

Episode 153

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SPEAKERS

Alicia Rades, Carissa Andrews, Megan Linski



Carissa Andrews 00:12

The Indie Author revolution has been around for more than a decade. So 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 shelter, 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 a 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. Well, hey there my friend. Welcome back to the Author Revolution Podcast. I hope you've had a fantastic week. We are dead center in the middle of prep Tober. So it's been an interesting one, for sure. On this end, last week, we wrapped up the plan your serious challenge, and oh my gosh, guys, it was just such a fun week of getting ready for planning our series getting ready for NaNoWriMo I love this time of year I absolutely adore it. And with the way that I'm actually making zero progress on ruins, I better get my butt moving. And I'll probably take part in NaNoWriMo because Ha, I'm going to need it. Alright, so this week's podcast episode is pretty special. I'm so excited and thrilled to have not one but two special guests who are coming on to the podcast. Today, we are going to be speaking with Alicia Rattus and Megan Linsky, they are USA Today best selling authors, they're in the middle of launching a really awesome series. It's a boxset anthology of their their books, it's going to be on sale their list aiming it they're trying to get on the USA Today bestsellers list, no, not trying, they are going to be on the USA Today bestsellers list. They have willed it, they are manifesting it. So it is. But we're also talking a lot about manifestation, what it looks like when you're someone who has a mental illness or a disability can you still manifest during? Or with those types of things going on in your life? Right? Because I think that's something that not many people really think about, like can everyone manifest? little pro tip? Yes, of course everyone can. We're doing it all the time, every single day. But it was an interesting conversation dialogue about what does that look like? And how does it impact your life, what kinds of things happen to be a little bit different if you have a

disability or if you've got a mental illness, that's also in the mix of your perceptions and your ideas of what it is that you're trying to bring into the world. It was a super cool conversation. In addition, both of them were featured in *Write to Riches*, which is the new book by Renee Rose that's coming out I think this week, actually. So it was really cool and fun to talk to these two ladies about manifestation about law of attraction, and about how they found each other, which was a really interesting and cool story. So without further ado, I'm going to lend it over to the two of them. We're going to have a great conversation. You're gonna love this podcast episode. So let's get moving. Well, Alicia, Megan, welcome to the Author Revolution Podcast. I'm so thrilled that you guys are here today. And I've discussed a little bit in the introduction about how we met and what I know about you guys. But why don't you introduce yourselves and tell my audience a little bit about who you are and what you write?

A

Alicia Rades 04:16

We are we write college age, paranormal and fantasy books. We are USA Today best selling authors and we've both been doing this for a while. What do you want to know?



Carissa Andrews 04:30

Well, first of all, that's awesome. So how long have you been writing? How long has this process been going on?

A

Alicia Rades 04:36

Um, you know, I'm gonna dive in to, to my backstory then. I started. I started freelance writing in high school because it was the only way to make money to get gas to go to school. I grew up in a big family and we didn't have a lot of money. So this was really my only option working from home. I got married in high school.



Carissa Andrews 05:03

Did you know what you want is that what the deal was there?

A

Alicia Rades 05:05

I knew what I wanted. going strong. So I got married in high school, we both went to college, I kept writing because it was the only way to pay our rent, and buy groceries. Through that through the freelance writing, I learned about NaNoWriMo. And I wrote my first book in 2013. So that was the start of my fiction writing journey. And then, around the same time, I was going to school for health promotion. So I was in a biology major. And I failed my biology exam because I was writing a book, instead of studying for the exam. And I knew that writing was my calling. So I switched my major. And three years after I wrote that first novel, I had written a novella before that, but after the novel, I finished the series. And in that year that the series finished, I made \$48,000 That year, and then I realized that make a career out of it. So like,



Carissa Andrews 06:13

Even though you were freelancing, already making a career out of it, kind of.



Alicia Rades 06:17

I thought that that was gonna be my career I went to I got my degree in professional writing, rather than creative writing. So I did think that I was going to be freelance writing the rest of my life. And then I was like, No, I don't I do. I don't want to go work for someone else. I want to make a career doing what



Carissa Andrews 06:35

I love. I love that. Okay, so now for our listeners who are not watching the video. What's your name so that they know who was just speaking? Because I did. I it just occurred to me, I'm like, wait a minute. You didn't say who this was.



Alicia Rades 06:48

That was Alicia.



Carissa Andrews 06:50

Thank you, Alicia. I appreciate that. What about you, Megan, how did you start writing had this whole process begin for you.



Megan Linski 06:58

So my name is Meghan Linski. And like Alicia, I started writing when I was in high school, my first book I completed when I was 14 years old. And at the time, I was working as a journalist for my local newspaper for my high school job. And by the time I graduated high school, I finished nearly a dozen books. But I was told that being a writer isn't an actual career, and you can't really make money off of it by my guidance counselor. So I went to college, I hopped around a lot. I had every job under the sun, I literally dropped out of college because I wasn't happy.



Carissa Andrews 07:32

Can't imagine why.



Megan Linski 07:33

And I felt like I was just fighting my fate. And I was telling myself, I couldn't be what I really wanted to be. And my boyfriend who is now my husband encouraged me to, you know, get back into writing books. And then when I was 20, I was diagnosed with a rare disease. And at the same time, I experienced a very heavy loss that caused me to wake up and go, What am I doing with my life? This isn't me. I want to be doing something I'd love not be wasting it and something everybody else wants me to do. So I opened Griffin publishing in 2014. And I've never looked back.



Carissa Andrews 08:05

That's wonderful. That that is a beautiful story. In fact, that's amazing. So okay, I read on your guys's blog, or on your website? I don't think it was a blog. It was it was literally about you guys. Did you have a really? Like a clandestine meeting? Right? Do you want to share it with my audience?



Alicia Rades 08:22

Yeah, so I like to think of our meeting as fate. Actually, I totally believe it was fate. We met in 2016. Edit reader convention. We were both authors by then, but we came as readers. So I had heard about it a month before. And I just had this very strong intuitive knowledge that I had to go. Like, I have to be at this thing. I don't know why, but I'm going. So I didn't even know if I believed in intuition then. But I just followed it. I booked last minute plans and I drove 12 hours on my own to get there. And I vividly remember stopping at this author's table. And just not knowing where to go from there. Because I had already walked around the whole time. And I'm like, What do I do now? And I remember feeling like, I didn't believe in angels and guides and stuff back then. But I remember thinking my angels are telling me to say and I'm like, Okay, what does that mean? And not not even a minute later, Megan walks up to that table.



Carissa Andrews 09:25

Wow.



Alicia Rades 09:26

I'm like, Hey, are you here alone? And she's like, Yeah, and I'm like, Well, do you want to walk around with me? Because I'm like, I'm alone, too. Yes, I felt like we really hit it off. We became really good friends. About a year later when I hired her to be my editor. And I totally 100% believe that we were met meant to meet at that time, and I believe that we were manifesting before we even knew about manifesting.



Carissa Andrews 09:57

That's incredible. What do you think Megan? Were you like who is this? crazy chick asking me to walk around with her or were you like, Heck yeah, let's do this thing.

