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SPEAKERS

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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. Hi, there, everyone. Welcome back to another episode of the author Revolution podcast. Holy moly, here we are, it is already the middle of the Millionaire Author Challenge is where we're at. We're just super interesting, because this month has just I don't know, you know, snuck up on me it has been like something that's been on our radar Tammy and mine for a long time. And obviously, we're getting geared up for it. We were excited about it. And then once it arrived, it was like, what just happened? Like what? So here we are, we're talking about manifestation. We are you know, obviously doing the millionaire other challenge. So hopefully you're signed up for that and going through each day with us and learning more about what manifestation looks like what the basics are, how to be able to utilize it in your author career and understand how your thoughts are really powerful things. But as we are, you know, moving towards the end of this week, we transition right we're going to start introducing the next level of manifestation for authors. And that's our Millionaire Author Manifestation course. And it's a 12 week course, you got to learn a little bit about it last week with our students who are a part of the 2023 live cohort. And now we're going to be opening the doors very soon for the 2024 live cohort. But what I wanted to do is kind of come at manifestation from a slightly different angle. You know, me as someone who

obviously loves all things, whoo, like I love manifestation. I love the magic of our minds. I love looking at the world very differently. I love that concept. But the other side of me is also very practical, right? I'm not very, you know, methodical, analytical Virgo. I know combining those two things in that one sentence is a little bit funny too. But I'm literally two things I'm on one hand, very scientific, and on the other hand, a very Woo. And so sometimes I can pull them together in a way that starts to make sense for people who want to be Woo. But they're a little bit too analytical a little bit too much on the skeptical side. Now, I grew up in a household where, like, my dad is very skeptical, my mom is very, like woo. And so to me, I was able to kind of see how they were talking the same language sometimes about the same thing. But they didn't realize it like my dad would talk very scientifically, my mom would talk very spiritually, and it was like, you guys were talking about the same thing. You're just using different language, right? And so me being the author that I am, I would help them to kind of understand how they are similar. So I kind of wanted to do a podcast episode that's very similar, or in that same vein, to help you understand like, if you're an analytical, sciency based person, how manifestation isn't as woowoo as we sometimes like to think it is, right? Because manifestation. Honestly, at its core, it's really about bringing our deepest desires, our goals, you know, all those things that we really want to life through the power of our focus thoughts, beliefs and actions, right? So we think it we desire something, we decide we're gonna go for it, we trust, it's ours, that we're going to have it and then we take her inspired action to get there. And if you're in the Millionaire Author Challenge, you understand those three steps a little bit more clearly, I guess, than others, but it's really this idea that by directing our energy and our attention, we can shape our reality. Our thoughts are incredibly, incredibly powerful tools. If you've been following this podcast for a while, you already know that, but they're not just reflections of our reality, they actively shape it. Think of your thoughts as the pen that you're writing your life story with, right? Positive focused thoughts can script a narrative of success and fulfillment, because of the way that you are looking at the world where your attention goes, energy flows, right? So cognitive behavioral patterns play a crucial role here. Now, for those of you who don't know, cognitive behavioral patterns actually are referring to the interconnected relationships that we have between our thoughts, our emotions and our behaviors. So same patterns, right thoughts, emotions, behaviors, that's the thoughts, the like, desire, that locking in the vibe, and then taking the actions, your behaviors. So this concept is really just central to cognitive behavioral therapy, or CBT. It's a widely used psychological treatment that helps individuals identify and I guess, change destructive or disturbing thought patterns. Or if they have negative influences, or behaviors and emotions that are keeping them in a pattern that stuck by recognizing and adjusting your patterns, whatever they might be, right. So it could be a limiting belief pattern, it could be a pattern that is bring you to success. But when we recognize and adjust our patterns, we can literally steer our lives in the direction we want to go. It's Think of it this way, it's a lot like editing a draft of your novel to make the storyline even more compelling than it already is. So when you notice a pattern or a behavior or something that you don't like, you can actively choose to correct it. And it's really a powerful concept when you think about it. Positive Psychology really offers us valuable tools for manifestation. And psychology itself is just fascinating stuff. I love the concept of it. I love working through it. My Reiki master Julius, she was a psychologist. And she did a lot of CBT work. I mean, we talked about CBT a lot when she was going through her dissertation and trying to get her doctorate degree. There's a lot of things going on there. And when we look at positive psychology, it's all about leveraging optimism, resilience, and a growth mindset, right, we want to grow, we want to be more than we are right now. And so this optimism really just keeps our spirits high. The resilience helps us bounce back from setbacks, because let's face it, resistance and contrast can set us in those motions, right? It can kind of put us in a place where we're feeling like we're not growing, but it's really just a setback. But the growth mindset itself, I think encourages us to keep moving and keep improving on what we're working on or what we're doing. So

