

# Episode 216\_mixdown

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## SUMMARY KEYWORDS

hypnosis, meditation, author, writing, mind, practice, work, creativity, writers, helps, incorporate, year, focus, started, manifestation, tammy, membership, belief, workout, journey

## SPEAKERS

Carissa Andrews

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Carissa Andrews 00:02

Welcome to the Author Revolution Podcast, where change is not just embraced, it's celebrated. I'm Carissa Andrews international bestselling author, indie author coach, and your navigator through the ever evolving landscape of authorship. Are you ready to harness the power of your mind and the latest innovations and technology for your writing journey? If you're passionate about manifesting your dreams and pioneering new writing frontiers, then you're in the perfect place. Here we merge the mystical woo of writing with the exciting advancements of the modern world, we dive into the realms of mindset manifestation and the transformative magic that occurs when you believe in the impossible. We also venture into the world of futuristic technologies and strategies, preparing you for the next chapter in your author career. Every week we explore new ways to revolutionize your writing and publishing experience. From AI to breakthrough thinking. This podcast is your gateway to a world where creativity meets innovation. Whether you're planning your first novel, or expanding your literary empire, whether you're a devotee of the pen, or a digital storyteller, this podcast is where your author revolution gains momentum. So join me in this journey to continue growth and transformation. It's time to redefine what it means to be an author in today's dynamic world. This is the Author Revolution Podcast, and your author revolution starts now. Well, hi there everybody. Welcome to our first 2024 episode of the Author Revolution Podcast, where we explore the cutting edge of writing and indie publishing, along with manifestation and mindset work to help us elevate to our perfect, most destined and aligned author career. I'm Carissa Andrews, your host and today we're diving into a topic that's perfect for the new year. meditation practices for writers. But we're not just stopping there. Okay, we're going to be talking about how hypnosis can also play a role in cultivating focus and clarity in your writing journey. And there's a reason behind it because it's really, really powerful. And if you know me, and you know what we've been doing for a while with the author revolution. Tammy Tyree, my friend and board certified clinical hypnotherapist joins me often for the abundance author courses for the millionaire author courses. And all the work that we do together has really been elevating our students and the people who are in our courses and in our memberships. And so as we start this year, I really want to focus on how powerful having a technique or having the item in your toolbox like meditation or hypnosis, and working with it every day can really make a difference in your life. Now as writers, we often find ourselves grappling with distractions, right writer's block, and the ever daunting blank page, one for trying to get moving. But what if I told you that the key to