 M Megan Linski 10:05

So that's actually a very funny story. So what happened with me? My boyfriend, you know, who encouraged me to write books? Who is now my husband? Yay. He broke up with me at the time.

 Carissa Andrews 10:17

I was like rooting for you for a second there. And I'm like, what?

 M Megan Linski 10:21

no, it was seriously crazy. Like, we had this, you know, break up. And I was very distraught over it. And I was just like, well, I just need to get out of here. So I heard about Utopia con. About two weeks before it actually happened. I wasn't prepared at all. And I said, don't care. There were things in the car just left drove through this crazy storm to get there. Like I had to pull over on the side of the road to avoid like, my car spinning out, and I was just sitting in this car like this con better be worth it. Because I'm about to die.

 Carissa Andrews 10:56

I would say it was worth it.

 M Megan Linski 10:58

No, absolutely. It was worth it. So I got to this convention. And you know, Alicia, staring at me at Stacey works table. And I you know, I had a thought, you know, who is this word that rhymes with itch?

 A Alicia Rades 11:15

Are we allowed to say that on your podcast.

 Carissa Andrews 11:17

She can totally say that. I say Get Rich Lucky Bitch all the time. Let's do it.

 M Megan Linski 11:21

You can piece together what I said. And then she's like, Hey, you want to walk around? I'm like, Sure. So you know, we were paddling around. And we went and got to eat lunch together. And this was really important to me, because I was diagnosed at the time. And like, I had all these

dietary restrictions and all these weird things that I had to tell the waiter. And like, Alicia is just like acting like it's completely normal. And I thought that was so unique that she just like didn't even notice. And we weren't eating.

A

Alicia Rades 11:50

Well, I remember I thought I was being rude because I'm like, Are you actually gluten free? That just like a trend? Because I had just got out of my health promotion. A major. So like, I, I was thinking about that. I'm like, is this like, I don't know. I thought I was being rude. So it's funny that you say that, like I was being nice.

M

Megan Linski 12:13

That was funny at the time. And I just, I remember eating lunch with you. And we were talking and I realized you had like that it factor. I was like, this girl is special. I don't know what it is that she's got something about her that I really like. So that was our story together. That's how we met. And then from there, it just blossomed into this, like incredible Empire, which I love so much. So that leads us right into the next question, huh? Look at that mean staying on task. If you can tell us a little bit about the types of books that you write and the the common thread that runs through them because you have a common thread, right?

A

Alicia Rades 12:50

So we have our books that we write on our own, and then we come together and kind of combine our different personalities into our CO written books. So I primarily write paranormal books right now we write college aged books together. And what I'm really passionate about is personal development and expanding my emotional intelligence, intelligence. I love learning about manifesting and all the psychology that goes along with that. So I love putting those themes into my book.



Carissa Andrews 13:20

I love that I do the same thing. How about you Megan?

M

Megan Linski 13:24

So I primarily write fantasy. My things that I love to write about or healthy romantic relationships stories about perseverance, friendship, and hope. And together near and Alicia right hidden legends which we primarily focus on mental health and disability advocacy. I love that.



Carissa Andrews 13:40

So speaking of that one now you are I think that's the one that you're talking about where you

are currently, so both Leisha was mentioning that you're trying to manifest a USA Today title from your academy of magical creatures boxset because you got a BookBub coming up and all sorts of good awesome stuff. So we are going to talk about manifestation as I can because obviously we can't not talk about manifestation. But can you tell my audience a little bit about this boxset and why they should be reading it and all the good fun things that are coming their way?

A

Alicia Rades 14:11

Yes, so first, I'm gonna say we're not trying to hit USA Today. We we aren't manifesting and it's happening



Carissa Andrews 14:17

It is already done. Yeah.

A

Alicia Rades 14:21

We call it a celebration. So we're doing it it's done. The box that is the Academy of magical creatures looks one through three boxset and this story is so important to us. This was the first books that we wrote in our hidden legends universe, which is now almost 20 books. And we're just love this world so much because we focus on diversity in a fantasy setting featuring disabled and LGBTQ plus characters. We love focusing on healthy relationships and growing your community to create a better world for everyone. So it really takes the things we're really passionate about and puts it into this magical story.



Carissa Andrews 15:05

I love that. I think that's it's such a fun way to be able to explore the things that you are passionate about, and then put it in a fantasy setting. Because it's almost like we can embellish it more and really, like really make it big. So people get it, you know what I mean? And it gets to be trying to think of like the best way to describe it. Because sometimes we put these limitations and barriers up when it's a normal contemporary novel, for instance. But as soon as it goes into a fantasy setting, it's much easier to allow the information to flow and be like, This is really cool. I like this.

A

Alicia Rades 15:38

You know, we also go over the top with these themes sometimes do so the magic allows us to do that, and only are able to use magic to communicate the manifesting lessons that we're learning in our own lives.



Carissa Andrews 15:50

I love that. I love that so much. Okay, so let's talk about manifestation because obviously, the

I love that. I love that so much. Okay, so let's talk about manifestation because obviously, I'm passionate about it. I know you guys are passionate about it. So are you both into manifestation law of attraction, that sort of thing, or? Absolutely. So where did it start for you guys?

A

Alicia Rades 16:07

So I'm the one who got into manifesting first and I kind of got Meghan into it. I started learning about it in 2018, after hearing about it from other authors. So I read my first book called *Becoming Magic* by Genevieve Davis. And I got hooked. And I think I resonated with it because it was like my spirit already knew these things. But my human brain still had to learn and I was very eager to learn more. I personally found it really empowering to learn that I had control over my own thoughts and choices. Because that seemed like a revenue revolutionary idea to me at the time.



Carissa Andrews 16:47

Absolutely. I remember the first time I came into that sort of concept it was I think it was when the power of now was first coming out. And Oprah Winfrey had Eckhart Tolle on on her show, like her actual live show, when it was still on TV. And I remember going oh my gosh, that is the most fascinating concept of like being present in the now and understanding that you are the observer of your thoughts, but you are not the thoughts themselves. It was like what, what? Wait a second, that means you have control then over shifting those thoughts. It was so cool. It was such a neat concept. What about you, Megan, how did things start for you? Was it like literally Alicia dragging you along, saying, Hey, you got to learn this stuff? Or like, how did that happen for you?

M

Megan Linski 17:26

I think Alicia fell into manifesting very naturally. And I had the opposite experience. She shared becoming magic with me. And I just thought it was the silliest thing. I love it. I did not like manifesting for the longest time for years. I literally thought that this it was just a bunch of made up bullshit. To be honest. I was just...



Carissa Andrews 17:50

It's just a bunch of hocus pocus... Sorry, I had to do it.

M

Megan Linski 17:53

Well, no, that's how I that's what I thought. Yeah. And we started manifesting what was it in 2018. And I think I've really only started to understand manifesting within the past year. So for years, Alicia was really into manifesting. And I was basically just going along with it. Because you know, it was something she was into not necessarily something I was into. And then I

started reading Neville Goddard. And I started reading about the law of assumption and everything just clicked from that point on. And the minute I applied the law of assumption to my life, everything started coming into fruition very, very quickly.



