

Episode 118: How To Get Clear On What You Want For 2020

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast!

If you're looking to massively up-level your life, your finances, your relationships, your productivity, and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself in order to be able to do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are and where you are going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we are about to have so much fun together so thank you so much for joining me.

I hope you're having a fantastic day! I do not know if you are listening to this first thing in the morning, or maybe you are wrapping up your day, either way, today's a special episode because since we are approaching 2020, I want to help get you clear on what to manifest, or at least know what you want to manifest in 2020.

So you guys, there is an epidemic out there. The epidemic is called the "I don't know what I want" epidemic. The reason why it is an epidemic is because repeatedly affirming the statement, "I don't know what I want" will drastically hold you back. "I don't know what I want" is a bullsh*t statement. I believe that repeatedly saying that statement is just a protection mechanism to actually keep you safe. I believe that you absolutely do know exactly what you want to create in 2020 and for the rest of your life. However, there are five blocks that are holding you back. They are getting in the way, clouding your vision and fogging up the clarity that I know that you need. This is because if you had that clarity, you would not be saying that affirmation.

Today I am going to share with you how this affirmation is a bullsh*t statement. It is just keeping you small and repelling miracles from manifesting into your life. If you think about it, whatever you affirm is not just describing your reality, it is creating your reality. If you constantly say, "I don't know what I want", your mind is focusing on the lack of knowing what you want, therefore, you will always attract that. As a result, if you are focusing on not knowing what you want, then you will never get to a place of being clear on and demanding what you want. I believe that the Universe responds to an energy of certainty, rather than an energy of lollygagging. I love that word. I believe that we are all desire-driven human beings. By avoiding your desires, not admitting them or neglecting them, we are literally neglecting a part of us that is so important in fulfilling this collective evolution. So what do I mean by that? The word desire itself in Latin, if you split it up to *De*, and then *Sire*, *D* means "of something", and *Sire* means "of the Father." I and many others have interpreted Father, as also meaning God, the Universe or a Creator. The word desire means "of the sire", and it essentially means that it is part of our spiritual nature to

fulfill our desires. It is one of the ways that the Universe, God or your higher self, expands and learns about itself. If you have no desires then you have no motivations. If you have no motivations, then what is the point of playing the game of life? This is all part of the learning process.

Part of the learning process is for you to go out there and manifest your dreams. By going out there, pursuing something, and attracting something, you are going to be learning all kinds of lessons in the process.

Remember, I talked about this many times, you are either going to succeed or you are going to learn a lesson. If you do not pursue, track, or set an intention to receive something, how are you ever going to learn? I believe it is a gift for us to have desires. Without them, we would just be leading idle, very safe, and small lives. It is not that we do not know what we want. It is just that there is some bullsh*t reason clouding up our ability to see or admit it.

In today's short podcast, well short relative to my other podcasts, I want to share with you five blocks holding people back from getting clear on what they want. Now, I have already posted them on Instagram and perhaps you have already read them, however, maybe hearing this in audio with additional thoughts will help you as well. So what do I mean by getting clear on what you want? I mean that you should at least know the destination of where you are going. I do not mean you have to be overly specific because that is one of the blocks that I will be talking about. I see life as a GPS system. In this game of life, we are each given a GPS system. We are constantly giving out our current location and the Universe is creating paths to our desires. When we have a desire and tell the Universe what we want, we are inputting a destination into our GPS system, therefore, without inputting a GPS point of destination, you are not going to go anywhere, and that is not a fun life.

I believe that we are going to have many lives. We are going to come back, reincarnate, perhaps in another dimension. It might even be another time in history. For anyone to say that they know exactly what is going to happen after death is bullsh*t because we just do not. There is so much unknown out there. However, I believe that we are going to repeat another life. It is for the sake of learning more lessons that our soul has not had a chance to learn in this current lifetime. With each lifetime, you are essentially playing a game. In each version of the game, you are only you one time. This means you only have your personality, desires, name, who you are, or what you look like for that lifetime. It's the only time you will have everything that makes you who you are and makes up your current identity. You are only going to live once, so you might as well explore and be as adventurous as possible with this current iteration of you. Other than that time, you are just going to lose that opportunity. They say you only live once and I believe that. It is also the fact that you only live once according to this current iteration and version of you, and the current life that you are in. So it is not a doom and gloom type of situation where you have to figure out what you want or you are going to waste your life. Yet, I really do think that wasting this lifetime would be such a shame, and I do not want that to happen to anybody. I want people to live the most fulfilling version of their life. By living the most fulfilling version of your life in this lifetime, I think you will be able to do the same quickly in your

next life, thus building upon the journey of your soul. It is not just the journey of a human or of the ego, but a journey of the soul. Give your soul the best f*cking journey that it could ever have, by not wasting a single lifetime. The only way that you can waste this lifetime is by holding yourself back from really achieving, receiving, attracting and going after what you truly want. So here are five things that may be holding you back from going after what you truly want.

