how you are going to feel when you finally reach that place. I believe that that feeling is what we are searching for and the fantasy is just the soul's way of showing you, telling you that you need something else.

For an example, I share in the book about when *Dark Side* made





number one. My fantasy was that one day I would become number one. Well, after I became number one, I was depressed. Actually, I never even enjoyed it because I was so busy, and I didn't even know what it meant to be number one on the New York Times list, to tell you the truth. I remember screaming and then that was it. I forgot about the whole thing; I didn't understand it at the time. But afterwards, I went into a very dark time.

I remember I was leading a seminar, a shadow process at the Chopra Center, and Deepak and somebody else came over to congratulate me, and they were like, "Well, how are you doing?" I said, "Just to be honest with you, I'm not doing that great, and I feel really sad." What I realized is that I was searching for this fantasy and thought that when I got there, I would suddenly feel like I mattered.

Gay: That was your fantasy, that that was the one that was going to do it for you.

Debbie: Exactly. Then there was no fantasy and I didn't know how to make myself matter to me. I didn't really know how to acknowledge myself, and I realized after that, Gay, that I could just call Aunt Pearl. She would tell me that I mattered; or my sister Arielle, she would tell me that I mattered and that I needed to take that back and take responsibility and tell myself why I mattered. I was going too fast to matter in my own life.

When I started doing that, I distinguished the feeling and what I needed and started waking up every day and saying, "What could I do to feel like I mattered, or feel important or feel worthy today?" I just did it for six months and at the end, I felt tremendous. All of a sudden, there was nothing out there to chase.

I tell people, that if you're looking for respect, if you're looking for admiration, if you're looking for love, if you're looking to feel successful, how will you feel when you're successful? You'll feel important, or you'll feel worthy; to start now. You're not going to find it out there. I know you know this from working with a lot of people who are celebrities, or that have a lot of money; almost all of them go through this. Like, "Oh my God! I finally got where I wanted to go and I don't feel like I'm supposed to feel."

Gay: Yes, exactly. I just wanted to put in a plug again for people on the



call to be sure to go to [www.BestYearofYourLife.com](http://www.BestYearofYourLife.com) because it has some really wonderful things on it. Particularly, I wanted to mention the blog that Debbie's writing, and I learned something about you that really made me chuckle because it is exactly what I do.

You were mentioning in your blog that you have 50 sticky notes all over your car, your purse, your computer, your desk, and you write notes on the back of receipts and business cards. One of the things that happens when I come back from a trip is I literally download all of the little sticky things and pieces of paper and everything that I got from my trip. If you looked at my desk right now, you'd see little yellow stickys everywhere.

Debbie: Yes, that's when I went after becoming radically organized and I realized that I was one big sticky note.

Gay: I hired an organizational person to come in a while back to help me out. She took one look at my desk and she kind of groaned and said, "Oh no! You're one of the yellow sticky note people."

Why do you think it is that so many of us kind of sabotage ourselves when we're trying to achieve our goals and dreams that we somehow get in our own way and we even do that more than once? We become serial saboteurs, I guess you might say. Why do you think that is?

Debbie: Well, the first thing that comes to me is a quote that my friends Paul and Layne Cutright once said, "The guilty seek punishment." I feel that, especially since I do so much shadow work, that most people hold a lot of grudges and resentments, not only towards other people, but towards themselves. That unforgiving nature that most humans have - the internal world we're beating ourselves up and so the external world is always a mirror of our internal world.

People internally are beating themselves up and then all of a sudden they wonder why they're doing things in the outer world to beat themselves up. It's just a way to affirm those internal messages that most of us have that we're not good enough or we'll never get what we want, or whatever our programming is.

Before I start leading a group, somewhere in the first hour, I ask everybody, "How many of you have felt unworthy, ugly, not good



enough?" Just give them one of those undeserving in the last 24 hours. Well, 90% of the people have had some thought like that. I make them look around to see that those thoughts are not personal. That's always shocking because we think they're so personal.

I think we have to start with forgiving ourselves for being part of the human race, and being part of the collective unconscious where all of those thoughts live. We have to forgive ourselves for being flawed, for being imperfect, for not doing it right, for not always behaving, for making choices that are not in our highest and best interests.

