



Welcome to "52 Weeks of Hope," I'm Lauren Abrams, and "Life is a journey to live." It's not something to just watch on the sidelines and wish away. I just finished interviewing 52 incredible leaders, healers, and change agents and I compiled all their messages. And one of the messages that came through is that "Life is a journey to live, not to watch on the sidelines." And it's just so true.

For anyone who doesn't know me, I am Lauren Abrams, I'm an attorney and that has absolutely nothing to do with this podcast, "52 Weeks of Hope." I used to live in an abandoned house, and that was years ago. And I showered from a kitchen sink and I just wanted to die. I didn't know why I was born, I wished I hadn't, and I was just clearly in really bad shape. I got out of that. I ended up going to good colleges, law school, got a master's, got an incredible career. I have two great kids. Then I went through a really "dark night of the soul" and I came through that. And I was like, "What the hell was that?" Because I'm somebody that every single day I'm grateful for my life to have survived what I've survived, to have come so far. I know what a gift life is. Every day it's just incredible that I'm alive and I have this amazing life. And I'm always grateful and I'm always giving back and being of service, which is another one of the messages. And I'm not saying all this because I'm so great, it's because I had no idea that there was a way out or another way. And so I'm always helping people to let them know that there is hope. There is another way to do things and there's always...if you just hang in there, take one action towards whatever it is that you want to do that life gets better. It just always gets better.

And I've interviewed such amazing change agents. And I was supposed to interview somebody today who's actually an ambassador of hope. He was in prison for really violent acts. And he had a 100-year jail sentence. And he was able to turn his life around in prison and went from that to Harvard. And just in looking and really researching him, I realized a lot of us have prisons of our own making. Are there things that you've always wanted to do and you're not doing them, dreams that are unfulfilled, things that you just know you've been called on this earth to do and you're not doing them? You may be in a prison of your own making and maybe you don't call it that, maybe, whatever it is. I



actually have a free ebook on the website that you can take time, slow down, and take that pause to see what it is, why you're not doing those things.

But one of the messages is about action, that this is a journey we can't sit in a corner and we say, "God doesn't drive parked cars." We can't sit in a corner wishing for something to happen, that we have to be out in the world doing things in order for miracles to happen because anything can happen, absolutely anything. In 10 minutes your life can change just from being out amongst people, or being on those Zoom calls, or whatever it is you don't want to do you just do them anyway. And anything can happen. And our biggest dreams can come true. And they can be bigger than you ever imagine, and that's life. That is life, just by taking the next right indicated action and showing up for life. And doing 10 minutes towards your dream every day is huge.

Angela Manuel Davis. My, I love Angela. She always said, "God didn't put that dream in your head for no reason. If you can see it, you can be it." And I love that because it's so true. There's nobody that can do what you can do the way you can do it. You were given that special gift for a reason. And sitting on the sidelines and wishing away, your dreams need to be fulfilled. And no one can do them from the way you can do them. So life is about being in action and taking that next... The way only you can do it. We're going to go live with Deborah Hurwitz again. I talked about her, she's a few episodes ago when I talked about her on the...when I compiled all 10 meanings a couple of weeks ago and listed them out. She talks about perfectionism and procrastination coin, the flip of each other, that a lot of people are perfectionists and they don't want to get started because they want to do things perfectly. Sometimes it's just laziness. Here's what it is, just take one action, one small step towards whatever it is that you want to do. And if you do that, it's such an esteemable act. And when we do esteemable acts, we get self-esteem. Don't be around people that aren't supporting your dream or don't tell them if you think they're naysayers and they're not going to be telling you how great you are, and what a great idea, and how...

And sometimes we have to pivot on our dreams, by the way. This was supposed to be a book, not a podcast, but COVID hit, so here I was. I started



interviewing, but I got to interview, really, just even more amazing people. See that's the thing, we have no idea where life's going to take us, but you always have to pivot. It's just been an amazing journey the way everything, the twists and turns. And you've got this, you really do. We have Facebook group where we meet up on Zoom once a month. So if you missed this October's, that was amazing. Go in and take a look at Mary Sise, she does all this healing. So if you have blockages anywhere in you, in any of your chakra, she clears all that or tells you how to do it yourself if you want. And there's a breathwork from the month before, so if you've got something that's stopping you... I also have been doing, I've been reading "Think Like a Monk" by Jay Shetty, which, the book came out probably five years ago or something like that, I'm not sure. But it's just such a powerful, uplifting book. He became a monk. Once he graduated college and his parents...I love this in the beginning, he says his parents said, "You can either become a doctor, a lawyer, or a failure. Those are the choices." He became a monk and he just talks about how to keep vibrating at a higher frequency. I'm completely paraphrasing it, but, just to stay in that positive mindset and not have that kind of negative activity going in our brain and to stay meditating and all the things that keep us happy. Happiness isn't the goal, but for lack of a better word at the moment, where you're going to stay in a positive mindset.

Michelle Lamont, she gave such a great, powerful example of what manifesting actually is. Because if you can see something and you can feel into it, and she said, "Imagine, close your eyes and imagine eating an orange. Can you imagine peeling that orange, a really good orange? Can you smell it? Can you see how juicy and good that is? Can you really imagine that? Can you almost taste that orange?" That's manifesting. You can actually feel, see, smell, taste that orange. You can do that with your dreams also. And some people, I remember years ago, visualizing your speech in speech class or in sports. I took a sports psychology class with a really eminent sports psychologist at UCLA. I had to wait till senior year so I could get into the class. But it was all about... She used to teach Olympic athletes. And you visualize in that state of just perfection, that's...now we call it manifesting, I don't know, maybe they always did and I didn't know it. But that's really all it is, for any naysayers or anything like that,



that's all it is. And so we visualize ourself doing that thing that we've always wanted to do, and happy, and how does it feel?

Jen Mazer who's one of my mentors, was one of my coaches, she manifested her second baby to be born on the same day as her first child. At-home birth, she's traveled the world, she lived rent-free in New York. If you can see it you can be it. Don't limit yourself. And the things in this world are limitless. There's enough for everyone. No one can do it the way you can. And you've got this, you really do. But not by sitting around wishing for it. It is about action, and that was one of the messages, one of the 10 messages from interviewing all these amazing people. So I'm Lauren Abrams, if you have any comments or questions, just let me know. I'm at 52weeksofhope.com. Thanks for listening.