

Hello, Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast! I am so excited today because for the first time, I finally set up my microphone in my office and connected headphones to it, so I have a legit podcast station! I'm really excited about today's episode because it's a really good one, especially if you are someone who constantly justifies your desires, to yourself and to others. This is such a waste of your precious time and energy and you need your energy to manifest your desires. If you are so busy justifying your desires to other people, and to yourself, which you can just do in your head over and over and over again, well, then there is no energy left for you and your desires. You can either pour your energy into justifying or you can pour your energy into actually creating.

Now the inspiration behind this episode came from a very simple picture, actually, I think it was a boomerang that I took for my Instagram yesterday. Yesterday, I was at my gym, Equinox here in Los Angeles, and in the mirror inside the locker room, I posted a boomerang where I lifted up my shirt and kind of showed off my abs in a very non-show off way, and I said that I decided that I'm going to work on my abs because I want them and that's a good enough reason. That inspired me because I have worked so hard on this. I mean, I have done so much inner work around this and I catch so many of my babes and this probably includes you, where we are constantly justifying why we want something and trying to figure out a good enough reason for others so that they can accept our reason. We create these justifications and get the permission that we need to go after that desire. Now, if you listen to Episode 107, with James Wedmore, he talked all about needing permission to go after your business goals, and I want to continue that conversation. I want to apply it to all areas of your life, whether it's business, whether it's finances, whether it's relationship, or some miscellaneous area in your life. For me, it's health and fitness, business, my relationships, etc. This can apply to all areas of your life.

So a little backstory, and a little moment of vulnerability, my whole life I have struggled with jealousy from other people and because of that I've caught myself severely dimming my light. So many times over the years, and I still catch myself doing this, where I have thoughts in my head every now and then when I'm making a post, or sitting down with a girlfriend for lunch or dinner, I find myself dimming myself, when actually everything is going so well for me. I will always point out the area of my life where things aren't quite going well and why I'm working in that area and justifying why I'm trying to make improvements in that area and justifying why I had improvements in other areas and why things are going well. I just catch myself in this crazy cycle of thoughts where I think to myself, like I can't be both rich and married to the man of my dreams, or I can't be both in the best shape of my life and drive my dream car. I just can't do both. I need to dim my light in one area so that I can be more relatable.

Relatability is such a common reason to dim your light, and that doesn't mean that something is wrong with you, or that you are not doing well in an area of your life, relatability is all of us working together, being humans, doing our best in all areas of our life. I realized the one area of my life that I would constantly sabotage myself in was fitness. The truth is that I've been working with my coach Jim Fortin recently, we're on our fifth week working together, and I've expressed this to him and we were talking about commitments. There was an assignment that he gave me on discovering what areas of my life I'm most committed to and what areas of my life I am least committed to. I told him about my constant struggle with having every resource and tool and desire to get in the best shape of my life just because it's something that I want to do and I feel my best. It's not necessarily 100% about looking my best, even though here I am justifying it again, here I am justifying and playing small and dimming my light. Of course I want to look amazing, but it also has to do a lot with my health. I feel my best and my most creative self,

my most on fire self, when I'm in really great shape. I told him that I want to look amazing, I want to feel amazing, and I deserve it. So I made this agreement with myself that I am done justifying it. I want abs just because I want them, I want to be in great shape just because I want to. Today I want to talk about how the phrase in itself, "Because I want to," is a good enough reason. You can have it all and you don't have to justify why.

Yes, you can be rich. Yes, you can be in amazing shape. Yes, you can be married to the man or woman of your dreams. Yes, you can have a successful business. Yes, you can travel the world. Yes, you can fly first class and yes, you can drive your dream car, because you want to...the end. And if anything in the last sentence didn't resonate with you, just pick and choose something that does. Has there ever been a time you saw something on Instagram or you saw something in a magazine, or you saw something driving by on the street and you thought to yourself, I want that? Well, I want to share with you that justification is a waste of time and energy. This was a huge realization for me and I recently stopped justifying everything to myself and others. Whenever someone asks me what manifestation is, I always say that it's the phenomenon that occurs when something that was once a part of your imagination becomes actualized into your physical reality. Where you literally go from a picture or image inside your head, and then all of a sudden, *poof,* it appears in your reality. When you actually do taste it, touch it, feel it in your physical reality using your physical senses, then what was once a part of your imagination, has now manifested into your reality.

We create our realities by directing our energy. We are made of energy, this entire Universe is made of energy. We use our energy to create and impact other energies around us. We create by directing our energy toward a desire by consciously choosing to focus on it. And that's the beauty of how powerful our minds are. Just by simply focusing on a desire we create enough momentum for it to manifest. When we focus on it, then we are signaling to our subconscious mind, the reticular activating system, which is a part of your subconscious mind that filters your reality to delete, generalize, distort, or bring about anything that relates to what is important to you. So, if you're constantly focusing on something, then you will attract the people, events, circumstances, and inspirations and everything you need to bring that into your physical reality.

