

Praise for The Fearlessness Project!

Working with Gayle I have discovered many new things about myself. I am forever grateful to her for giving me the courage to go deep within and take a look at the loving person I know I am. All aspects of my life have become more genuine. My work and my relationships with others are just the beginning. I feel far more present to participate in this journey called life. Thank you, Gayle, for all that you do. You are my teacher, my sister and friend. —**BB, Ridgefield**

My experience with Gayle allowed me to powerfully clear old fears and be at peace with my true self. I was able to turn and face my biggest fears and see them for what they are.....a thought in my mind that I energized by my attention to them. Gayle offers a clear neutrality as she is very comfortably connected to Source and offers a wisdom and expansion of the heart. Give yourself the gift of getting to know the true you! I highly recommend Gayle as a powerful, wise woman assisting the transformation of our human experience. —**NB, Sisters**

It has been my great honor to have found Gayle Gregory exactly when I did, as it is with her that I stopped walking and began to jog along on my spiritual path. Gayle teaches with infectious joy and a soft and gentle presence. She speaks truth that your soul recognizes long before you're able to get your ego out of the way and you'll revisit her words often. She explains that she is led to guidance for her classes and coaching by seeking divine direction beforehand and openly tells her classes that she doesn't really know why she does things, yet she does them, and will laugh with you when you confide in her how much her words have spoken to your heart. It is said that when the student is ready the teacher appears. If you are reading my words at this very moment wondering if Gayle Gregory is the teacher for you, quietly search your heart, listen and act. —**CS, Beaverton**

The Fearlessness Project taught me that suffering is optional. Prior to this coaching, I did not realize that my mind was creating my suffering by thinking I should be experiencing something other than what is. For example, pain does not create suffering. My thoughts that I shouldn't be in pain were making me suffer. Through the Fearlessness Project, I am learning to trust that all is as it should be. When I look closely at my fears and stressful thoughts, they dissolve. My upbringing was based in the teachings of New Thought so while I didn't expect these concepts to be difficult, they were mind expanding for me. I am more peaceful and at ease than ever. Gayle was an excellent guide/navigator through the process and helping me face my fears. She and her work are blessings to the world. —**JO, Portland**

A simple way to explain our conversations is "She helped me to look at that reflection in the water and to look deep into the soul of who I am." Did I like what I saw? Not always. Did I understand what I was seeing? Rarely, in the beginning. After watching and seeing what is inside of me, I began to learn about ME, my authentic self. —**CM, Eugene**

Perhaps, it is not by chance that our meditation group began in the Fall & it now coming to a conclusion in early Spring. The transformation that has occurred feels as if I am emerging from the Winter & now breathing & living the beauty of Spring. During the long days of Winter, potential & growth are there, but not seen or felt in the obvious ways ~ With the sun & loving encouragement by a positive force, there is a return to renewal & life. Gayle is a true teacher for me, a teacher that sees the potential & lovingly guides the reunion to the heart. It is as if I have found my heart & she took me by the hand & walked beside me to awaken what has been hidden, much as the sun encourages the flowers to bloom. I can only express my gratitude with love & know Gayle has stood by watching as the layers have released, This journey of the heart is hard work, but the rewards are living at a much deeper, more colorful, fulfilling level. Thank you Gayle!! —**PD, LaCenter**