Number One: *It is not that you don't know what you want. It's just that you are afraid of what others will think of your desires.* This one is such a common one. People have so much fear surrounding others judging their desires. They feel like what they create in their lives is not possible for all, therefore by them having what they want that means that in some way they are excluding others, or that others are going to perceive them as thinking they are better than other people, which is an unlikable trait. I truly believe that we are all equals, we are all one. As a result, when I attract, receive or create something, I believe that it is possible for everybody as well. Having said that, you need to understand that some people might get triggered by your success and it has nothing to do with you and everything to do with them. When you get to that place, it will free you to know that their feelings are not your fault. If other people can not see what is possible for them, then know that your only job and duty is to show yourself what is possible. Due to the ripple effect of the Law of Oneness, you are going to be inherently showing other people what is possible for them.

People are also either afraid of what others will think or they are judging themselves for wanting something other than what they were conditioned to want. I judged myself for so long about my desires because I was conditioned to want and have a medical degree. That is part of my story. For so long in my life, I was conditioned to think that I am supposed to want to be a doctor. Consequently, if I did not want to be a doctor then there was something wrong with me. Also that I am not fulfilling my life's purpose. Then I realized that my life's purpose cannot be determined by something that someone else wants. It took me until the age of 23 to figure out that my parents lovingly wanted me to succeed. As a result, they kept putting their version of success inside of my heart, because this dream was inside of theirs. For the longest time, my mother wanted to become a doctor. She immigrated to the United States when I was only one years old and she was a young mom as well. Due to these circumstances, along with having to put herself through school, she struggled a lot and barely had time for me. She did the best that she could with studying, but more than anything, she just wanted to spend time with her daughter. Therefore, she decided to forego medical school. Mind you, she had already done all of the work to get into medical school. She completed all of her prerequisites, tests, and got accepted into medical school. Yet she ultimately decided not to go. It took me a long time to realize that I was just conditioned to want what my mom wanted for me, instead of what I really truly want. So just remember judging yourself will only hold you back from obtaining your desires.

Number Two: *You do not believe what you want is possible.* As a result, you choose something much smaller than your actual dreams just to avoid disappointing yourself. This is such a lose-lose situation because you are going to feel one of two emotions, disappointment or

resentment. You are either going to fear being disappointed if you try and you do not obtain what you want, or you are going to resent yourself for not actually trying. It really is a lose-lose situation. Oftentimes, our wants are circumstantial. We are using our current reality as the building blocks for our future. When we create from possibility rather than circumstance, the game changes because creating from possibility means that anything is possible. That is when I say forget or ignore your current reality. I recommend doing this for even just 15 minutes. I am going to give you a visualization that I use to get clear on what I desire and remove these five blocks at the end of the podcast, so if you create from what you are currently experiencing in your life, you are just going to create more of it. If you use your current reality as the building blocks of creating then you are just going to create more of the same. You have to learn and train yourself to operate from possibility rather than circumstance. It is a habit that I trained myself to do. This is something that I have really struggled with and had to work hard at making a habit. It is something that I had to train myself to do to the point where I still find myself sometimes creating from circumstance. We are all human beings, and this may happen from time to time, however, I am able to decipher it and gain awareness of it so much faster than I did before. I am then able to change my intent and remind myself to take 15 minutes to myself and go to my private, deserted island, which is part of the visualization.

Number Three: *You are overwhelmed by what you think it will take for you to get to what you want.* Here you usually have some sort of bullsh*t story that you have already created surrounding what it is going to take for you to get what you want. Oftentimes, we are conditioned to believe that it is going to take a really long time, filled with hard work, and sacrifices. Society enjoys telling you that if you pursue money or success, you are going to lose your family, your loving nature, and ultimately who you truly are. When you create a story like that, how willing and motivated are you going to want to take action to achieve your dreams. If you have the desire to buy your dream home and you are told it is going to take 30 years of blood, sweat, and tears, then eventually you will just want to give up. Whether you are being fed that narrative or this is a story you are telling yourself, then you will get to a point where you are going to think, “F*ck that. I might as well live in my little apartment.” This is what I call, “getting caught up in the how”. You start creating this story of the how and it is a very limiting, constricting, restricting and becomes a demotivating story. The good news is, you do not have to create a story about the how because it is never your job and never will be your job. This will always be for the Universe to figure out. When you create bullsh*t stories around the how, you are literally putting the brakes on the manifestation process for yourself. I feel like that is one of the dumbest things to do because you are a creator. It is your birthright to have everything that you want. It is natural for you to have desires. Therefore, when you start creating from possibility and you realize somehow that you are going to get your dream home, it will happen in the most perfect aligned and easiest way.