Carissa Andrews 18:30

That's an interesting how we each kind of come at it at different angles, and all of a sudden, you're still in the same place, but you had to have a different element of it click in place first. For me, it's I've had so many different things where I've tapped danced around like the science of manifestation and the science of like, neurology, my brother grew up with a brain tumor. So for me and my, my household, like understanding the brain and how it works was really a big thing. And my mom was the spiritual one my dad was not. And so we had like this weird combination of like, weird, you know, to my mom's over here with their tarot cards, my dad's over here, like, Well, according to neuroscience, it says this, you know, so it's like, I kind of had to merge the two worlds in order to make make it make sense in my brain. And sometimes it is, it's like little pieces will come and all of a sudden, there's just that one last thing that clicks and all of a sudden, it does make sense. It's so interesting.



Alicia Rades 19:19

I think with Megan, me, there's some things that come so naturally to her that I, it seems like it's taken years for me to get to the point that she already was naturally at. And I think that goes both ways.



Carissa Andrews 19:34

For sure, yeah. Cuz there's going to be different strengths that you each have. So one other part of it is going to be easier for one of you than the other and vice versa. And I think it's interesting Megan, for you, if if you didn't like it at first, it reminds me a little bit of me where it's like you got, you know, are you like this? I don't know if you are but this is how I am if all of a sudden everywhere like the trends are this big thing like everyone loves werewolves, for example, the werewolves, werewolves, everyone you should be doing werewolves I I will literally be like, I am not doing freaking werewolves. You know what I mean? I am not writing a freaking shifter book to save my life because everybody is doing shifter bucks. No, that's not gonna happen. And then of course, I have to find like a backdoor way in because my PA wouldn't let me be. And so eventually you do it and then you're like, kind of like shifter books. That's actually kind of cool. This is not so bad. And you're like, I should have been doing this earlier. Are you like that at all? I think that is a,



Megan Linski 20:23

I think there's a little bit about my personality, because I don't want to be doing what everybody else is doing. I don't, I don't want to be following the popular vibe. You know, I'm kind of a rebel that way. Yeah, testing was a little bit different. It wasn't there. It wasn't that I was put off that everyone else was doing it and into it, it was more or less the fact that the law

of attraction did not vibe with me. I felt like I had to prove myself a lot of the time with the law of attraction. And with the law of assumption, it was just so much easier to just be who I wanted to be without feeling pressured to be somebody else.



Carissa Andrews 20:58

For sure. Okay, so for my audience who might not know the difference between law of attraction and law of assumption, don't explain it. based off of how you understand it?



Megan Linski 21:06

My understanding of law of attraction is that you attract what you want and what you want to manifest into your life and law of assumption, you assume that's what you already have and what you're already creating. Okay, so that's the main difference between the two.



Carissa Andrews 21:21

I love that. I think there's a concept in there reminds me a little bit of Abraham Hicks, because with with the way that they teach law of attraction. So the way I understand Law of Attraction is you manifest what you already are like your your vibe, your entire frequency, everything that you put out there, you attract what you are. So it's not necessarily what you want. Because sometimes what you want isn't in alignment with what it is that you're actually putting out there. But the law of assumption is really cool, because it goes along with like, the three step process where you're like, Okay, you make the decision, you want something, you know, and trust that the universe has your back the answers already. Yes. And you just keep working until it is so. So you assume that that it's done in the spiritual realm. It's done, you know, in the frequency realm and the vibration, whatever, until it presents itself to you. So it's almost like that middle portion of the messy middle of your manifestation, you're assuming it's happening. It's done. Boom.



Megan Linski 22:18

Yes, absolutely. And your assumptions can lead to unfortunate things happening to you too, because if you assume something bad is going to happen. It probably is.



Carissa Andrews 22:26

Absolutely. Yeah, for sure. So that's why you gotta shift that thought when those things happen, right? Ah, we don't need



Alicia Rades 22:36

Oh, sorry, I really liked the way that you describe that you you decide you assume and then you received, right. Yeah. Because I think that's something I personally haven't understood

until recently. And now it's becoming so much easier. Right?



Carissa Andrews 22:51

Right. And it's so interesting how it takes, like different teachers teaching the same thing. And saying it just slightly different. It's, it's almost like, we get better at describing the process so that more people can understand it. I know, like when we when you read, I think that's the case with everything. Like if you read older novels, even some of the ways that they describe things and the way that they do things, it's hard to almost visualize or read or really get into the books. And as you read more contemporary books, and maybe it's just the way our brains are because of the, you know, what we've grown up with, or whatever how we experience life. But it's like we get better at describing things or telling things that telling the stories of like engaging the readers in a way that it makes sense. And I think the same goes for concepts like this tool.



23:36

Do you think? Yeah, I was initially taught, it was asked and receive and then you like, attract through the asking? I don't know if I can describe it really well. But I've always felt like there was that one middle point missing, which I think you just touched on, is that you assume and you believe in it? Yeah, absolutely. Like, this is new to me recently that that part clicked?



Carissa Andrews 23:59

Yeah. And it's, it's such a cool part. It's so important, because when you assume you've shifted your vibe from this, I hope it comes or why isn't it here yet to it is done. Like you already know. It's done. You're taking out that question in manifestation that I think so many of us have, especially those of us who have a lot of thoughts going on all the time, which actually brings me to an interesting part, which I'm gonna go off the rails here, Alicia, I'm so sorry. Well, maybe that we taught, it's actually goes a lot right along what I said to you. Hmm, so we chatted briefly about manifesting when you have a mental illness or disability, and I know for anxiety, so this is where I'm going off the rail. I know for anxiety, it can be hard to keep that assumption locked in because you're used to all the momentum with the anxious thoughts and the things that are going on. So I'm hoping that the two of you have different experiences and can share what what does it look like for manifesting through a disability or through anxiety or mental illness? I know we had talked about that before we got on the podcast, but do either one of you You want to?



Alicia Rades 25:01

Yeah, we can share about that. So I will say that understanding the it is already here. That was, that's been the hardest part for me in manifesting because my brain, I have experienced anxiety. So my brain, everything was always in the future. And I did not know how to make it now. So this is like, still pretty new to me. But it's starting to click, I do want to preface everything we're about to say, we are not doctors. This is just our experience. So please, if you are sick, please go see your doctor. But this is something Megan and I are both passionate

about we write about this in our books. And even though I had some of my own experiences with mental health, I became very passionate about these topics through Megan's stories. So I'm going to actually let her start off and tell you guys about her experiences. I love it. And really.

M

Megan Linski 26:01

So as I said before, when I was 20, I was diagnosed with a rare condition. My condition is common variable immune deficiency disorder, it only affects about one in 65,000 people. And in layman's terms, it's a disease where you don't really have an immune system. So you have to substitute that with plasma donations from other people in order to survive. That comes along with a lot of extra things as well, such as IBS, asthma, depression, PTSD symptoms. So really, from the time I was 22, now I've have a lot of medical problems. So I want to start by defining what disability is for people. And disability is not meaning you are in a wheelchair or it does not mean you are so disabled that you cannot work or take care of yourself or get out of bed. Disability is simply a medical condition that impedes your life enough where you need significant accommodation. And that's it that could literally mean something like you have anxiety, and it's bad enough that you have trouble at work and that you need medication in order to function. Sure. And disability is not a dirty word, it is just a condition it is a state. And you are able to use manifesting in order to improve that state. I really want to press on this, that we manifest everything into your life. But illness is not your fault. As illness comes into your life, you can manifest it in different ways you can have a soul contract. And I don't know how this is for your podcast,



Carissa Andrews 27:35

It's totally fine. As long as you want if people don't like it, they're gonna go to a different podcast episode and listen to something else. It's all good.