together, they actually form a really powerful foundation for achieving our dreams, our emotions. Now, if you're a part of our Millionaire Author Challenge, you know how important our emotions are to they're really our internal compass. And Abraham Hicks talks about this a lot like how our emotional scale will dictate, you know what we're actually going to be manifesting in our lives, what we're going to start seeing, if we don't start correcting those behavioral patterns, but the behaviors and the emotions aren't even necessarily the issue. They are just like the guideposts. It's letting you know where you're at, in terms of your frequency in terms of your vibration, and we'll talk more about that in a minute because we're gonna get into quantum physics. Because of course, the title of this episode is all about learning about the science behind manifestation. So we're going to talk about science. But our emotions as an internal compass really just guide our actions, right? They influence our ability to manifest our goals, but by fostering deliberately positive emotions, we can enhance our creativity, we can open up new possibilities. And we can navigate our author journey right with confidence because we're moving in a way in a pattern in a like trajectory that brings us joy and makes us feel like we are in control of our destinies. Now, while all of those things like the scientific, psychological aspects are key as well, mindfulness, just the the actual, you know, self awareness, and mindfulness, they help us to stay present really, and recognize our thought patterns and gently guide them toward positivity and focus. But it's not just that even like we can utilize hypnosis like Tammy does, in order to help us with our mindfulness and self awareness we can dig into and become the mindful editor of our thoughts of our patterns of our operating system, ensuring that they align with the stories of success that we're wanting to write this aspect of it, the mindfulness and awareness is so powerful because when you are aware that you're having thoughts when you are aware that you're moving in a direction that is self destructive or isn't helping you get to the goals that you're trying to reach. Now, all of a sudden, that that self awareness can help guide you to take action, take those inspired guidance steps toward maybe doing the hypnosis and helping you to get at that subroutine in your subconscious mind. Or it could help you to, you know, take a course that's going to help you understand, or, you know, at a conscious level, learn the concepts that you're trying to steer yourself toward, like, there's all sorts of different ways that the mindfulness and self awareness aspects are key to making those lasting changes. So, from this other side of things, understanding the psychological foundations of manifestation of, you know, achieving what we're trying to create in this world, it really just equips us with the tools to manifest not only compelling narratives in our writing, but also the success and fulfillment in our author careers. It's about turning the science of manifestation into an art form that we as authors can master. And I think a lot of us, especially authors, were well equipped to understand different narratives and to be able to write new stories and to be able to understand the concepts of editing to make something better. And so we are in a position that now a lot of people are when it comes to understanding how to adjust and self correct and move toward a direction that really helps us bring in the success that we are wanting for our other careers for our lives, or just feeling in a place that brings us to more joy, or more enthusiasm or more passion. And that alone is going to help us to get to the places we want to be. As we journey further into the realms of manifestation and success. We also arrive at this fascinating crossroad, right? Where the empirical I guess, meets the ethereal, where the science meets the Whoo. This means that we're going to also explore the aspects that weave together science and spirituality. So manifestation, like we've said before, at its heart, it isn't solely grounded in wishful thinking or mystical practices. There's a lot of people who will tell you that like think it and believe it, and it's yours. Yes, maybe at its core concept, if you can shut down the analytical mind. And just to be able to lock into that law of assumption, you can, you can master it like that. But honestly, manifestation, it's also supported by scientific principles that mirror the spiritual laws that so many of us have learned or that many have followed for centuries. So let's talk about how these worlds intersect. And kind of, in a way, talk about like my family structure, because this is

kind of how it was right? Because we can create a harmonious blend that empowers our creative spirits, and kind of quiets down that analytical mind. So let's talk about neuroscience. For me, neuroscience has always been a fascination. And part of that has to do with my brother who was born with a brain tumor, right? He was two years old when he was diagnosed with his tumor. And I was five a little bit older. And so I noticed, even at that young age, how the brain tumor impacted his personality, the way that he was, like, how he thought how he spoke, like all the things. And so for me, neuroscience, and psychology, partially psychology with this as well, it became a fascination that I would continue to kind of dig into and learn. So, neuroscientific research really has shed a lot of light in recent years on how positive thinking and visualization and you know, all the deep seated beliefs that we have can physically alter our brains structure, thanks to neuroplasticity. So this actually mirrors the spiritual practices of visualization and affirmation. It suggests that what we focus on like, intentionally, expansively can actually manifest into our reality, which is super fascinating. It's, you