

# Episode 191

Tue, Jul 11, 2023 12:58PM 21:57

## SUMMARY KEYWORDS

energy, midlife, work, meditation, happen, shopify, listen, manifest, book, week, final edits, thinking, author, big leap, big, decided, feel, excited, people, interesting

## 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 guys. Welcome back to another episode of the Author Revolution Podcast. Oh my goodness. Okay, so I gotta tell you, I feel so much better. Here we are. The second week of July, I have finished the first draft of Midlife Wolf Mate. It's going to be going out and dropping into people's e readers and paperbacks and all the things on the 21st of July. So kind of cut this one a little bit close. And as it turns out, the story itself like it's been a little weird, because I planned the whole thing like I normally do. I had outlines and chapter by chapter synopsis. And it changed on me, kid you not four different times, like for what the hell? It's been an interesting story, to say the least. And I'm in final edits. Now. I'm working with my editor in my ARC team, and we're getting everything kind of organized and ready to rock and roll. The files need to be up by the end of the weekend. So it's, like I said, it's gotten a little close. But it's done. I'm happy, who. And now, all of this in mind really got me thinking about like, how do we create things when, like, we're just trying to put it onto the world. We're trying to manifest something we're trying to bring something to us. And it doesn't work right when something fails, when we're trying to do it well, the more I think about it, and the more I think about those times when I've made freaking miracles happen, or I did something that really worked out well. There was always this little pivotal moment, in my awareness that I was pulling energy to me like I knew there was going to be a magic moment this was this was meant to be ours or this was meant to be mine. Like, have you ever had that happen, where you're creating something. And there's just this knowing that it's yours. Those are the moments that I really look back and go, Okay, I knew, without a shadow of a doubt that thing was mine. Like I was going to manifest the money for it. I was going to manifest that car as ours, I was going to write the book and it was going to come out come hell or high water on time. Right. So like midlife wolf made, I knew that this thing was going to come into being when I said it was

for instance, right. And so the more I've been thinking about that today, and I don't know what sparked it off, I think it was probably listening to something that Amanda Francis had said, because she launched a new app. And so of course, I'm playing around with that, too. So she was talking, I think it was her about, you know, energy and about how like when we want something, we need to get our energy behind it in order to make it happen in order for that manifestation or pivotal moment to be ours. Right. And I've talked about this as, like the deciding factor, like you decide. And once you've decided, it's yours, right, you you've made the decision, you're moving forward. But sometimes that decision needs power. Like, we'll make a decision thinking, we want something like our head says we want to make this thing. But our energy hasn't backed it up. So even though there's a decision there, even though you think you've made that claim, you really haven't. Because you're still kind of ambivalent about it, right? Your energies kind of going oh on it, but I didn't really care if I get it. And sometimes that kind of goes against what we really do think like, we think, oh my gosh, I really need this money, or I really need to get this book finished. And then we work in opposition of it, we start to do things that are counter intuitive to what it is that we're actually trying to create, right or trying to bring in or trying to manifest. And so I wanted to talk today a little bit about that, like get your energy behind it in order to bring it in because I think that's a part that even I miss sometimes. Like I've made many goals, and sometimes they're just superfluous. I put them out there and I'm like, Yeah, I'm gonna earn this amount this month or I'm going to do this thing. And really I haven't done the energetic work of backing up my decision. and haven't decided to really pull in my why to make sure it's powerful to make sure I feel it inside my body. Because I'm really definitely one of those people who have to feel it like I will feel it if there's a physical gut reaction, when I know I've locked something in, and I know that it's mine, and I trust that it's coming. It's it's a different vibe than like just intellectually thinking, it's going to happen, intellectually thinking you're going to make this sort of thing come to be. And so they're two different entities. And it's not to say that you can't think something into being like you can't think, a decision and still follow through with it. I think sometimes there are powerful forces at play when it comes to something that's bigger that we're trying to create, whether it's finishing that book on time, or making a certain amount of money, or whatever it is, whatever the big thing is for you, because everybody has their own big things that feel kind of monumental. And then you're almost worried or sad or fearful or depressed if they don't happen. So you kind of like, give yourself excuses to why it might not work so that when it doesn't work, you're like, Well, I didn't really try anyway, right? I didn't really put a lot of effort into it. So it's no big deal. Like if I really tried then of course, I would have made it happen. So we give ourselves an out. And interestingly enough, I really started to I restarted to read, oh my gosh, I started rereading de Hendrix's book, The Big Leap. And it's been really fascinating to kind of go back and listen to his work. I mean, I'm not listening. I'm actually reading this time. But before I listened, my gosh, this is like a rambling podcast episode, guys. So Okay, a few years ago, I think about four or five years ago, I listened to The Big Leap by Gay Hendricks when I was mowing the lawn, because you know, me, I'm a physical manifestor. I like to, you know, do things like mowing the lawn or repetitive stuff and listen to things that are going to help me get into a vibe. I've always done that. And so I was listening to The Big Leap while I was mowing and really just loved the book. And now I'm kind of going back and rereading it in the paperback form because I want to reconnect to some of the elements of it. Because I think even myself, I get to a point where things get so good. And then I start to think that it's going to fall apart. And so it does, because obviously, we live in an inclusion based Universe. If you're going to think something the universe is like, okay, here you go, right. And then we're like, what the hell just happened? Why am I manifesting this again? Or why do I feel like this again, or, you know, whatever the case might be. And so I wanted to go back and look at it, because I know those conferences, were a highlight of my year, they were really, really great. And so coming off of the first one, obviously, we had Pharaoh, and his death happened. And then I went to the next conference,