The foundation of all my long-term training is self-forgiveness because what I know is that if you can forgive yourself really internally and have compassion like openheartedness toward that sweet, vulnerable child that lives inside of you, then you will create those kinds of magical moments in the outer world. The outer world will reflect and you won't want to sabotage yourself. You'll be careful who you hang around and what you say you're going to do, because you become that precious to yourself.

Gay: One of the most important parts of that, I think is something that you have addressed a lot in your work. I actually think it's probably the most important thing that people can do at a certain stage of their lives, and that is handle projection. You talk a lot about projection and it is such an important thing. I wonder if you could talk a little about what you mean by it and how you work with projection.

Debbie: I would love to because that is my passion. Projection, I think the easiest way to describe it for anybody who doesn't know what it is, is the transference of some part of yourself onto somebody in the outer world. There is only one person in the world that we can't see if we have sight, only one, and that person is ourself.

God created us so magically, just like the body functions so magically when it's working, so is our psyche. We are designed in a way where the only way we can see ourselves is to look out there and to look at other people. If I want to know my light side, my best self, all I have to do is look in the outer world and look for who I love, who turns me on, who excites me and distinguish the qualities that I am seeing in them and I will find my best expression of



myself.

The same is true for my darkness. I can't see my own darkness, even though I think I can. If I look out there and I see people that are angry, or insensitive, or rude, or mean, again I'm seeing myself. I'm seeing the disowned parts of myself.

Ken Wilber uses that expression. How do you know something's a projection? He says, "When we are informed by somebody else," like we're just viewing it like information, somebody's qualities, somebody's behavior, it's probably not a projection of our disowned self.

If we are affected in any way, like pointing our finger, blaming, going off like "that shouldn't be like that" or "they're bad" or "they're wrong", it's usually that we're seeing a part of ourselves that we don't embrace and we don't own.

People do it with their light, with teachers. I always tell people, "Don't do it to me. I don't need your light. I have my own." But people say "Oh! You're so brilliant, or you're so articulate." No, you're just seeing your own brilliance, or your own way of articulating inside of me, your own creative self. If we could all take back ourselves from other people, then everybody becomes our peer. Then we have the power to say "Wow!"

I'll give you an example of how I learned this. This is the foundation of my work and this one single moment that I'm going to share with you changed my life radically. I struggled with drug addiction until I was about 22 years old, which I don't want to say, is almost, I don't know, 28 years ago or something!

I'd been to a bunch of treatment centers, and then I decided that if I was going to have to live sober, I was going to do whatever I had to do to learn how to be happy and blissful in this life. That sent me on a spiritual path. I did everything.

I did Sukhism, Buddhism and hung crystals on my head, rebirthing and affirmation tapes. In fact, I would make tapes and put on that subliminal messaging and sleep with it that said, "I am loving, I am kind, I am warm." Then I'd wake up in the morning angry and pissed off!



Even though I was getting better and I was becoming nicer, actually Arielle was even talking to me at that point, because she didn't talk to me for years, I was just so angry. My life was getting better. When I got quiet in my meditation... because somehow my goal was, I wanted to be able to sit out in the desert with no men, no food, no sugar, no cigarettes, no any substance, and love who I was.

After all this work, I would say I spent five years and \$50,000 - this is 30 years ago, so you can imagine how much money that would be today and there wasn't that much information out at the time - trying to heal myself, trying to find out what made me me and why would I have had all these dark parts? My sister always told me that I had a lot of darkness.

One day, after all this time and I was doing much better, at the time I was in the retail business, I went to a leadership intensive with a woman named Jan Smith out of Atlanta. There were only 20 people, most of them business people. We had to stand up in front of the room and say what we were committed to in the world.

I was standing in front of the room, it became my turn and I was very shy - felt very embarrassed and shy, because these were all "CNN-type" people. I was saying what I was committed to was bringing self esteem into the school system. I'm standing up in front of these 20 people, everybody's staring at me, and from the back of this room, the woman screams out, "You're a bitch!"

I thought, 'Well, I know that. How does she know?' I was horrified. It was the one thing I never, ever wanted anyone to say about me. I'd spent all this time and money really creating a new persona, learning how to talk in a spiritual voice. If I had something and you wanted it, I would give it to you.