know, that whole concept of law of attraction. And when you are focused on a specific thing, the entire world, the entire universe conspires to help you achieve it. You are like literally attracting it to you when this happens. But going further than that, even we've got quantum physics. This is where things in my mind get really interesting and my youngest brother, he is actually and has been studying quantum physics for a long time. And so for him, you know, quantum physics and physics in general are a fascination. So, you know, we had many a discussion over Thanksgiving dinners, or, you know, whatever talking about physics and quantum physics and how it can or cannot look like spirituality, he is an atheist. And he is someone who takes the physics aspect of it very seriously. And so sometimes I can just see a little bit of a glimmer in him of understanding, because our language will inter connect if they'll intersect somewhere. So let's talk about this quantum physics thing for a second, right? So quantum physics introduces, I guess, the the concept of quantum entanglement, where particles become interconnected in such a way that the state of one, no matter the distance, guys, no matter the distance, can instantaneously affect the state of another. Think about that for a moment, instantaneously, with no like, close proximity can affect the state of another. Now, this principle mirrors the spiritual idea of interconnectedness and oneness. So if you look at the deep spiritual level basis, we are all one like we are all connected, we are all, you know, energy beings have the same like main thing. And it's really kind of fascinating stuff. Like we could talk about video games and how like, your different avatars are no different from you, the gamer. And so like however, many times you're playing a game with different avatars, and each avatar gets to do something in a slightly different way, because it has a little bit different of an agility or a magical skill or whatever, you're still the same gamer, right? But all the different avatars, or whatever you choose, they're still just extensions of you. It's the same kind of concept when it comes to interconnectedness and spiritual oneness. So if that's the case, and you know, the concept of quantum entanglement suggests that it is, then our thoughts and intentions really influence the world around us through this complex web of connections, beyond just our conventional understanding of time and space. Now, it's pretty wild stuff to think about. So if you're a quantum physics person, if that sort of thing interests you, I highly suggest digging into the concepts of how quantum physics can be similar to manifestation to law of attraction to the power of attention. Speaking of which, power of attention, right, one of the most intriguing aspects of quantum physics is the observer effect, which suggests that, you know, like the mere act of observing something can alter the outcome of an event. Now, this has profound implications for manifestation because it parallels the idea that by focusing our intention, and attention really on our desires, we can influence the probability of those desires manifesting into our reality. So look into the observer effect and see what you can find they're super interesting stuff. From a quantum physics perspective, it also states that particles exist in a state of potentiality, constantly. So they're capable of being in multiple states at once, until that observation happens. So this concept of a field of possibilities, resonates with the

manifestation principle that our reality isn't fixed. And that by aligning our thoughts and energies with our desired outcome, whatever it might be our millionaire author destiny, whatever, we can actually collapse, time collapse. For those of you in the course, we can time collapse the field of possibilities into the reality we want to experience. And we do this all the time, right? Like think about it, if you are moving along on your journey, and you're still in high school, and you're thinking about what college you want to go to, and how it's going to work. And you start taking those inspired action steps of filling out the applications and touring colleges. The next thing you know, that potential collapses into your reality you are now at that college you are, you know doing whatever study is yet you want to do it to do this sort of thing happens all the time, or like us authors when we're thinking about a storyline. And we know that we can write it we're just not sure how it's going to come about. But the more we think about it, the more we expand into it, the faster it arrives in our experience. And now all of a sudden we have the book in our hands. It's wild, right? Now at its core, I think quantum physics the part to me that really is fascinating that really resonates with me, is that it really reveals that everything in the universe is made up of energy vibrating at different frequencies. Now we've talked about this in the Millionaire Author Manifestation course we talked about it a lot through other podcast episodes even but this aligns with the spiritual and manifestation teachings that emphasize There's this important aspect of aligning your vibrational frequency to your desired outcome. Because the idea is that like frequencies attract, right, so Law of Attraction kicks in. And by maintaining that positive high frequency, thought and emotion, we will attract positive outcomes into our lives. But even more than that, we have this. Like all if all of our thoughts, our frequency, then the second we have a thought the second we have a hard core held belief, desire, we are putting it out into the universe and the universe knows what that frequency is. And so it can pull that into our lives, it pulls it to us through our intention and attention as we continue to focus upon it. And that, I think is why it's so powerful to have something in our lives, whether it be like that 12 week course that's coming up, or a group that will continue to talk about manifestation and keep this mindset going. Or something like the your future self monthly membership, right? All of these things are helping us to