

Episode 143

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SPEAKERS

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Carissa Andrews 00:10

The indie author revolution has been around for more than a decade. But we indies continue to push the boundaries of what we're capable of. From getting over initial prejudices to staring down perfectionism and author imposter syndrome. We've become a force to reckon with indie authors now wear more hats than ever as we strive to create a career full of meaning prosperity, and potential. We've juggled the demands and continue to be rebels in the face of adversity. Now, after years of hearing the shout of hustle and grind, we indies are rebelling again, gone are the days of publishing a book a month until we drop, and in its place, sow the seeds of a better way to rapid release, a way that feels incredible as we build a sustainable, lifelong author career, that not only increases our visibility and royalties, but it's all done with intention and ease. If you're ready to buck the system and become the visionary entrepreneur, I know you're meant to be, you've come to the right place. I'm Carissa Andrews, international best selling indie author, and this is the Author Revolution Podcast. Welcome to August with the Author Revolution Podcast. I would say that I am, like shocked that we're actually sitting here in August, but I think you probably know that I say that all the time. But it is seriously like, wow, summer's almost over. And I feel like I'm just getting started in so many different ways. So today, I wanted to talk a little bit about resistance. And here's the reason why. So I've been finding myself really, really resistant to social media lately. And I don't know, if it's just the inner person of me, I don't know if it's because of the crazies that kind of came out for the independence month last month, who started commenting on my ads. But all of a sudden, I found myself in this spiral of screw social media, all of y'all can just like do your own thing, or whatever, right. And I realized that that's an actual form of resistance, something that I kind of fell into whatever I feel like, it's not really necessary, or I'm feeling like, there is more important things to be working on. And trust me. In some ways, there are definitely more important things to be working on. But I do feel like deep down when I think about the resistance I am up against with this, I feel like this is more of a mental thing. So that kind of brings me back around to I'm pretty sure it's stemming from that ad. But when that's the case, and I kind of go into myself, that's kind of my go to response, I guess, where it's like, you know, I come up against some resistance outside of myself, and then I just kind of go inward and like, oh, I can't deal with you. I don't know, whatever. Probably stemming from childhood, we could go into a whole trauma thing there. But whatever. So here's the thing. What I have learned about resistance is that there's momentum in it just like with anything else, there's momentum in your life. And I've

talked a lot about how when we have a bazillion children, and we're doing lots of different things, it's very easy to add one more thing into the mix, because there's already momentum happening here, right? a moving object continues to move because there's momentum behind it. And so when we slow down that that momentum, and when we stop the momentum to decide, okay, like, is this the right direction? Should I do something, and then all of a sudden, we find ourselves in resistance, that has momentum to resistance. Sometimes when we bought up against it, it really just has to do with the fact that we've shifted up the energy. And we haven't allowed ourselves to really look at what it is we desire, and where the momentum should be put. So I've been thinking about author revolution, and how I want this thing to get bigger how I want to be seen more how I want to be out there more, you know what I mean? I've been pitching author evolution to investors. I've been doing a lot of the business side of things, where I'm putting myself out there. But in many ways, I've kind of come back into myself, I've kind of stopped posting as much on social media, I've kind of started feeling like oh with tick tock again. And I'm like, Oh, do I really want to do this thing and it's not lighting me up. So I do, do I really want to be going there. But the more I think about it, the more I'm like no, that's the momentum behind it. I enjoy it when I do it. I enjoy putting the information out there. I enjoy inspiring people who are meant to see it. And when I come to the resistance that I feel with some of those naysayers are the people who are just It's not the right vibe, it's not for them, it's for you, it's for you who are interested in the information, who are vibing with it, who want to expand your author careers in ways that are going to grow your heart, while you're also growing your business, you want this whole thing to feel good. And that's what I want for you to. That's what I teach. That's what everything I teach is really all about. It's creating a desirable, wonderful, amazing author career. And it never feels overwhelming. It never feels like you're burning out, it never feels like it's a struggle, because you've deliberately designed it to be perfect for you. You know what I mean? And so now as I am kind of working through some of my stuff, and releasing some of that resistance, I'm finding myself getting more excited about like, what could I do for TikToks? Or, oh, I can incorporate this into the millionaire author manifestation course. Or, oh, wait a minute, if I talk about XYZ, whatever. And I'm not saying that I'm going to be perfect in this beginning, because obviously, when you're getting back into something, the momentum hasn't really started yet, you haven't really turned the corner and changed up the energy. But it'll get there. And I know that when I am excited when I start seeing those results, again, I know things are gonna go better. Today, I want you to be thinking about, is there something in your author career that you know, you really should be doing? You know, you should do it, but you don't really feel like doing it? And then if you're like me, you're kind of like, well, maybe it's just not for me, then because I'm not feeling called for it. I want you to ask yourself the question and maybe sit for a couple of minutes alone in silence asking this question. Is that really true? Or is there momentum in the resistance of it? Do you feel like it could push you further? Could it move the needle, could it be the thing that could actually expand your career, but you're not allowing it in? Because there's momentum behind that resistance, we all get to that point where, you know, there's some things where we're like, you know, what, I really wish I would have done XYZ sooner because go figure that thing that I was putting off forever, was the exact thing I needed to do in order to become XYZ, or, you know, that one thing I needed to think about was the one thing I needed to do in order to get over the block in my book, or, you know, whatever it is, there's always that thing that in the back of your mind, you know, you really have to do, you just don't really feel like doing it, because of the momentum of your resistance. Now, resistance is here, to keep us safe, it's here to provide an avenue for us to feel like we are in control of this non controllable reality that we live in. And so it has a purpose. But when you're feeling these ways, what I want you to be thinking about is how can you get clear, and shed some of those resistant thoughts, some of those resistant attitudes or actions? How can you shed them by shifting your focus elsewhere? Now, what do I mean by that, when you are in resistance mode, and people keep telling you do

