

# Episode 237

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## SUMMARY KEYWORDS

manifestation, alignment, author, attraction, belief, clients, steps, meditation, feel, law, emotions, information, multimillionaire, create, healing, listening, purpose, state, haley, energy

## SPEAKERS

Carissa Andrews, Haley Carbajal

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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 Best Selling 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, guys, welcome back to the Author Revolution Podcast. Oh, today, we have a really cool conversation coming your way. So for those of you who, like me, obviously love manifestation and thinking about or talking about or experiencing manifestation in new ways, which kind of feels like that's what this like month or the past few episodes have been about. You're gonna love my next guest. So Haley carbachol is a manifestation teacher herself, and she has a very interesting take on alignment. And interestingly enough, the law of attraction like she actually believes the law of attraction on its own is outdated. We're gonna have to dig into that one. But I'm very excited to be able to share her experiences her expertise, her wisdom, this conversation just lit me up. And along with like, minutia is conversation that we had a couple of weeks ago, it was like, there's been so much interesting stuff, sparking my imagination, triggering my brain to go into pattern observation mode. And so it's been really kind of neat to collapse all of these things together to be thinking about things in different ways. These conversations that I've had this year have just been so inspiring, and inspirational, and intriguing, and all the things and so Haley is no different, like her conversation is going to knock your socks off, and you're gonna love what she has to say. So let's take a look at manifestation from a whole different perspective. As well, hi,

Haley, welcome to the author Revolution podcast I'm super excited to have you on we're gonna have an amazing discussion, I have no doubt. But before we get started, do you want to tell my audience a little bit more about who you are and what you do?

H

Haley Carbajal 03:11

Yes, so I am a star seed coach and mentor. So I help Star seeds who have a higher calling or a higher purpose on their heart, overcome any type of fear, stagnation, or lack of direction that they have in their life, so that they can vibrationally align to that soul's purpose to that higher calling. So that's what I do.



Carissa Andrews 03:36

That's amazing. I love that. So obviously, this is why I brought you on because I want to talk all things manifestation, especially because you have a unique stance on it too. Right? So particularly surrounding the law of attraction. So could you elaborate a little bit on why you believe the law of attraction is outdated?

H

Haley Carbajal 03:54

Absolutely. So when that information came through the earth was at a denser level of consciousness, right? If you look at the earth as it is now, most people are self aware. Now most people are aware of their own patterns. They're aware of their own behaviors. They're aware of what they do and how it affects others, people are more talking about what's on their heart, rather than what's on paper. Right. So the earth is elevating and is at a higher level of consciousness. And the reason why that matters is because as information comes through from the Divine, it has to filter through all of those layers of density just to reach the messenger, right or when the law of attraction even Bashar I don't know if anybody follows Bashar but even Bashar has said that the law of attraction itself is incomplete. The idea is there, but the full conveyance and intelligence of how to manifest there's a gap Right, when the concept of law of attraction was brought into this existence was all that the consciousness of humanity could convey, perceive and understand at that time, which is why the word attraction, the word itself, attraction is outdated, right. And anybody who is spiritually aware knows that language is actually very powerful. We speak our reality into existence, right? So I am not arguing with the science, the science still is, is there, right? But it's not the law of attraction. Those are more laws of frequency laws of alignment, right? It's not about attracting anything. And actually I brought definitions with me definitions that I share with my clients, if I may share them. Yes, you bet. This is deeper. So the word attract and this is straight off of Google, right? Is cause to come to a place or participate in a venture to draw in or to pull something in, right? And usually, that's where we're like, oh, yeah, that's the law of attraction, right? That's how we do it. That's not the case, we are told that we are the creators of our reality, not the attractors, right. So free eat, is to bring something into existence to cause something to happen as a result of one's actions. So to say that you have to attract something automatically, that language implies that it's separate from you, you have to reach outside of yourself and pull it in, or you have to reach outside of yourself and change who you are, or beg and bargain and plead just to get what you want. Right? That's not the case, you have

absolutely everything that you need within you right now. It's just a matter of what needs to be released, and what needs to be activated within you so that you can generate that experience generate that reality.



Carissa Andrews 07:26

That's super cool. I like that a lot. Okay, so for you that the concept of alignment is really central to your teachings, right? So could you define for yourself, like how alignment works, how it what it means in your context and methodology? And why it's so crucial for successful manifestations?



Haley Carbajal 07:44

Well, that's an amazing question. Because alignment is everything. Frequency, alignment, alignment within itself. If you when you're feeling in congruent with something, it's like it is stapled on your forehead, not necessarily for everybody else to see. Because not everybody else can see it, but you can feel it. So maybe a better way to say that is it's like stapled on your heart. You can feel the lack of congruence, the you can feel the gap, you can feel the void, you can feel the thorn a little bit, right, and that thorn has this ripple effect or domino effect in your life. So the most important thing is that your actions, your decisions, your behaviors, and your patterns are all in alignment with where you're going, not where you have been. Because, see, that's the thing too, a lot of us and it's understandably so we want to protect ourselves. We want to make sure that we don't make mistakes. We want to go through this life as efficiently and as effortlessly as possible. Right? But that's not always the case. Because in our biggest mistakes and our biggest failures, that's where the most alignment occurs, because you have that clarity, you have that understanding, you have that knowingness, right? So, when we say alignment, really alignment is a state of being a you can feel when you're in alignment you can feel when you're out of alignment, right? Alignment is simply a state of being where your morals, your values, your passions, your dreams, your behaviors, your patterns, your thoughts, your emotions are all congruent and on the same frequency. To me, that is how I would define alignment. That's what alignment feels like. We've all had those moments, even if they've been brief. And that is when you are an open beacon or an open channel for creativity for channeling in a book or for channeling and content. And that is when you find the most effortless success too.



