

Episode 172

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SPEAKERS

Renee Rose, Carissa Andrews



Carissa Andrews 00:03

The indie author revolution has been around for more than a decade, the Wii indies continue to push the boundaries of what we're capable of. From getting over initial prejudices, to staring down perfectionism and author impostor syndrome. We've become a force to reckon with. Now after years of hustling, grind, we indies are rebelling again. Gone are the days of publishing a book a month until we drop, and in its place, we're sowing the seeds of a better way away with more ease, abundance and flow. Get ready to learn about indie authorship from a whole new perspective. We're about to cover everything from releasing your poverty mentality to manifesting your millionaire author destiny. I'm Carissa Andrews, and this is the Author Revolution Podcast. Hi again, welcome back to the Author Revolution Podcast. Oh my gosh, guys. Okay, so today is March 1. For you guys. For me, it's actually February 28, as I record, and I have to say, I am still still still riding high from the opening of the Millionaire Author Manifestation course and the launch event last week, and that Abundant Author Activation, everything has just been so fantastic. And it like exceeded all of my wildest dreams. It's been just so amazing. So for those of you who were able to participate in the Abundant Author Activation, those of you who are now students of the Millionaire Author Manifestation. I welcome you, I am so grateful for you, holy cow, you have made my absolute year and it's just February, right? Well, March for you guys. But you're not insane. So oh my gosh, I'm still just so thrilled. We've started the first week of Millionaire Author Manifestation, the live launch. And we're in the process of it right now. And it's just been so much fun and so engaging, I just absolutely adore it. So it's been neat. And, you know, when I'm talking about manifestation and law of attraction, and doing the things that really light me up, there's this sense of calm and the sense of connection that really joins me to the people that we're talking to, right. And so having those calls, like that, but an author activation, which by the way, was insanely successful, like we booked out on Zoom within the first minute, there were like 100, participants, boom, were there it was craziness. So amazing. And so obviously, we have to make some different adjustments for next time around. But it was a learning curve. And so, so incredible. But anyway, when I'm, when I'm talking about manifestation and law of attraction, there's just something about it that lights me up. And this week on the podcast is really no different. Like, I got to talk with one of the most amazing people in our industry, about manifestation about law of attraction about her incredible book, Write 2 Riches. Yes, that's right. Renee Rose is on the podcast this week. And I got to have a wonderful conversation with her. I was so excited. Okay,

so let's tell you a little bit about like how she first came into my sphere, it was kind of funny, because for me, I was like digging around the interwebs trying to figure out like, where's our tribe? Where are the people who are authors who liked law of attraction, manifestation abundance. And I was still, I think, in the process of kind of playing with this idea of the Millionaire Author Manifestation course. But I didn't know what I wanted to do with it. I didn't know how I would play around with it. And so I stumbled into this Facebook group called the Abundant Author Central. I was like, perfect, this is awesome. There's some engagement in there. There's some amazing women and men who are talking about manifestation in there, it was super great. And lo and behold, I come to find out that Renee Rose is one of the people who are moderating and, like, created this Facebook group is just amazing. And so it was like my first introduction to Renee like from the manifestation side of things. And obviously, I kind of went on to create the Millionaire Author Challenge as she was creating the Write 2 Riches book, which was super cool, because it was kind of coinciding all at the same time. So there was a really cool energy in the air where you could just tell people are excited about law of attraction about manifestation. And so when Renee's book came out, right to riches, of course, I had to get it right away, because da it's amazing. And so, as I was looking at it and doing all these fun things with the book, like going through the book, and the the lessons I got to interview, you know, people who are in her book because they're amazing as well. So it's just been kind of this interesting dance of entanglement between me and Renee. And then of course, when Alessandra from Ingres con reached out and said, Hey, we want to do a talk on abundance for authors. Would you want to do a talk with Renee Rose it was like a no brainer. Absolutely. So Renee and I are going to be doing this amazing talk for Inkers Con in June. But of course, I had to bring her on to the show because she's just when we got together and started talking about what our presentation is going to look like what we're going to do for it, I just knew like, we needed to have more of Renee because she is so sweet. so down to earth, but yet she has this, this beautiful grasp on energy work on the way that manifestation can work for us in the authors that we really need to hear. And so I know that you're going to love this podcast episode as much as I did recording it. So without further ado, let's get into it so I can share this amazing interview with you. Thank you so much, Renee, for coming on to the Author Revolution Podcast, I am thrilled to have you here. We've talked about you a lot on the podcast, but this is the first time I've gotten to actually bring you on. So it's pretty awesome. I've also talked a little bit in the introduction about how you kind of came into my sphere, but for my audience, could you let them know a little bit more about who you are and what your author journey has been like?