Here Jan is, calling me a bitch, and I'm feeling humiliated and embarrassed. She asked me what could be good about being a bitch. I said, "Nothing." She goes, "Well, you're a bitch. There's got to be something good about it." I couldn't find anything. Then she asked me a couple questions.

She said, "Let me ask you something. If you were remodeling a house, and you were this many dollars over budget, and six weeks late," which she knew that I was remodeling at the time, "do you



think it would help you to be a little bitchy?" I remember when I finally confronted the contractor and really got angry with him, he actually finished my house.

I said, "Yes." I was in retail, and she goes, "Do you ever get damaged merchandise?" I said, "Yes." She said, "Do they ever not want to take it back?" I said, "Yes." She says, "Does it help you when you become a little forceful or a little bitchy?" All of a sudden, I had a cellular experience.

I saw that this part of me, that I had tried to get rid of, that I hated, that I thought was so horrible, actually came bearing some gifts. I then understood all the things I had ever read. I understood what Deepak Chopra was saying, that we're a microcosm of the macrocosm, and that we all have all these qualities.

I understood that there was good in something that I had thought was inherently bad. Suddenly, I could own it in my inner world and magically, my outer world shifted! That's what owning your projections will do.

As you embrace it in your inner world, as you can make peace with these parts of yourself that, I think it was Robert Bly that said, "We spend the first 20 years of our lives taking parts of ourselves and putting them in an invisible bag behind us, and then we have to spend the rest of our lives recollecting ourselves."

That's what projection allows us to do. It allows us to go out, find out what we're hating about our own humanity, make peace with it, find its gifts, allow it to integrate, and the same thing on the light side. At the same time, I could go see Marianne Williamson 20 years ago and be in awe at her, and ask, 'What am I seeing in her?'

I'm seeing her confidence and her brilliance to be a spiritual leader. That had me look inside myself. Where in that - how could I develop that and become that myself?

Gay:

That's wonderful. Projection is one of those things, like one of the enduring challenges of life to always be in the process of looking for where you've got something projected, either on the dark side or the light side and doing what the Tibetan Buddhists call "friendly cannibalism," seeing a projection and then eating it, then bringing it





back into yourself.

I really appreciate your focus on that because it's something that we really can't hear too much about. One of the things that we say in our work, how you know you're projecting is to listen to yourself complain. Anything you hear yourself complain about three or more times is sure to be a projection.

Debbie: Can I tell you about one of my projections?

Gay: Sure.

Debbie: It's so great; in relationship, right? I was in Atlanta a couple years ago at my step sister's and I heard myself talking about my mother. I kept talking about her and listening to and observing myself. 'You're gossiping,' and that's another way to know that you're projecting, is you're gossiping.

I was thinking that, even as I was observing it, I was doing it. Then I was telling my step sister that my mother talked to my step father in a particular way that really drove me nuts, which I thought was very disrespectful. Here I am, no more than an hour later, my son was with me, and at the time he was only two or three, I am having him brush his teeth, and I hear that same tone come out of my mouth.

Gay: Isn't that an amazing moment, when you hear that same thing? I know one day when I heard myself saying something to my daughter that was exactly the same tone that used to drive me crazy when my mother used it.

Debbie: You feel it in your body, right? You're horrified that that's actually you. That's how you really know you're getting into some good shadows. You're repulsed!

Gay: Yes, the power of it is - I know you've spoken about so much in your books - you get this incredible creative power from owning your projections. The moment you reach out and embrace them with love, you really harness that power and can ride it to a different level in your life.

Debbie: I love that. If people knew what they would get out of owning their dark projections... because really it's freedom. It is freedom.



Gay: Yes, and that beautiful phrase that you used, “standing in your power,” that’s really what it’s all about. Take a minute to talk about what you mean by standing in your power and the gift of doing that.

Debbie: When you said that, I just see being aligned with the highest parts of yourself, and knowing both your humanity and your divinity. Even though we are living a human experience, we are divine beings. I feel like, when I’m standing in my power, I’m just being true to myself, to my highest self, and I’m embracing all of myself, even my lowest self.