unlocking your best work lies within your own mind. Today, we're going to explore how meditation and hypnosis can transform your writing process, it's going to offer you some tools to clear your mind, focus your thoughts, and tap into your deepest wells of creativity, which is super powerful and super important as we start our new year. And as we're starting to develop whatever kind of editorial journey we're going to go on this year and figuring out what it is we're creating and how we get to do it. Now I remember when I first discovered meditation, it was really a game changer for not only my writing, but for myself personally, right? Meditation was originally like this kind of confusing thing. Like I didn't quite know what to expect of it, like do I just clear my mind and have to sit there for a long period of time? Or like can I try to focus on something like what's happening, right? But once I was able to figure out what worked best for me, and we'll get more into that in a minute, all of a sudden, ideas flowed more freely and that pesky inner critic quieted down. But when I added hypnosis to my routine, which started obviously last year, with Tammy Tyree, that's when things really started to shift. It's when things got really interesting. It's like, I could speak directly to my subconscious mind asking it to play nicely with my conscious writing goals. It's pretty cool if I do say so myself. And speaking of new beginnings, now, just real quick this month in our Your Future Self membership, if you don't know what that is, it's our Tammy Tyri and my monthly membership where we are doing like these mind workouts, and we're helping authors focus on a specific thing every single day, right? And now this month, we're focusing on Page One. That's a mind magic workout to help with New Beginnings because obviously, it's January, it's a new year, right? And so it's all about harnessing the power of your mind to start Fresh, whether that's a new beginning a new project, revitalizing an old project or kickstarting your writing year, then this membership is obviously a great place to start. It doesn't have to be that sort of thing. You can do your own meditations, you can do whatever you need to do in order to, you know, get your mindset in place. But it's just one more tool that you have at your disposal if you need it. So, as we continue on here, I want you to grab your favorite notebook or open a fresh digital page, I want to embark on a journey together. So by the end of this episode, I hope to leave you with some practical tools, and inspired mindsets that will help you turn the page to a new chapter in your writing life. Let's explore the fascinating intersection where meditation meets writing and we're hypnosis adds an extra layer of depth to this connection. It's a space where science and creativity intertwine offering us tools that are both ancient and cutting edge. And I'm kind of like that. I love that these techniques have been around for a very long time. And they're things that we can incorporate right now, to bring us back into center to bring us back into this place of knowing. Now meditation. As many of you know, it's a practice of mindfulness and focus. It teaches us to quiet the noise of the outside world and the chatter in our own minds. Now, for writers, this is obviously crucial, because it means that we can better listen to our inner voice, the one that actually helps us tell the stories that only we can tell, right, that higher consciousness that higher vibe place. But let's add another layer to this when we add in hypnosis, right? Well, meditation brings us to a state of heightened awareness. Hypnosis actually works by tapping into the subconscious. It's like having a conversation with a part of your mind, that dreams that invents characters and worlds without even really having to try. So think of your brain like a computer. Okay? Meditation declutter is the desktop. And let me tell you, mine is way too cluttered. organizing your thoughts, it just organizes them all up and clearing away the distractions, right, it gets rid of all those kind of pre programmed thoughts, the ones that we've talked about before, where they just kind of come in and they're running in the background all the time. meditation helps us to calm those down. Now hypnosis, on the other hand, is like accessing our source code. It helps us reprogram limiting beliefs and unlocks a wellspring of creativity as well as like, understanding what's possible, helping us to move forward, helping us to shake loose those old limiting beliefs, and start believing in something new. Now, here's where it gets really exciting though, combining these two practices. When you meditate, you bring yourself into the moment creating that space of potential, then

hypnosis will help you guide this potential to your writing goals. So imagine starting out every writing session with a clear, focused mind where your subconscious is aligned with those conscious goals that you've chosen for yourself. That's obviously what we're aiming for. Now, in our Page One Mind Magic workout, we're delving into these types of practices. It's not just about new techniques, it's about transforming how you approach your craft, whether you're beginning a new story, or revisiting an unfinished manuscript, these tools can be the catalyst for some incredible change and transformation, as you begin to work on things. Okay, so stay tuned later in this episode, I'm going to walk you through a guided session together so that you can get a taste of what meditation feels like if you've never done it before. But first, let's talk about the specific meditation and hypnosis techniques that you as a writer can start using right now today, because there's a lot and you don't have to do it just through like our memberships, or through our courses either. Because there's so many different ways to be able to apply this. Alright, so let's talk about those meditation and hypnosis techniques that help you elevate your writing. Whether you're a seasoned meditator or new to the practices, there's always something new for everyone to find, right? always something new to try out. Always something to play around with. First up, let's talk about guided meditation. Now, this is my favorite. And it's one that I like to incorporate a lot into my courses. And it's particularly useful for sparking creativity. So imagine a voice leading you through a lush forest or a bustling cityscape, all the while helping your mind weave narratives and characters. It's like a guided tour through your own imagination. And we do this all the time as authors, right. But when you're listening to it in your ears, it's really cool because now all of a sudden, you're putting your mind to work in something very specific. That is helping you to clear out the clutter to envision something new to think forward into a place of imagination and Like future casting whatever it is that you want out of life. So next up is mindfulness meditation. Now this practice is all about being present. So for writers, it can be a really powerful tool, because it trains you to observe your thoughts and emotions without judgment. It's a skill that's invaluable when developing complex characters and plots, obviously, but it also helps you to just gain more peace, like we as authors have so much that we're doing all the time we have a bazillion hats. And so when we can practice something like being present, noticing the thoughts that are going through our heads, you know, recognizing what they are releasing them, and letting them move on. That's pretty cool. And then it also helps us to just kind of come into our center and find a place of quiet clarity, because sometimes creativity comes from that place. And it's really important that we can access it. When we have too much stuff going on. It gets to a point where everything is cluttered, and we can't hear our inspiration, our inspire guidance. Now let's add some movement. Yes, you heard that right movement meditation. Now if you've listened to me before, you know throughout any of the the podcast episodes that we've talked about, with manifestation and whatnot, there's actually something called movement manifestation like where you are actually moving your body in order to manifest. And so movement with meditation is actually really cool. This could be as simple as just like a mindful walk, like going outside being in nature, taking a look around, not you know, focusing on a music or a sound, but just listening to the outside world. The rhythm of your own steps can mirror the rhythm of your thoughts, helping you to untangle plots, and helping you find clarity in your storylines. I do this a lot myself in the summertime, obviously, in the winter, it's a little bit more difficult. But going outside and just being in nature, it helps you to get that I don't know space, that wonderful, beautiful space that just helps you focus. And it helps to get you out of like your typical writing locations, and your you know, normal place of residence so that you are in a place of more inspiration and clarity. It's just really kind of a cool thing to do. So now moving on to hypnosis, we added hypnosis into the millionaire author manifestation course last year with Tammy Tyree. And since then, Tammy and I have collaborated on the abundant author activation, the abundant author, alignment, Your Future Self. And she's even going to be joining me this year, as we add some of her hypnosis into the millionaire author challenge when we