M

Megan Linski 27:42

Right? Absolutely. And, you know, I'm going to talk about what I want to talk about regardless.



Carissa Andrews 27:48

Let's do it.

M

Megan Linski 27:50

You got a soul contract where you agreed to have that illness in order to learn life lessons about who you are, you could manifest an illness from stress, there are a million different ways that you can gain a disability. Absolutely. But like even if you do have an illness, it's not your fault. But what I want people to understand with disability is that you can improve your

symptoms with manifestation and illness, pain and sadness do not stop your manifestation you are always manifesting 100% of the time and you can always manifest from even the worst parts of your life.



Carissa Andrews 28:24

Absolutely, always shift. It's all about making a different choice, a different decision and locking it in.



Megan Linski 28:32

My like shifting your mind is 100% The best way to improve your symptoms from disability. Because I learned this recently, but we use terms like vibration and ascending in order to get to that different level this lovage like law of attraction conversation. But vibration and ascension are merely just changing your thinking. That's it. Because if you change your thinking, you will change your attitude and you will change your behavior towards



Carissa Andrews 28:58

the situation. You bet. Yep, because every thought has a frequency every thought that you think every action that you take at all is on a different frequency. So in order to take action from a higher frequency, a higher place, you have to have a higher level of thought and I shared this in like the millionaire author manifestation course and in the millionaire author challenge, but there's the emotional scale and the emotional scale gives you the variations of what your frequency is. So like the lower frequencies would be things like grief and depression and despair and things like that. Obviously, higher levels would be joy, those YaSM passion, those sorts of things. And you're there's a whole bunch of them in the middle. And so you're just trying to elevate yourself one thought at a time and sometimes you're just reaching for the next best thought so that you can get up a little bit higher.



Megan Linski 29:49

Yeah, absolutely. And I think it's important to note that you can absolutely manifest amazing things when you're at the lower end of your scale.



Carissa Andrews 29:55

Oh for sure.



Megan Linski 29:56

Yeah. I I brought in things for my saw where I was literally in the worst parts of my life. And I had the worst thought process ever. But I was still able to manifest because I assumed and I believe that's what I would receive regardless. Yeah. And it helps if you're a very stubborn

person, because I'm very stubborn. So when I set my mind to something, I'm like, I don't care. No matter how I feel like, I could be laying in the hospital bed, just like feeling like I'm dying, I'll be like, nope.



Carissa Andrews 30:26

It just makes you see the things that you want more. So like when you're when you're in that aspect that is really dark, or despair, or any of those sort of things. All that is this contrast so that when you know what you don't want, you know more clearly what you do want. And so you can see that path more clearly. And so it makes sense that even if you're in your darkest moments, as long as you're clear on what it is you really want, and that it's yours, you can get anywhere from there.



Megan Linski 30:54

Yes, making making the decision is so important. Sorry, Alicia.



Alicia Rades 30:58

No, I'm just wondering if like, making that decision, is the most important part. Because I think there's a misconception that if you are sad and depressed, like I've seen, I don't know what they call it. But it's like a scale where joy is on the top. And anger maybe is on the bottom, I'm not sure what's on the bottom. But there's like a scale of emotions. And I think there's a lie that like, if you're down at the bottom, you can't manifest what you want. But I think that decision bridges the gap is saying, This is a lie, I'm depressed, I can still manifest when I'm depressed. But if you believe in this ladder and the scale of emotion, you're not going to have the mindset to I don't know what I'm trying to communicate, maybe can Megan can sum this up. For me, she's very good at that.



Megan Linski 31:48

Well, I think a lot of teachers don't necessarily teach that you can transition from one point to the next. And you don't have to necessarily be in a state of one thing or another to manifest. Because with the law of attraction, you are taught, if you are sad, grieving, thinking negative thoughts, you cannot manifest. But that's not true, because you're manifesting constantly anyway. So in order to get to that point of manifesting from grief, sadness, and pain, you have to be willing to accept your feelings, while also determining that this is not going to be your reality. This is just a state, your reality is determined by yourself and your beliefs and what you've decided your beliefs to be. So it doesn't matter what you believe you're already right.



Carissa Andrews 32:36

You bet. And beliefs are just thoughts that you continue to think I mean, honestly, that's the only difference between a belief and just a normal thought. It's that you continue to think it over and over again until you believe it to be true. And so if you can believe that, I'm

depressed, but I can still manifest that belief bridges the gap, if you believe that, okay, I'm depressed right now. But I know how to climb that emotional scale, to get back up to where I need to be where I feel more comfortable manifesting, you do that, you bridge that gap, because that's your belief. And so it makes sense that no matter where you're at, as long as you have beliefs that support what it is that you're trying to get towards, or to or create or manifest in your life or whatever. As long as those beliefs are in support of it, you're going to make it happen. It just it has to happen.

 Megan Linski 33:23

Well, absolutely. And I think Neville Goddard talks about this, the verge of incidents and the stuff that happens, we'll be making the decision getting what you want. When I first received my diagnosis, it was very hard to accept, but getting out of that path of acceptance. Is that, okay, I have this diagnosis, I have this disability. And it sucks sometimes To be frank, it really does. But what can I do to change that? And what can I do to do about that? So making a decision of I might have this diagnosis, but I'm going to be as healthy as possible, and I'm going to feel good most of the time, and I don't care. So even on my worst days, when I feel like crap, I get up and I'm like, Nope, we're not doing this. I feel good. And I'm going to do the things I need to do in order to feel good today. Because feelings and emotions and moods, all of that mixes into your manifestation. So feelings come from your thoughts, and moods come from your body. And you can change both by merely asking what thought do I need to change and what does my body need?

 Carissa Andrews 34:24

Yes, absolutely. And I think that's so key because I think sometimes people mix up moods with their emotions, and they don't know the difference. And so sometimes they think that no, I'm feeling this thing first. And so therefore, you know, like, they think that emotions come first and then the thoughts but it's actually thoughts create the emotion. And moods are just sometimes literally a physical aspect of your body because you're not eating the right foods for your body or it's, you know, hormonal yay ladies, or you know, whatever the heck it is, but that's, that's the difference between the two. It's interesting.

 Megan Linski 34:56

I always think it's important to sit back and ask yourself If you're feeling sad, like, am I feeling sad because of a thought you usually know if you are? And if you don't know why you're sad, and you're like, Okay, well, it's my mood. It's my body. What does my body need? What does my body asking for? So do you need sleep? Do you need a drink of water? Do you just need to sit around and be sad for a while? Because sometimes you just need to do that.

 Carissa Andrews 35:20

Yeah. And it's like a purge process. I don't know about you, but holy Mercury Retrograde, but that like, purge that stuff out? This retrograde has been like crazy for like me, and like a bunch of my students that I know. It's like, What in the world? Yay...