R


Renee Rose 06:01

Sure. I started writing I first published in 2012. And so it's been 10 years. And I was really focused on like, from that was right at the beginning, right, like 50 Shades of Grey had just come out. And so I saw what was possible, right? Like I saw that, like, you know, a new author can make a ton of money. And so right from the beginning, I was like, Oh, my, like my third book, I'm like, This is gonna be my 50 Shades of Grey, my friends, like, I don't think so.



Carissa Andrews 06:25

Everyone else is like, this is gonna be my Twilight.



R**Renee Rose 06:28**

Right? And so of course, she was right. It wasn't but, um, but I had that, as you know, I had that intention. Right. Yeah, of making, you know, bringing in the abundance through my books. And so I held that intention. And I guess three years ago now, I think 2020 20 was my first seven figure year congratulations.

**Carissa Andrews 06:51**

That is so amazing.

R**Renee Rose 06:52**

Yeah. So, so now I'm pretty passionate about, you know, abundance mindset has always been my gig, like, forever, I'm really into energy work. And so now I'm passionate about coaching others into finding it as well. I love that. And that leads me right into the next question. I was gonna say, I adore the fact that you are also an energy worker, someone who loves to talk about manifestation law of attraction, because it's something I've always loved as well. So where did it start for you? Like, how did that process unfold in your life? Yeah, well, I'm very kinesthetic. So I'm a dancer, like feel things in my body. And so I always felt energy. But until I had like, the language to understand what I was feeling it sort of it made life kind of chaotic for me. Right, like, I didn't understand, you know, stealing other people's feelings, not understanding. They weren't mine, like all of that stuff. And so once I got like language and understanding for that, like, life got just so much easier. And so I still, like, everything I go at, I usually am feeling into the energy of something rather than the logic of it.

**Carissa Andrews 07:53**

That makes a lot of sense. I'm a Reiki Master as well. And for me, it was like that was the opening point. It was like 2001, I think is when I first started my process of getting into Reiki. And it was just like this whole new world where all of a sudden, it's like, Now this makes so much more sense as to what this this vibe is like, what's happening here. And it was just such an interesting thing to, like you said, finally have labels to be able to describe what's going on. It's super cool. Yeah. So how did that transition then into your your writing life and your book life?

R**Renee Rose 08:24**

Like, what did that look like? Well, I mean, I was manifesting for you know, for a long time, like, I had a neighbor. What, like when I was in my early 20s, like, maybe 23 I had this next door neighbor who was like on the other end, like she was, you know, just retiring. And she was into this. I don't know if you've heard like, the Seth books. Do you remember those? Like a channel?

**Carissa Andrews 08:43**

Yep. I have two of them.

R

Renee Rose 08:44

Okay. Yeah. So she, like she was the one who was like, oh, yeah, well, I just put it out there that, you know, that I'll move to I forget, she wants to move to the mountains. And then like, you know, and then I just watched everything she would say, like, within like, two months, like, everything came together. She's like, I put it out there that someone will take over my lease. And she's like, I put it out there that someone would take my cat and like, all of the stuff just like fell into place for her. And so I was like, Okay, I'll put it out there. I'm gonna buy a house, you know. And of course, I'm like, 23 I'm making I'm making like \$9 an hour. Right? Right. And so then I go to court, like I go, you know, to try to qualify, like, I go to get pre qualified, just a fee. And they're like, they're like, please explain why you've had five jobs in the last two years. I was like, well, because I just graduated college. Right? Like, what do you expect of me, but they weren't, you know, they were like, no, sorry, we're not going to take you. But I had put it out there. And so of course, the universe conspires on your behalf. And like, very shortly after that, my dad who had not said a word about this desire of mine was like, you know, I'm looking for a tax break. And I'd like to help you buy a house.



Carissa Andrews 09:44

Heck, yes. How cool is that?.

R

Renee Rose 09:47

Yes! So, yeah, partnered with me to buy a house, you know, so then, so then I was hooked on it, because I was like, Oh, it does work, you know. Yeah. And so then I was like, let's start a dance company. And then like, that came together, you know, like all these things that would, I could manifest, but I was still, you know, I had a lot of like fears and anxieties there. So I can see how like, you know, it's like that you believe in it, but then you block it. Right. So there was. So I had, I had a lot of success at manifesting. And I also had a lot of heartbreaks, I think I think most of us do.



Carissa Andrews 10:15

And obviously, money blocks are a big thing in our industry. There's so many like from Denise Duffield Thomas to obviously you and your amazing Write to Riches book. You talk about money blocks, and how we kind of put up that wall of resistance to the things that we want, especially when they mean a lot to us. What would you actually do to help authors shift when they're in that mentality of resistance in? When there's a money block or any kind of block that kind of keeps them from getting the thing that they're desiring what, what kind of advice do you typically tell them?