Carissa Andrews 10:01

Oh, absolutely, I agree. Yeah, I think everyone has had those moments where even if it's just an idea, right, that pops into your mind and you weren't thinking about it, you weren't trying to force it. And it just, you know, story idea pops in and you're like, where did that come from? That's amazing. You know, my first book was definitely like that. And I was just like, This is so cool. And then you start writing and you start going, you know, at that story from a place of like, I don't even know how this is flowing. It's just going, it's just wonderful. Yeah, it's great. Okay, so can you explain your five steps to alignment? Because you have a process for this, and how it enhances or differs from the principles of law of attraction in terms of achieving, obviously, their personal goals and professional goals?

H

Haley Carbajal 10:45

Hmm, so I'd love to answer this question in two parts. Because she are separate. They're the same, but there's separate contexts here. So the first part of your question was the five steps to alignment now, we often obviously confuse simple with easy, right? Right. It's just easier said than done. Because the actual application of something is different than intellectually knowing and understanding, right? So absolutely. five simple steps to something. The concept itself is simple. But it doesn't always make it easy, which is why number five is really important. So the first step to alignment is honestly, taking responsibility for your frequency, taking responsibility for who you are, how you're showing up, taking responsibility for your part in the co creation process, taking responsibility for your triggers, taking responsibility for your habits and your actions and non actions. And the reason why this is important is because this external world is just we all know this. It's simply a mirror. It's just simply a mirror, we are engaging with a mirror, and this mirror is reflecting all of our internal world, right? And we cannot expect the mirror to smile first.



Carissa Andrews 12:15

I've heard Bashar say that, yeah.

H

Haley Carbajal 12:19

First, we must smile. And then the mirror will do it. But really the only thing, the only only only thing we have to overcome and I say that with quotation marks for those who are listening, the only thing we have to overcome is our mindset, because this right here is the ripple effect of the entire world around us, right? So the first step is to take responsibility for your frequency for the way that you show up. Just taking complete ownership, really, the second one is doing the inner work with intent, and compassion. Because yes, we want to take responsibility. But if we're taking responsibility, and we're shaming ourselves, and we're blaming ourselves, we're self inflicting pain, we're telling ourselves, why did you do this? Again? What is wrong with me? Why do I keep doing this? You're, it's like poking holes in your gas tank, you can try filling it out. But you're gonna keep pouring out. It's not efficient, it's not effective. And it's also not sustainable. It's just not sustainable. So for me, my definition in relation to this intent is focus with precision and belief, right? So we're focusing on something very specific. So you don't go to a restaurant and ask, you know, can I just have a meal? You tell them exactly what meal? You tell them exactly how you want it cooked? If you even like the dressing that comes with the salad? Do you want the dressing on the sat on the side? Do you require more dressing, you're very specific. And the same thing applies to our in our work? What is the specific belief that is holding you back? So if we're talking about our authors and writing a book, you know, is it the belief Do you have a belief that you can't be successful in writing a book? Right? Maybe it will be like, No, I believe I can be successful. There's tons of evidences of successful authors. Okay, so then what is it specifically maybe it's that for maybe a first time author, they have a belief that you must have three books out there in order to be successful? See, that's a different belief that would prevent your first book from being the most successful or starting off the Ricochet of success. So we must be very precise and very specific about what beliefs or what patterns are holding us back. And then compassion is the foundation to everything right, because working against resistance only creates It's more resistance. And so if we're butting up against ourselves, we're blaming our shell selves or shaming ourselves or doing shoulds. Like I

should be farther along in my book, I should have had this channel that by now, I should have published this by now you are creating unnecessary resistance. Yeah. And that's going to block you off from being that Clear Channel to publish and write your book. Yeah, remind me of this. Oh, we're on the five steps. So then the third one, I promise I will keep this tight. The third step is having a direct line to the divine. This is absolutely essential and important. And I'm not talking about a light, I'm not even talking about your higher self. Well, that is extremely important. It's essential. I am talking about the light, where your consciousness was birthed were all of time and space, everything that ever has been. And everything that ever will be exists. It is the infinite intelligence and knowingness that we come from. A lot of people say this is source, a lot of people call this creed or a lot of people call this God, right? Having that direct line to the Divine, for energy healers and things like that, not only is it energetically protecting, but this is where highest truth comes in. Right? Because even our higher selves still has its own filter, because our higher self has one foot in the 3d connected to you in the 3d and then also to the right. So we want to have that highest truth, the energetic protection, the highest truth. And also here, you have that internal navigating system, that's more than just a gut instinct, it is that direct divine guidance, and you can feel it, it's, it's, it's a knowing, and then four, four is trying to find the right way to say this without sounding cliché. But really, I don't think there's a better way to say it, other than the your purpose, other than your higher calling. And here's the reason why a person on purpose can do the impossible, they really can. If you take a look at firefighters, they have a higher purpose to go save a life, right? They don't just run through the burning building on in their free time, right? When your child is struggling in school, you automatically have a purpose. And it's like this superhuman power within you is activated and you go above and beyond for your child. Right? So when you're looking at like the purpose of writing a book, or if you're looking at the purpose of your higher calling, what really, is it? Is it the fact that you had to see a gap in the world where they there needs to be addressing? Or there needs to be a story? Or is it because there's something within you that needs to be shared? Right? What is the purpose, because the purpose is the difference between being inspired to wake up in the morning, or dreading getting up in the morning, a purpose can also make a difference between choosing to continue to walk the path. And giving up a person on purpose can do the impossible. And this is what I always say to my clients. I deeply deeply believe this. So while the mission while your purpose is up to you, and it is to be done by you, it is actually not about you write your purpose is for others, to help humanity to give them insights to educate them to help them nurture their imagination with your storytelling abilities, or your life experience. So and then number five, truthfully is a mentor. And I know that this can sound self serving because I'm one but that's not why I share it. That's not why I share it. I know for a fact in my life because I've had mentors, they helped bridge the gap between where I was and where I wanted to be with the least amount of suffering with the least amount of confusion and with the least amount of doubt. Right. And so there's different levels to this right so and we can we can talk dive more into this and in one of your other questions that you may have. But information is not the NLP All right, you must apply, okay, but what happens when you do have the information and you are applying. But you don't, you don't see the results yet. That's where a mentor comes in. Because a mentor can help look through the crevices of your mind, where there are those blind spots where there are those beliefs that are holding you back that you can't see. Because it's you, there's nothing wrong with that, it's you still are in a filter, a closed loop of your own mind. So having a mentor who has authentically walked the path before you can help alleviate and fast track your progress in your success. So those are my five steps to alignment. It's a lot more than that, obviously, even though that was very detailed, but it's a lot more than that. But those are the general five steps that I would recommend.





