

# Ep 223

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## SUMMARY KEYWORDS

author, thoughts, feeling, unworthiness, work, shift, worthy, people, writing, vibe, world, manifestation, unworthy, talked, place, inspired action, easy, move, affirmations, reframe

## 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. Hi, there, guys. Welcome back to another episode of the Author Revolution Podcast. I can't believe we're already sitting here at the end of February and like the first few months of this year already gone. How did that happen? Guys, like I say this all the time. And I think it's because it truly is the busyness factor, right? I do a lot of things and I'm constantly in a state of production, it feels like so when I take a moment to reflect on it, all of a sudden, it's like, what, how who, what, where, like, what just happened? At any rate, okay, so today, I have an interesting conversation. Now, we've talked about this briefly in other podcast episodes, but I wanted to call it out specifically because I had a wonderful student of mine from the millionaire author manifestation course, asked me a question about worthiness and like, how do you overcome this concept of like, you just you want success you want move forward. But there's still something niggling at the back your mind telling you, you're not worthy of it? Well, typically, what I would tell a student, when they're dealing with that kind of thing, and, you know, honestly, we all deal with this at times, like we all have underlying issues of worthiness, I think that's part of just being an artist. But when that crops up, and we notice it, and it and we noticed that it's impacting our careers, or it's impacting our lives. The first thing to remember is that those are just thoughts, right?

They're not reality. It's not the ultimate truth. It's not the be all end all. You're never going to have success, you're never going to be worthy. Because at the core, you are worthy. Because you are you are worthy. Because you're here, there is nothing and no one who can take that worth from you, but your own thoughts. So the first step when, like those thoughts of unworthiness, or even fear, start to crop up about our author careers. I think that first step is really acknowledging number one, that you're feeling those thoughts or feeling those feelings, feeling the unworthiness, without any kind of level of judgment, like without trying to tell yourself, you're wrong for being in this place for feeling this way. Because sometimes I think as we go about our manifestation journey, as we dig deeper into, you know, our own personality, our own way that we work through things, we start to almost get down on ourselves when we're not perfect. And the thing is, we're human, it doesn't matter how much you learn, it doesn't matter how much you release, when it comes to resistance, it doesn't matter how far you've come, it doesn't even matter if it appears like a set of resistance has been released. It can cycle back around because you come at it from a deeper perspective, a deeper level of needing to heal it. So really, it's about accepting that the feelings exist, you know, just noticing them accepting them. And understanding like I said that their thoughts they're not facts, because ultimately, anything when it when it comes to what you want to be, do or have is yours. The only thing that's kind of getting in your way is whether or not you believe that is true. And if beliefs are just thoughts that we continue to think, which we've talked about before, then we can shift those beliefs by shifting our thoughts by one reframing over and over again, what we want to do. But sometimes I think, in order to reframe it, we need to, like identify some root causes. And ordinarily, I would say that I'm not a huge fan of spending a lot of time digging into something if it feels bad, right? If it, it's like trying to root out the cause, makes you feel like a past experience has really impacted you in a negative way. Or, like the societal conditioning that we seem to have, you know, makes you feel as though you're going into a deeper edge of like depression or anger, or any of those types of feelings that I wouldn't stick around. They're too long. But sometimes it can be just as easy as going, okay, where, where did this belief of being unworthy of success come from? A lot of times the thought the, I guess the memory will just crop up, it'll pop up into your head, and you'll be like, oh, oh, yeah, I guess I did. Learn it from that point. Right. So rather than, you know, going back to those past experiences, or ruminating about it, or even, like asking yourself why you have repeated negative self talk, it's really just more about understanding briefly the origin so that it can help you address the resistance those thoughts more effectively in the future. And it's, it totally is not in my personal opinion, it's not about having to, like get to the 100% root cause, in order to weed it out, we have to do all these things. I think a lot of times when we do that, when we spend more time digging into the mess than necessary, the more we're just adding, you know, that law of attraction pulling thoughts of it thought similar to it, situation similar to it to the surface. And if we aren't cognizant enough to release that, we can kind of get stuck there. And that's not something that we want, right? We want to be able to very quickly move past it. Reframe the belief and move on. So when we notice it, when we notice that unworthiness or the fear of success, or a fear of earning money, and we're not sure what to do, we notice it. We, like look at it without any judgment. Just go okay, I'm feeling this sense of unworthiness, you know, but the thing is, I am definitely worthy of success. The thing is, I can create anything that I want. I know and trust that the universe is guiding me along my journey. I know and trust that, if I want money, it can come I trust that readers will find me I trust that my writing will get better each time I create a new book, like you're getting that reframed thought process reprogrammed into your subconscious mind. And when you're doing it from a conscious level, I think it does take an awful lot of repetition an awful lot. And so it means being aware enough of your thoughts and aware enough of the feelings that are coming up, to be able to look at it, shift it and move on again. And that's where temi, Tyrese hypnosis come in, that's where my meditations come in. That's where visualization can come in. If you're trying to get to that