How do you know you’re standing in your power? You’re empowered; you don’t want for anything. You’re not wishing, comparing yourself to other people. You’re happy to be who you are. We are designed that way. That’s why I love leading transformation, is because people think I’m a genius, but really I don’t have to do anything.

All I have to do is support people in getting reconnected with all of themselves, and they will stand in their power. They’ll be awed and wowed by their own self. We all have that. I love the analogy that we’re like these great pieces of art. A sculptor would look at a piece of stone, and they can see the magnificence in it.

They know what the creation is, so all they have to do is chisel away anything that’s not that, and there they are. They have a masterpiece. That’s all we have to do. We don’t have to become anything, we already are everything that we ever wanted to be, and we just have to chisel away anything that is distracting us or blocking us from seeing that self. Then, voila - we wind up in our power naturally. Is it work? It is, right, Gay? It’s work.

Gay: Yes, you mentioned drug addictions and that kind of thing. I remember 30 years ago, I was a heavy smoker. Everybody in my family smoked. It was unthinkable not to smoke in my family, growing up. I remember when I was about 25, quitting smoking. I felt like I was turning my body inside out or something.

It felt like I was birthing a whole different cellular structure in me. That’s tough work. On about the third day of kicking some drug like tobacco, it gets to be down to where you really are called on to practice what you preach.



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Debbie: Yes, and I have to say that I was also a smoker back then, but cigarettes were actually harder to kick than drugs.

Gay: That's what I found too, and I've had actual heroin addicts tell me the same thing, that it was harder for them to get off cigarettes. One of them told me that it was harder to get off cigarettes and refined sugar than it was to kick heroin.

Debbie: I think so, because you know the heroin is going to kill you. That's a denial mechanism we have. It usually has to be so bad for us to surrender, to give up. I think what I love about that process is that most people have to find God or spirit or some source bigger than themselves to overcome addiction. I feel that's why we have addiction.

Gay: It's kind of a substitute for divinity.

Debbie: It is, and I think that the most spiritual people I know, and some of the most creative, are people that struggle with - whether it's food addictions or cigarettes or drugs.

Gay: Exactly. One of the things that I think gives you a lot of your power and mastery as a teacher, as well as a writer, is that you're really open to sharing your own experience. I think that's one of the biggest gifts you give people, when you reach down inside yourself and freely share that part of yourself that has struggled. It's not like you're telling people what to do. You're broadcasting the possibility just by your very being.

Debbie: Thank you. I always share my stories. I always had a big mouth. I still have a big mouth, so now I just share about my own. It's like my brother would say, "Wow, Debbie, if you can do it, anybody can do it!" I really feel like that because I was born discontent. I was born one of those people who always had an issue, always had some problem or struggle.

I feel like, when I look back, I had the perfect recipe. If I hadn't struggled with feeling ugly, feeling stupid - I had Arielle as my sister. Everybody looked up to her. She wowed everybody, and I was like the scrawny little sister who wasn't quite as smart as her. I had all the perfect incidents. If you're listening and you want to live your dream, you wouldn't have a dream if you couldn't live it - just to be able to distinguish between our heart's desires and our ego's



desires.

Gay: One of the things I really appreciate from having been around you and Arielle is how well you get along as sisters. I must confess to a bit of envy there because I don't get along that well with my brother. When I see you and Arielle interacting together, I really appreciate how well you do that. I guess I hadn't really heard, until this conversation we're having right now, that there had been a time in your lives when you had a lot of struggle between you.

Debbie: Yes, I would say from the day I was born, until I was about 24, and I would say there were maybe five years that we barely even spoke, if you can imagine that. Now she's my agent, my manager, she was the one who, when I started teaching shadow work, she leaned over - I remember we were at Sammy's Pizza Kitchen - and she said, "If you write the book, I'll do everything else."

Gay: Wow! That is so beautiful. That's one thing I really appreciate about your relationship - how "for" each other you are. I've heard Arielle speak about you, literally dozens of times, and I've only heard her say totally positive, supportive things about you. It's so rare to be around a sibling, to hear that kind of thing.

I just wanted to honor you for that, because I think it's something quite rare in life, to do that amount of work on yourself to get to the place where you can be that at ease with your siblings.