continue to maintain and elevate our frequency, bringing to us the things that we desire. So cool. I know some interpretations of quantum physics suggests that consciousness plays a fundamental role in the creation of reality. So this notion, I think, supports, in my mind, at least, the manifestation of belief that our conscious intentions and our thoughts can directly influence the fabric of our experiences, bringing the concepts of manifestation closer to a scientifically grounded reality. While it doesn't directly prove the principles of manifestation, it offers a paradigm that really, I think just resonates with many of the core ideas found in manifestation of teachings. I've read a lot of books I've, you know, watched a lot of things I have talked to a lot of like spiritual and scientific people. And I just think it provides a scientific lens where seemingly mystical aspects of manifestation can be viewed. And I think it really does suggest that the universe might indeed be responsive to our thoughts, our intentions, our energies, in ways that really just transcend conventional understanding. And there's so much in my mind, in the magical in the mystical in the manifestation realms, that we think are Whoa, that we think are, you know, just magic or, you know, wishful thinking or whatever. But it's all scientifically grounded. Because we, you know, just because we don't understand how it's scientifically grounded fully, doesn't mean that the scientific basics isn't there. And I think quantum physics just really offers this like bridge, that helps us to understand it in a way that just makes sense. So, in our quest for manifestation, and success, and doing all of the things that light us up, I think, embracing both scientific insights, and spiritual wisdom, can always offer us a more comprehensive toolkit. I think it encourages us to harness the power of our minds. But it also backs the scientific understanding, while connecting the deeper spiritual aspects of our being. I think as authors, this dual approach, not only enriches our creative endeavors, but also nurtures our holistic growth, like it, it helps us to view things from a more holistic perspective,

and just feels better when we understand that we don't have to just put our faith into something, although you can. But it's, it's more about digging into what really can be true for us. And when we have that skepticism, keeping us back, obviously, we can't, we can't tap into the full potentiality of our manifestations of what we want to bring in. We can't pull it in, because there's that limiting belief keeping us stuck to where we are. Sometimes I think it helps then having that understanding that there is a you know, a more rational, I guess, approach to looking at it, if that's what you choose, if that's the lens that helps you to view it, and helps you to engage with it better. So, really, honestly, I just want you to reflect on how you can integrate these scientific principles with your spiritual principles. Does it feel good to join manifestation with science? Does it feel good to understand that quantum physics that psychology that the subconscious mind, all of these aspects of it kind of give us a, like a bigger, broader perspective, that just makes things even more enticing, even more interesting, as we, you know, approach it as we look at it as we can consider utilizing it in our lives. So there you have it. That's my take. Take on the science and kind of the psychology I guess, of manifestation. So if you're interested in taking this further, I really do want you to consider joining us for the Millionaire Author Manifestation course manifestation is one of my favorite things to be thinking about and playing around with and understanding like, it's just so fascinating. So the doors are going to be opening on February 10. So stay tuned. Or of course, if you get on the waitlist, you're going to be able to get the discount that is going to be going out to waitlist participants, make sure you enroll and say yes, you will take the emails coming from us because obviously if you don't opt into the emails, you're not going to get the email with the coupon. So FYI, but head over to millionaireauthorcoach.com/manifestation course, that's where the waitlist can be found. Sign up and you'll be getting information coming to you very soon on enrollment when the doors open. Of course, you can always, you know, just keep your eye on social media as well. But like I said, if you want to get that coupon and be able to save yourself some money, manifest that stuff, then definitely get on the waitlist. Oh, guys, okay, so if you would like to download the transcript of today's podcast episode, or if you would like to, you know, get quick links, I guess over to though the waitlist or any of the things, head over to authorrevolution.org/221. And you can find it there. Of course, I am going to be going off and trying to get even more wonderful things ready to go for you guys. There are so many emails, guys, so many emails, and so many fun things that are coming up with this course with the launch with everything that we're doing. This course is just it's always blown my mind. But as I'm digging into it, and as I'm looking at things and how we've expanded it since last year, it's just a powerhouse for authors who are looking to understand manifestation, get their vibe up, keep their vibe up, and then be a part of a community that is just so incredibly supportive. I don't know if you caught last week's podcast episode but if you didn't I highly encourage you go back and listen to the episode with our students from the Millionaire Author Manifestation course the thing that kept coming around and around was how close knit we are how we all help each other how we are looking at it from you know, not only the manifestation or perspective, but how do we help each other level up? How do we help each other with our vibes? How do we become more together? I think it's just probably one of the most important and beautiful aspects of this course. And you can be a part of it. So check it out. We are going to be opening doors soon. And if not, then go forth and start your author revolution.