A

Alicia Rades 35:38

I have a question for Megan to go off of some of the things you said. So you gave examples of manifesting kind of manifesting your symptoms away. You just know, we're not doing this today. I feel great. But this is a author podcast, right? So if you are trying to manifest something in your author career, how do you deal with that on days where you're just not feeling great? Or periods of time? Months? Maybe?

M

Megan Linski 36:05

So very good question. Because I, as Alicia knows, I did not have a great 2021 It was probably the worst year of my life. I felt bad. Most of the time I was in the hospital a lot. I had a lot of problems with people, just relationship wise. But I always knew what the end goal was going to be. And I refuse to accept any other alternative. I'm very good at being delusional, which is we had a good way. In a good way I'm not. I'm not talking about delusions, where you know, you have symptoms, like psychosis, or something like that. But I'm very, I'm very good at denying reality and insisting that I can create my own, no matter what the circumstances are. I love it. So in those types of situations where everything is literally falling apart and going wrong, I can honestly just turn my face away from it, and insist that this is how I want my life to be. I think I've always kind of been that way because back in high school I this before I learned about manifestation at all. Like my friends were always like, Megan, you're just you take a concrete battering ram to like this brick wall, and you will not give up until like, until it comes down. And I'm like, Yes, that's that's my personality. And that's why I'm successful the way I'm because I refused and not being controlled with my reality.

A

Alicia Rades 37:23

When you're in those moments, where you're not feeling great, and things seem to be going wrong. You never feel like I have to make my symptoms better to manifest though, right? Like you're not. I don't know if I'm wording the question, right. But you're still manifesting other things while you're manifesting the situation to be better, right? You're not like, Oh, I can't manifest until things are better. Right? So how, how does that work in your head?

M

Megan Linski 37:49

And usually, I'm like, if I'm having a really bad day, symptom wise, I'm like, like, let's say the night before, I really didn't want to have a flare up. And I did anyway, like my manifestation I'm not gonna say didn't work, but it didn't come through the way I wanted it to. I'm just like, at whatever. Like, it's just a bridge of incidents thing. It's not something that's permanent, it doesn't mean I failed. It just means that something that happened to me, and if that is my experience, if I am experienced that in my manifestation, there's a reason for it.

**Carissa Andrews 38:20**

I think Amanda Francis talks about that, where it's, she's like, okay, you don't take it on as

something that it's your own. You just go okay, well, well, isn't that interesting? Because it's feedback for you letting you know, kind of where your state was. So even if you were like, I'm not going to get this. Yeah, remember, we live in an inclusion based Universe. So if you're sitting there at all thinking, I'm not going to have this happen tomorrow, I'm not going to have this happen tomorrow, I'm not going to have this happen tomorrow, universe calls, you're going to have this happen tomorrow, because you're thinking about it not happening tomorrow. Because you're still vibing with the problem that you're still vibing with the thing you don't want, and it doesn't understand don't want versus do on it just understands the vibration of it. And so as soon as you recognize in yourself that okay, well, there must have been enough power behind or momentum behind that thought that I still caused it a little bit. And I don't mean causing, like a bad way, but you still manifested it by being in the vibrational frequency of allowing it.

M

Megan Linski 39:12

You're attached, yeah. So not feeling that way. But the thing is, here's the funny thing. You know, when I have the flare up, and I'm like, Oh, well, I guess this is happening today. And you let go of that attachment, it goes away quicker, because you're not fighting it. You're not trying to force it away. And I think the universe can kind of come in and like swoop in and save the day for you because this is completely unrelated. But I went to a costume party a couple months ago, and my costume, I like spent a lot of money on it. And it was just falling apart. It would not come together. So I had to go with something else. And I was like, not happy about it at the time. But then I got to the party and like there were several people dressed up as this character that I wanted to go to and nobody had my costume. No, I was just like, oh, okay, well, though, I'm glad that that didn't work out. So that can happen. Why I can add into the whole book. Getting back to the topic of disability, Alicia has stuff that she wants to add on this, for sure. So I'm going to hand it over to her. Um,

A

Alicia Rades 40:09

I mean, we covered a lot of it, I wanted to talk about how I have experience with anxiety, specifically with author career. And I think that this is very, very common with authors. So I would say, my anxiety spanned several years, because I was so desperate to make my author career work. And I was so attached to it out of fear, because I didn't want to go work for somebody else.



Carissa Andrews 40:37

I think a lot of authors are in that situation. Absolutely.

A

Alicia Rades 40:41

I think so. And I had one year where it was really bad. I wrote 10 books that you're because I'm just not going to work harder. Like, that's gonna make me break out, you know, and it did not, it was the worst year of income it was, I was working nights and weekends and putting a huge restraint, huge strain on my relationships, to the point where I thought I was headed towards a

divorce. Sure. which luckily I manifested, like the opposite of that we manifested communication, we got better, but it took a while. I also lost a lot of weight. And Megan can tell you, I like told her I was losing weight. And she's like, they're all like, but it's not good. Because I'm already a pretty small person, I just want to eat, because I was so hyper focused on my author career. And I would also get really bad disassociation. So we would invite people over to hang out, and they would be here. And I'd be present in my body, like my body would be here, but my mind was not. So I think that that's like, I don't want to say, Oh, it wasn't a big deal, because everyone experiences that. But I just I think it's common for authors. I see it a lot. And I just, I guess I want to talk about like, what, what we can do with that? Because I think sometimes we're taught that you can't manifest from that space, because you're afraid, right? Correct me if I'm wrong, but anxiety comes from fear, right?



Carissa Andrews 42:18

Yeah. So the future technically, yep.



Alicia Rades 42:22

I, I think I thought that way back then, like, Oh, I'm not getting the results that I want, because I'm anxious and like, I'm afraid. So I just have to get rid of this fear. And then a way, I do think that's true. But looking back, we also manifested some really cool things. During that time, one of the things we manifested in the worst of my anxiety was a trip to Australia, Megan and I went together, and we signed books. And it was really cool. But I really, I think that the difference there was that we made the decision. And we assumed that it was going to happen. So even in the midst of all that fear, we just believed, and then we made it happen. So I think sometimes you can be afraid. And if that fear is getting in the way of your belief, it can be a problem, but it's okay to be afraid. And believe in something and then get to where you want to be.



Carissa Andrews 43:21

Absolutely, I think it all comes down to where your momentum of thought is. So if you're if you were anxious about your author career and specific about pulling in the money about making it a living about it doing its thing, and you're it becomes the your hyper focus, your your energy around it is this is not working, this is not working, this is not working, this is not working. And trust me, I know the feeling I was there as well, probably about the same time from 2018 ish, this is not working, this is not working, why is this not working? This should be working? Why is this not working, and you just keep thinking it and then it's not working. And as soon as you release that resistance to it, all sudden things are working. Like what? What is that I've like, let go a little bit. But because you are focused on this, one side of things doesn't mean other aspects of your life can't lock into place. Like if you have that belief about a trip, or about a relationship or about a car or you know, whatever it is, you can still pull those things in because you lowered your resistance to that particular thing that you're trying to bring in. And so it makes sense that there are various levels to manifestation to the things that you want, because you're not a single, single white person, right? You know, you're gonna have lots of different things that you want, and you're gonna have various levels of limitations or resistance to them. And so it just makes sense that you do that sort of thing. And I think it's called manic

manifestation when you are you know, you're still trying to manifest and you're doing the thing. So during your your anxiety here, you were still manifesting because you created 10 books. So look at what you manifested through that that process, it may not have been as successful as you want it because that was the part where you held the resistance to it. But you manifested the books. I mean, there are people out there who can't even get the book, the first book out, you know what I mean? They Can't manifest the first one. But you did it. You channeled the information. You got it on page, you did your thing. And that's a huge accomplishment as well, you should be celebrated. Right?

