

Episode 119: Lacking Inspiration? Here's the Missing Link!

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast and Good morning from Costa Rica!

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.

So I decided to record my last podcast episode here. It is currently morning time and I just landed last night. I hope you guys are having a fantastic day.

Today's podcast episode is inspired by something that I have personally struggled with for the majority of this year. It was not until just a couple of weeks ago, that I finally had this "Aha moment" where I realized the answer to my question. The question I was trying to answer was, how do I feel inspired again? Or how do I feel those feelings that I felt initially towards my business and purpose in 2016, 2017, 2018 and then really in 2019? Recently, I have been very nostalgic for that feeling. I realized that all year long, I have been waiting for new inspiration to hit me like a ton of bricks. You might be in a similar position where maybe it is not inspiration, but another emotion or feeling. It may be this elusive feeling that is outside of you. Perhaps you are waiting for a feeling to magically appear in your life before you take action based on that feeling. What I mean by this is, sometimes you are waiting to feel inspired in order to take action. That action may be writing a book, creating a website, creating a course, making new friends or whatever it is that is on your list of things that you want to create, attract and achieve. Maybe you are waiting to feel love before you can finally commit yourself to somebody, love them, or fall in love. There could be a slew of different feelings or emotions that are seemingly elusive. However, as I was thinking about this, a realization hit me. I have been preaching that waiting attracts more waiting. I have been talking about this for the longest time, I just needed to apply my own teachings to myself. I constantly remind others when they have been waiting for the perfect moment that they are going to be waiting for the rest of their life because there will always be more reasons to wait. If you are waiting for the perfect moment to start your business, and you just keep on waiting and waiting, then what the Universe will do is serve you exactly what it is that you are putting out. If you decide to wait for something, God forbid, a family member may get sick or your health declines, which will then prevent you from really starting your dream career or business. This is why it is so dangerous to wait for the things that you want to create in your life. You do not have to wait, you do not have to wait until you are worthy of them. You do not have to wait for the perfect time to create something because that does not

exist and you are already worthy. There is a reason why some people wake up when they are 90 years old sitting in a rocking chair looking back at their life and they are filled with regrets. Oftentimes those people just say that they really wish they would not have waited. More than anything they really wish that they would have done the things that they really wanted to do while they were young.

So I do not care how old you are, I know that there is a wide range of ages here. I know that I am young, or at least on the younger side of my own followers. I tend to attract people, in their late 20s, 30s, 40s, and even early 50s. I am aware that sometimes it may seem like it is easy for me to say what I am saying because I have plenty of time, however, I have been really inspired by people that I have been watching. These people are even my own students and followers who are in their 50s and 60s and are just starting a brand new adventure because they know that they have plenty of time. What is time anyway? I think time is just an illusion. Time does not really exist and there are really no rules in this life. So stop holding yourself to these weird timelines or rules and just commit to what you can do today. Simply ask yourself, what can you do today to get yourself even one step closer to your goals?

Similarly, I have been waiting all year long for inspiration to hit me. I have been waiting for this feeling that I have been chasing, this nostalgic feeling to hit me like a ton of bricks. Then I realized something. I realized that every single emotion is first cultivated from the inside. If you want to project a certain feeling to your external reality, you must first feel that in your internal reality. Your internal reality is what creates your external reality. After that, you can choose to feel a certain way. Then that feeling will attract more of its physical counterparts into your external reality, thus helping you keep that feeling. What I mean by this is that when you choose to feel inspiration first, then you attract more inspiration. When you choose to feel love first, then you attract more reasons to love your life, love someone else, or love yourself.

Often times, others also expect a miraculous random change to occur. If you have been listening to this podcast for a while, you know that nothing happens randomly. Everything is intended, everything is created, everything is served up for a purpose. If you are waiting to feel happiness, well, you are going to be waiting a very long time. You must first choose to cultivate that happiness inside before you can attract more happiness into your life. It is going to be much easier for external circumstances to change in your life if you first choose to feel happiness first.

Now let us talk about excitement. When you choose to feel excitement first, you also attract more reasons to be excited. Those people who are genuinely inspired and excited by their life and are happy. Those people who radiate such positive energy and you cannot help but be magnetized to them. It is not because they are the lucky ones or the chosen ones. It is that they have cracked the f*cking code. The code is that you must first become the magnet before you can attract everything that you want into your life. If you are waiting to feel inspired in order to take a different action, you are unfortunately never going to create anything.