Carissa Andrews 21:01

I like that too. Because it puts people more into the connection with that purpose with that deeper meaning of what their life gets to be like. And it doesn't have to just be the surface level aspect of like, I want to earn a you know, enough to pay my normal wages and work from home. And that's it or, you know, writing these books is fun. And I'm hoping that it'll turn into something more it's it's literally about connecting and how we connect with others. So that's really cool. I like that. So with law of attraction, or when people are focused solely on Law of Attraction, they have and report you know, varying degrees of success with manifestations. How does your method ensure like a more consistent or tangible results when it comes to manifesting the things that they really want in our lives?



Haley Carbajal 21:48

Yeah, so it is true that people have had varying levels of success with the law of attraction. But it was not because of the Law of Attraction itself. It was because of the actions that were taken, it was because of the decisions that they made that were in alignment with their vision with what they were trying to create. So again, it just boils down to the science is still there, the science is still true. But the word the language is incongruent with the full understanding depth and intelligence of that science, right? Sure. So I bringing I'm being called to bring this so this is what I teach my clients, I'd love to just share this with your audience, if that's okay with you. Absolutely. This is what I call the transcendence triad, right? This is how I believe and I have and my clients have manifested everything that they want, right? So first step, the first set here, we have the information, right, we must be educated as to why something works, we must be educated on how something works. And it must have a level of degree of success to ensure that what we're doing is not wasting our time. It's not frivolous. It's not fantasy, right? So from there, we also require energy healing, because this world this universe speaks in frequency, right, which is what the law of attraction is trying to convey. Right? Yep. So yes, you can have the information. But if you're also not energetically healing, or upgrading, upgrading your consciousness, then you're also going to stay within a small bracket, you're not really truly going to penetrate through that glass ceiling. Now, some people in this mostly in the spiritual community, they think energy healing is the end all be all right. It's like, oh, I got my energy healing done. I'm good. I'm solid. I got my Reiki done. I'm a whole new person. I've been in the energy healing industry, I've been involved in it for the last 15 years been actively doing it for clients for probably about the last 10 or 11 years. So I'm coming from a space of authenticity. When I say this, energy healing can also be just a band aid, just like the information writer, because if you are not maintaining and keeping the new frequency, then you're losing, you're eventually going to go back to your old patterns and habits because the subconscious mind is stronger than that hour long energy healing. So that is where this is where I'm really passionate. That's where conditioning and reprogramming comes in. Very passionate about the conditioning. So we if you follow Dr. Joe Dispenza. He has a lot of great information about reprogramming. So listen to him about all of that. But conditioning is really weird. I find the excitement. And this is the part that most people overlook. Because it's not the fun, juicy, exciting part about this process, right? It's like, wait, I have to do what? So conditioning is so just as an athlete conditions his body for a game, or for a race, we must constantly be conditioning our minds for what we want and where we're going. And so some great methods and actually effortless, effortless methods. Number one is music, right? So we don't realize it. So there's two aspects to this. So number one, and this is where I think everybody should start is that music and the lyrics are programming us to think, feel and believe something, right? So an example I give is that if you're out there looking for love, like a true divine love, but you're listening to music, about betrayal, about how nobody is trustworthy, or one night stands, then

