

Episode 112: The TRUTH About Doing The INNER WORK (What No One Is Talking About)

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast!

Today is a very special episode, and it is going to be a very ironic one. It is ironic because I just canceled a podcast interview with one of my good friends. She was supposed to be interviewing me on her podcast and I texted her about an hour before, and I told her that there is absolutely no way that I can show up as my best self. This is so ironic because now I am showing up on my own podcast episode. That is mainly because, first of all, I believe that we are always our best selves. We are always doing the best that we can with the resources that we have. People, including myself, have always had this belief that we are supposed to be perfect in order to teach a lesson. We do not need to be perfect in order to share our story or to speak to people. What I am doing on today's podcast is challenging myself to not be a perfectionist. I wanted to release this idea that I always have to have my sh*t together in order to share a part of myself or my journey. I know that we as human beings are all going through things and that is why what I am sharing today is not unique, however, it is not very common or often that we talk about it in the spiritual, personal development, manifestation, Law of Attraction world.

What I am talking about today is, the truth about doing the inner work. I do not see this talked about enough. The reason why I do not see this talked about enough is that it is very freaking unsexy. It is the human aspect of doing the work, and by doing the work, I mean the internal work. This means reorganizing your beliefs and eliminating limiting beliefs that no longer serve you. It is also important to rewrite your thoughts and your beliefs to see how you view your identity, all of that deep scary stuff. It is scary because it is uncomfortable, and our egos do not like this whatsoever. Our egos also lead us to believe that when something is happening, it is happening to us, when it is actually happening for us. Our ego makes us feel like we are not normal, we're imperfect, we're bad people, and that we're doing something wrong.

I am here to record this podcast episode as my own healing process that I am going through right now. I know that I am not the only one going through this. We are never alone in what we are going through. I am sure that someone needs to hear this out there. I talked about this in my *12 Universal Laws* master class. I have also talked about it inside of my academies. In my programs I share all of the deep processes and work I do on myself with my students. I just know that someone out there is probably dealing with something similar right now. I hope that by putting this podcast episode out there, it helps those of you who feel this way, feel normal.

The issue I see in the personal growth, personal development, manifestation, Law Of Attraction world, is that many people are too focused on surface-level spiritual work. They often believe everything is linear, however, the key to success is to just become high vibe. You probably hear the following phrases often; "Just think positive thoughts," "Just be high vibe, and everything will fall into place," "Just build your vision board," "Just smear your affirmations all over your limiting

beliefs, and they will magically change. You are going to wake up the next morning as a millionaire and life will be perfect. Your ideal dream mate is going to show up in your bed tomorrow morning. You are going to open up your bank account and a hundred grand has been deposited overnight. You are going to walk out of your apartment and into your dream car because it has also appeared in your garage overnight.” As amazing as that would be, that is just not how things work.

That is very surface-level spiritual work, where we believe that we are on this linear path to perfection. That one day with enough affirmations, vision boards, rituals, tarot card/oracle readings, we are going to wake up and be perfect. We are always reaching for perfection. Reaching for this idea of being happy every f*ucking day. The thought that the moment we have a negative thought means that we did something wrong. I see this as an error in our minds and programming that needs to be wiped clean. If we do not clean our software then we are going to undo all of the work that we did earlier.

In comparison to the work that I do myself and encourage my students to do, this is surface-level spiritual work. I am also encouraging you to do this deep inner work regardless of whether you are one of my students or not. I believe that if you are listening to my podcast, then you are someone who is very hungry for knowledge. I am so grateful that you are choosing to tune into what I have to say. I feel very honored and very blessed for that, so thank you very much for trusting me. The truth about deep spiritual work is that personal growth is all over the place. It can be circular, exponential, linear, and sometimes it will come back to where you started because you have a lot of layers to work through. You can be all over the place, with a general trend of moving upward towards enlightenment and conscious freedom. There is a general trend up, however, there are going to be ups and downs because you have so many layers to you. There may have been unconscious traumas that occurred in your childhood or in your past that you are going to be working through on a consistent basis. There are going to be many lessons that you are here to learn. The learning just does not stop. Whether you read a years worth of self-help books, or you went through Rich Babe Academy or Manifestation Babe Academy, you are going to be spending a lot of time working on deep inner spiritual work. Deep spiritual work involves you working through layers while rewiring your entire subconscious mind in order to create a more empowering reality. Even while doing the deep inner work you are going to experience ups, downs, and some chaos. This chaos is essentially what I have been dealing with this week.