A

Alicia Rades 45:10

Yeah, absolutely. I think at that point, I had not made the decision that, of course, I knew I wanted it. But I don't think I totally believe that, that something wasn't going to come along and take it away from me. So I think what really helped was making the decision that this was going to work out one way or another. So when I scaled back on how much I was writing, and how much I was working, things started to do so much better. I started to learn more about my intuition and started following that. And that helped me release some of the fear that I was holding on to it around doing what everybody else was doing. I would love Megan to talk more about, like, how do you go from, like, being really anxious, and then letting go of some of that? Because I think she can maybe communicate it better? Like I know, Megan, you have experience with anxiety too.

M

Megan Linski 46:06

Yeah, definitely. I, as I said, Before, I had PTSD. Doctor, doctors, or at least my doctors have said, PTSD is not possible to cure. I believe that I have manifested my PTSD away, or at least most of my symptoms, because my PTSD was very crippling. It was to the point where, you know, I could barely function, day to day because of my PTSD symptoms, and I don't have those symptoms anymore. And whatever capacity. And I think the way that I did that was, I changed my mindset so radically, that those thoughts were incompatible with my reality, and the person I want it to be. And when I say the person I want to be, that's a human term. Because really the person we want to be who we want to be as who we already are, we just have to access that person.



Carissa Andrews 47:00

Absolutely.

A

Alicia Rades 47:02

I love that.



Carissa Andrews 47:03

I do too. And I like it goes both ways, too. Because when you think about it, like if you're in that state of like, depression, anxiety of any of those things, the higher-vibe thoughts are not in your

state of like, depression, anxiety or any of those things, the higher vibe thoughts are not in your reach or vicinity to be able to tap into either or your intuition or any of those things. It's trying to get to you, but you're not allowing it in you can't receive it because you are not. It's like I think Abraham Hicks talks about this, like a radio station where you're like, trying to dial to 102.4. But you can't because you're actually at 97.3 right now. And so you can't get that radio station, because you're literally not tuned into it. But it goes the opposite direction. When you have elevated and you've gone to a different place, it's higher, you can no longer access those thoughts, either. You know what I mean? They just don't enter your sphere or your reality, because you're not there anymore. You there's no connection, you've bridged that gap and burn that bridge, and it's gone.

A

Alicia Rades 47:55

I admire teachers like you that you can do the podcasts and reflect on those old moments. Because once I've shifted a thought, I don't even think about it anymore. And I'll forget where I was years ago and forget how much I struggled to get to where I am because those thoughts like people teach those quote unquote, higher vibe thoughts, and I just would not get it. I'm like, what does this even mean? Like? It doesn't make any sense? So how do you believe that it's already happening? Because that that just doesn't work with physics?



Carissa Andrews 48:29

Right, right. Until you go, Wait a minute, quantum physics Shoot. Shoot, there's physics there.

M

Megan Linski 48:38

If you look back on what we said earlier, we started studying manifesting in 2018. I didn't really get it until this year, which was 2022. It took that long for me to be able to really understand what this was about. And that wasn't the mean that I didn't manifest the meantime I did. And I didn't end up curing or at least reducing a lot of my symptoms in the meantime during that interim, but it is a journey. It is not an automatic show.



Carissa Andrews 49:10

For sure. It's like a spiral, isn't it like a learning spiral where you're you get introduced to it, but you keep going deeper and deeper into the concept of it until you really understand it deeply. But you have to start at the outside rim and kind of keep spiraling downward until you get into the center and the core of it and really understand it.

A

Alicia Rades 49:26

For sure. Still absolutely learning. There's a lot of things we still don't understand and things that we're learning now that we're like, we don't know how to communicate this yet, but our soul knows it. So we're still learning how to figure those things out.



Carissa Andrews 49:40

That's such a beautiful way to put that. Because I think everybody's at that, like at that stage in some place of their life where they're they don't have the words to put it out yet, but they feel it. They know it is annoying. They're so cool. Okay, so I know you guys must be stoked about this. The two of you have stories featured in Renee Rose's upcoming book right to riches Do you Want to share it with my audience? What? Number one what the experience was like working with Renee. But also, what are the stories that you've put in the book? If you can share them?



Alicia Rades 50:10

Yes, I think we're allowed to share them. So I, I'm in her monthly membership group, and we do a monthly zoom call. And then we're both in her abundance Facebook group. So she just put out an open call for author's specific manifesting stories. And we're like, okay, we both got those. Let's email her and see what she says. And she wanted to interview both of us. So I told her the story about how we manifested our audio rights back from a publisher. So the this story is that, first of all, we manifested the publishing deal. And it was something we really wanted. But as it unfolded, we found out it wasn't really what we wanted. So this was one of those situations that you were talking about earlier, where you, you decide or you figure out what you do not want. So they didn't market our books, and weren't working with us to continue the series or to change the covers when we updated the covers. And we're like, okay, we're, we're indie authors, we like having control. So we emailed them, and asked if we could buy our rights back. And they were very insistent that they did not do that. Like, we never do that for anyone. We don't make exceptions. And we just decided, We're not taking no for an answer. So again, law of assumption, plays into that. And we did not have the money to buy our rights back. This was, I think, like, one of our worst years in income, maybe it was like, maybe it was our second worst year, we weren't making a lot of money. But we said, you know, we'll come up with the money. We don't know how, but we're gonna manifest it. And so I think it took like six months of back and forth to convince them to sell our audio rights back and to sell us the masters. And by the time that they agreed, we I think we had zero money saved. Yeah. Six weeks, okay. They said, Yes, we're like, okay, give us a couple of weeks to get the money together. It was magical. Within six weeks, we came up with \$16,000 that they quoted us. And this was like months worth of income at the time. It was just, I got a grant, because of COVID. I got a business grant that went into that we got some refunds for something. I think we had, like a really good month or something like that. I don't know. It just all came together. And it was very magical. So yeah, I mean, that's like one of our most magical stories. I hope to have more in the future. But I just love that story so much, because it shows how powerful the love assumption was for us. And it. It's taught us how to use that in the future as well.



Carissa Andrews 52:59

For sure. So Megan, how about you? You have a story as well, but in the book, so what what was your story? I didn't, I wasn't your story. But you know what I mean?