you are going that music is programming you through and through your reticular activating system, that's all you're going to be able to perceive in this reality. So even when the right person comes along, you will not be able to trust them because of the way that those lyrics have programmed you in your mind. So first, by starting off, start off by listening to music and lyrics that talk about where you want to go, what you want to feel, right success, healthy abundance of money, love, freedom, creativity. And then the second part to music is once you're more conscious and aware of the lyrics that you're listening to, then choose music. So two playlists, the divine timeline playlist. That's the first one. The second one is the soundtrack of awesome. So these are songs that yes, actually came about in my scores. Yeah, that came my mentors. The soundtrack of awesome is music that specifically gets you into a peak state. So that's music like that reminds you of maybe your first kiss, or your first real award or your first real achievement, or it takes you to a place when you went on a family vacation. And there was complete and utter bliss. Now the programming and the language in the first playlist is very important, because we want to be focusing on thoughts, beliefs and emotions that are in the direction that we're going, and what we want. But also the soundtrack of awesome allows you to be in a peak state. And the reason why that is important is because as Dr. Joe Dispenza says, you cannot think beyond what you feel. So if you're sitting there at the desk in front of a computer with a blank screen, and nothing's coming through, and you're feeling small, you're feeling doubtful, you may have impostor syndrome, whatever it is, you cannot create from that space. And anything that you produce will be a fraction of what you could produce, right? So when you listen when you detach and take a step back, and you get into yourself into a space of bliss, joy, happiness, fulfillment, excitement, then you can tap into that creative ability. And it funnels through comes in. And that is when you produce their best results. Because then again, you can think beyond what you feel you have immense feelings of gratitude. That is the key aspect of channeling in an amazing, transformational trajectory altering work. Right, right. So the music is listening to people every single day, that talk about what you want and where you're going. Because you're already listening to something anyway. Are you going to choose to listen to something that is distracting? Like the news, like celebrities? Like I don't know what's going on at the grocery store local news, which we do want to be in the know, don't get me wrong, but we only want to visit we don't want to stay there. Are you listening to other successful authors talk about their journey and their experience? Are you listening to other successful authors in the way that they think and feel about writing books? Are you listening to other successful authors talk about their creative process and doing some intellectual shopping and being like, I like that. I'm going to apply that I like that. I'm going to apply that. Those are two effortless ways for conditioning. And now this is the last part I'll say about this. About the conditioning. So reprogramming and conditioning is an unlearning and relearning process. And so you must give yourself grace. For the odd learning that you're doing. Unlearning is becoming aware of the program that you're operating from. And then learning is just simply making a different choice. Right. So when a lot of my clients are struggling with manifestation or with something that they still feel held back on, maybe some of them struggle with meditation, I tell them, that they must give themselves grace, because they are coming up against decades of patterns, behaviors, beliefs, emotions, that have been installed at a very deep level. And you cannot expect your brain, the universe, whatever have you to change overnight, when you're coming up against decades of things that you've been carrying, you must at least give yourself the bottom is like a year, truly. But really, you should give yourself just enough time to start noticing those little results. What belief Do you have different today than you did yesterday, that in itself is a success, that in itself is proof that your manifestation is happening? Because otherwise the same person who created the same reality would still be thinking the same thought? Absolutely. That is my answer to your question.



Carissa Andrews 31:35

I love that. I know a lot of authors really struggle themselves with that the concept of money like that is a huge one that they bought up against. Because, you know, like, from the societal standpoint, we've got all of these beliefs around, you know, the starving artist, and that people who create aren't, you know, paid enough or that you can't, you know, self publish a book and be a successful author or whatever. And it feels to me and I like your idea, or the concept that you talked about, about how you need to figure out your specific way that you're, you're kind of blocking yourself or keeping yourself in resistance state? Do you have any tips on like, how those authors can locate like, what specifically is holding them back when it comes to that sort of thing?



Haley Carbajal 32:16

Mm hmm. I like to take my time with my answers, because the words that I say matter. So there's, there's really a lot of ways. But the first thing we're trying to think of the most, the most applicable one, because there are so many, the one that's coming through as your initial response to things and the emotion that's attached to it. So when I say that, what I mean is, if I said that you can be a multimillionaire, self published author, what is the initial response? Is it and I mean, it emotions too. Is it like full belief? Is it expansion? Is it wonderment? Is it Yes, absolutely. Or is it? I would like that, that feels good to think about, but I don't know, is it that's not going to happen for me? Is it fear that it could never happen for you? That initial response before your conscious mind steps in and starts justifying rationalizing whatever have you that initial response is a leading indicator to what the framework of your subconscious mind is saying, right? And so if you felt yourself tighten up, that is, that is a that is also an indicator of the state of being in the emotion that you are in. So when you first recognize it, that's like step one, right? You just recognize that it's there. Now jumping on to number two, right? Like intent with doing the inner work with intent and compassion. Be the observer, right? So you're just observing, you're collecting the data. Oh, they have this belief that I don't that I can't be a multimillionaire self published author, interesting, don't shame, blame, something's wrong with you know, 90% of the thoughts that we have think and feel aren't even ours. Society has told us that our parents have told us that our neighbors have told us that and you just adopted it to be true. It's probably not even yours. And ultimately, when you can see yourself operating outside of that program, when you can call out that you're being anxious that you're being fearful that you're being doubtful. That means you've stepped outside of the program. You are the consciousness that is observing you behave, make choices, whatever have you and already it has less power over you than it did before while you were being operated by it. And so then from there, this is where emotional intelligence comes in. And this is a whole nother conversation. So I will keep this brief. But except, except that right now you have the belief that you won't be a multimillionaire self published author, and the only reason why is because acceptance is the foundation all healing, when we try to say no, I don't believe that no, I don't believe I won't believe that about myself, bla, bla bla, we actually give it more power, right. So just accept that it's there. No weighing with the belief that you can. And we'll overcome it through the conditioning through new information through energy healing, because you can you can depth just because that's what you think, feel and believe now does not mean that that's your prison sentence. Right. So when you accept that it's there, when it accept that it's there and know that it has absolutely nothing to do with you. And it's not the truth of who you are, or the truth of what's possible for your future and your reality, then you can overcome it, then you can be strategic, then you can find a way to really download Aker in and feel what it's like to be a multimillionaire self published author. And that's another thing too. How often are



you guys visualizing your dream? How often are you throughout the day? Are you guys actually connected to the future rather than your fears? Do you live and exist more consciously? And the reality of being a multimillionaire self published author? Or do you more live and exist in the fear of not being one, because where you're spending your time is what will determine your future?



Carissa Andrews 36:46

I think that's really important for people to hear and understand when it comes to like bringing in what they do want, you know, and I love that you're talking about the subconscious and how these beliefs aren't probably our own. Because I think so many of them really are thoughts that we're just picking up and we take them as truth. And it just needs to be released and let go and surrender to like a new, a new story, if it feels better, if that feels more aligned to what we really want to bring in into our reality. You know what I mean? So that's, I love that. Do you meditate? Is that how you make your connection to that higher Divine Source? Like what what is your tip on that?



