

Episode 177

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SPEAKERS

Carissa Andrews



Carissa Andrews 00:03

The indie author revolution has been around for more than a decade. But we indies continue to push the boundaries of what we're capable of. From getting over initial prejudices, to staring down perfectionism and author impostor syndrome. We've become a force to reckon with. Now, after years of hustle and grind, we indies are rebelling again. Gone are the days of publishing a book a month until we drop it 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. Well, hi there, my author, friend, I'm so glad that you decided to join us today for the Author Revolution Podcast. Now this episode is actually one that is really special. I've been thinking an awful lot about manifestation and how we authors how we people in general happen to figure out how to manifest right? And why do some things work for others, but they don't work for everybody? Well, turns out there are different types of manifesters, and figuring out which one you are really comes down to understanding kind of how you've done things in the past how you've created the momentum that you've needed to build the energy to build the alignment towards the thing that you want. So I'm going to go through the eight different types of manifesters. Yes, my friend, there are eight. And I want you to think about which one resonates with you like which one sounds like the type of manifester you are, in specific, I want you to think about anytime you've had something where, you know, it was a manifestation that you brought into reality, let's say it was a book you chose to write, or a house that you chose to move into, or the new car that you're driving, whatever it is, I want you to think back to like, before it arrived before it was in your reality. What were you doing prior to that? What did you do to get into alignment to have the thing in your life? Right? Okay, so the first one, the first type of manifester is the visualizer. Now, this might be a little bit different than what you're thinking, These people like to see it, like in front of them, they actually want to use their visual eyes to see their manifestation come into reality. So sometimes they'll do things like take on vision boards, like create a vision board, have it in front of them, where they're looking at it all the time, they're doing the things, they maybe go to the house that they want to go to, or maybe like, Amanda Francis talks about this an awful lot where she will go to, like when she's trying to elevate into her, you know, area of more money, more abundance, she would go to like really fancy hotels, and hang out there poolside and just kind of feel the vibe of

what it's like to be at that fancy hotel, like pretend, I guess in a sense that she belongs there. But she was soaking in the visualization, of being rich of being where she wanted to be. So these people really, they manifest the most through visualizing, and experiencing through their eyes, the thing that they want to have in their life. And so maybe this means, you know, creating an image or a background desktop thing, where you're going to have something that you look at every single day. And it will remind you of what it is that you're really wanting to do. And it helps to keep you motivated toward it. And it helps you to understand what it is that you're working for. Maybe you like to write things down. Maybe it's like a visualization that you put in front of you, and you have it every single day where you're looking at it and going this is the thing I want, whatever it is the visualizer needs to see what they're trying to accomplish. Okay, so are you that person. Now, number two is the auditory Now I tend to veer a little bit more towards this. I like to hear things repetitively, like hearing affirmations, doing the self hypnosis that Tammy Tyree is helping with and are abundant author and millionaire author courses, or doing meditations or listening to people and things that will reaffirm my alignment, my goals, like I will listen to whenever I'm feeling like I need to elevate my energy. I'll listen to Abraham Hicks just on repeat, I will just let it go in the background, or even Amanda Francis in the background, because their energy and their vibe just elevates you. You don't even have to really listen closely to get the stuff that they're talking about, and have it impact the way that you are. So do you like that sort of thing is reminding yourself by an auditory response your go to and maybe think about that if it is Start veering more towards you know, getting those hypnosis is getting some meditations, do whatever you can to make your goal a reality. Now, number three is the Vocalizer. So these people like to speak it, obviously, they like to speak what they want, they're going to tell people all around them, you know what it is that they want to do what they're trying to accomplish, how fast they're going to do it, they're going to talk about, you know, the exact amount of money, they're going to talk about the house, they're going to talk about all the things as if it's already here, it is their reality. So think the rampage of appreciation, right? This is their way of elevating into that aligned space where their manifestation can come in, because they are using their throat chakra in order to get into that elevated place and really pull in what they're trying to manifest. And when you do that, you there is an a definite shift in the energy of how things are working for you. And there are plenty of ways that you can do these things, regardless of which one is your strongest suit. So keep that in the back of your mind. So if one of these sounds like Oh, I could try that, you can still do it, it doesn't mean it's not going to work for you, it just might not be your most powerful type, right? Okay, so number four is the journalist. This is someone who has to write it all down, like you're probably sitting down every single day journaling out what you're trying to accomplish journaling out what worked for you what didn't work for you, trying to figure out if there are patterns you are looking towards, you know, trying to have that mind body connection, many of you will probably write your journal rather than type it so that you have that stronger connection. And you're getting all of the details ready to go so that you can really focus in on the patterns that you're seeing and get it done. You want to write it down to make sure it becomes a reality. And a lot of people are really good at this because obviously we're authors. So when you write it down, it becomes real, right? Your stories become real, your goals become real. All the things that we're trying to do become real when we connect that mental aspect to our hand to our body, and put it down on page. So if that is you start your journal, start being more deliberate with your journal start writing down everyday what it is you're trying to accomplish. What is your goal this month? What is your monetary goal? What is the number of books you'd like to sell this month? How do you want to have these things come into your reality? Journal it out? Okay, so number five is The Mentalist they visualize in their mind, so The Mentalist will, kind of like future casting, the way that Rene rose talks about in her book, right to riches, you're going to be thinking about the thing that you want to bring in, put yourself into that place. And bring it in as if it has already happened. Visualize it in a very visceral way where