It has been very chaotic for me, and my reality has just been going crazy. The reason why this is occurring is based on something I learned from a psychic back in 2016. In 2016, I had a session with a psychic that my mom very generously shared with me. She is a psychic that I have talked about on here before. She is amazing, her name is Anna Galliers and you can find her online. She is a British woman on a Ukranian psychic show. I think she was one of the only English speakers on the show at the time. My mom just fell in love with her on the show. I think she was a semi-finalist or got second place. So based on that, my mom booked her and loved having a session with her. She is actually the one who predicted that Brennan would be my

husband one day. My mom's session was literally the first week that I started dating Brennan. She told my mom that we would get married one day. My mom also fell in love with Brennan from that point on. I am assuming it was because the psychic told her wonderful things about Brennan. I then decided to also book a session with her, especially after the progression of my relationship with Brennan. I thought that she knew what she was talking about. During our session, she told me that when I move to Los Angeles, I was going to have a completely different life. Now keep in mind that I moved to LA three to four months later. What she said at the time seemed very vague, but now I know exactly what she was talking about. She was talking about how I was going to have a brand new website, I was going to have a slightly different business model, Los Angeles was really going to open up my energy, I was meant to be and thrive in LA, and that everything was going to be wonderful. She said I would reach the level of success that I desire. She painted this beautiful picture of success for me, and what my life was going to look like when I moved to LA. So you bet your a** I was very excited to move to LA. In hindsight, she was very accurate.

2016 was also the year I decided to do a lot of inner work on myself because I was determined to succeed, to change my reality, and to master the Law of Attraction and manifestation. However, when I first moved to LA, instead of experiencing all of these wonderful things the psychic said, I went through so much chaos. So much went wrong and I was constantly frustrated. I had many "what the f*ck?" moments. Many of you may know his story, but for those who do not, I was living on my grandmother's couch when I first moved to LA. I could not afford rent, and I was essentially pushed to get a nine to five job so that I could afford my car, gas, and food. Manifestation Babe was actually the result of a breakthrough that I had in my own life. I proved to myself that manifestation is absolutely a real thing and I was going to use it to completely transform my life. As a result, I created a business where I now help others prove that manifestation can transform their lives as well.

In the midst of this chaos in 2016, I had another session with the psychic. I went back to her, basically asking for clarity. I asked her how she was sure that everything was going to go well when in reality it was going so wrong. I felt like I had messed something up and there were moments where I just wanted to give up. I was so frustrated. I spent so many nights on that couch just crying myself to sleep and just begging the Universe for a break. Begging for something to change. I was so confused because I was doing my vision board, visualization, meditation, and affirmations. I was reading the damn books, I was taking the damn courses, I was investing in myself, and yet things were worse. Anna was the first to teach me this lesson. Because of her, to this day, I am able to recognize when I am going through what I went through back then. I want to share with you why you and I may be going through chaos and my perspective on this along with hers. I am sharing this because I want you to know that there is absolutely nothing wrong with you. Remember, everything is happening for you, everything is going in your favor. It is just that the human perspective, or your ego, does not see it that way. That does not mean that there is something wrong with you. Your ego comes from your 3D reality mold, from your comfort zone, and survival instinct mindset. It is here to keep you safe. It

is also here to give you this body and help you develop an identity as you move on in this experience of life.

However, when your Higher Self is in alignment with the Universe, you are going through exactly what you need to be going through. During our second meeting, I urged Anna to tell me what I was doing wrong. I explained that I was doing all the right things and yet everything in my reality was getting messed up. Anna then explained to me that chaos means you are on the right path. When she said this, I looked at her wide-eyed and confused. It was the craziest thing that I had ever heard because I never read it in a single Law of Attraction book. None of my self-help books or courses I was taking talked about this stuff. Now it is important to note that the courses that I was investing in at the time are not like the courses I invest in now. Back then I use to take whatever I could get my hands on. Of course, that is completely fine because we all have to start somewhere. The courses I invest in now are serious intensive courses, programs, seminars, and coaches. Anyways, I noticed that nobody was talking about that. It was the first time I ever heard that. It took me a couple days to process it. The metaphor that I remember coming up with is; when you buy a brand new car, but you only have one parking spot in your garage, how do you expect to move in the new car when the old one is still sitting there? You have to create space for the new car, which means you have to remove the old car. Now relating it back to life, you have to break something down in your life in order to bring in the new. Your reality must break down in order to be rebuilt according to your brand new beliefs on a subconscious level that have been reorganized inside your mind.