Haley Carbajal 37:25

I believe it does start with meditation. I do. And we don't realize even when we go into prayer, like maybe some are traditionally religious, even when we go into a state of prayer we are that's actually a form of meditation, right? And so there's a lot of pressure around meditation, right, you must always be peaceful, you must always be relaxed, and blah, blah, blah, blah, blah. If you're anxious, you're doing it wrong. Here's the thing. Number one, it's a muscle, right, you have to give yourself the grace to just try it out. Practice it, give it more than a day, give it more than a 10 minute session, give it more than a week, give it more than a month, eventually, it will come naturally. Number two, the mind never actually stops. Because if the mind actually stops, you're flatlining. So even when I'm an advanced meditator, I've been meditating my whole life, I could meditate for three hours, absolutely no problem. When I am connecting, when I am in a state of meditation, I am still visualizing and thinking something, it's just whatever I'm thinking and visualizing is bringing me the emotion of peace, right. And also, I say that I'm an advanced meditator to let you guys know that even as advanced as I am, I still have turbulent thoughts. I still have hard meditations. Because the more turbulent life is, the more turbulent the thoughts you're going to experience. It's just again, about having acceptance for what is without making it mean that there's something wrong with you, or without making it mean that you're doing it wrong. And just take a step back and be the observer that is observing you. So in relation to connecting to create or connecting to that direct line to the divine. Yes, I do believe that meditation is one of the most efficient ways to do that. But I also want people to know that you are never disconnected from it. You are never disconnected from it, it is always there. And you know what, maybe for some, it is better to be writing and that's when they feel most connected to the divine. Right. So it's more about and I talk about this all the time. It's not even about what you're doing. It's not the strategy. It's not the affirmations. It's not the law of attraction. It's not the meditation, it's not the yoga. It's not the retreat. It's none of those things because those are simply tools. It's about Who you are being while you're doing those things. That's why meditation works for some and not for others. That's why Yoga works for some and not for others. It's about who your being. And so how do you detect to your being right? The state of emotion that you're experiencing, if when you're writing, you feel in a state of peace, you are connected. If in yoga, you are in a state of peace,

you are connected, if in meditation, you're in a state of peace, you are connected, if you are out on a run, and you're you are continue in a state of peace, you are connected. It's all about what you are feeling that indicates to you who you're being in what you're experiencing from the Divine.



Carissa Andrews 40:41

That actually, like leads into one of the other questions I was going to talk about when it comes to that emotional aspect. Because obviously, typical law of attraction, those like through Abraham Hicks, they talk about the emotional scale. So how, how does this differ? Like, does it differ? Or is it pretty, pretty similar? It's like another piece of the Law of Attraction versus manifestation element of it, and then obviously gets you more into alignment. What What are your thoughts there?



Haley Carbajal 41:05

What I do know is that the heart is 5000 times more powerful electromagnetically than your brain. And the reason why that is important is because the universe speaks in frequency. It doesn't speak English, it doesn't speak Hebrew, it doesn't speak whatever. It speaks frequency, right. And so what your heart electromagnetically which is creating frequencies, frequencies carry information, like sound waves, like Wi Fi, like radio waves, those frequencies are carrying information to the universe, the universe receives that response to it and then Wallah, you create your reality, right? So emotions are essential to manifestation, they're essential. Because you can think about your dream, you can think about being a multimillionaire self published author. But if you don't feel it, what you're broadcasting is something else than what your thoughts are. Right? So when you can, that's why I brought a visualization earlier, because visualization is a powerful tool for reprogramming. Again, go listen to Dr. Joe Dispenza. About that. But when you can sit there and you're feeling your dream, you're feeling yourself, see that first, you know, \$3.5 million, like \$3.5 million contract or 3.5 million in the bank account, we'll get like feeling what it's like to know that all of your bills are paid for, what is it going to feel like in that moment? When you get to tell your boss, I'm putting in my 30 days notice? What does it feel like to tell your spouse or to tell your children or to tell your parents that Oh, my God, I did it? How long? Are you sitting in that frequency? How long are you sitting in that vision? Because the more that you can be there and sense it and feel it, the more you're creating that energy, that reality, that frequency in your life. So So here's the tricky part, too, right? Last thing I'll say about this, I promise. So because of that knowing we more often get fearful when frustration comes up when anger comes up when resentment comes up, because we're like, no, no, I don't want to I don't want to create that. I don't want to create that. So Right. But here's the thing, when we tried to deny the anger, deny the frustration, deny the resentment, we're pushing it aside. And therefore now it becomes this nebulous thing that is hanging over us, which is actually what is going to create what you don't want. Those emotions like anger, frustration, rage, resentment, doubt, sadness, grief, fill in the blank as it pertains to you. Those are all emotions that are giving you a message, right? And I really think that those are some of the most valuable emotions because they're showing you where you're not free. They're showing you where there is a lack of alignment, they are showing you where you need some more TLC. And so if we can accept that I am experiencing the emotion of anger right now I am experiencing the emotion of frustration right now. I'm curious, what is this frustration trying to tell me? What is this frustration showing me that I am not aware of myself yet. Oh, it's

the belief that I have a fear that I'll never become a multi millionaire, self published author interesting. And then from there when you can accept the frustration is there and when you can get curious in a way of observing and collecting data that this is where the frustration is linked to, then you have the opportunity to heal it. But if you keep denying that the frustration is there, you keep denying that the fear is there, then it is going to control all of your automatic programs. And it's going to control all of your unconscious decision making, and it will bleed through almost like ink off the water of what you're creating. So, yeah, I think that I think I concluded that very well. So I'll just leave it there.