you actually feel it inside your body, where you're thinking about, you know, the house that you want to live in the the type of career you get to have the way your writing career gets to work for you the way the reading flow gets to work for you. The way money gets to work for you, you're going to visualize over and over these things. And maybe you're using some of those auditory things like the self hypnosis, or the meditations in order to help you get there. But you're still visualizing in your mind over and over the thing that you want until it arrives. Okay. Now, number six is the energetic. Now, this is actually my true thing, but I often will combine them with The Mentalist and the auditory, these are kind of like my go twos. So that's when movement gets your manifestation underway. So let's say you like to do mowing the lawn, right? I've talked about this before, if you mow the lawn, there's not a whole lot of like mental capacity that has to be used when you're going around your yard, right? So it's a repetitive motion, you can then start visualizing or thinking about your goal over and over again, you can reaffirm it, you can do it in affirmations, you can be listening to things like Abraham Hicks or whoever, you could go over and over in your mind what it is that you want. And if you're listening using that auditory response to help you get into those goals, you're actually combining all three of those into really a powerful energetic motion for your manifestation of power. So you can do this really, really well. And what's really interesting about it is that at least I found when you include movement into your manifestation, now whether it's biking, it could be hiking, it could be walking, it could be mowing the lawn, it could be painting your house, like I've done all these things, whatever the repetitive motion, as long as there's movement in it, it actually, in my experience elevates how fast something can come. Because you're putting a lot more energy and effort into the manifestation coming to being like you're really being focused. It's that point of attraction that true focus and intention of what you're asking the universe for. That brings it to you quicker. Now I'm not saying that you not gonna get things quick if you're not combining things. But just don't be surprised when you're putting things together. And you realize that naturally you put some of these things in play where it's like multiples stacked on top of each other. Because like, just like a promo stacking thing, it creates more momentum. And so we will naturally do this, especially when it's something that's important. Okay, so then we have the harness, or now the harvester, kind of just like what we sound. So number seven, the harvester is the person that throws all the things, everything that they've got at the wall, like the spaghetti is hitting the wall, it is like all hands on deck, everything's happening, right? So they're going to do all the stuff to make things work. And they're going to maybe be, you know, starting the day off with their journal, and then they're going to be listening to something or they're going to do a meditation later on. They're going to have their vision boards still on their wall, they're going to write things down. They're gonna visualize things while they're doing their workout. Like they're doing all the things. And that's okay, because they're throwing out into the universe. They're powerful magnetic energy, and then it brings everything kind of back into them and what they're doing. Now, that's not the only way to manifest so you don't have to be all go all gung ho feeling like, oh my gosh, if I don't do all the things, this is this is not going to happen. Because number eight, is the subconscious manifestor. So the opposite end of the spectrum is someone who's kind of like the lazy manifestor think Denise Duffield Thomas I think she talks about it in like the lazy author kind of way. Not author, but the lazy entrepreneur or the lazy children or you know, whatever chill printers her vibe, right. And so her goal is to be able to allow things to come naturally and easily. And so she's going to just throw things added that feel good, that's going to hit her subconscious mind. So she does things like changing her passwords, so that they reinforce the goal that she's trying to do. Or she will change some of her icons on her desktop, so that they say things that are, you know, related to the thing that she wants, or like in her bank accounts, showed name them like millionaire, author, whatever, whatever the state was savings account, millionaire author savings account, I don't know, whatever, so that you're constantly seeing, and your subconscious mind is constantly in that place of elevation, whether