Debbie: That is true, and we both did it. She's an incredible human being, as you know, and I'm blessed to have her. She's definitely an earth angel, even though she looked like my biggest nightmare for most of my life. That's really shadow work, right? It was only from her doing deep work and me doing deep work; that we could take back our projections.

That's what's so interesting about love. I know you teach this, so you know better than anybody, that the person you love one minute, you can hate the next. All it is is projection. If people understood that projection is a trance, you go into a trance when you have a disowned part of yourself, energetically.

You're sure the other person is that way. If we're willing to do our own work - and I have stories that would literally blow people's minds. I had a woman recently who is an exec at B&A, and she



came to the shadow process, embraced everything she hated about her boss, who hated her, by the way, and who was really giving her a hard time.

She went back and now she's coaching her boss. She's not coaching her boss because she made herself better. She's coaching her boss because she embraced that she was a mean, aggressive, opportunist! She made peace with it, so now her boss can't project that.

That's a great thing. If somebody's projecting on you, it's because you have a hook. To not just say, "Oh, it's their stuff," but, "What hook do I have that they can hook into?"

Gay: That's what I always tell my students too. Whenever somebody criticizes you, finds fault or accuses you, the fastest thing you can do to get the lesson of it is to cheerfully agree with it. Just say, "Yes, that's part of me too!"

Debbie: I have to tell you my Bo story. Bo is 10 years old; I pick him up from school less than a week ago. He's never used this language; he says, "Mommy, I'm using one of your life lessons." I've never heard him say 'life lessons.' I'm like, "Oh, really, Bo? What are you using?"

He said, "Today, so-and-so called me stupid." I said, "Oh, really?" He said, "Yes, and I said, 'Yes, I'm stupid!'" Then the kid said, "Hey, everybody, Bo just called himself stupid!" Bo looked at him and said, "So, what's the point?" He said, "Then the kid went away."

Gay: Well, I think you have a budding Zen master there in the household. He sounds like a keeper.

Debbie: He is an angel.

Gay: Yes. I don't think I've had the pleasure of meeting Bo yet. Maybe on one of my trips down south your way, you can introduce him to me?

Debbie: I will definitely do that.

Gay: One of the things that I also resonate with in your work is that you had a book called *The Right Questions*. It's the emphasis though,



on getting yourself shifted over from asking the wrong kinds of questions, that we obsess about, to asking the right kinds of questions. I wonder if you could say a little bit about that. That's such a key part of what I think it takes to be a successful human being, asking the right questions.

Debbie: I was fortunate enough, although I didn't always believe this way, to have a father who was a judge. I don't know if you know that about me. We had a father who was a judge for 18 years. My father always gave me consequences. You could do this or you could do that. He showed me the negative consequences of my behavior.

You have to remember, I was a pretty wild person. I realized that I got this enormous gift from that, and the gift was that I can see the positive and the negative. I can see positive consequences and negative consequences. People always used to ask me, "How do you seem to manifest everything you want?"

I was like, "Well, I ask myself these questions to make sure I'm going in the direction I want to go." For an example, a right question would be, "Will this choice propel me toward an inspiring future or will it keep me stuck in the past?" Not everybody is like this; I think half the people in the world are like this.

I am driven by the negative, not the positive. If I know something is going to propel me toward an inspiring future, that doesn't really do it to me. If I know something will keep me stuck in the past, I don't want to stay stuck in the past, so then I'll make the right choice. "Will this choice bring me long-term fulfillment or will it bring me short-term gratification?"

I may not be looking for long-term fulfillment, but I know the cost of short-term gratification. I know it will rob me of my dreams, and I'm not interested in that, so then I'll make that. "Am I standing in my power and trying to please another?" I'm inherently a people-pleaser. I will go for getting love before saying my truth.

That question's been very important to me because I've sold my soul too many times to make somebody else happy, and given my power away, instead of standing for my truth. I love this thought of being able to see the positive and negative consequences. I use it on Bo, even, or in a relationship. Am I looking for what's right or looking for what's wrong?





My natural tendency would be to look for what's wrong, but if I notice that's what I'm doing, then I can shift right into, "Instead, I'm going to look for what's right." I think that to get where we want to go, we have to make sure we're asking the right questions and that we're heading in the direction.