subconscious operating system faster, you want to use very often a visualization technique to see yourself in that future moment. To see yourself as a successful author. Imagine all of the books being sold or receiving tons of positive reviews. And just feeling joyful and like successful and full of pride at the achievements that you've accomplished. Because all of that when you're focusing on that element, you're aligning your subconscious mind with your desires. You're creating the you know the vibrational and frequency that you want to be able to pull those desires to you. Now, if visualization is hard, we've talked about in the past that affirmations definitely help. You can create your own positive affirmations that are going to resonate with your goals and then you just repeat them daily if you need to, for a while right affirmations like I'm successful and prosperous, I attract abundance through my writing, like all of those types of thoughts are powerful, because they help you to really embed it into your mind. But you can use things like yap yap is an app for like your iPhone or your Android that can pop up like random notifications, push notifications. And so I fill my Yap with a bunch of affirmations or like mindset shifts that I'm working on or that I know I need to see over and over and over again. And what's cool about it is like when they pop up, it embed itself into your subconscious because very typically, I don't spend a whole lot of time consciously looking at them, I will look at it, go, Yep, I believe that, and I will swipe it away, right I don't, I don't spend a lot of time ruminating about it. And so it makes it kind of easy to just flow with it, it makes it easy to embed it into your subconscious without it having to be any kind of like, push pull resistance kind of feel. So last week, we talked about gratitude and how gratitude practices or love of your author career of what you're doing can really cultivate, you know, this appreciation for the success you've already had, for the success that you can feel coming. Like, it just shifts your focus from what you lack, to what you have. And also then to attracting more of the abundance because it puts you in a higher elevated vibe, a higher elevated frequency that allows those things to be attracted to you. And when you take the inspired action steps that come from that place, all of a sudden, things get easier, right? You take out a lot of the mental and emotional work, because the inspired action steps are coming from a place of that higher elevated frequency, and you're able to improve things almost effortlessly. It feels like you're coming from a place of true inspiration. I mean, that's where the inspired action comes from, right? It's true inspiration, though, because it just it downloads into your head and you move confidently trusting in your intuition in that inspiration. And they're really just signals that the universe is helping you move towards success that it is, in fact, carrying you that it's supporting you that has your back. And sometimes we forget that, especially if we come from a family where, you know, high achievers received more praise, or high achievers were the ones that got noticed. Or even if the high achievers weren't the ones that got noticed, because maybe there was someone else like in my family, we had my brother Scott who had a brain tumor. He wasn't an overly an overachiever, because he had, you know, a mental handicap. But he was constantly the one that got a lot of attention. And in order to differentiate myself, I had to be the high achiever right had to be the one that was doing really well, that was, you know, going above and beyond because otherwise, if I was just the norm, then I didn't get notice. I didn't get praise I didn't get the attention at all right. And so when that is the case, and when you're surrounding yourself with that kind of mentality, we forget that we're worthy. Just because we are we forget that. It doesn't matter if you overachieve, it doesn't matter how much work you do. What matters is the intention behind it. What matters is the quality you're bringing to it. What matters is Do you enjoy it? What matters is how much fun is it? What matters is like, what is it that you want to do with it to impact the world around you, like all of these thoughts are really the more important in general, right? So what I'm trying to say with that is that it doesn't matter what you're doing even or how much you work, or how hard you work, as long as you trust the process and trust yourself and work on your mindset shifts, when you notice that you're feeling those thoughts of unworthiness, or those thoughts of insecurity around your author career or where you're headed or whatever. And sometimes, the best thing to do,