launch that next month. Because hypnosis I have found is so incredibly powerful. Now it's a lot like guided meditation. But with a specific goal in mind, right? There's intentions behind it. When you're using hypnosis, you're vividly imagining specific goals or specific writing aspects or your past experiences that you want to change. It's like creating a mental movie, where you're the successful author, visualizing the completion of your manuscript or visualizing more money or visualizing, you know, breaking out any of the limiting beliefs that you've had, in altering them to be in a better place. Like, it's all about going into that subconscious aspect of your brain and rewiring it. It's a very interesting and unique thing that I never knew I needed. And once I started adding hypnosis into my, like, daily routine, I guess, all of a sudden, some of the the weird thoughts I would have or the the ideas that I can't do something they started to vanish. And it's so powerful to incorporate that alongside meditation alongside your creative endeavors, because it's helping to manifest the life that we really want the, the experiences we really want. It's helping us to root out the things that tell us we can't have or be or do those things. Now remember, these techniques are not a one size fits all kind of situation, either. Experiment with them, mix and match and find what resonates with you and your writing process. The key is to create a space where your creativity can really flourish unimpeded. Right. So for me, when I do meditations, I try to do it first thing in the morning before my day really starts any momentum. And when I do that, I'm able to have kind of that. I don't know if it's like the sleepy type mind, you know, where your your mind is still kind of fluctuating in that almost high theta, brainwave state, and it's easier to then go into meditation or into hypnosis, but also it sets the tone for the day, right? It helps you to figure out like where your day should go, it puts that into perspective. Boom. First thing in the morning. So, in our Page One Mind Magic workout, we explored these techniques more in depth, obviously. So like Tammy is working on hypnosis. And we're doing a lot of that in this particular one. There are also meditations that I'm providing. And the sessions are tailored to help you start your writing journey with a clear, focused mind. And it's so I can't even tell you how amazing it is. It's so cool to have a tool where number one you can go in and you know exactly what you need to do for that day. You don't have to like try to figure out oh, what kind of meditation do I feel like doing today? Or oh, what kind of hypnosis should I do today? It's actually created with a specific goal in mind. And so that's what makes this Your Future Self membership. So cool, in my personal opinion, but it's just, it's about going forward and finding that part of you that really needs some support. And we can offer that to ourselves through meditation through hypnosis. Okay, so let's dive into a special segment where I'm going to guide you through a meditation and help you to understand like, what does this look like? Now, it can be a very similar process to how a guided hypnosis is as well. But first, if these stories resonated with you, and if you're curious to see how these practices can transform your own writing, remember that you have access, you have the capability of joining Your Future Self, and seeing what the Page One workout looks like. Okay, so let's shift those gears and experience firsthand the power of meditation. Now, whether you're at home or in your office, or in a quiet space, I invite you to join me as I guide you through a session specifically designed for writers. Obviously, I want you to settle in, be ready to listen. And if you are not capable of doing this right now, like if you're driving or if you're in a place where it's just busy, or you're working and doing whatever, you can either listen through it so that you know what to expect. But take note of where this is at inside the, you know, the podcast episodes that you can go back to it. It's a very short meditation and I'm just gonna give you a quick taste of what it is, what it looks like, what a lot of meditations can be. And it will be also very similar to a guided hypnosis, just that it's a little bit different. I am not a Clinical Hypnotherapist. So I am only a Reiki Master and someone who can do meditations. So let's start with this. All right. I want you to close your eyes. Obviously, if it's safe to do so. Settle into your chair, or into your bed or your couch wherever you're at. And take a deep breath in, in hold and slowly breathe out. Let's try that again. Breathe in and breathe out. With each breath, feel yourself becoming more and more relaxed, more centered.