So many people seem to just keep repeating the path over and over, and making the same kinds of choices. As you know, who we are today is a result of the choices we made yesterday, last month, last year and five years ago. If we want a future unlike we're going to have today we've got to ask new questions and make sure that we're making new choices that empower us.

Gay: One of the things that I learned from reading some books about Albert Einstein was how he was in the habit of asking questions that really didn't have a right answer. I started using that a lot in my work and started calling them "wonder questions." A lot of people ask closed questions like, "What's wrong with me? What's wrong with the world?"

A wonder question has no answer. "How can I be my best today?" It allows things to unfold. I was really pleased, when I ran across these books about Einstein, that he was in the habit of doing the same thing. It was what he called to "live in questions," to open up questions and then let the universe provide answers to them.

Debbie: I think that's a great process for people to do. I think you're right - how many questions are going nowhere? Is the way you question yourself empowering you or disempowering you? I think that when we're not open, it is very disempowering and disrespectful to ourselves. Then, of course, we self-sabotage and make ourselves right that the world doesn't respect us. We're not really respecting our internal world and our internal power.

Gay: That's really true. One of the things that I'm really enjoying about this conversation is that I'm seeing so many different crossing points of how your work and our work intersect with each other. That always makes me happy, when I see those kinds of connections coming out.

Is there something that you've always wanted to learn about or look at, that's your leading edge right now? Is there anything coming up



for you that you're really moving toward, that you'd like to talk about?

Debbie: I'm writing a new book. It's about man's self-sabotage and looking at why we do bad things. I am fascinated with the human psyche, the brain, why we do the things we do, that blueprint, and how to alter that internal blueprint and add new software that empowers and drives us. I feel like anything I can learn about the holographic brain and our connection to the collective unconscious is so inspiring to me.

Gay: You're really looking into this whole area of self-sabotage more deeply, that you've touched on in other works of yours?

Debbie: Yes, I'm just going into the shadow at a whole new level. It's maybe more of a commercial book, like why good people do bad things. Why the Bill Clinton? Why sabotage at that level, the Martha Stewart, the Michael Jackson - and all of us do it in our own way - those are just very big, clear examples; and that mechanism of how can we assure ourselves that we're not going to go down that tunnel?

Gay: One of the things that seems to me about human beings, is that we've had centuries and centuries of dealing with adversity, so we have a lot of skills available for dealing with adversity, and probably even neurological wiring for dealing with adversity, but we don't have very much experience yet with handling things going right for very long.

Debbie: Isn't that interesting? I see that too. It's that old belief that I think is part of the collective. 'Watch out because the shoe is going to drop,' or 'I'll just keep myself down here because if I get too high, the fall is so much harder.'

We live in a world where everybody is projecting their darkness. People are just waiting; they're hungry for you to get killed when you're at the top. I think that all of that is really frightening, and that's why we have to find that security within our own soul so we can handle what happens in the outer world, and when people turn on us.

People will turn on you. I know that people are always coming, thinking that if they change enough, they can change - and I have a



little bit of delusion in that area too - what could happen if you go out in the world in a new way. Some people just do it in their family, like to win in their family is so scary that their mother, father or sister is going to hate them if they have more money.

I think that we've given so much power to the outer world, and we have to learn how to really become secure. Safety only lives internally. If I don't beat myself up, then I'm safe, but if I'm going to beat myself up because somebody turns on me or betrays me or I make a mistake or they're going to laugh at me, then there is no safety.

Gay: That's really true. I was just remembering watching when Bill Clinton was first nominated, and at the time there had been three or four other major candidates, and he came out of the pack and became number one. One of my elderly therapy mentors, who was about 76 or 77 years old at the time, was watching the nominations with me.

He said, "He's a bad boy. He's going to have to get in trouble to see if people will still love him." Later on, I really looked back at that moment and said, "Wow!" It was so obvious to my mentor, and I hadn't even noticed that. That's the benefit, I guess, of being a therapist for 50 or 60 years, you get a little more perceptive about that kind of thing.

Debbie: Yes, and you can feel it. I see it all the time with people. They're going down the wrong road. I'm fascinated with that mechanism of denial. I know we're designed with that mechanism, we need it, and that's why we can't see ourselves, but I'm just fascinated.