Carissa Andrews 45:32

I think that was a great visual too, as you're describing at the end, I think that makes so much sense in the way that I view things as well. So that's really cool. And I like the concept of the acceptance my my word, if you can call it a word, it's actually two for the year is let go. So it's more about leaning into that, that aspect of surrender. And I think it goes along with the acceptance aspect of it. Because whatever we can, you know, surrender to and let go of your you're also taking that responsibility of trusting that this is here for a reason, and you're willing to work through it and let it go. So I like that. Can you share a personal story or a client story that illustrates, like how your approaches to things have worked? And especially like, how they have gone through and bypass maybe sometimes the law of attraction or just manifested through the alignment process? Mm



Haley Carbajal 46:21

hmm. Absolutely. So the first person that comes to mind is my client, Judy. So Judy, is I think she's about 80 years old. So she's been around the block, she and she's been immersed in the spiritual world for a long time, she listens to Wayne Dyer, Abraham Hicks, Louise Hay, Dr. Joe Dispenza. And even other names that I'm not even aware of. Right. So she's been around the block many, many, many times. And with the knowledge that she had, because this was this was earlier on when I started. You know, I was like, so you know, everything, you can articulate everything. But why aren't you seeing the results that you want, right? So when she came in, she didn't know what her soul's purpose was, she just knew she wanted to do something of a higher calling. With this next chapter in her life, she didn't have access to her intuition. She didn't trust her intuition. And she was carrying a lot of unhealed stuff with her from her dark night of the soul. Right? She's still working with me to this day, which is amazing. But within 10, her first 10 weeks of working with me, not only did we open up her pineal gland, and now she's, she's actually bringing forth visions from past lives and future lives. She knows exactly what her soul's purpose is, which is to be an animal, communicator, healer, and channeler. And she has all of the tools now. And she does it because I do celebrations with my clients. She's telling me on a weekly basis, all of the things that she's personally overcoming by herself. And so I remember I just did a client interview with her, it's on my YouTube channel. She said to me, that she has never like even though she's listened, even though she knew all of the information, it was like what I gifted her was the actual steps, the actual footprints to follow and see, so that she could connect all the dots the information that she has, so they could actually be manifesting in the material world and her real life. And I always have my clients take before and after picture. So like before they start working with me. And then after they start working with me, and Judy, you can see it her eyes, her eyes look completely different, her skin texture,

she's glowing, she has more warmth to her. And it's it's truly it's truly remarkable, but what she experienced and, and all of that was through like things like my transcendence triad through the five steps, and all of that, all of that.



Carissa Andrews 49:14

That is so cool. I love that. And I love when it's like all the dots are there, like they're so close. It's just that there's a split, tiny little piece that they haven't connected yet. And so then when that clicks and falls into place through the right mentor, all of a sudden, like, the reason that they were digging through all those things, all of the information, it becomes clear, right? And it's like all of a sudden, they're like, oh, that's why I was doing all those things that I understood it, even though I wasn't seeing the results the way I needed to okay, I get that. So because of obviously what you were just saying, let's talk about patience and timing and manifestation because many people, they get very disheartened when their manifestations when their desires don't come to fruition quickly because we have obviously a very short attention span and we want instant gratification. So do you believe people are capable of fast manifestations? And how do you deal with that kind of disappointment in your clients if they're not seeing the results? Super fast?



Haley Carbajal 50:13

Absolutely. So this is, I love love this question. Because I experienced this very deeply, very deeply in the building my business in this degree in this fashion. Within the last three years, I went through two years of constant failures and rejections, right, I went through 208 hour long calls, with no clients. And then when several months after that, with no client, so I know about impatience, I know about not feeling like the manifestation will come true, because of what the external circumstances say, around you the visual stimulus around you. But here's the thing. So I do believe that we can instantaneously manifest. But when it comes to something that is bigger than ourselves, when it comes to a dream that is stretched out further than you are now, it will take time, and it will take patience. And it's not because you have a manifestation problem. It's not because of that at all, actually. So when you're pursuing your higher calling your higher purpose, like publishing a book, there is a development evolution of you that is taking place. And it's through that requiring of patience, it is through overcoming the struggles, the challenges and hardships, because those moments of patience, those moments of reflection, those moments of challenge are actually all in direct response, telling you that your manifestation is indeed happening, right? So let's just say you wrote the book, you're trying to find the publisher, and you're struggling to find a publisher, you're like, What is going on? Why can't I find a publisher, it's like nobody's understanding the message I'm trying to convey? Well, number one, that search is validation that it is happening, because you're already doing it, publishers are landing in your email, you are coming across advertisements for different publishers. So it is already happening. It's not a block, it is happening. And in the pursuit of finding a publisher, you are learning and being denied or being rejected or being time closed, or whatever have you, right? You are learning things about yourself, right? And the pain will keep cycling through until the lesson is learned. So maybe it is that lesson of surrendering, maybe it is that lesson of letting go. Maybe it is that lesson of not applying force and just allowing, right. So even if the challenges are like your you know what you want to say in your head, but you can't get it out on paper. That's not because you're blocked. It's not because there's something wrong with your ability to manifest that is actually a sign that your

