

Episode 238

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SPEAKERS

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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. Well, hey there everybody. Welcome back to the Author Revolution Podcast. Well, you know me and you know that I love to deep dive and today I wanted to mix a little bit of brain science into our usual chat on manifestation. So I've been getting some interesting hits and insights through my own meditations about things that I'm meant to be sharing. And this is one of them. So the last time we had a conversation, I was talking about quantum physics and how that all interplays. But I have a love of a lot of different fields. And as I am doing meditations on what I want to teach and how I want to teach it, and how I want to be different in the way that I teach it, I'm realizing that psychology is part of it, that the subconscious mind is part of it, that the power of now is part of it that neuroscience is part of it, that quantum physics is part of it. And so today, I wanted to dive into the talk about neuroscience and where it meets manifestation. So we're all pros at visualizing success at this point, right? We've been doing it for a while we've been talking about it for a while. But let's explore why your brain loves this practice as much as you do. So let's kick things off with a fun fact. Did you know that your brain adores playing dress up? Yeah, it likes to pretend it's already living in your future book launch party or speaking at that big conference. But it's isn't just a magical thinking. It's your brains way of making a game

plan, because our brain is one big pattern detector. Now, the Buddha famously said, the mind is everything what you think you become. Now he might not have had a neuroscience degree. But I do think he was onto something. Because when we focus on positive outcomes, it's like we're telling our brain to set the GPS for success Street, not donor drive. And that's really important. Because when we are looking at the present moment, which is the only time that we ever have right, we don't have a past anymore. It's literally being relived or rethought about in the now. And we don't technically have a future yet. But yet, we're trying to create our future based on ideas of the patterns of the past. But the problem with that is that we are not doing what we talked about with the quantum physics side of things, we are not allowing ourselves to become more energy, and less matter, we are so focused then on this is the way things are that we can't open ourselves up to the potential or the unlimited possibilities as it were. So imagine your brain is like a scout, it's always on the lookout. So when you set an intention, like manifesting a best seller, you're essentially sending your brain on a recon mission, it starts to highlight opportunities and tools that align with your goal. And it's usually going to be things that, you know, you wouldn't be thinking of necessarily until you have that decision point made. So sometimes you'll get ideas about stuff you've even missed if you're mentally groaning about writer's block or talking about how things aren't working or doing all the stuff that we do, right. So when you've decided on something when we've, you know, taken the wave form, and we have collapsed it into a particle, we're now viewing the world through this new experience of possibilities. But in order to get to that point, you have to open up your mind and you have to be willing to envision a Future that's a little bit different than what your patterns are currently telling you. Now, Dr. Joe Dispenza talks about this a lot. He talks about how, when you become nothing, no one, no time, everything just falls away, like through a meditation and you're creating brain and heart coherence, you have allowed yourself to step outside of the realm of matter of the political collapse of your personality, your experiences, you're no longer that thing. And now you have gone into this infinite potential, this place of all possibilities, so that you can attach your ideas to something new, or allow those new ideas to come in. And then synchronicities will happen, miracles start to happen. You have weird events that'll lead up to something else. Or you will start to literally shift the way your brain is wired, and create or magnetize yourself to having the alignment and bring the thing to you. Here's a quirky tale. You probably heard it, but I'm gonna share it again. So Jim Carrey, he wrote himself a \$10 million check when he was struggling, he dated it for Thanksgiving 1995 and carried it in his wallet, everywhere. And guess what, by 1994, he was indeed banking those big bucks for movies like Dumb and Dumber, which, ironic if you ask me Dumb and Dumber, and yet, this is what works. But his brain was all in and it was scouting for his big break, and it delivered. So think about how your brain is creating your reality. What are the thoughts that you're using right now? What is the way that you're putting your scout to work? Is it worrying about how you are not seeing the outcomes you want? Is it worrying about like, the sales lacking? Is it worried about, maybe you don't think that you're good enough or worthy enough? I mean, think about what you're telling yourself in that future version of what you think the world gets to look like. And if it's not how you want to envision it might be time to start thinking some new thoughts. Now, let's talk about neuroplasticity. It's not just a fancy term your yoga teacher loves. It's about training your brain to be more flexible and strong. And to allow new opportunities to come into your conscious awareness. It's kind of like turning it into an Olympic gymnast. Each positive thought is like a cartwheel, or a backflip, making your brain more agile and strong in the face of publishing challenges. Every time you visualize your success, or you see those numbers getting bigger and bigger, you see your sales growing over and over. You're not just daydreaming, you're doing mental push ups. Your brain loves all of those reps. It builds the mental muscles, you need to seize opportunities and bounce back from setbacks. Now, here's an interesting thing. When I think about all the things that I do, right, I get asked a lot, how do you manage all these things? Like how do you stay so productive? Because I'm seeing you