R

Renee Rose 10:44

Okay, well, so in my book, I have the seven steps to manifesting. And Step six is let it be and I think this is the hardest for all of us. Yeah. Right. Because you, we think that we have to do

think this is the hardest for all of us. Yeah. Right. Because you, we think that we have to do more. Right? And in fact, it's more it's like doing less, it's more, it's more like what you are, like the energy that you are. And so, but it's I mean, it's, it's, it's a process for me, too, because I also feel like oh, no, it's hard work. Like, that's what I was taught growing up, like, you got to work harder, right? Are you worried? Work harder. You know, like, figure out. Yeah, control it more like, yeah. And so but the thing is, like with quantum entanglement, sometimes they need some space, because you're blocking with all that effort and control, you're blocking it from coming in, because you're trying to like work on the how, or the instead of like, if you give it space, then the things have room to come into you.



Carissa Andrews 11:34

Right? And you'll open up all the possibilities that beforehand, you weren't allowing in because your mindset is just so narrow, and so focused on a specific thing, or whatever it is that you you want, that you can't pull it in, because it might not, you know, if you're focusing on the guy, and he has to be a certain way, and he might look exactly opposite to everything you think you're attracted to. You can't bring him in, you know, the perfect guy or whatever.



Renee Rose 11:57

Exactly, exactly that like and so it's funny that you brought that up because I just in January, so just this like for two weeks, have started dating again after my divorce. So it's like, you know, been 27 years or whatever, since I've dated, right? And I have like all this, like just mental gymnastics going on, right? Like just crazy. Trying to figure it out trying to do it, right. Like all of those things, trying, trying, trying. And then someone recommended the book *Calling In the One*.



Carissa Andrews 12:24

I have heard of it, but I haven't read it.



Renee Rose 12:26

So it's the same author who did *Conscious Uncoupling*, which I think is interesting. And even I'm just only in like the very beginning. But it already like, settled me down so much because she talked about, she said, "Don't hoard your love for the one." Like don't wait and hoard your love. Like you'd be in a state of love right now. And then as soon as I settled into that, it all got like all the gymnastics went away. Because when when we're in that state of love, like that's when magic can happen, right? That's when the things can flow. Because now you're embodying the things fun.



Carissa Andrews 12:58

Yeah, I love that. So cool. And it's so true when it whether it's the one that you're trying to call in, or the books that you're trying to create, or put out into the world, or any of those things, when you can embody the thing already being yours. Now, so much easier to just like, relax

and let it be relaxed and let it be exactly that. Yeah. For me, that was not an easy thing. I was I'm a Virgo a double Virgo at that. So it's like, I need to know the things. And so for a very long time, I was very much like, no, there's got to be an XYZ plan. What's the plan?

R

Renee Rose 13:30

The plan is trying to get it right. Like, I'm afraid I'll do it wrong and trying to get it right. And that stops me so much from just receiving.



Carissa Andrews 13:38

Yes, right. Exactly. Oh, my gosh, I love that. And one of the things that you talked about in your book to be able to help with some of this is the idea of futurecasting. Which reminds me and I know you mentioned it in your book, too, that it's so much like the law of assumption. Do you want to describe a little bit about what future casting is? And like how that those experiences have been for you?

R

Renee Rose 13:58

Yeah, so it's super fun. You just pretend that it's already happened. So and I like to play this game. Like if I have someone else with me, I'll be like, like, I'll be in Barnes and Noble, right. And I'll see the stands of books of the like, you know, viral on Tiktok. And so I'll say to my daughter, I was like, Hey, do you remember when my book was on there? And then she like won't get that future? Like, no. Elbow, elbow. Hey, remember when my book was on there? She's like, Yeah, mom, that was so cool. We came here and took a picture with me with that. And she's like, oh, yeah, totally. Like, just just like, I make a game of it. Like just to play with like, Hey, do you remember when and then like, just start like, because it just immediately lightens it up, right? Because a it's a game so it just makes it fun. Yeah, but then you're playing with possibility like, oh, yeah, I remember when I was the featured bucket. Barnes and Noble. Remember when I hit the New York Times, like and then it just makes it like, it's not so concrete. Like I have to hit the New York Times. Like that's, that's heavy, right? It really is and it feels so like stiff and contrived and



Carissa Andrews 15:00

Yeah, like you said, just lightens it up. It's kind of like Abraham Hicks and the way that they talk about like, you know, wouldn't it be nice if, yeah, rather than like saying this is something I want, it has to be, this wouldn't be nice if I had this thing that came to me really easily or you know, whatever. I love that.