Number Four: *Our brains are wired to be our survival mechanisms, and it is really our hearts that we use to connect and tap into our soul.* This is a common one as well. Our brain’s function is to focus on what we do not want, what is missing, or what could go wrong. Back in the day when survival in the wild was important, it was vital for our brains to focus on

these things. However, now we live in cities and towns with these modern comforts that essentially keep us safe. We no longer have to go hunting for food anymore. Think about how useful it was back then for our brains to be automatically wired to think about what could go wrong. We would then be always on the lookout for predators or what is missing. We are constantly paying attention to our food source, looking at how much food we have leftover for the day in order to make sure the whole cave, loved ones, or village can get fed. Unfortunately, our brains have not had enough time to evolve that much because our society has evolved so quickly and our brains are still catching up. It is so important to not operate from your brain but rather operate from your soul when it comes to achieving your dreams.

Your brain is conditioned to focus on what you do not want. When people join Manifestation Babe Academy or Rich Babe Academy and it is time for them to create their dream, an ideal day, relationship, or career they often get cold feet. They start to think of all of the things they do not want. I do not blame them because your mind has gotten very good at that, however, that is not helping you because you are just attracting more of what you do not want by focusing on it. With that being said, oftentimes, there is a gift within this. When you realize that there is a gift within focusing on what you do not want, you can immediately shut off that process and switch it to focus on what you do want. What I mean by this, is when we focus on what we do not want, we then internally prioritize figuring out what we do want. So I would like to do an exercise with you. I want you to think of all of the things you do not want. For example, not wanting to be broke, sick, or having a boss or a husband that does not appreciate you. Now that you have listed everything that you do not want, I want you to write down the opposite. For example, wanting to be rich, healthy, and having a boss and a husband that appreciate you. As you train yourself to look for the opposite, it will cue you in on what it is that you actually do want. So when you figure out that you do not want to be broke and that you want to be rich, then you can start to think of the specifics. How rich do you want to be? What type of rich? Do you want to be rich in money, love, energy or health? I do not believe that being rich is just tied to money. It is tied to every single aspect of your life. However, in order to get clear on what it is you want, you have to know what things mean to you. For example, being rich to you could mean having all of your bills paid while having an excess of five grand a month in your bank account for leisurely activities. So then you can think about how much your bills cost? Let us say two grand a month. Great, so then you can focus on attracting seven grand a month. By this point, students are starting to notice this makes a lot of sense. When you realize that you are just operating from conditioning and you unpack that conditioning and use it as a building block in a more productive way, then all of a sudden you gain clarity.

Number Five: *If you are not specific with what you want, then the Universe will not know what you want.* This is something that I see all the time in the Law of Attraction community. It is actually something that I personally thought as well. I also used to teach this, however now, since I have created MBA, in 2018, I have changed my methods, I realized that manifestation goes so much deeper than simply figuring out exactly to the nth degree of specificity, exactly what it is that you want. Also that if you do not get clear on what you want, then the Universe will have nothing to work with. What I am talking about is when if for example you want an Audi, you

cannot just go to the dealership and say 'Hi, I'm here to buy an Audi'. If you do that they are going to give you just any Audi, they are not going to give you the exact one that you want, so it is very important to be specific and say, "I want the white Audi with a red stripe." The thought here is, if you do not specify every little detail, then the Universe will not know what you want and it is going to get really f*cking confused and give you what you do not want. However, I do not think that is accurate. If you believe this then this means that the place from which we are operating is that verbal communication is what is important when defining what we want. I believe that there is a vibrational level to this, to where the Universe is so much smarter than that. Believing the latter would mean that you are giving the Universe absolutely no credit whatsoever.

I believe that the Universe has access to your heart and to every desire you have ever had in life. Sometimes this sits on an unconscious level so you might not be conscious of it. What I mean by this is, for instance, when I think of my dream home, in the Bel Air hills, I thought I wanted to live in the Hollywood Hills until I stayed at an Airbnb there. I realized that it is too in the middle of traffic, so Bel Air is so much better. It is closer to the things that I want. When I think about my Bel Air home, I can get as far as a couple of details. I do not see this as me risking not getting my dream home. Just because I cannot visualize every single little detail of my dream home does not mean I will not manifest it. Focusing on every single detail, from the color of the walls to each fiber on the carpet can become very stressful. When you get stressed out, getting clear on what you want, or playing the game of manifestation can be difficult. Think about it, what kind of vibration are you really putting out by being stressed? Are you really putting out what you want? The idea that you must be extremely specific about each and every single one of your desires can be very limiting for some. This is because some of us love specificity and others do not. This is also reflected in Human Design.