everywhere. You're, you're doing rom com stuff, you're doing urban fantasy stuff, you're doing author revolution stuff, you're doing talks on this, and you're doing talks on that? How do you have that much time, but here's the thing, I've trained my brain, to be able to compartmentalize each one of those things, I've trained my brain to be able to see the opportunities in the day to maximize how I'm going to do those things. And when I do that, my brain literally hardwires itself to see the opportunities to understand I can do this thing. And then when I just go for it, now I've decided and the decision gets locked in, because I know I can do it. So it's time to like really think about how you're training your brain, how you are strengthening the neural pathways, how you are hopefully going to let some neural pathways wither. Because when you don't think a thought, when you refuse to think of that, or if you catch a thought you don't like in mid thought, and go nope, that's not something we're going to think anymore and literally shift to a different better feeling thought, you're also rewiring yourself, you're also changing the way that your brain works. And over time, the more you strengthen your positive outlook, or the more you strengthen the way you want the world to look, the easier you get in shifting to that point, right? And then eventually becomes your operating system. It becomes the subconscious mind where you no longer have to think deliberately think about those thoughts. They just come naturally. So instead of having the negative chatter in your undercurrent of your thoughts, now you have this undercurrent of success and growth and you're looking for and seeing all the experiences that are adding up to that thing. It's so, so powerful, but let's kind of dig into just a little bit the placebo effect. Your brain uses this trick the placebo effect To experience benefits, because you believe in that process, right? So when doctors give sugar pills, for instance, sometimes they see real healing, because the brain thinks it's getting medication. It's like your brain's very own version of a cheat code. And what's really interesting too, is like, when we're visualizing when we're thinking about the future casting, and how our world gets to look and how it's going to look, our brain doesn't know the difference on it's happening now versus it's happening in the future, in that we're, like dreaming it up. Because all of the same chemicals are firing, all of the same experiences are happening in our head and inner being, as if it were happening now. Because we could get into a whole discussion on like the ever present now. And all of the things like maybe that's a podcast episode for later, but because I can talk about how it overlays manifestation, I got a really interesting insight on that. But I'll do that another time. Okay, so as writers though, we, when we believe in our vision really fiercely, it's like it's already printed on the page, our brain can kick into high gear. And it makes us more likely to act in ways that turn those dreams into reality. It's not just Whoo, either. It's so crazy, it's your brain, literally being the go getter to figure out how to make it happen. Here's what I want you to do, keep setting your intentions, keep dreaming up your big hits, plot your success. It's not just about attracting good vibes, although that's obviously nice. But it's about training your brain and getting its natural talents to work for you instead of against you. So let let your mind's eye be your guide and your brains wiring can do the heavy lifting. And a lot of the ways that we get to the point of being able to see these things and do these things is through meditation. What's been really wild for me is that I've been meditating every single day since I think it was the 28th of February. And I had a podcast episode about that, where I'm gonna just take inspired action based off of whatever nudges I'm getting whatever insights are coming. And since like may 2, I have had some intense, wildly vivid descriptions and things coming to me where things are syncing up, these seemingly outside periphery concepts are all coming together. And it's all tying back to manifestation and how we create reality. It's been so interesting, guys, I kid you not, it's just been wild. And so when you I think it goes back to that heart mind coherence that Joe Dispenza was talking about, where like, when you can get into meditation, and you can allow yourself to become no one and nothing in no time, then all of a sudden, you are dropping the the resistance, you have to a bunch of things, you're dropping the momentum to other things, like you're you're literally getting into true vibrational harmony with potential. And

that's freaking powerful. Because your brain unlocks, it goes on limited, and all of a sudden you have ideas or insights that had you been efforting to try to get it, you would not have had it, you know, it's really cool. So I'm gonna leave you with this quote, because I thought it was really interesting when I first read it. And so I think you will, too, because we have to remember great authors are made not just by their pens, but by their thoughts. And so Roald Dahl said, and put it very well. Those who don't believe in magic will never find it. I really do believe that this overlay of neuroscience of quantum physics of looking into, like, the philosophy of the now all of these things, it's a bit of brain magic. So let's utilize it, let's write her way to the top and become more than we ever have. I think it's it's so important that we look into things that help us expand. And as I've been meditating on all this stuff, I'm seeing so many cool new nuances and new ideas and the way that they all interplay. And I'll tell you what, it gets exciting. Life gets exciting when we allow ourselves to start to explore. And I think part of the reason we are here is that exploration, it's finding new ways to do things. It's looking into how it all gets to work for us. And the more we can dive into concepts, and then you know some people, maybe you didn't even need to hear this episode, because you already are like full bore into manifestation. You've already decided it's for you, you believe you're gonna keep working on it. You're gonna keep shifting those thoughts. And that's all you need. But there's a lot of people like I said in the last episode, there are people who need broader understanding or a scientific understanding like we need to quell that skeptic mind. We grew up guys in a very skeptical time where Science is very much a thing. And so as we're growing up, and as we're seeing the world, remember pattern recognition, if in the back of our minds, we are looking at things, and it's hard to believe, because science hasn't caught up or spoken about, like, no one in science has spoken about it in a certain way. And so it feels to woo or it feels to out there. Even if you want to believe it's going to be hard, it's gonna be hard to get over that subconscious chatter that's going on in the back of your head. But sometimes, there's always like, to me, I always feel like magic is just science. It hasn't been explained yet. And so when I'm looking at these things, and I'm realizing the connection to all the things that I have a profound interest in. I think it's all because it comes down to this. It's, it's like I've been working my way up to this point, to understand things to be able to then describe them over to you so that we can have a different discord about it. We can discuss things in a new way. I don't know I'm having so much fun with it. And I'm having fun in my meditations and learning what's going on and seeing what's happening. It's just, it's been a wild time. And I hope you enjoy this podcast episode. Obviously, this is just a touching point, a touchstone on neuroscience and manifestation. And I'm sure there are deeper conversations we're going to start having as time goes on as we do more things, but I just wanted to get your brain thinking a little bit right now. I wanted to dip your toes into the manifestation pool and look at it from a different angle. So hopefully it was helpful for you guys. I enjoy talking about this stuff to no end. All right. I'm going to leave you with all that. It's food for thought. Hopefully it gives you some good things to think about. And we'll be back with even more interesting and engaging conversations very soon. Have a wonderful rest of your week. Get some words on the page, and go forth and start your author revolution.