R

Renee Rose 15:15

Manifestation Babe, she had a podcast or like, email, she sent it recently where she said, "You just say just for the hell of it, I'm going to manifest..."



Carissa Andrews 15:23

Nice.



Renee Rose 15:24

Yeah, to kind of lighten it up. Like just for the hell of it. I'm going to manifest the New York Times bestseller. Why not? I can do that. Just for the hell of it.



Carissa Andrews 15:31

Like that so much. I would have done that before when I was list aiming. Just love it. I love it. And of course, COVID like, came in like squashed all of those, like light vibes during that year. Yeah, I was. I was listening in 2020. And it was just like, right as I'm getting ready to go and like, start doing all the outward events that I was planning. Go with it. Like literally the week that we're gonna do we have this huge St. Patrick's Day parade here in my town, like, it's, we have, like, 200,000 people descend on our tiny little town. And I was in the parade, I was going to be handing out stuff. And it was like, This is gonna be so amazing. And the COVID shut it all down. No parade, no parade. And so I was like, How do I keep the vibe light? It did not work.



Renee Rose 16:17

It was tough. Because mass consciousness right then was really rough.



Carissa Andrews 16:20

Yeah. All right. It was it was an interesting year to say the least. Oh, my gosh. Well, you mentioned about how the how is not our responsibility. And that's something that I talked about as well, either in the podcast or my courses. So what do you what kind of advice do you give to authors when they're really like digging their heels into the hows? Like, do you have other than the obviously the lightening up that we've just talked about? Do you have anything else any other tips or tricks to help them get out of their head a little bit?



Renee Rose 16:46

I mean, so I like to say to trust your gut. So like, if you got like, the How will show up for you? Right? So if, if you got a nudge to do something, that means you should do it right away, like if you get the like, and then those nudges are usually like those downloads that come like, you know, when you're in the shower, or when you're on your walk, or driving or like, and those are the things that are money. Like when you get that down on like, oh, I should post my book in such and such group. Like if you if you if that just showed up in your mind, and you didn't create it out of like this logical step of I'm gonna post here, here and here. But if you just like dropped in, follow it because that's money right there.



Carissa Andrews 17:23

That is so good.



Renee Rose 17:24

Yeah, that like, those are the hows to work like those are the hows to worry about. And then the rest, you just show all yet. So that's just you showing up to the universe. Like that's the universe trying to help you direct you.



Carissa Andrews 17:35

And then you just took inspired action.



Renee Rose 17:37

Yeah, exactly inspired action. Exactly.



Carissa Andrews 17:39

Love that. I think those are the funnest ones to dig into to and to kind of like play around with when they do happen, because all of a sudden, you're just more energetic about it and more excited about doing the thing. And there's, there's a completely different energy to when you have those inspired actions drop in your head, then then like you said, when you're efforting it and trying to figure out that like, okay, point B needs to point D to win. How does this work? You know, it's really not doing all that stuff. Right?



Renee Rose 18:05

Totally. And also, I think it's so then there's like, the trust piece. And then that's, it can be the heart of again, it's in that let it be, but it's like, I have one coach who says like you don't call a restaurant and make your reservation, and then call back every 15 minutes to make sure they have it. That's true. You set your intention, the universe heard you. Now you get out of the way that make it. Yeah, or you show up for inspired action, but you don't have to control.



Carissa Andrews 18:29

I love that analogy. That's super cool. That's like, yeah, it's like the Abraham Hicks thing where it's the ask and it's given, but it's the context that makes it so much more relatable. That's so cool. Yeah, like it's already on its way. It's already you can trust. It's done.



Renee Rose 18:47

 Renee Rose 18:42

It's done. Yeah.



Carissa Andrews 18:43

Hello, relax. Show up at eight. You're fine.



Renee Rose 18:48

Like that.



Carissa Andrews 18:48

That's so cool. Okay, so I've had Megan Linski and Alicia Rades on the podcast, we've obviously talked about Write 2 Riches, and then being a case study in your book, do you have a particular case study that was the thing that stood out the most when you're putting your book together?