Most of the time there's going to be some sort of inspired action involved. You create the inspiration behind that action by focusing on it, and the thing is, is that many of us put our energy, this potent energy of ours, into the why behind our desire. And not the "why" that inspires you to change the world or gets you excited about the impact it'll have on your life or other people. What I mean is seeking approval from others, and ourselves behind why we want a desire. We give ourselves, what I call, a wraparound. Instead of just focusing on the desire, we focus on everything around the desire, and we wait for permission. We wait for permission from ourselves and others to finally go after what we want, and this is a complete waste of time and energy. So maybe you want a 7-figure business, maybe you want one hundred thousand Instagram followers, maybe you want a sweater that you've had on your mind for a very long time, or you want to manifest your soulmate, you could be asking yourself these questions. Maybe they even sound familiar to you? "Who am I to want this? What will people think if I have this? What is my reason for wanting this? How do I explain this to my parents? How do I explain this to my friends? How do I justify this to my followers?" Sometimes I find myself doing that, and I catch it early. I say to myself that no one needs to know why and simply "because I want to" is a good enough reason.

You might ask yourself if your reason is a good enough reason or if your desire is "okay" as if there is a level of okayness for your desires. Something is right while something else is not. You might think you'll lose relatability because of what you desire or that you'll be perceived as "little miss perfect" and people won't relate to you as much. You being a human being makes you relatable, and you can be, do, and have anything in the world and you are still relatable. Other people, by the Law of Oneness, are also able to be, do, and have everything that they want. You being an example for people and knowing that everyone is made up of the exact same energy and everyone is the entire Universe, expressing itself in human form, therefore, your're making an ultimate dream reality for everyone super relatable, just by having it. By the time you're even done answering the questions, you have completely wasted your energy. If you think about it, what have you been focusing on? You've been focusing on everything, but the actual desire. You've been focusing on other people, not the desire, you've been focusing on your Ego, not the desire, you've been focusing on playing it safe, not the actual desire.

Now, guess what?

There's nothing behind it left to manifest it. This is why so many people dim their light, and never see the fruits of their labor is because they put so much time and energy and focus in the wrap around. So today, I want to remind you, because it's nothing here to learn, it's just a reminder, I want you to remember that you are the entire Universe expressing itself in human form, and you get to have things, you get to manifest things just because you want them. That's it. Because I want to, because I want it, because it makes me happy, because it brings me joy, because it's f*cking awesome, those are good enough reasons.

Okay?

I want you to practice actually giving those reasons. Anytime someone asks you, why do you want that car? You answer saying, because I want it. Someone might ask you why you're working out in the gym all the time and why you only eat salads. All you need to say is, "Because I want to, because it makes me happy, because it brings me joy." Someone might ask you why you're traveling constantly or why you choose to fly first class. What do you say? Because I want to. Because it brings me joy. Someone might ask you why you desire a 7-figure business when a 6-figure business is just good enough and you can have an awesome life just living off of 6-figures. You say, come on now do this with me, "Because I want to, because it makes me happy, because it brings me joy, because it's fucking awesome." I want to remind you today and I want to give you this motivation that these are good enough reasons. Leave your energy for the actual manifestation of the desire. You'll immediately notice it come into your life so much faster. It feels so much more expansive, to have things just because you want them.

It feels so good, it feels so in alignment with your Higher Self. Your Higher Self is this limitless part of you, and this limitless part of you doesn't need any justification to express itself. It doesn't need anyone's approval, it doesn't need anyone's permission, and it doesn't even need your own damn permission. Your Higher Self is what drives you, what leads you, and guides you inside your life and your human body. It's the part of you that is constantly guiding you towards what you want. It doesn't need any permission from you, I promise you. Your Ego might think otherwise, but your Higher Self knows that "because I want to" is a good enough reason. So I'm super curious, have you struggled with this in the past? Have you caught yourself playing down your desires in front of other people or maybe in front of yourself or your family? Have you prevented yourself from going after what you truly want? Have you sabotaged things before? Have you sabotaged entire areas of your life because you believed that you couldn't have both wealth

and perfect health? Or you couldn't have both money and be madly in love? Or you couldn't look good and also be rich at the same time? like crazy, crazy, crazy stuff. Insert whatever resonates with you because I know that my desires are probably different from your desires, and what's important to me is probably not important to you. Please remember that we all have different values in life. But I want to make sure that you have values on your values list that you're not justifying and you're not wasting your precious energy justifying why you want certain things. So let me know if you've struggled with this in the past! I'm so curious to hear your takeaways from this episode!

Have a beautiful day!