and that was even better. It was incredible. And then I come back, and it's just like, almost that depression feeling. It wasn't anything that went wrong, necessarily, although I definitely manifested some weird money things, which was, like, not you typical for what I've been doing. Well, I say that we've had like, Pharaoh and his surgeries, I digress, you get what I'm saying. It's like it was just a weird funk of the week, right? Coming back from that conference. And so when I look at my own history, there's definitely an upper limit there that I'm trying to suss out, I'm trying to push past. And so Gay Hendricks came back into my purview when I was teaching the shattering your limitations class last week. And we were talking about, you know, what does that look like for us? What does shattering a limitation look like? And so I'm reading him again, and it's just reminded me so much of how our energy has to matter. Like, when we are doing something that is in our zone of genius, for instance, because he talks about that a lot, we have like four different zones that we operate out of, when we're in our zone of genius, the energy of balance, like we connect to this place of joy and abundance, and things are just almost magical. And that's where we're trying to get to, but often, many of us can stick in this place of zone of excellence. So you're good, you're comfortable, but you're not quite where you really want to be like your body, your soul, your being, you want to be somewhere bigger, right? You want to be the full expression of yourself. And sometimes we have to give ourselves permission to go that big to go that deep, to get our energy behind what we really want and just trust that the universe is going to back our play. And so I've been thinking about like my own stuckness with things. It's not necessarily stuck, like, Oh, I feel depressed stuck. But I feel stuck in the sense of I'm doing a lot of the same things I've been doing for a very long time. So where can I mix things up? Where can I start pushing into my zone of genius, and letting go of the things that no longer are working specifically for Me, right. And one of the ways that I'm going to be doing that is I'm digging more into my strengths with Becca Syme. So Becca, and I have a couple of calls planned out so that I'm working with her, and figuring out my strengths better, and trying to figure out how to incorporate them even better for both of my businesses, actually, for author revolution, and for my writing side of the career, right? Because, for me, I want to make sure that I'm operating out of this place of pure joy so that what gets better, just gets better. And I want to continue that, and I want to continue being the example of it for you. And then for myself, and for my kids and my family, and all the people who see what I'm doing and go, Holy cow. This is possible. Because it is, and I know it is logically I know it is. And so it's just about getting out of our own way and getting our energy behind it. And now this morning, before I even started this podcast episode, I actually recorded a meditation about getting your energy behind it, like how do you get your energy behind the thing that you want. And it was kind of funny, because for me, I record these meditations with an idea. It's like, I have this little nugget. And I go into it without a script, because that's kind of how I've learned how to be at this point, you know, after almost 200 episodes of the podcast, and I don't even know how many recordings and videos and meditations and things I've done at this point, it's a lot. I just kind of wing it and see what comes through. And this particular meditation was so fascinating to me, because I thought it was going to go one way. And it went a different way. It's always interesting the way the universe starts to give you information and nuggets that you need as you're doing it. And so the meditation itself was, like expanding yourself to no longer be thinking about like the one goal, the one thing that you want, and to just be open to unlimited possibilities. And as you're open to that place, what comes in. And then what comes in, just FYI, is the beginning. It's the seed of what you really want of the thing that you're trying to reach towards. And so the visualization was really kind of cool, even for myself. And even though I wasn't the one necessarily like, I didn't feel like I was the one in charge of the information it was just coming through. So let's call it channeling. I've been working with Tammy Tyree on channeling. So that's been an interesting experience. But it was it was it felt like such a flow. And so I'm going to be cleaning that up and getting it ready for everyone to be able to download for free if you'd like because I feel like it's a powerful piece of how do we get this