tiktoks, you got to do it like three or four or five times a day. And you know, do that all the time for the first 12 weeks, or whatever it is, and then eventually, maybe the algorithms will start picking you up. And if they pick you up, then you'll be great. And all of a sudden, you can go drop down to one a day, whatever. Now here's the thing, if there's resistance to that, and you know that that's the thing that you should be doing, or you feel called to be doing that, but you're pulling yourself back from it. That's the time to then go, You know what, I'm not there yet. And it's okay to have some grace over that it's okay to go. I understand what I need to do. And I'm deliberately choosing not to go there, which is fine. It's not as resistant as like just butting up against it and ignoring the problem, right. You are making a deliberate decision not to do it yet. But to allow yourself some grace and some clarity around the subject. And what I recommend doing is actually try something new, that's fun, do anything that gets your mind off of the thing that you're resistant about. And start focusing more on the things and the aspects that are fun to you the things that you love about your author career, or just something in general going for a walk outside when it's beautiful. Go dip your toes in the lake, when you have a free moment, do some drawing or painting or play with some clay, whatever it is, do something that takes your mind off of all the things that you're kind of worrying about a resistance around and allow the good flowing vibes to come in. Because at the end of the day, anything that we're trying to do, it doesn't matter if it is expand our author career, expand a business, write a book, earn money, whatever it is that we're attempting to do. It's always because we believe somewhere inside ourselves that we are going to feel happier in the having of it. And so if that's the case, why not find something that brings you the happiness right now, when you find that when you get into the vibe of that, sometimes what ends up happening is the resistance slips aside a bit, and the good flowing stuff starts to come in. And so you might see more patriots go up, you might see more sales of your books, you might see more royalties coming in, you might get more cool ideas, or all of a sudden, the video ideas for TikToks, we'll come in, or you'll find someone who will help you to do it. All sorts of different ways, these things can kind of mix and match together to bring about whatever it is that we want to obtain want to have happen, anything that we're trying to accomplish, it can come in because of that. One of the things that I've really come to understand this past year is that there really is truth behind, you know, an object in motion stays in motion. And when you do stop to breathe for a second, it can stop all momentum. It's not necessarily a bad thing, though. Because momentum goes, like I said, both ways you have momentum of the type of trajectory you're putting your author career in right now. And if it's not working for you, if this system that you've been putting in place isn't working for you, maybe dropping that momentum, maybe slowing the motion of that object is going to be beneficial. Because that all of a sudden, you're going to get different ideas, you're going to innovate, you're going to look at your career a little bit differently. You're going to ask yourself, why are you doing things? The way you're doing them? Why are we creating systems this way? Why are we not doing them this way, your creative energies and mind are going to come together and give you a better idea and understanding of how your author career should work. Now, all the things that I teach are things that I've tried and tested and kind of played with and tried to tweak until I can make something that really works and functions well. But it's not going to function perfectly for everyone. Not everyone has the same kind of mentality that I have, or the same desire for organization that I have, or the same even desire to build the author career that is as successfully prosperous as I'm trying to obtain, right? Everyone has different desires. And so when you find that for yourself, it is so much more powerful. But the only way to do that is to drop that resistance just a little bit. And allow yourself to flow with the ideas that are coming to you. And to innovate it to look at it a little bit differently to flip your head upside down and stare at it in a new way in a new light. All the different ways that we come about this creative author career are valid. And there is no one perfect way for every single one of us. We're all here for the experience of it. We're all here to understand it and enjoy it for ourselves. I want you to really be thinking about the resistance