Let go of the external noise. The internal chatter. focus solely on your breath in and out. As you continue to breathe deeply. Visualize your favorite place to write. It might be a cozy study, a bustling cafe, or a serene Park. Picture yourself there feeling calm, focused and ready to create. Now imagine a warm, gentle wave of relaxation starting from the top of your head and flowing down through your body. With each wave your creative mind opens up ready to explore new ideas and new possibilities. In this relaxed state, see yourself writing effortlessly. Words flow onto the page or the screen. You feel confident your ideas are clear and your story comes to life. Every sentence you write brings you closer to achieving your writing goals. Hold on to this feeling of clarity and confidence. trust that it is yours. Trust that when you open your eyes, you will be ready to bring all this to life. Now slowly, start to bring your awareness back to the present. Wiggle your fingers and toes. And when you're ready, open your eyes, feeling refreshed, revitalized, and ready to begin your writing. So obviously, that was a very short version of what a meditation could look like. But how was that experience for you? Remember, like any skill, meditation, and hypnosis improves with practice. So incorporating either one of these into your daily routine can significantly enhance your reading process, your progress, the way that you feel the joy that you're incorporating. I mean, the uses truly are limitless. It's a powerful tool. And if you found this session helpful, you're definitely going to love the Page One Mind Magic workouts. But you can use this anywhere, right? You can do this in any way, shape, or form that you need to use those mindfulness meditations, focus on your breath, focus on witnessing the thoughts in your head and letting them go for a walk. Or of course, incorporate hypnosis. So now I wanted to kind of dive into a q&a section because I asked my audience, you know, like, what do they think about hypnosis? Like, what do they think about meditation? And I'm thrilled to see the curiosity engagement from our listener community. So our first question comes from Emily, and she's in Toronto, she asked, How long should I meditate each day to see a change in my writing? Well, first of all, great question, Emily. The truth is, there's not a one size fits all answer, at least not in my opinion, I think starting out with five to 10 minutes a day can help you get really comfortable. And gradually, you can increase the time. But as little as even a minute, just a minute to be able to get mindful and focus on quieting the mind, and reducing all the clutter, and just getting clarity. That is really cool. Now, the key Ultimately, though, is consistency. Because the more you do it, the more that practice becomes, you know more of a practice, then you get better at it. And it's not about the length of each session. It's about that consistency. All right. So next up, we had a question come in from Aaron in London, he was curious about hypnosis and asked, Can hypnosis really help with writer's block? So obviously, earlier on, we talked about this, but absolutely, Aaron, hypnosis can be a powerful tool for overcoming, like any and all mental barriers, I have seen it through like a bunch of the different types of hypnosis that Tammy has done. And Tammy will be coming on in a couple of weeks for a conversation specifically about hypnosis, so that we can talk about why it's so like powerful to our subconscious mind. But it's where our creative blocks typically reside, right? It's where those beliefs, those limiting beliefs are housed. And when you can access the subconscious mind and work through it in a relaxed state, you can rewire how your brain works and how it really believes or thinks about certain things. And we've talked about how belief is a superpower. And that decision is a superpower. And so when you have a belief that is not serving you in the best way possible, our job is really to adjust and reframe the belief to one that is more beneficial, right. And if you struggle with a conscious version of trying to shift those beliefs, using hypnosis can be a really powerful, and even a quicker way to do that. So I love these insightful questions. So keep them coming, if you have more questions, or anything that you are curious about when it comes to meditation, hypnosis, manifestation, you know, using tools in the future like AI, you know, that I love kind of combining this mixture of like magic and science. I'm a very big genre Bender when it comes to that. So if you've got those questions, just reach out by our social media channels or through email and, you know, obviously, I want to be able to address more of them, right. Speaking of addressing one more,