Renee Rose 19:02

I mean, I loved all of the case studies. But one of my favorites was Lee James, and she talked about, she wanted to hit the USA Today list. And so she had been doing a journal exercise process where you write, I think, 10 things. You're grateful for 10 things you've already manifested, I think maybe they give you confidence in that and then I forget what the exact process of anyway she was writing so it was like every day then she would write like that she wanted to be a US and then so then it's like, what you want a mountain it's like what you have manifested what you want to manifest what you're grateful for, I think maybe everyday, she was writing for a month that she wanted to hit the USA Today list. And then you know, just that notebook got filled, she put it away. She was on to the next month, which was a different intention. And in the meantime, she went wide from KU and so she was loading her books on to radish and kiss and while she was you have to break them up to put them up there. So she had to reread. And she was rereading this old book of like, a pen name that she almost dropped like she'd already like shut down the website for it like she wasn't even I'm writing actively in that. And as she read it, she like fell back in love with her book, when she was like, this book was so good. And it did really well in KU when it was in KU, and you know that I bet if it had been wide at the time, it would have had the list like it was very popular five years ago, you know? No thought of like, I'm gonna try to hit the list with it now, like it was, you know, it was a has been, right? It was an old book, she's putting it on Radish. Well, I don't know, a month or two later, all of a sudden, she's getting bombarded with like, emails, messages about this book. She can't figure out she's thinking she's being targeted by some kind of bot. Oh, great. She's like what happened, you know? And then she realizes that Kiss, the app has been advertising their app using her book.




Carissa Andrews 20:41

Oh, cool.

 Renee Rose 20:42

And she sold 9000 books in one week. Why? Hit the list? Two weeks in a row.

 Carissa Andrews 20:49


That's amazing.

 Renee Rose 20:51

I know. And I just love that story. Because, you know, she didn't. She didn't. She didn't manufacture that. Like she didn't engineer that. Like she just set the intention and loved her book. And the rest of the universe took care of that is so great, especially for all of us out there who have been like trying you know, you get get in a box that or you try to do it a certain way, the other way or you're there all the efforting trying to do the thing and then here she is just this is what I love and then just keeps lets that go lets it be that anyway.

 Carissa Andrews 21:21


Yes. I love that.

 Renee Rose 21:23

Yeah. And I think the loving your book too, like that's in my book. That's Step three, and that there's like she cuz she was loving on her book. She read it right? Yep, she set that out. Like this book is great. It deserves USA Today, not thinking it's gonna hit but just, I love it so much. It deserves it. And it, it got it. Yep.

 Carissa Andrews 21:40

That is so cool. So speaking of love your books, I have to say, or, yeah, that's your step. But in there, you have a meditation that goes along with that. And I thought that was one of my favorite things to like, sit in, kind of play around with mentally and think about, would you be able to describe a little bit about how the meditation works and what inspired like the actual meditation itself?

 Renee Rose 22:00

Well, I think that is like love is kind of a it's a fuel. Right? It can power our dreams, right? And so I always like I used to say, even like, long before I wrote that book, like if someone say, what advice do you have, and I would just say love your books. Because when you're in that state of love, you're going to be marketing from a very different place. And when you're in the state of

lack, yes, is when you're in the state of lack. You're like chasing the sales. You're like chasing the readers you have and then people get that like desperate energy from you. And they're like, I don't know, you're probably not good enough, because you're sending out the not good enough energy. And so they're like, I don't know if I'll take a chance on that book. Right? And when you're in the state of love for your book, you're like, I this book is amazing. I just want people to read it, then you're in an invitation. Yeah, then you're marketing as an invitation. You're like, I love this passage, I'm gonna share this passage on social media. And then everyone else is gonna love it too. Because you loved it. It's got that energy embedded in it. Yeah. So like, when you when you think about marketing your books from the space of love, it's a completely different energy than when you're trying to sell books.



Carissa Andrews 23:06

Oh, yeah, for sure.



Renee Rose 23:07

But you do sell, like love does sell them better, right?



Carissa Andrews 23:10

Yeah, it has such a different vibe to I remember when, when I was originally writing. And it was, I started out blogging, because for me, it was like, I just knew I had to like start writing. And my best friend was like, just blogged when to start a blog, you know. So I started blogging in, like, when I look back at the post, from the very beginning, when I first realized how much I love writing, there's a there is a palpable energy, in the words themselves, like you can feel the difference between when you're efforting, that that particular blog, versus when it's just an inspired love flowing through you kind of thing. And it's just it's so it's so true that people can pick up on that whether they they mean to or not, they're picking up on that energy.



Renee Rose 23:53

Yes, for sure. Yeah. And I can't like I don't even know if it'd be like something. Like, if you actually make difference, I think you do actually make different choices when you're coming from a space of love. But I do think it's also possible to do the same exact thing from a space of lack and a space of love and have them react to the loved one.



Carissa Andrews 24:09

Oh, for sure. Yeah, I think you're right. So how about that meditation? How does that work? Are you okay, sharing a little bit about how it works for people who are interested in in understanding the love your books process that you have in there?



Renee Rose 24:22



Renee Rose 24:22

Absolutely, I'm trying to remember what it is. I'm like, Did I have let's see. So I'm assuming probably it was like calling in your Higher Self expanding out in every direction, and then you bring in the energy of your book into your Higher Self energy.



Carissa Andrews 24:36

Yeah, that sounds right.