What has to happen to penetrate the denial - not just the big denials, but even the little ones - of how we're showing up in our relationships, how we show up to the people who work for us, or our mailmen? Most of us are clueless, because we can't see ourselves, about the cost of our behavior.

Gay: That is so true. I'm really eager to see anything on this particular subject, which is one that's very dear to my heart also. I'll be very interested to see how you come along with that and what we can do to support that getting out in the world.

One of the things at *Healthy Wealthy nWise* is that we believe



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strongly in the power of intention to manifest outcomes. What is your current most important project and what intention would you like us at *Healthy Wealthy nWise*, as well as our listeners and readers, to hold for you right now, Debbie?

Debbie: I love that question. It is so beautiful.

Gay: Isn't that a beautiful idea?

Debbie: It's such a beautiful idea, and I too believe in the power of intention. I decided this year that I was ready to go out in the world, in the next biggest evolution of myself, whatever that is. I'm not quite sure if it's going to be radio or TV, so maybe the intention could be one, for me to get clear - is it radio or TV? Then, to allow that manifestation of whatever will be, in the highest and best interest of myself, my family and for the universe, to unfold this year.

Gay: Thank you. You'd like to have clarity come to you about the correct path, the right path, the best-feeling path for you to express yourself more, through either radio or television, or some other medium that feels congenial to you?

Debbie: Yes.

Gay: Good. Let's just all take a breath of holding that intention for Debbie. We've got a thousand people from all over the world here with you, so let's just all be with that for a moment and support that intention for Debbie. We'll check back in with you in maybe six months or a year and find out how all of that is moving along.

Debbie: Great. Thank you, I love that.

Gay: One thing, as we move toward closing here, we'd like to focus in a little bit on if there was a single idea or one central technique or concept that you'd like us to come away with today, what would that be, that you'd really like us to take away from this conversation?

Debbie: That's a big question. I think that I'm almost embarrassed to say because it sounds so simple, but I know that it works. If all of us, collectively, each day could focus on 'How could you bring more love to your own self today?'



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If everybody would try this for 28 days, just to wake up in the morning and see what you could do to love yourself more, to forgive yourself more, to be more compassionate for one of your flaws or imperfections. I am clear that that will not only change your life, but change the lives of everybody you touch.

Gay: So, to develop a practice of maybe opening each day, or sometime during the day, of really asking yourself how you could let more love circulate through your life?

Debbie: Yes. I know that that's how we take back our projections. When we're feeling safe, it's okay to admit that we're stupid or feel unimportant or unworthy or insensitive. We don't always have to defend, push back, and project, which is what causes all the angst, anger and I believe, wars and unrest in our world.

Gay: I was talking to a young fellow the other day who's 20, who had just come out of basic training in the Army. I was asking him how many people graduated from his troop or platoon. There were a couple hundred people, and he said all but about six or seven got out of basic training.

I said, "Well, what did the six people get [inaudible] make it?" He had never thought about this before, but he said, "You know, every single one of them, they couldn't take even the most constructive criticism, like if they were being told something that was useful and wasn't critical at all, they would argue with it." I thought to myself, 'Boy, I know that space. I've been there before in my life.'

Debbie: Isn't that the truth? When we're loving ourselves, we could be like Bo and say, "Okay, I'm stupid. What's the point?" I'm not a good cook. What's the point?

Gay: That has been one of the most wonderful quotes to come out of this conversation to me. I'm going to quote Bo. I'll have to ask his permission, I guess, but I want to quote him. That's one of the best things I've heard in a long time. "I'm stupid, so what's the point?"

Debbie: Yes, like what is the problem with that? I love that. When we're loving ourselves, it's okay. People are going to hate us, people are going to try to block us, people aren't always going to give us what we want or meet our expectations and we can just surrender.