work? In the hands of people who need it? How do we get into alignment with our desires? How do we work with this place where everything just gets to flow? My true wish is that the indie author community, realize how powerful we are like we already have this vivid imagination. And we create worlds and we create characters and we live more lives than probably anyone else on the planet, right? Other than just straight up readers who can read really, really fast. But it's so fascinating to me. And so how do we then give the power to those people who can expand and who can grow and who can really become even better, bigger than they already are. So keep an eye out, I'll make sure that that goes into the show notes as well, there'll be a link, it's just going to be a free download, you can go ahead and download it. And I'd love for you to let me know what you think of it. Because it was a was a fascinating one to work through anyway. So I thought it was interesting. So, okay, I want you to think about your energy, protect it protect the energy that you are putting out if there are things that make you feel drained, if there are things where you're just spinning your wheels, if there's things where you're like, why am I still doing this? Or why do I have to do this, or the things that really light you up the things that make you so excited to dig into it. Or the things that like, when you do it time freaking completely goes out the window. Pay attention to both of those types of energies. Because when you're in your zone of genius, you are doing all the things in alignment with who you are and who you're meant to be. And when you're feeling those. Why am I still doing it moments? It's because that's old energy that you are trying to leave behind and that you should leave behind. But you haven't made the decision and gotten your energy backing it up, right. So in a lot of times, it's because we're so busy. We're doing all the things that we don't even think about how much energy we're leaking through the day. We don't think about how much we're, you know, expelling on shit that just doesn't matter. Like worries and things that people are saying or conversations that are just baloney or, you know, whatever it is there's always something that is taking our energies from us, and it's up to us to rein it back in and to take note of what we're doing and why we're doing it. And I think that's why *The Big Leap* is such an interesting book and one that I do recommend. I'll put a link to that as well into the show notes. He has a book out there called *The Zone of Genius*. And I haven't read that particular book yet. So obviously, when I'm done rereading *The Big Leap*, I'll be going back and listening and reading that as well. But it's so cool to me. How one idea, one thing that you listen to can spark another idea which can spark another idea, which can create something so big and monumental like today, the start of this podcast episode all began because I decided as I was putting dishes away, I was going to listen to Amanda Francis. I think that's how it went, I'm pretty sure. And so that thing, that moment of just listening to her while I was putting away dishes, sparked everything else like I picked up Gay Hendrick's book again, I went through and I did a bunch of other things, I've been thinking about my master plan of how my life gets to look, I've been thinking about my energy and how I need to protect it more, I did a meditation, do you see where I'm going, it's like, Snowball effects. Sometimes something just as small as this morning, I'm not going to put away the dishes in silence, I'm going to listen to something that uplifts me, changed everything to change the trajectory of my day. And the same goes for you. And that meditation actually kind of shows it as well. So I want you to play around with this notion that when you want something, and when you really want it, you can get your energy behind it so that it locks in and feels like it's yours. And that can sometimes be the piece that we're missing in manifestation, getting that energy behind it, like we're not just deciding. And it doesn't mean anything to us find a reason find meaning for it. And for a lot of us, especially those of us who are big hearted entrepreneurial types, we need to have, like a larger societal why, like, I want to impact the world for the better, this course that I'm launching is going to transform people's lives, this book that I'm creating is going to take people out of their, you know, whatever, and it's going to make their lives so much better today, it's going to, you know, take their worries away, or whatever. So this money that I'm getting, I'm going to be able to help my kids do XYZ, whatever your y is, it's like you really have to marry it up sometimes.