Renee Rose 24:38

Yeah, like I'm guessing that's what I did.



Carissa Andrews 24:40

And so it's I don't know for sure, guys, go look at book go read the book. Check it out.



Renee Rose 24:47

I'm like, oh, I should I should maybe make a post about it would be good for like a short little social media post or something that has so. So good. I love it. Yeah, yeah. And so then you can like You're like you meaning in the energy of your book, you're bathing it in love. And then that love, like, makes it grow, then you can ask it if it needs anything from you like it might, like if you're, if you have a new release, you're calling your book in, and then you can, and you're communing with it. And you could say like, what do you need? Usually, my book will say, Just love me. Yeah, sometimes it'll say like, Facebook ads, or sometimes I'll get like, something specific, like, post in this group or, you know, lower my price or, you know, whatever it is, like, put me do a book club or something. But a lot of times, it's just love me, you know?



Carissa Andrews 25:33

Yeah, but it's so cool. Because I don't think a lot of authors think to stop and really ask themselves what what their book needs or what even they need as an author, like, what kind of energies are they looking to call in right now? I think sometimes we are just functioning so much in like the to do list because we get, I mean, we're stacked with all the things that we have to do as indie authors. So it's like we're constantly in that reactive kind of mode, and we're not, you know, pulling in our intuition and really calling in what needs to happen versus what we think needs to happen. Yeah, yeah, that's so cool.



Renee Rose 26:05

I think to love it's free, right? So it's, you're like, I don't have the money to market my book, like, Hey, you got the love?



Carissa Andrews 26:13

Yes, exactly. Well, next that it's so powerful, like, again, I like Abraham Hicks. I love the way they teach. And so I love that they're constantly talking about like, the person who is more in tune tapped in turned on to who they truly are, are more powerful than anyone who's not. And so if that is what you are, if that's what you're embodying, you're going to be that magnet for all of those good things to come to you whether you have the money or you don't. And so it's it's such a powerful engine, such a powerful magnet for all the things that you want, as long as you can get back into the core of who you are, instead of focusing on all the things you're not.



Renee Rose 26:48

Totally Yeah, totally cool. Love that.



Carissa Andrews 26:52

So who has been your major inspirations when it comes to trying to level up your manifestation abundance mindset and things like that? Who Do You Love?



Renee Rose 27:02

I Love. I mean, I did originally start with Abraham Hicks for sure. And then I like like Joe Dispenza his work. He's a little more so I'm not super sciency but if you are sciency you know, he's got the science behind it.



Carissa Andrews 27:15

Yeah. Mel Robbins is kind of does that as well.



Renee Rose 27:17

She's Yes, I've heard that. Yeah. And then I love like, Gabby Bernstein. The Universe Has Your Back. Yes. Or Jen Sincero You're a Badass at Making Money. Yep. And like Mike Dooley Playing the Matrix.



Carissa Andrews 27:36

I have not read it, but I've heard it. I've heard of it. And so I have to definitely get that one.



Renee Rose 27:40

Yeah, that's a good one. And I'm skipping one.... Oh, of course! Denise Duffield Thomas. I like

all of her books.



Carissa Andrews 27:48

Oh, me too. I love her laid back approach to everything where it's, it kind of goes back to that like let it come to you just chill out a little bit.



Renee Rose 27:56

Because I'm the I'm like the overdoer or so like that Chillpreneur book, which is now called Chill and Prosper was like, I loved that was that's my favorite, because that's probably the one I needed most. You know.



Carissa Andrews 28:06

Right? Yeah, the permission to just chill out? I agree. Yeah, because it's so many of us. We have, I wonder for all kinds of that, like super high achievers, writer people. We want to like, do all the things. They want to do them all correctly. But it's it has gotten to be such an out of control career almost, that if you're not careful. It's like you're just hamster wheeling it all the time. Because you don't know which things are actually being beneficial. Which things are not and oh, there were many years where I was definitely way too crazy off the deep end of it. Yeah.



Renee Rose 28:41

Yeah, totally. Yeah. And even like, you know, I may preach, letting it be but like, I'm still overworked. And so I was sort of hitting like a little. You know, I don't even like I don't like to give names because I don't like to solidify things, but like some might call it breakout or writer's block or, you know, and so like this last weekend, I was like, it's like hard for me to like, say it out loud. But I want it because I'm afraid someone will hold me to it, which is, of course what I need. But I am officially now taking Sundays off. No works. I'm having no. Yeah. So you should have seen me this Sunday. I was like, Oh, what do I do now?



Carissa Andrews 29:14

What do I do with myself? My husband and I we did the same thing. We had two days for our anniversary last year when Mom took the kids. And we literally sat on the couch and just like napped because there was like what do we do with ourselves now?