- Gay: That's beautiful. That's one thing I really got a lot of value out of in this conversation. Another thing which I always like to hear about and got a lot of value out of was your emphasis on projection, when you see things out there in the world that you find yourself complaining about or obsessing about, or looking at critically or judgmentally - to kind of benignly, lovingly bring that attention back to yourself and say, "What part of me is that reflecting?" I really appreciate you bringing projection out into the world for us in such an eloquent way.
- Debbie: It is my passion, so you can count on me to do it until the day they have to put me under. I feel like I got it in such a huge way, and what a great gift to give yourself, to take back your projections, not just your negative ones but your positive ones as well.
- Gay: I totally agree. I remember one day, I was in the audience listening to a guru many years ago, Chris Demerte [ph], and I had this little thought flash through my mind of owning the projection, and the little thought was, "Boy, it's better to be one than to see one," meaning a guru.
- Debbie: I love that - and look at you! We all could sit at your feet, absolutely!
- Gay: I really also appreciate and want to salute that incredible, passionate attention you give to the shadow, to making sure we acknowledge and own all those things about ourselves that we sometimes tend to criticize about ourselves; to open our embrace to that too, to open your embrace of your inner world at the same time as you make progress in the outer world. I think that's something that I've come away from this conversation feeling even more grounded in since I've talked to you here.
- Debbie: Thank you, Gay. You are one of my inspirations, so I am just totally honored and thrilled to have you interview me and to be a part of this community.
- Gay: Well, blessings to you. I think I'm coming down your way later in the week. Maybe I'll even cross paths to you. I'm going to go down and have a meeting with Deepak and your sister, so I'll be in your neighborhood on Friday.
- Debbie: Great, so maybe I can kidnap you for a little while.





Gay: Yes, well, blessings to you and thank you so much for joining us today. I'd like to turn things back over to Janet.

Janet: Thank you both so much. What an honor to be able to sit here and absorb the depth of wisdom that you both have. I think it's so profound, Debbie and Gay, that here I am in India, meeting all kinds of masters and gurus for my current project, and I'm still sitting at the feet of two masters this morning, so thank you.

I truly mean that. All I continue to absorb in India, as I've been here over the past year off and on, is the knowledge that to truly be happy, one has to just go within and know thyself. Both of you clearly are masters of that, so thank you so much. Gay, what a treat it is to have you as our co-host. Debbie, how deeply profound - what an honor it is to have both of you with us. Thank you.

Debbie: Thank you so much, Janet and Chris.

Janet: I truly mean that. I can't wait to come back to the US and get to know both of you. I'm setting that intention that I'll have enough time to sit with both of you and we can all share. It's going to be really fun and I look forward to that.

For all of our listeners, be sure to find out how to create the best year of your life by getting a copy of Debbie's latest book, *The Best Year of Your Life*, at [www.DebbieFord.com](http://www.DebbieFord.com). I have a question to all of you. Is there any reason why this shouldn't be your best year ever?

We all know the answer is: absolutely not. Debbie's book will show you how to dream it, plan it and live it. Go to her website and begin creating the best year you've ever had. Debbie, I absolutely want a copy of that book and I'm very excited to read it.

Be sure to join us on June 24<sup>th</sup> when we will be interviewing an amazing Canadian, a dear friend of mine, Raymond Aaron. He is the co-author of *Chicken Soup for the Canadian Soul*, and he has been guiding people to great wealth for more than two decades. This year he's speaking around the country with people like Tony Robbins, Donald Trump and Robert Kiyosaki.

Then on July 5<sup>th</sup>, we'll interview David Lynch, the acclaimed writer,



director of *Twin Peaks*, *Mulholland Drive*, *The Elephant Man*, and *Blue Velvet*, among others. Later in July, we go back to financial passions with Stephen Pierce, the phenomenally successful editor of *Impulsive Profits*, the commodity training advisory newsletter, who has also become a legend in Internet marketing with his ebook, *The Whole Truth*.

In early August, Stephen Simon of Spiritual Cinema Circle, and Debbie, I know he's probably a dear friend of yours, as he worked so closely with Arielle and Gay. He'll join us again as our co-host to interview some of his Academy Award-winning writer and director friends.

In September, we have the joy and privilege to interview one of my main mentors, Byron Katie, the best-selling author of *Loving What Is*, and her most recent book of *I Need Your Love - Is That True?*

It's an incredible lineup. We look forward to having all of you with us again and again. Gay and Debbie, it was an incredible evening being with you. Thank you, everyone, for joining us. Good night to all of you and good morning to anyone else who's on the phone in Delhi, India.