So now your reality is reorganizing itself. You cannot expect things to go completely smoothly according to your idea of how it should go. The ego has this idea that everything is linear, and should be perfect and high vibe, when in reality this is not the case. For example, let's say you bought a property with an old house on it. You really love the land, the view, the acreage, the space, and the pool. You love everything about the land, but you hate the house. The house does not serve you. The house could be too small, too old, or not your style. Now let us compare this to your reality. You could be living a reality right now that is no longer serving you. Then let us say that you want to build a new house on the exact same property. This is what surface-level inner work is. It is the basic idea that you can get your brand new house by simply putting it in place of the old house. It is the idea that this can be done without breaking anything down, without doing any work, without removing the old house, without hiring an architect or a construction worker. Whereas in reality, we all know that we need to break down the old house in order to build the new house. Your old reality must be broken down in order to create a new reality. That's just how it works. That is where the chaos comes into play. From the outside perspective, you see people tearing down your old house. This can create feelings of fear inside of you, fear that you will no longer have a place to live. However, with enough patience and surrender to the reorganization process, the new house can come in and be built. It will be the exact house that you wanted, with the exact amount of bedrooms and bathrooms, with the colors, windows, views, and everything that you could ever want. You cannot have that brand new house without tearing the old one down. This is where so many people give up because it is really difficult.

I will admit it, this has been a very hard week for me, I have shed so many tears. The reason for this is because I have been working with a coach for the last few months. 2019 has been such a deep work year for me. For the first third of the year, I was filled with many health challenges. I would say, 10 to 15 podcast episodes ago, I talked about how I removed my breast implants because I finally realized that they were the source of a lot of my health issues. Then the second third of the year, I experienced another spiritual awakening. The spiritual awakening has been messy and it has resulted in so many days of me wondering, what am I doing? I have spent probably more time in confusion than I have in clarity this year. However, I know that confusion is not something bad, confusion can be due to the fact that I am on the brink of a breakthrough. That is what confusion is. Confusion just means that you are experiencing something new and it is very uncertain. If you were so certain of everything going on, you would not be confused. If you were not on the brink of a breakthrough, you would not be experiencing confusion. Confusion is a part of that chaos and part of that reorganization process, and you being on the right path. I have been going through some deep work with my coach and recently I hired a hypnotherapist to help me go even deeper. I did this because I noticed through my own self-awareness and with the help of my coach, some deep patterns from my childhood that are still playing out in the story of my life. I really wanted some help in figuring out, how to remove these patterns.

As I was doing the inner work I would ask, "How do I get to the root of it? How do I change it?" Unfortunately, we are not close to our minds, memories, and beliefs, therefore we often do not even realize what is empowering us and what is disempowering us. We cannot, alone, always make the connection between the story of our lives that is playing out currently, and where it stems from in our childhood or distant memory. That is why I hired a professional to help me and it was the most transformative session of my life. Since then I have worked on deep layers around unworthiness. I unveiled some traumas that I really was not ready to deal with or face to this point. I have now developed new subconscious beliefs around the way I looked at those memories. I worked through these memories during a hypnotherapy session. I now look at them completely differently than how I thought of them before the session. I know that it worked because I can now look back on my past, and some of the memories that were very traumatic for me and I actually laugh. Not in a self-defensive way, where it is a coping mechanism, but it sincerely brings me joy. I have a completely different perspective on what happened and it is just mind-blowing and amazing. I have already experienced massive shifts in the last two days, just in the way that I think about certain things. Like public speaking, dealing with haters, trolls, and the feeling of unworthiness around my success.

I am also experiencing a complete reorganization of my reality. Everything around me is just f*cking chaotic right now. Many people get to a point where they take the course, read the book, do the work, hire the coach, and things still get worse. They then either blame the coach, the course, or themselves for making a mistake. This happens a lot actually inside of my academies. I tell my students often that you might experience challenges immediately. You are setting on a path to transform your money mindset, therefore, the Universe might give you

challenges. For example, you might experience a financial challenge that you must overcome because the Universe is testing you. The Universe is looking for ways to see if you actually did the work. It will see how well you learned your lesson. Did you actually transform that belief? Did you actually change that story, or are you just saying that you did? Oftentimes, the Universe with its intelligence, will deliver you a challenge or an obstacle that you must overcome. Typically what happens is that the moment a student overcomes a challenge they think, "Hey, I'm a good student, I passed the lesson. Let's move on." Then the Universe stops giving you that lesson unless you go down another layer. This is because layers do not end. You are just going to keep unveiling many layers, but that does not mean that you are going in a cyclical pattern the entire time. You are also advancing in your life, and lifting your vibration. That, you guys, is the key to raising your vibration. By eliminating all the disempowering bullsh*t out of your aura, vibration, and frequency. When you can let go of everything that no longer serves you and understand that you are already divinely perfect. When you can tell whatever story of your life that you want to tell and you can create whatever it is that you want. That is how you become high vibrational. It is not by smearing a ton of affirmations over your limiting beliefs. It is not by just ignoring everything that is going on and just plastering a vision board on top of it. It is not about just thinking positive thoughts. Do not get me wrong, those things help, but in addition to eliminating what no longer serves you.