manifestation is happening. Because what if there's something that needs to ferment? What if there is something that needs to sit and resonate for a little while, and then in a day or so you'll have a conversation with somebody, it will click, and then it's like, you can write half your book in one day. You know what I mean? So it's like, the challenges the hardships, the not it not arriving on time, quotation marks, that is all in alignment with your soul's mission with your purpose with your with the pursuit of writing and publishing your book. It's not that it's not happening, it is actually happening because you're already doing it. It's the choice to keep going, it's the choice to outlast the temporary so when my clients, I actually just spoke with somebody about this yesterday. You know, my client, she's in she's right now she's struggling financially, and she has a lot of debt and all these things. And, you know, she's like, she's asking for a miracle. And I said, Well, how would you define a miracle, right? And she said, Well, my miracle would be that I receive a large sum of money to pay off my debt. And I said, Okay, I hear you. But what if the miracle is is that you're receiving this energy healing for me that is going to allow you to receive those large sums of money to pay off your debt. And she was like, Well, I just wanted to come on time. And I said to her, Well, what is on time? Is it on your time? Or is it on the universe? says Devine time. Because when we say it needs to be on time, we're putting our expectations, our deadlines on it, which is self imposed, which is like self imposed suffering and pain and misery. It's like what it so here's another thing I always ask my clients and it relates directly to this story that I just shared. If you knew for my client, if you knew that your debt was going to be paid off in two years, would you really be stressing so hard right now, and not having fun not finding pleasure not seeing miracles? Grants, there was no if I knew was going to be paid off in two years, then no, I wouldn't be so stressed. So if you knew that you were going to find a publisher, if you knew that you were going to write that next chapter, if you knew that the topic of your next book was going to come to you in the next six months, all the money that you could have ever wanted, if you knew that it was going to come to you in the next two years, let's stretch it out, make it a little bit scary, right? If you knew that all of the money that you ever wanted from your book was going to come over the next 10 years in 10 years, would you really be stressing so hard right now? And the answer is no. Maybe that's not the time you'd like it. Of course, we'd all want it now. Right? But like we just said earlier, there's an evolution, there's a character building, there is an insight building, there's a soul development happening within those 10 years, it's not fruitless. So if you knew what, what you wanted, will come in this amount of time. Would you really be so stressed right now? And the answer is usually always no.



Carissa Andrews 56:38

Right? Right. And why would you because now all of a sudden, it's like taking the pressure off, you understand, okay, I know, it's gonna take a little bit of time, that's fine, whatever, I can chill out. And just be and I wish I would have known that even for myself in the beginning years of writing, because that was definitely not the the mindset I was in when I was first publishing and trying to get my career off the ground and all the things and it was like, that's the biggest lesson I wish I would have taken on, like, take a breath, like you live longer, you know, enjoy the process, have some fun, and just read some books and stuff, trying to write all the things and do all this stuff. It's, it's it an interesting process. And I love the idea about the evolution of how we're evolving, because obviously, that's the case. I mean, we're evolving. Every time we write a book, we're evolving, every time we publish a book, we're evolving every time we're learning a new strategy, like whatever it is, and, you know, when you're in that mid manifestation point, it's like, it's like you're trying to cook, you know, some sort of meal, and you're trying to get all the ingredients still, you know, brought to you. So I like that. I like that a lot. Now, obviously, we were talking about evolution of manifestation and the evolution of these

people of ourselves. How do you view the practices to adapt to like the complexities of life and the challenges that we face? Like, in your opinion? Is there an evolution of how manifestation techniques happen? Or do they stay the same? Do we apply them the same way? I think I know what your answer is. But I'm just curious.

H

Haley Carbajal 58:08

I believe every spiritual strategy and modality works to some capacity. They all do. They all work to some capacity, right? But it's what really matters, again, is not the strategy. It's how does it resonate with you? I am a firm believer in finding a morning routine that gets you into a peak state that gets you set up for success. Now, when that thing is no longer getting you into that state of bliss, gratitude, creativity, then it's just lost its capacity. Could it be forever? Yes. Could it be for that day? Absolutely. So it's more about using your discernment. How do I feel at the end of this? Because I've done I've tried, you know, where I'm like, Okay, I've been meditating, meditating is the answer. I'm like, nope, meditating is not the answer today. Okay, what's next in my arsenal? Okay, music, alright, music is not working right now. And it's not that there's anything wrong with you remember, there's nothing wrong with you. So like, Okay, what's next in my arsenal, creating content, okay, I will sit and create content, boom, that is what worked that day. So you should have strategies that you know, typically work for you that at around like 90 to 95% of the time and be willing to adapt, when they get sterile, when they're not working. Find a way to get creative, right? Sometimes it is yoga, sometimes I do require a good stretch with music in my ears. You know, sometimes it is weightlifting, sometimes it's more of the, you know, Runt you know, like the force and like, oh, you know what I mean? So, yeah, we just really want to pay attention to to how we're feeling and if the strategies that we're Applying are getting us the into a state of bliss, joy, creativity, freedom and abundance.



Carissa Andrews 1:00:08

I love that. I love that, in my experience manifestation and mental health obviously go hand in hand, and they're closely linked. Does your framework support the individuals mental well being as are working towards their goals as well?

H

Haley Carbajal 1:00:22

I think they're go hand in hand. Like I said earlier, this the our mind is the only thing that we have to overcome change upgrade. So when we upgrade this and create more alignment with what we want in our mind, then the world changes, then our manifestations come true mental health, really mental health is emotional health, really is what it is. It's emotional health. But to answer your question, yes, they they are directly linked. They're not separate at all.



Carissa Andrews 1:00:54

Yeah, yeah. Okay, so if there's one final takeaway, or a principle or something that you think that my audience and I know, whoever's listening to this needs to hear about manifestation about alignment, what would it be?

 H

Haley Carbajal 1:01:08

Number one, sometimes when we feel like we're out of alignment, we are still exactly in alignment. And here's why. So, sometimes those old beliefs, those old fears, those old, stem old, stagnant energy needs to come to the surface to be released, right. So even when we're panicking and feeling like we're out of alignment, or panicking and feeling like, I'm thinking the wrong things, or I'm feeling the wrong things, it's a purge happening, it is named purification happening. So just to accept that you feel that way and allow whatever needs to be processed to be processed, because it is in that moment of that purge, that you are exactly in alignment, because you're about to springboard up. So sometimes when you feel out of alignment, you're exactly in alignment. And the second thing would be that those challenges, like I said earlier, so I'll keep this one tight. Those challenges, those hardships, those struggles, are not a block, it doesn't mean that it's not meant for you, it actually means that this is the development process for you to be a better writer for you to be a better author for you to have more success. Because the struggles that you go through the dark that you go through is an exact mirror of the light that you can experience. So it's all happening for you, even if it doesn't feel good.