that you're up against. I know I am. I've been thinking about it for a while. And I want you to think about like, what if the resistance didn't exist? What did that resistance was already gone? What if I was already on the other side of that resistance? What if now all of a sudden, I was in the flow of my Tiktok stuff and things were going really well. What if I was on the other side of making x amount of dollars every single month, start visualizing forward, start thinking about that aspect that you're really trying to pull in and go forward thinking start enjoying what it would look like if the resistance never existed or if the resistance had now been overcome? Because likely, what you'll find is that there's going to be this calming sense of relief, this calming sense of feeling like yes, let this go. Because sometimes we hold on to things that are not serving us. They're not helping us in any way. But yet we have that momentum, we have that desire to keep ourselves safe or whatever. And things are just not working. They're not moving forward. And so we get more frustrated. And then the frustration momentum continues to build. And it's up to us to always be seeking those better feeling thoughts, those better feeling vibes, and to let go as and to let go of as much resistance as possible. So today, I want you to get clear on what it is that you really want. focus your energies and attention elsewhere. Don't look at the problem or the resistance that you're feeling. Let go of it and just bless it know that it's there. It was there to protect you, but you're letting it go and you're allowing it to move on. Right Mind yourself that you choose to receive now, you choose to believe that things are working out in your favor. You're here now working through the things that you have always wanted to become. And you're working through all of those things, becoming that person becoming that author, becoming that successful author, and maybe even for a brief minute, forgive yourself for having to become that person, forgive yourself for the choices you've made, or the resistance you've held. Because it's okay, it's all part of the process. Well, my friend, that is what I have for you this week, I want you to be uplifted, I want you to go into your August feeling as though that weight that you've been carrying has been shed, I want you to move forward knowing that everything that we're working towards all the different aspects of our writing career that we're moving into, it's all for our own good, it's all for the benefit of us. And sometimes we as much as we want to write quickly, as much as we want to rapid release and get our backlist up as much as we want things to be successful. Now sometimes it's in the experience of the journey that we as creators love our life the most. We love the experience of being in the weeds sometimes and digging through it and sifting through the information and making it all happen. And so let all of that be okay, let it be okay, as you move through the month as you make plans for your September, maybe you're gonna get ready for Preptober. In October, I'll be having the three day plan, your serious challenge is gonna go live again in October. There's all sorts of things that I want you to be thinking about. And in the meantime, if you're interested in getting in on the millionaire author manifestation course, I would recommend that should get over on the waitlist, because we are going to be launching a live eight week cohort starting September 5. And so it's going to be an amazing time, we're going to do so many wonderful things. I just can't even begin to describe to you how awesome this course is becoming and how epic The transformation is going to be. For anyone who's looking to really level up their author career and understand themselves from inside out. It's going to give you the foundation to everything that you're trying to manifest. And I know with 100% certainty that this is going to be g for those of you who are in on it. So make sure that you get on the waitlist, I'm going to be announcing it only to my waitlist. So it's going to be an epic time make sure that you sign up. The waitlist is over at millionaireauthorcoach.com/manifestation. And don't forget, if you'd like to download the podcast transcript for today, head over to authorrevolution.org/143. But in the meantime, I hope you have a fantastic fabulous week, get tons of words written if that is where you're at right now. Or maybe you plan out your series or you're doing whatever it is that you're doing. I hope all of it goes incredibly, incredibly well. Go forth and start your author revolution.