Renee Rose 29:26

Right? It's so different than the urge to like, go back upstairs and start working. Like, I mean, I had to resist it like five times.



Carissa Andrews 29:34

Yeah, it's that momentum thing. It just keeps going. And all of a sudden you're like, What do I do with this? And that object in motion stays in motion?



Renee Rose 29:41

Yeah, just yeah, this habit that and like this is a comfortable like sitting in this chair in front of this desk. It's a comfortable place for me to be so then it was like, oh, now I'm out of my comfort. Like



Carissa Andrews 29:49

Well, and it's so interesting that you're saying that you're trying to take more time off and everything because I think a lot of authors right now, I talked about on the podcast this past week. We're like there's so many of us. I don't know if it's partially because of the fact that Mercury Retrograde went over the New Year. Or if it's just maybe it's been more overcast, but there's like this, this overwhelming feeling of resistance to like move forward with certain things. Even if normally on New Year's, you'd be super excited to go super excited do all these fun things. This year just feels a little bit more stuck. And so yeah, so it's like, is it seasonal depression? Or is it resistance? And so I had that kind of conversation. Are you feeling a little bit of that, too? It sounds like maybe you have where you're like, hitting up against a wall, and you're trying to figure out the best way to get around it?



Renee Rose 30:34

Yeah, I mean, I just was like, I'm one of those people where I've, I mean, I do say time and space is an illusion, right? And so that means I tend to think time and space doesn't exist for me. So then I'm like, I am stacking. Like, I'm supposed to be doing all these things at once. Sure, I usually can get them all done. But I think like between the holidays and you know, running that my eight week right to riches course right now, we ended the first time I've run it. So I'm creating all the materials for it. And then I had a deadline for a book. And I just the book wasn't, there was just like I was, there wasn't, you know, that usually have that active rich imagination going? It just wasn't happening.



Carissa Andrews 31:13

Yep.



Renee Rose 31:13

And then I was like, because you're not making enough space for it.



Carissa Andrews 31:17

For sure. Yeah, I know, I have that same vibe. And it's, it's that weird push pull energy, where you're, I don't know, if you've discovered this when you're doing your courses to where it's like, on one hand, I will teeter totter. It's like my books will be like the big thing where it's like, it's consuming all of my mind all of my creative energy, it's calling to me, it's doing the thing. And then I'll flip back to the courses for a while, or calling in more of the different types of offers that I can help the indie author community with. And then my PA is over here, like, hey, come back to the books. I'm like, oh, yeah, that's right. I gotta go back here.



Renee Rose 31:49

Totally.



Carissa Andrews 31:50

It's like it's, it's always this weird balancing act, that I am not super great at keeping just yet. It's like, I'm still trying to find where that where that feels, are you I think you can trust that you'll get called to what needs you at the right moment.



Renee Rose 32:04

Right? Like, if you're called one way, it's, there's an energy there. And then you get I think, you know, I think following the flow works, for sure.



Carissa Andrews 32:11

Well, I think sometimes you almost get, at least for me, I don't like doing the same exact thing over and over. And so being able to go back and forth. It has like this ebb and flow vibe to it. For me, at least that's how that's how I see it in my head. It's like this. Just nice change of pace every once in a while when I'm doing one thing that I can work on something that's a completely different part of my brain, and energy and whatever. And so it's it's fulfilling different parts of me, I guess. Yeah. So yeah, I like that. It's been fun so far. So if people are interested in getting your book of finding on all like, You're a very prolific romance author, so finding any of your books in romance or joining your course, how did they go about doing all of those things and getting involved?



Renee Rose 32:58

Yeah, so for my Renee Rose books are on ReneeRoseRomance.com. And I have a store now, very excited about some directs direct store, if you like, and then right the Write2Riches.com It's right write and then the number two and then riches.com. And there's also a Facebook group called Author Abundance Central. A super fun group.





Carissa Andrews 33:22

Yeah, that's actually where I found you originally. And it was so funny, because I didn't realize like I was just looking for, like the tribe like the people who are like in this vibe. And so when I found it, I was so excited to be there and like see things and like, oh, it was just so cool. And I'm so glad that you started that group. It was just it still is not was still isn't such an amazing group of people and so many fun individuals who are like minded and who have that same like high vibe, wanting to do this thing wanting to manifest wanting to bring in abundance. It's so cool. I love that. You've cultivated an amazing crew of people and community.



Renee Rose 33:57

It's a very safe space. supportive. Yeah, I really like it, too.



Carissa Andrews 34:01

It's so great.



Renee Rose 34:02

Yes. And then we have a new group, which is it was a new Yeah, it hasn't. It's still getting fired, but it's on there. You can look for it. It's called Money magic. So and that is for like the monthly membership. And so it's beyond just right. It's it's like for creators, so it's awesome. Yeah, so it's called Money Magic.