Megan Linski 53:11

My individual story comes from 2020. Nobody had a good year in 2020, so well, sure, we can

My individual story comes from 2020. Nobody had a good year in 2020, as well, sure, we can attend to during the big COVID rundown on my husband was laid off from his job. I was the only income more or less, he did bring in some income from his other work. But it was mostly me working full time, we had basically nothing. It was very hard getting from the day to day. And there was a point where our accounts were just basically dry. We didn't have enough. Of course, I was worried about it. I didn't know what to do, as were a lot of people back then a lot of people didn't have money for groceries or anything like that or to pay their bills like we did. So in the midst of it all. I got the idea for a story. It was something I usually didn't write. It was a completely random idea off the top of my head. I wasn't thinking about, you know, what kind of book I could write next, because I was already knee deep in projects with Alicia. I really didn't need anything else on my plate. But, you know, I got one of those ideas from the universe. It just reaches out and grabs you. And I ran with it. I wrote the book in about three weeks, I manifested the perfect cover for it from like a premade group just popped up. I bought it, put it up didn't put any advertising in except maybe \$100 worth. And then the book took off and I made \$20,000



Carissa Andrews 54:48

Oh my gosh, that's incredible.



Megan Linski 54:51

It was pretty cool. And it was really a blessing for us because that money I made that 20,000 I made. It got us through the next couple of months of bills and groceries and things that we added salutely needed. Yeah, yeah, until we were a little bit more financially well off. So I manifested what I needed at the time I needed it. But I also it was effortless. It really was because I didn't, I didn't have to put a bunch of ads or marketing or effort into it. It literally just fell into my lap at the perfect time.



Carissa Andrews 55:23

That is incredible. You just allowed it in and it did its job. That's so I think that's so important for authors to hear it because when you are efforting when you're really struggling and you're trying to trying to do the thing, a lot of the time it is you fighting against yourself because you're you're trying to get to an outcome, but you're not allowing it to be easy. That was that was a huge shift that I had in 2020. Actually, where I manifested being able to take Denise Duffield Thomas says money bootcamp, I was like, I don't know how I'm going to do this, but I'm going to make it happen. And so that's what I had done in 2020. And I loved it. But her concept of allowing it to be easy, and like allowing yourself to kind of like chill out about whatever it is that you're trying to manifest was. So I don't know about you guys. But I'm a double Virgo. And so I'm like a planner I like I like to see it like all the pieces. I got to know it all and like, tie them all together. And for me to be like why don't you just step back and allow it was hard for me at the time. It really was. And so it was just it's such a beautiful thing when you do step back and you see things come to you at the perfect time at the moment when you most need it. Because you've finally given up the restrictions and the resistance to it. And it just, it's there. It's waiting for you to receive it. So cool.

 Megan Linski 56:40

Well, absolutely. And things should feel effortless. And if they don't feel effortless, it's important to ask why? Yes. And it was it was strange with that release, because I usually put a lot of effort into my releases this one I basically put up and I ignored and I said well, if it doesn't make any money, which I wasn't expecting it to I was expecting it to make like maybe \$50 Sure. You know, I didn't put any effort into the release or anything like that. So I had zero attachment whatsoever. And that is key. And that is really hard to do, though, when you care about something so much.

 Carissa Andrews 57:11

Absolutely. It's that hold on loosely concept.

 Alicia Rades 57:14

Yeah, what I, what I love about her story on this one is she didn't tell me she was doing it covers in this premade group. And then like, oh, I don't know if that was a few hours. A few days later, they were gone. And I'm like, Ah, someone took your cover. I'm like this book is doing really well. Like we should cross promo with this author. She's like, I'll contact her. I had no idea it was her

 Megan Linski 57:42

I wrote this book under a pen name because I didn't want anybody to know I did it. And it was it was hilarious. I don't think I told Alicia about it, like six months. And it was so funny because she kept on talking about this person. And that isn't larious

 Alicia Rades 57:58

I totally forgot about this. But like one of the other things. You launch this on a full price. This was a full price book. Because I remember you saying no, you can absolutely, like be really successful on a full price book. I'm like, How do you know and you're like, I have data. We always launch at 99c!

 Megan Linski 58:22

From this project that like I didn't, I didn't even care about like and I had all this knowledge and Alicia kept on you know grilling me about how I knew what I was talking about. I'm like, shhhh it's a secret.

 Carissa Andrews 58:37

Just Brandon Sandersoned you.



Megan Linski 58:38

It was important not to talk about it though it was if I didn't tell anybody who's doing this, I don't even know if I told my husband I was doing because I was literally like, No, I can't say worry about it. I'm not gonna say a word to my co author about it. I'm just gonna secretly release it and be a secret pen name person and see what happens though.



Carissa Andrews 59:00

Have you let the pen name continue onward. Have you done more books for it? I definitely have. Yeah, that's great. Okay, good. Like you don't want you don't like let one launch go. And then you're just like, Ah, I'm good.



Megan Linski 59:14

I didn't, I didn't do that. But here's the thing about that, that I want to add the the series that I launched it really well. The second series that I launched, I had expectations and it bombed horribly. So, that happened.



Carissa Andrews 59:29

Yeah. So what do you think your thought process was with the second one that made it different?



Megan Linski 59:36

I think that I had attachment to making just as much money on that series as I did the other one. That it just does not work that way. Okay.




Carissa Andrews 59:49


When we think about like, there's so many different vibes and elements that go into it. Like if the audience is looking for something specific and you just didn't give it that give them that or if your opening is just slightly different, or like I said, you get so attached to it being as good but you didn't? Did you receive the same the book the same type of way? Do you feel? Or was it you created it more like you effort to did it a little bit more? For the second one?





Megan Linski 1:00:16


It was not the same kind of thing. I was like, I want to repeat this process and get another \$20,000. Yeah.


 Alicia Rades 1:00:24
Intuitive nudge with a second one then?


 Megan Linski 1:00:26
No, absolutely not. I was just like, we're gonna keep this, keep this going. Because I want to make more profit. Yeah. And the book is, it's not like it wasn't profitable. It did make me some money. But it wasn't near as successful as the first series that I published with that pen name.

 Carissa Andrews 1:00:41
Interesting. That's cool, though. I mean, it is an important lesson to remember to like, to allow things to kind of do its, I don't know, maybe you didn't need it as much I think about this for myself, because sometimes I'll be like, I'm gonna earn, you know, \$50,000, just on my books this month, or however much I want that particular month. And if it doesn't happen it, I'm like, Well, did I really want it? You know, I'll think about it to myself, like, did I really want it? Did really need it? Was there anything that was really pushing me? Or was I just like, picking a number out of the sky and be like, Here, here's what I want this month and didn't assume as well as I should have? Or whatever the case is? You don't? I mean, because still, maybe there wasn't that catalyst? I guess, either. It was like you want this thing? But do you really need it? And so if you didn't really need it, it didn't actually come? Because your energy wasn't behind it? Does that make sense? Oh, I definitely knew that at the time. Okay.

 Megan Linski 1:01:35
It was very, it was very disappointing when it bombed because we really could have used the money at the time. But I think the difference is, is that I was trying to recreate something intuition had given me naturally got it. Like it's like building a robot, after you've given birth to a baby. Even the same thing, it's not close at all.

 Carissa Andrews 1:01:55
True. That is true. Like I could, that is a good analogy, actually. You can call it

 Megan Linski 1:02:02
Yeah, to follow those intuitive hits, because that's what's going to give you the most success, for sure, trying to like manufacture something artificially, that's not really natural.