I have a few students who have actually experienced situations where they give up in the midst of their temporary chaos, while their subconscious mind reorganizes their new reality. They think that they are doing something wrong, or that the academy made their life worse. They think that this is not meant for them, that it was a stupid waste of time and money, not realizing that they actually succeeded in the work. The reason why they are experiencing chaos is because it was a success. Only the students who keep going, never give up and understand the importance of what they are doing to their very core, are going to develop beliefs that serve them. The belief that everything is happening for you. Believing that your success is inevitable and that you are always on the right path. There are even many days where I just want to break down and cry. Even when things are still happening for me, I still get confused. I am currently on the verge of a breakthrough and when I get through it, that is when I will have new insights. When I have new insights, that is when I will have a new reality. This is because new insights create new thoughts, which create new feelings, new beliefs, new actions and therefore new results. That is the process. It is important to not give up during the wakening process. Do not worry, you will come out on the other side, not only with a new reality, but also having grown. You know, this is how we grow you guys! We grow through the discomfort, sh*t, chaos, and confusion. If everything was supposed to be linear and beautiful, and we were supposed to be perfect at the end of our journey, then we would never grow. That is not true growth. True growth is the messy, messy stuff. Unfortunately, not enough people talk about the messy stuff. I wish more people would talk about it because then we would all know that this is something that we can expect and that the inner work never stops.

Life is a virtual reality game, where you are the main player. Your Higher Self is your ally while your ego is your main opponent. Well, your ego is both an opponent and an ally, but it is

something that you have to constantly overcome. It is the part of you that is continuously going to give you challenges as you go through life. Challenges are how you get to the next level, because let's face it, no game is fun without challenges or obstacles. Therefore, working through layers is how you get to the next level. You just unveil the next layer, work through something new, learn your lesson, and move on to the next level. All of this while you are still having fun. You are also supposed to experience joy, have fun, play, create and design. THIS IS YOUR LIFE! Life is your game and you get to be the main player. You get to be the hero. You get to create whatever it is that you want. The moment that you allow a challenge to stop you or confusion to stop you, then you have failed. You are not supposed to let anything stop you.

The reason why I am sharing this with you is because I want you to know that everything you are going through is completely normal. I have been through many random things and chaos. Life is unfolding in such a perfectly imperfect way, just like it was designed and meant to be. I just want you to know that you are never alone. We are all going through something at any given time. The inner work is rarely easy, but it is always worth it. When you get better, life gets better. When you grow, life grows. When you let go of resistance, that is when you manifest your dream life and it all occurs in the process. Even if you are going through the midst of a breakthrough, chaos does not mean that you are going backward. You are actually going forward, you are actually growing, you are actually on the verge of everything you could ever want. It is the process of your old home being torn down in order to create a brand new home. Stick with it and find the joy in it. I know it is not always a joyful process, but this is really what happens when you do the inner work.

People think that work is building a business, going to a job, making money, gardening or doing some other work. That is all physical work. However, the hardest type of work, I would argue, is emotional and mental work. Inner work is what creates the outer work and the inner work is what inspires the outer work. Inner work is what makes the outer work worth it. You still have to take action. *Law of Attraction plus Law of Action equals real-life magic.* Of course there is going to be work involved. Of course, action is required. You want to be taking aligned, inspired action. Aligned inspired action comes from getting the internal right. Aligning yourself with your highest truth and your highest potential, listening to your greatest ally, which is your Highest Self. Following your highest self, and knowing without a shadow of a doubt that your success is inevitable. You are always on the right path. Everything in this game of life is happening for you. It is such a beautiful life that we get to live. It is a blessing, a privilege, and an honor, that we get to be here, so I want you to go through life with that attitude. I get to be here! I get to create whatever I want. That is how you build appreciation. That is how you go through gratitude. That is how you create massive breakthroughs in your life.

I have to admit, this episode has been very healing for me personally. It is such a great reminder for myself, and I hope it served you as a great reminder as well. Maybe you are hearing this for the first time. Maybe you already have known this, experienced this, or maybe you needed a reminder just like I did. Maybe I am your Anna, assuring you that chaos means

you are on the right path. Okay you guys, it has been a bit of a deep episode. Not like all happy, but that is life. Life has its ups and downs, and with every down comes a great day up. I believe that the best is yet to come. I believe that this is a phrase that has gotten me through a lot. It has given me so much hope and optimism in my life. The way I see it is that when I am having a low moment, or a bad day, from my ego's perspective, I always tell myself that the best is still yet to come. My happiest, most joyful moments are still yet to come. Even when things are going really well. I always tell myself, even in those moments, I always tell myself, the best, most joyful, most exciting moments are still yet to come.

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I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.