honestly, is to surround yourself with people who are of high vibe who are already there who can uplift you and inspire you who like have worked through their own traumas, their own unworthiness, aspects who have continued to work through the resistance that they've felt about their life, about their careers, about whatever. And when you do that, all of a sudden, it becomes easier because you will elevate to them right because most of the time people who are in that high vibe state, they're not wanting to lower their vibration to meet you. They're trying to help you lift back up. And it's not about helping either. It's about being like the example and allowing you to see what is possible. And it feels better, right? It feels better to elevate than it does to pull back down. It feels better to go up into a place of joyfulness and passion and, you know, empowerment than it does sinking down into something like jealousy or insecurity or unworthiness. It's not a fun place to be. In fact, unworthiness is so far down the emotional scale. It's almost the very bottom it's number 21 in the emotional scale out of 22. So, in order to truly get yourself into a place of inspired action, and to feel more worthy, your job really is just start shifting it. And that's one thought at a time. We won't have immediate access to those powerful, joyful thoughts. Like you, if you're in unworthiness. Sometimes jealousy is actually a step up. Like, that's number 20. Right? So you if you feel like you're jealous that someone else is doing better, and you really want that for yourself, that's actually a step up from, you know, feeling hopeless and unworthy, unworthy of whatever it is that you want. Anger, anger is actually even better, because we've talked about this as well in the podcast, when you feel angry, like, why is this not working? Like, I'm doing everything I freaking can, and it's just not working. It's not coming together. Anger is higher than unworthiness. 1700 22 scale, right. So you're going upward. And so if you can reach for just the next best feeling thought, the next best feeling, feeling you're going to keep elevating yourself. And sometimes it'll take a little bit of time, you're not going to necessarily go from unworthiness, to complete, you know, passion in the same day, but you could, you could absolutely raise and elevate your vibe, by pushing yourself through the scale by reminding yourself that those thoughts have vibrational power, and you can push yourself through it. They're just thoughts. They're, they're nothing more like your, your thoughts mean? Only what you allow them to mean, which is really fascinating. If you've ever read or started looking into A Course in Miracles, that's kind of what they're teaching, right? It's this concept that your thoughts, the thoughts that you think are real, that are so powerful, that guide your living, breathing actions every single day, the only thing that has meaning in them is what you give them. Like you don't have to believe that you're unworthy, you don't have to believe money doesn't come to authors. You don't have to believe that people in your genre don't earn money, you can choose something completely different for yourself, you could believe that when you go into the shower and shave your legs, you earn money. That's a Denise Duffield Thomas thing. I think I've mentioned that before. And I think it's fascinating. Our thoughts are so powerful, that they create the reality that we live in. And just think about that for a minute. Because as authors, we know that we spend so much time in someone else's life, or a lot of people's lives. If you right from a third person omniscient perspective, like you're, you're able to view their reality. And sometimes it's even a completely different reality, like we're talking a different universe, right? We can do that we can shift our thoughts so that we can understand what it would be like to be them what it would be like to go through their hero's journey or whatever plot point where we're trying to give to them, and be there and shift them and help them to understand that they can do more or be more like we are the creators of our own lives in that same sense. And so it's easier, I think, for us, for for writers, for authors, to be able to grasp this concept, and start shifting faster, and then other jobs other people because we, we innately have that within ourselves. I think it's so cool. So of course, you can also like work on your mindfulness through meditation through hypnosis that we talked about. And it digs into that reducing, you know, the, the need to really focus on the the negative thoughts that have come up and having to, like deliberately shift them. But of course, if there are things that are really lingering, you know, if there are true thoughts of