Carissa Andrews 34:18

And so how does that work then?



Renee Rose 34:21

We have a monthly membership, which is like one call a month, where we look at like unblocking igniting, which is like that, you know, the asking and then receiving. And then there's like a library of resources of the past calls and other like Quickstart guides and stuff. And so it's just \$39 a month, and it's open. Right? So we started with authors, but we're now opening it up to like other artists or creators or, you know, business women or men or whoever, you know,



Carissa Andrews 34:47

Yeah, whoever has this like desire.



Renee Rose 34:49

That's exactly yeah.



Carissa Andrews 34:50

I love that. I did not know that. You guys were doing that just yet. I mean, I think I saw something in the group about the Money Magic where it was just an image. Yeah, haven't had the chance to spend a whole lot of time him on Facebook. So I saw it like I saw it when I scroll is like, Oh, that's really cool. But it kept going until Oh, that's thank you for describing that. That's awesome.



Renee Rose 35:07

Yeah, it's still--we're still getting like a packaging built out. But yes.



Carissa Andrews 35:11

Yeah, the branding takes a while doesn't it? It's just such an experience.



Renee Rose 35:17

Yes.



Carissa Andrews 35:18

Oh my goodness. Well, Rene, thank you so much for being on the Author Revolution Podcast. I'm so glad that you were able to come here. I'm looking forward to speaking with you at Inkers Con in June. Yes, you and right. Yes, that's gonna be so amazing. And I'm just I'm so glad that you're in our sphere in my sphere. And I've gotten the chance to meet you even virtually for right now. But in person soon.



Renee Rose 35:38

Yes. All right. Thank you so much for having me. It's been a pleasure.



Carissa Andrews 35:43

Didn't I tell you, Renee is amazing? Well, if our conversation didn't do it enough for you, obviously, you're gonna need to get her book. Because right to riches is such an incredible example of what we can do as indie authors with our author career when we are being intentional and deliberate with how we want to bring in more abundance through our writing. Renee's seven steps are amazing. And they will help you really reframe the way that you are looking at your author career, and more specifically, how you're looking at bringing in money

through it. So I definitely recommend that to get her book. And if you want more of Renee and I together, I hope that you'll join us either in the online version, or in the in person version of Inkers Con this year 2023. We're doing a presentation together. And it's going to be obviously all about abundant author mindset of how to be able to get over those blocks and resistance, and then go on to incorporating and becoming the thing that you really want, so that you can manifest it more quickly. So it's going to be a great talk, it's going to be you know, one of those things that you are not going to probably find anywhere else, because we're going to include a meditation in the middle of it, it's gonna be really cool. So definitely join us for that at anchors con online version or in person. Hopefully I get to see you, it would be amazing. Come say hi, if you're there, by the way, like go, Oh my gosh, I listened to this podcast episode. Because yes, we podcasters who are also writers who are also teachers, we'd love to hear that too. We really do. So definitely come and stop and say hi to both of us, we would love to hear from you. Now in the meantime, if you are wanting more abundance if you're wanting more, you know law of attraction and manifestation in your life. I hope you'll either check out Renee's amazing membership. Or you can always go over and check out like if you missed the Abundant Author Activation masterclass, I'm in the process of getting the sales page up and running for that. So you can always join that as well. So you can get the replay and some meditations and Tammy's hypnosis session there. There's all sorts of ways now where we in the authors can start to incorporate this abundance mindset into our daily life. The more that we incorporate it, the more that we take on and learn from teachers like Renee or myself or Denise Duffield, Thomas, or Amanda Francis or whoever Abraham Hicks, the more you incorporate it into your life and into your day and keep reminding yourself of it, the more you're going to be changing your neural pathways, the more it's going to concretize in your brain to the point where then old patterns old things that you had once believed were possible or weren't possible start to shift. So I definitely encourage you to check out Renee's stuff. Check out more of any kind of mindset work, whether it's, you know, my own or someone else's. Dig into what you can in order to elevate who you are and who you want to become. We authors are like the trendsetters, when it comes to showing what's possible. We are the visionaries we see things and write them down, that don't exist, right until we do it. And so embrace that allow that to be your guiding force, and keep working on yourself and leveling up. However you feel called to do it. Okay. All right. Well, I myself am so excited because now I get to do some more writing now that the whole launch work 4 million or ultra manifestation is done. So I'm going to be going out heading back into my rom com writing, which I'm pretty excited about. And yeah, it's gonna be a fun day. I'm super excited. I'm loving on my book as Renee said, I am loving on this new fun book. So I hope you will do the same. Go forth and start your author revolution.