you realize it or not, maybe your desktop has like, I'm a multimillionaire author who, or maybe you have changed something in your desktop just to focus on and have this thing. Or you have a ringtone that every time it rings, there's something that's going on and subconsciously reminding you or you've got an app like yep, that will randomly throughout the day, throw out quotes or things just to be like, Hey, you did a good job, or, Hey, you've just hit your millionaire author year already, or you know, whatever, it's things to just remind you throughout the day, even if you're not actively working on it. Now, all of these things, these eight different types of manifest errs can be, like I said, combined into one, they can be, you know, throughout a day combining two, it could be you just doing a couple of them. Or you could just be one of these, where it feels really good to just pick one stay in your lane. And that's how you manifest. That's part of the reason why sometimes I think when we're trying to manifest something, and one of the teachers is out there going, hey, the way you manifest is by visualizing this thing, as if it's already yours. And that's it. And it doesn't quite work because you're not fully there yet, like you haven't gotten your mental energy into that space yet you haven't elevated in some way shape or form, that's going to help you get to that point. Now if you're, you know, let's say you're an energetic, where movement really gets that energy flowing for you, you almost have to start with the movement, you have to get on the treadmill, you have to get on your stationary bike, you have to go for that walk, and then start working on the visualizations and the other aspects that will help you get there. We're talking an awful lot about alignment in the next Abundant Author course that we're doing. So the Abundant Author Alignment course, is going to be live launching this April here on the 17th through the 21st. And we're going to be talking about all the different ways that alignment is key when it comes to your point of attraction to understanding how you can actually get what you want, how you can turn your thoughts into things, how you can get the money into the bank, all the ways that you can become who you are always meant to be and have this kind of come together quickly and easily. So if you're interested in really kind of understanding alignment at this deep level, because it's going to be a deep level. We're going to have five meditations that go along with this. Tammy Tyree is joining me we're going to have three self hypnosis recordings that she's going to be doing for you as well. Plus, we're going to have some journal entries. We're going to try to hit this in as many different ways as we can for manifest errs, so that they can understand what their point of alignment is, and how they can really activate it in a way that brings everything together faster. Now that we've talked about the Abundant Author Activation, which is a masterclass, that's out there. And if you're still interested in that, it, of course, is still available. But this is going to take things to the next level. This is taking you from activating your abundant author, Ernest, like getting rid of your poverty mindset and your lack mentality to really honestly becoming the deliberate creator of what you're trying to bring into your reality. So becoming very conscious about how you are bringing things in. Now that's really, really where some magic happens. When I first understood that, like, there were different manifestors I kid you not, it was like a light bulb went off in my head. And I was like, oh, that's why I was able to manifest that house sale so fast. That's why I was able to get the car like that, oh, that you know what I mean, it was like a light bulb truly. And so if any of these really, like, pinged in your brain, and I hope they did, I want you to know that this is really special, this is something that is going to help you to understand how your mind works, your manifestation power works, and how you can really harness all the things that you're trying to bring in to your reality right now. Okay, so if you want to dig more into this, I would love for you to join us for the alignment course, head over to millionaireauthorcoach.com/alignment to check it out. There's going to be more details obviously there that I can go into the podcast with. But I would love to see you there, it's going to be a live launch, meaning we are going to have zoom calls every single day. So you can come in, you can listen to the the entire lecture, and then we're gonna have a q&a at the end. So you can always bring your own questions, your own specific questions to the class. And it's gonna be a really good time. So I hope you'll join us. So once

again, let's go over these eight because I want you to like really sink them into your head. It's the visualizer This is the person who likes to see it the vision board person, the auditory who listens to things over and over again, the Vocalizer who has to speak it, like the rampage of appreciation, the journalist who has to write it all down The Mentalist who likes to visualize in their mind, the energetic, who needs movement to get their manifestations going, the subconscious manifester or the lazy manifester. And of course, the harness are where they throw all the things at it. All of these things are very important and I hope that you will take a little bit of time to think about what type of manifester you are. Now, had I been thinking about it, I should have like deployed someone to help me create a quiz. Maybe sometime down the road, I'll create a quiz so you can figure out which type of manifester you actually are because I think that'd be really fun. But it's not available just yet. Instead, you're gonna have to like, Come hang out with me in the alignment course. That's, that's just how it's gonna have to be right. All right, I hope you have a great rest of the week. I'm in the process of getting myself into alignment. I'm writing my rom com book right now I'm also starting midlife wolf mate, which is the third book in my accidental Alpha series. So I'm a little bit like, wow, I got a lot of projects going on right now. But what's key is alignment. Every time I'm starting this project, every time I'm starting this chapter for the day, or this idea that I'm gonna be putting for the course. It's always coming from a place of alignment. Am I in alignment before I start the creation? Or am I just doing something? Because I think I have to? Does that make sense? No, we don't want to do things just because we think we have to. That's just a little side note and like highlight of what you're gonna get to hear. And we're gonna be talking about this in the course. Alright, so if you'd like to download the transcript of today's podcast episode, head over to authorrevolution.org/177. And you can download it there. I will also include the link to the alignment course if you'd like to hop in and check that out and get signed up. And regardless of whether or not you show up for the course or need any of the links or download the transcript, I hope you know that we are here for you. We are rooting for you. I can't wait to see the amazing things that you do with your author, career and all that you are here to put out into the world as you get to see it as you get to live it as you get to be it. All right. Now go forth and start your author revolution.