Not all the time. Because sometimes we can very easily just go, it's ours, it's mine, it's no big deal. But when things aren't coming, like when your manifestations aren't as powerful, or they're not coming as quickly, or they're not as intense or fulfilling as you want them to be. Start seeing how you can get your energy to back it up. Think about the things, spend five minutes, just convincing yourself why it's so important. And keep doing it until that energetic component locks into place, you'll feel it. I know you already have before. I know you felt that moment, when you're like this idea is going to be amazing. And I'm going to do it right now I'm going to write this book, or this car is meant to be mine. I don't know how I don't know why it's meant to be mine. Or this house is meant to be mine. My best friend Sherry did this, where it was like she just wanted to go see a house in the middle of nowhere and not nowhere. It's like a small town next to Brainerd. But she decided to go and next thing you know, she has this house like literally a week later, she had put an offer in and a week later it was hers. It was just nuts. We went and went that fast. That's the power of getting your energy to backup your desire. And I just today I wanted to talk about it. I wanted it to be a thing that we open a discussion about and recognize that sometimes, sometimes we just we say we want something but do we really. And if we do if we really do, then it is our job to get our energy aligned with it to get our systems online and firing and find a way to get excited about it. That's how you know your energy is behind it as well. You're excited about it. Like you're like this is gonna rock this is going to be amazing. I don't know how we're going to do this thing, but it's going to happen. Like that's the vibe. Right? That's where you're heading. So that's what I wanted to talk about today. That's all now that midlife was made is in its final edits and it's going up. I feeling so much more relaxed. I'm just like, whew, let's get into the vibe of like good things. Good flow. Good things. Yes. All right. Well, I hope you have a wonderful rest of your week. I myself am going to be wrapping up the edits, like I said to midlife wealth Mate, I'm going to be putting out the Shopify information as I am working on it for the patrons who are supporting me on Patreon. So like if you want to know how the Shopify experience is going, come over to Patreon My supporters over there at the \$20 level are actually getting that step by step behind the scenes of what's happening as I move my author site. So the Carissa Andrews website from WordPress over to Shopify, so that I can sell direct. I am giving insights, tips, tricks, things that I'm learning along the way. And if you'd like to follow along with that experience, I encourage you to check it out. So it's not just going to be about the podcast over there, it's literally going to be behind the scenes at that \$20 level. And then on top of it, you know, other than Shopify, and getting all that organized now, because there's a little bit more space, I'm shifting gears back over to the rom com pen name. So I'm really excited. I'm going to get at least one chapter done this week. I know that have to be realistic with all the other things I'm doing with midlife automate. So as much as I want to, like go whole hog and like do all the things and write like six chapters or something. I know that that's not realistic. And I'm not going to set myself up for failure either. So I'm going to just enjoy this process. Enjoy getting back over to it and love up on that book, because I'm so excited to finally get back to that world and do some stuff. And yeah, so it's like, there's so many good things going on here now, and I want you to feel that vibe. I want you to feel just like how good things can get when you are in your flow. All right. Okay, well, have an incredible week, get words on the page, do your things. Trust your instincts, get your energy behind it, and go forth and start that author revolution.