there is one other one from Maya, she's in Sydney and she wondered, how do I incorporate meditation and hypnosis into a busy schedule? So my that's a challenge. I know I face to my advice is to really integrate these practices into your existing routine, like a short meditation in the morning or hypnosis session right before writing can be so effective. And it's all about making that practice a natural part of your day. So like I said, for me, I get up and I do it almost as soon as I can. Ken right, I have a couple of other things I do, I typically will put away the dishes from the dishwasher and get my coffee and then get a fire going in the fireplace right now, because it's freezing in Minnesota. But then I sit down, and then I do my meditation quick before I have to get kids up for school or before, you know, the day starts and the house gets busy. So for me, that works really well. But I've also done it right before a writing session. And I have specific meditations or specific hypnosis that are meant for that. And so when that's the case, I know that as I elevate those brainwaves, or as I elevate my creativity through the hypnosis or the meditation, it's going to really just put me in a place of being able to allow the words to flow. So hopefully, that was helpful. Thank you guys for these fantastic questions. Now remember, meditation and hypnosis are like muscles. The more you use them, the stronger they're going to become, right? So if you're looking for more structured guidance, definitely check out Page One, or Your Future Self membership, there are multiple workouts within Your Future Self membership. So it's not just Page One, it's just the current one that we're working on right now. Okay, so as we reach the end of this enlightening episode, let's pause to reflect on the powerful insights that have been shared. Right? We've journeyed through the realms of meditation and hypnosis, we've uncovered how that can be pivotal in enhancing clarity and focus and creativity in your writing. But from diverse meditation techniques to the transformational potential of hypnosis, these are tools that are at your disposal, their keys to unlocking a more profound and connected approach to your craft. And I encourage you to experiment with these practices, finding what resonates with you and your own unique writing process. Okay, so now looking ahead, our next episode for 2024 is one you will not want to miss. I'm going to be diving into Miracle Morning for authors, we're going to be manifesting your best seller before breakfast. So that means we're going to be exploring how creating a purposeful morning routine can set the stage for incredible writing achievements, and bring you closer to manifesting the dream of becoming a best selling author because that's really what we're all about, right? We want to have the author career of our future of our destiny of like our experiences we want to have the life of our dreams. So be sure to join us for this transformational discussion. Subscribe to the other Revolution podcast for more inspiring episodes that help you revolutionize your writing journey. And if today's episode sparked new ideas for you definitely consider joining the Your Future Self membership to elevate that mindset and bring you a little bit of mine magic. If you'd like to download today's transcript, you can always head over to [authorrevolution.org/216](http://authorrevolution.org/216). And of course, if you want to get in on the Your Future Self membership, you can head over to [authorrevolution.org/yfs](http://authorrevolution.org/yfs). Guys, thank you so much for being with me today. So this is something that has obviously been a big part of my life this past year, something that has really altered and changed the way I look at my author career, the way I look at teaching the way that I am moving forward with all the things that I do. And I hope that you will consider like taking a closer look at it. Do what you need to do to add meditation or hypnosis into your daily workouts. Right. So it's not just about working out the body. It's about working out the mind too. We need that as writers, we need to be able to bring in a little bit of that space to allow the creativity to rush back in. Okay. Until next time, thank you so much for being here today. I wish you a very wonderful, profitable and successful New Year 2024 is going to rock and until next time, happy writing and happy manifesting. Now go forth and start your author revolution.