 Alicia Rades 1:02:12
Yeah, I will say that our intuitive hits have given us like, we've got so much more success, all in

our intuition than doing what is like conventionally supposed to be the thing to be successful.



Carissa Andrews 1:02:26

Yes, I think that's so key. And I think that's important for authors to hear too. Like when you were talking, there was a point that I was going to make, and I would totally spaced it out until just now, Alicia, when you were talking about when you were in your process of writing all the books and doing all the things trying to bring in that monetary success and trying to, you know, feel like your work is doing something. One of the things that I think we as indie authors really got into the the mind space, or this like weird cyclone was the whole, like, you have to be rapid releasing constantly nonstop all the time, in order to earn a living. And I know a lot of authors got on that hamster wheel where it was like, in order to earn money, the best way to do that is to release the next book. And so they kept trying to pick it up. And I think that's where a lot of authors trip themselves up. Because they have to take that downtime in order to receive the signals or the intuition or the downloads, or however you wanted to describe it for the books that are really going to do well. Because when you're constantly going, you're that object emotion that stays in motion. And so it's not receiving anything. It's like bouncing off of you because you're constantly going. And that's one of the reasons why with rapid release roadmap, the course that I created, I started thinking like, I'm going to teach people how to do all these books, right. But the more I was doing it myself, the more I'm like, I don't want to teach people how to do this type of book. I don't want to teach people to do it like this. And so it was like trying to pull it all back. So it's like four books a year, try try to do four books a year, you're still going forward, you're still being prolific, you're still doing your author career, but you're not dying over it. You're not like spinning off into like some crazy talent. And I think it's so key that authors, especially in the authors, because we're entrepreneurs and we're trying to do this thing, or we're trying to earn money and we're trying to be creative all at the same time. We still have to have that life, we still have to allow cool, fun, beautiful things in we still have to enjoy our relationships and manifest good health and you know, all these good things. I think it's so important that we do that, don't you think?




Alicia Rades 1:04:27

Yeah, I will say, I don't know about Meghan, she can talk to this about her own experience. But the year that I was writing the most was the worst year as far as like financially successful, or just success in general because I wasn't. I was so focused on getting books out that I wasn't focused on the other things that could have made me successful. And this year, we have released one book one co written book together. I have a solo one coming out but so far, we've only released one book and this has been both of our best property year.




Carissa Andrews 1:05:03


Isn't it? Great. That's amazing, though. But you got to think, too, there's probably a little bit of aspect to what you had done all the content creation you had done in the past, that's now still helping you because you've got this back list there. And it's created this, almost, I don't know, this is how it feels for me. So let me know if this is how it is for you where it's like, it feels like, I've proven myself that I can do this thing, right. I've got enough books in my back list now. So I feel like I can earn more, I'm okay to earn more now. Like, it's, it's okay.

 Alicia Rades 1:05:35

I think that's what I was trying to prove to myself because I, I had this mentality that I am not successful, or I'm not where I want to be, because I have not proven myself. And so I have to work really, really hard to prove myself. So I actually had to detach from that mindset. I don't have that anymore. And I don't believe in proving yourself, I believe that you're already worthy. You know, I don't have to have 25 different series to be successful. So that's something I have really detached

 Carissa Andrews 1:06:06


from Good, good. Well, holy cow, I can't believe it's been an hour. Okay, well, we'll wrap this whole thing up so that you guys can get on with your day. But thank you so much for being on this podcast. I could literally talk about this all day long.

 Alicia Rades 1:06:24

For weeks months?

 Carissa Andrews 1:06:27

Absolutely. Well, we'll definitely have to have you guys back on, obviously. Okay, so if my my listeners want to figure out how to find you guys, what's the best place for them to go in order to see your books, which guys are up to get on your email list? All those good things? Where do they go?

 Alicia Rades 1:06:42

Hiddenlegendsbooks.com is our co-written site. We also have a Facebook group that that is for our readers. That's where most of our interaction happens. And that is Orenda Academy, Hidden Legends fan group. So Hidden Legends is our co-written universe. So that's where to go to find us both.

 Carissa Andrews 1:07:02

Awesome. And now do you have obviously I'm guessing you have separate websites as well. You want to share those as well.

 Alicia Rades 1:07:10

Mine is AliciaRadesAuthor.com and Megan's with MeganLinski.com.



Carissa Andrews 1:07:16

Wonderful. Thank you guys. Well, thank you so much for being here and sharing your stories. And obviously your amazing box that that's coming out. Well, it's already out, right, the box sets out, you're just using your list aiming for it and getting the whole you've manifested the list, aim. You're getting everything rockin and rollin. That's amazing. So definitely check that out as well, guys. And thank you so much for being here. I appreciate it.



Alicia Rades 1:07:38

Thanks for having us. It was a lot of fun.



Megan Linski 1:07:40

It was awesome.



Carissa Andrews 1:07:44

Oh my gosh, aren't Alicia and Megan, just incredible? I love speaking to both of them about not only their own writing adventures, the way things have transpired for them, but their attitudes and information about how manifestation has worked for both of them when they have different kinds of angles that they're coming at it, whether it be from an illness or from a disability or from a mental illness. Manifestation has such a different vibe for each of us. But it's the same kind of concept. No matter who you are, or what we're kind of dealing with. It's so cool that the way we manifest just gets shifted a little bit based off of how we as individuals operate. And so it's I don't know, it's just such a fun mental exercise, for me at least to think about how we're all manifesting all the time. And it doesn't, there's no one perfect right way. For every single person. We're all individuals we manifest just a little bit differently, based off of what it is we're vibing with based upon what it is that we're thinking about. And just going forward for all of it. These two ladies were just so much fun to talk to. And I hope you enjoyed listening to their adventures on how they came together. That is one of my favorite stories. I just love listening to how people will find each other when you're like not really looking, you know, for a writing partner or not really looking for things and maybe you're even vastly different. I think that's just such a fun thing to listen to, don't you. Alright, if you would like to download the transcript for today's podcast episode, you can head over to authorrevolution.org/153. And you can download it right there. In addition, I will have the links over to the hidden legend books and of course to both Alicia and Megan's websites as well so that you can find them out there. If you'd like to learn more about what they write how they operate. And I'll even include a link to right to riches by Renee Rose since they are both featured in that book as well. I'd also like to thank both of these wonderful ladies for coming on to the podcast episode and talking with me about their experiences. It was such a blast to be able to speak with them and learn more about what they do and how they're operating as manifesters is as amazing authors. Thank you so much for being on the podcast. And I hope you enjoyed listening. And since it's still active Over I hope you are getting all of your planning and prepping ready for NaNoWriMo there's going to be plenty of nano speak in podcast episodes to come. So make sure you are hanging out with me on every Wednesday throughout this month we're going to be talking an awful lot about NaNoWriMo about prepping and of course we're

even getting to speak with an official NaNoWriMo municipal liaison very soon. And I want you to hear all about what that aspect looks like and what they do for NaNoWriMo participants. It's gonna be amazing. Get your words in, get your planning in and go forth and start your author



Megan Linski 1:10:33

revolution.