I do not know if you guys follow Jenna Zoe, but she teaches a lot of Human Design. Human design is basically a "woo woo" version of Myers Briggs. It dives into your personality type, but on a very energetic level. It incorporates astrology, numerology, and many other aspects all mixed into one. I really like human design, because it has taught me a lot. One of the things about human design is that in your chart, you can actually see whether or not you are a specific manifestor or a more general manifestor. I am actually a general manifestor. This is why too much specificity actually stresses me out. I thought that I was doing something wrong my entire career when learning about the Law of Attraction. Then I realized that it is actually my strength to not be overly specific, and instead open myself up to "this or something better." We are undermining the intelligence of the Universe when we think that if we do not tell the Universe what we exactly want, then we are not going to get something epic. I think the Universe is so much smarter than that. It is called infinite intelligence for a reason. I believe that when you open yourself to "this or something better," the Universe has an ability to tap into your vibration and essentially access a filing cabinet of all the times when you googled something. When you say Universe I want this, you are telling the Universe to come in and give you what you want and make it so good that even you could not have imagined it. It just opens up a whole new world for you. So if you can not be overly specific that is okay. Just get as specific as you can

be. That is my teaching now, that is how I go about it, get as specific as you can, but do not stress about it. Leave yourself open to this or something better. So those are the five things that typically get in the way.

Lastly, I want to share with you guys a visualization that I actually personally use to get clear on what I desire and remove these five blocks. This visualization is very simple. I am not going to lead you to through it, because I suspect you guys are probably doing something as you are reading this. I would like for you to do this on your own time. The purpose here is just to practice really letting go of your past conditioning, what happened in the past, what others are going to think of you and what you have been conditioned to desire. The purpose of this visualization is for you to uncover what your heart and soul desires.

Here is the visualization exercise. Imagine that you are on a deserted island. First of all, you are not stuck on this deserted island. You are going to stay here for 10 to 15 minutes. The deserted island is not a part of your desires. You are not actually creating for this deserted island, you are actually creating for your current life, the current iteration of your life. You are not going to be on this deserted island alone forever. However, sometimes you have to go to this deserted island so that you can forget about everyone, everything, time and circumstance. Instead, you can just focus on possibility. So imagine you are on a deserted island, with nobody around you. Imagine that this deserted island has no concept of time. You do not know what year it is. You have no concept of the past because it has been completely wiped out, and the future is a portal to infinite possibility. You have no relationships on this island. You do not have any friends, family, husband, wife or children. It is only you here, at least for the moment. On this island, there is no time-space continuum. Absolutely nothing from your past is holding you back, and anything in the future can happen in an instant. On this island, you can choose to create anything, and everything is possible. The best part is that anything you dream up here is only for you. Your loved ones also have their own island, they have their own dream island, leave them alone. Stop worrying about them. Stop worrying about anybody's opinion, just get to know what your heart truly wants. If you could be, do or have anything, what would your life look like? What is the ideal reality that you would be absolutely thrilled to live for the rest of your life? That is the visualization.

What is beautiful about this visualization is that it really gets you down to the core of your heart's, rather than your mind's desires. This is because your mind is going to think, "What am I doing? What are people going to think? Also, because of the five blocks, the mind is not helping you tap into your heart. I usually take about 10 to 15 minutes to simply dream and I go to my deserted island at least once a week. The key is to not worry about the timeline, other people, the how, other's opinions or what is realistic versus what is not. It is really not about being realistic. If you think you are not on a deserted island, this is already unrealistic. Get your brain used to thinking about what is going right and what is possible for you. You know, the concept of playing pretend and accessing your imagination. The fact that it is a pretend game actually helps lift off your logical mind. If you can just pretend for a moment that your life is just a game, your brain is more to shut off because the logical mind is not helping you. It will tone itself down

so that your subconscious mind and those hidden desires can come out and play, then, in turn, be noticed and given an opportunity to manifest into your reality. That is the visualization I would like you guys to try out today.

You are absolutely amazing and I cannot wait to catch you in the next episode.

Bye.

Thank you so much for reading this episode. Thank you for sharing. Thank you for tagging me on Instagram. Thank you for leaving a review on iTunes and I hope you are enjoying the free manifestation hypnosis that you get when you leave a review. Just screenshot it and email it to my team at hello@manifestationbabe.com and I will see you in the next episode.

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.