Carissa Andrews 1:02:33

Yeah, I think that's so important for everyone to understand that sometimes when things aren't, they feel so hard or they feel like why is this not working? You know, it's it's for a reason you're you're learning, you're growing deeper, you're going to experience even more growth. And you can imagine when you can finally let that go, but you can finally embrace the embrace the challenge of it and move forward. Yeah. Okay, Haley, where can my audience go to find you to learn more about what you do and everything that you you know, can teach them?

 H

Haley Carbajal 1:03:05

Yeah, so you can visit my website, [fivestepstoalignment.com](http://fivestepstoalignment.com). You can also follow me on instagram five steps to alignment, YouTube five steps to alignment official tic tock five steps to alignment. I'm also on LinkedIn as Haley Carbajal. And I also have a Patreon so if you were interested in my work, I offer spiritual mentorship, coaching and healing in a group form for \$7 a month. So transcendental healing arm sorry, one transcendental training, one, multi-dimensional healing, and one live q&a, which is like many coaching sessions, so that you can get a taste for what I do. And then obviously, if you want to work one to one, we can have a conversation about what that looks like. But you can find me on my website, all major social medias under five steps to alignment, and then also on Patreon as well.



Carissa Andrews 1:04:02

That's wonderful. Well, thank you so much for being here and bringing your expertise and knowledge. It was a pleasure to speak with you today.

 H

Haley Carbajal 1:04:09

Thank you so much for having me. And thank you so much for providing the space for other authors to have a soundboard. Do you have a safe container that they can go to? For somebody who's already achieved levels of success? You're a role model to them, and you give them hope.



Carissa Andrews 1:04:28

Oh, thank you. I appreciate that. Isn't Haley awesome. I love her, her vibe, her energy and her insights on alignment truly, like I'm always looking at ways to be able to embed it deeper into my mind, right? Because when we look at things from a neuroscience perspective, our thoughts and the thoughts that we continue to think are based off of how we strengthen them. And so the way that we strengthen them is through continuing to think them. And if we're continuing obviously to think thoughts that we don't want you're going to have mixed out comes and you're going to have issues kind of crop up if you're having negative thoughts, for instance. But if you're focusing on manifestation on ingraining it on utilizing it on noticing your thought patterns on understanding ego versus your higher self, on getting into the nitty gritty of how you can change literally your mind and reshape it with neuroplasticity, and start to see outcomes in your outward world in your life. Guys, it's just, it's so freakin awesome. And to see all of this kind of coming together, this past month, has just been. It's been like hit after hit after hit in meditations. And it's kind of interesting, because I've been meditating every day for months now. And it feels like the more that I've been doing it solo. So like I said, I'm doing this without the guidance of a meditation even though I do those in addition, so like, the one I never skip, is always the solo meditation right now where I'm just tapping into my higher mind. And my higher self, the universe, Source Energy, whatever the quantum field, and I'm going into that infinite potentiality and trying to see what comes out. But what's been super interesting is, the more I do it, the longer I've been doing it is, it feels like I am now getting into that place where there's a I think Joe Dispenza is actually the one that talks about it, Dr. Joe Dispenza, where it's like heart, mind coherence. And when you get into that place, it's like all of a sudden, you are tapping into that quantum field. And the quantum field brings back to you the ideas, the concepts, the things and it gets clearer and it gets faster, and the insights feel more aligned. And I love that like moment where you're just in that meditation, and you get the hit. And it's extremely interesting. And you get the goosebumps, and you feel like oh my gosh, this is amazing. And I want that for you. Like I want you to experience these things for yourself. And try. Try meditation, try sitting quietly for a bit. And it's, it's not about it literally is a practice. And it's not about training your brain the first week, or the first day or the first month, like literally, this has been, you know, four months of me doing this every single day. And now it's starting to, like my mind starting to open up, I feel like I'm getting more into that coherence aspect. And ideas are so fascinating. And I'm getting excited. And I'm feeling like, oh my gosh, these things are so neat. In the beginning, it was like, hit or miss. There was a couple days a couple of really cool insights. And I was just following the different nudges. And maybe my higher self is like, Oh, she I guess she is serious about this thing. And so let's see what we can do. Like, let's mess with her some new way today. I don't know. But it's just like getting into alignment being in the vibe of the thing that you want, like Haley was talking about, it's all an important part of creating the kind of life we're desiring, right, you're here. You're listening to this because it's time you're ready to shape your future. And I'm hoping that the podcast episodes that I've been giving you the past few weeks, especially are giving you glimpses and insights into how you can start doing that in a more profound and inspiring way. All right. Okay, so if you'd like to download the transcript to today's podcast episode, you can head over to [authorrevolution.org/237](http://authorrevolution.org/237). And you can get it there. I will also ensure that Haley's information and all the links are available for you if you want to check Haley out what she does. But, Enjoy,



guys, I hope that this is going to inspire you. We've got an interesting conversation and topic we're going to talk about next week, we're going to be bringing in neuroscience on top of manifestation. So another passion of mine when it comes to bringing in like the science stuff to the Whoa, I love it. I love it so much. Ah, okay. So, in addition, I've been telling you this, but I do have a quantum manifestation masterclass, that's coming up. It's going to be held on June 14 at 1pm. So, if that kind of talk and insights are interesting to you, I would love for you to sign up. Make sure you share this podcast episode with anyone you think is going to love it or need to hear about it. Or of course share the masterclass with them too if you know someone who's going to love the masterclass and who's probably going to benefit from a little bit of a sciency view on how manifestation works. Okay. All right, guys. Have a wonderful rest of the week. Have a wonderful day, get words on the page, and go forth and start your author revolution.