We all can get stuck in the cycle of waiting and then attracting more waiting. I hear this all the time from those suffering from creative block or writer's block. I hear this from people who are

podcasters, who all of a sudden run out of topics to talk about. They are all just waiting for inspiration to hit them. Of course, waiting will only attract more waiting. So what did I do? What did I decide to do differently in the last couple of weeks? Obviously, I have been away traveling the world, however, the answer to my question hit me like a ton of bricks while I was traveling. This realization brought inspiration back into my life because it dawned on me that absolutely nothing outside of myself can bring this inspiration to me. Only I can make myself feel inspired from the inside out. The external forces can then change as a result of me recreating my internal reality to bring even more inspiration into my life. What I did is, I started to cultivate inspiration within me. I started to purposely look for things that inspire me and it does not have to be anything complicated. It can just be looking at nature. Nature can be very inspirational for some people. Even watching and learning from other people who are 100% living their purpose and killing it. It can even be listing reasons why, for instance, my business inspires me so much. Sometimes we just forget. We often expect this huge asteroid to just hit us. We do not realize that we are missing so much by not taking into account all the little things that are right in front of us. So, I started to list the reasons why my business currently inspires me so much. Thankfully, I have realized that there is a ton of reasons that I have completely forgotten about, or at least took for granted. This is one of the easiest ways to actually physically feel that feeling now and realize that it is just a state. A state can be felt in an instant and it is a choice to feel it. For example, if you are looking for inspiration, go back to a time when you felt very inspired. The kind of inspired where you could not eat, breathe, sleep, you were just so high off of life working on something you enjoyed. It is almost as if the Universe was delivering you this stream of excitement. Go back to a time when you felt that way in the past. So for me instantly I go back to moments in 2016, 2017 and 2018, when I was working my nine to five job and my current reality sucked. The thing is, it's not about the reality, it is about the feelings that you feel about that reality. Even though I was working a nine to five job and my business was not making very much money, I just remember the feelings that I felt were of pure hope, raw inspiration, and possibilities. This is the feeling I felt when I was on my lunch break working on my laptop, taking courses on how to create a website, or learning how to create a course and figuring out what I want to teach my new students that I did not have yet, but knew was somehow coming. That feeling you feel when you are gifted with a new beginning in life or when you are starting something new. It is a feeling we often take for granted or we think that it is going to last forever, not realizing that it is our responsibility to constantly cultivate it inside of us. So when I go back to that feeling, I just relive that memory for just a moment until I can actually feel that feeling inside of my body, then I anchor it in.

Anchoring is an NLP term where you just anchor an emotion or feeling to something. For instance, it can be a touch on your body or a smell or something that you see like a color. You can anchor emotions to colors. What I do when I am feeling inspired is I will just touch my ear or touch a part of my hand that does not get touched very often. Just as I am feeling that feeling, and as I am touching my body in that certain way, what it ends up doing is actually locking in that feeling into my body and it does that on many different levels. It just works so beautifully. Then, whenever I am looking for inspiration, all I have to do is touch this part of my hand to evoke those emotions. It is just so simple to close your eyes for just a moment, go back to a

time when you felt that emotion, relive it real quick, really feel that feeling bubbling up inside of your body until you are that emotion. You are that feeling and it is actually really happening right now. When you realize that it is just a state that you can cultivate in an instant, then it will be very easy for you to feel inspiration. It is not something that is so elusive anymore. It is just something that you cultivate inside of you. I see way too many people operating from circumstance. Unfortunately, as I mentioned before, they wait their entire lives for a force outside of them to influence their life before they realize that this whole time they have been influencing their life. There is nothing outside of you that is influencing your life, it is 100% you.

So, if you are lacking inspiration, this is the missing link! Choose to become inspired, and inspiration cannot help but find you. The Universe cannot help but give you more reasons to feel inspired.

So, that is what I have been doing. That has been my "Aha moment". That has been my takeaway. I just wanted to share that with you guys, especially as we enter a new year. Of course, it is very easy to feel excited about a new year, but we are still in December. So for some of us, depending on what happened this year, you may be feeling a little beat down and disappointed. You may be feeling a slew of different emotions and feelings, so I wanted to help you. This is such a simple thing that you can do today and hopefully, it will help you. I hope you guys have a fantastic day, a fantastic week, and I will catch you guys in the next episode.

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.