unworthiness, where you're feeling, you know, depressed or in this place of despair, it's really important that you do seek help, you know, don't just try to shake it off, because sometimes it's hard to shake it off, right? So consider talking to a therapist or coach who specializes in the areas that you're trying to work on, so that you can get the support and the encouragement that you truly need. And it also goes back around to that surrounding yourself with positivity find someone who embodies the positivity that you are seeking. And the reason I say that is because very often a psychologist or psychiatrist or a therapist because they deal with people who have mental health issues who have like Tammy, she's talked about this in the past where if you are working with someone who has like suicidal ideation or depression, it gets very draining and taxing on you as someone who is is not like in that vibe who isn't there, right. And so if you're not careful meeting those people, if they're not careful about guarding their energy, they can inadvertently get sucked down. And that's not a fun place to be either because now you're having like energies attracted to like energies. What you want is the like energy of someone who really wants to professionally help someone in that place. And then someone who wants professional help, who will actually help them. Those are the like energies you're trying to attract to each other. Not the fact that you're in the same, like, kind of funky vibe, that's, that's not where we're trying to go. unworthiness. Ultimately, when it comes down to it, it's just, you know, fear, it's just fear of being put out there. It's fear of being seen. It's fear of the unknown, and not knowing whether or not our dreams are going to come true. But if we can trust that we get to be do or have anything, then that fear is irrelevant. It's our job then to just trust that we can move forward and that no matter what, it's coming our way. At any rate, I hope that was helpful. I know that if you know one of my students is thinking this or feeling this. I know others are. And so that's kind of the whole point of bringing this one up right now because I wanted you to, to know that you're not alone. We authors we, we feel like we're kind of in an island, sometimes even I do, you know, I'm working on a lot of things at the same time. But I'm not always interacting with people. So even though Tammy and I work together, we're not in contact every single day, even though I have you know, help for a revolution or, you know, a PA or I'm working with Barney for ads, or whatever it is. I'm not always in contact with the people, I'm not always speaking with them. So we're still, you know, kind of an island unto ourselves. And when that happens, it's so easy to get caught up on our own thoughts, especially when they are not helpful or conducive to good things, and to spiral with them. So it just takes a little bit of awareness to find the right ways to shift, get some help. Talk to people who are in an elevated state. See, those thoughts are what they are. They're just thoughts, they're not facts, and shift them to something that feels better. Ask yourself, always question yourself that critical thought, is this really true? Is this ultimately true? Is it the only truth possible for me? And more often than not? The answer is, of course not. Alright, guys, well, today, if you're listening to this podcast episode, it is my 12th anniversary with Colin crazy that it's already been this long. It feels like it was just yesterday. It's super weird. I don't know what we're planning to do on our anniversary. So if you're listening to this today, I have no idea what we're doing, we're probably going to play hooky and leave the house or go to a different city for the day and just do something away from where we typically are. We spend a lot of time at home. So it's time to get out and go see something it's going to be fun a fun day. So speaking of fun days, remember that the doors to the Millionaire Author Manifestation course are closing very soon. So if you're hearing this before February 26, the doors are open. To join us to become a part of the Millionaire Author Manifestation cohorts, the live cohort that goes for 12 weeks me and Tammy are going to be involved. Obviously, every single week, we have live sessions. We have coaching sessions, live hypnosis sessions as well. And so much goodness going on in this course. It's fabulous. I love it so much. And I know that you will as well. So make sure that you head over to the show notes today to be able to get a quick link to sign up. You can find the show notes at [authorrevolution.org/223](http://authorrevolution.org/223) and all the information will be there. Otherwise, you can go over to [millionaireauthorcoach.com/manifestation](http://millionaireauthorcoach.com/manifestation) to go ahead and get

signed up. Alright guys, have a wonderful rest of the week. Remember, you're worthy always and it's end of story full stop. You're worthy because you are. You are worthy. Because you're here you are worthy, because you have every available opportunity to shift at every single moment. Your job, your only job is to trust that you get to have it right. Go forth and start your author revolution.