

There's a whole world out there of people that need you to serve them. You are now investing your time and your energy, and you are stepping up to be that person and that woman who makes investments like this, who takes her business seriously, who's willing to go on, who is driven, who is ambitious, who is going to make happen no matter what,

This is the million dollar business podcast. Here's your host, Jennifer.

Welcome. It's a million dollar business podcast for entrepreneurs who want to create wealth and freedom with their business. You are in the right place. You're looking for the mindset and strategy to get seen, known and paid online. I'm your host, Jenna faith success in mindset strategies for entrepreneurs who want to start a movement, leave a legacy and build a seven figure business and brands. So I am super stoked to bring you today's episode. I'm going to be talking about the faith frequency and also the seven figure frequency. So a lot of talk online about

Mindset, about energetics, but the reality is the reason you're not getting the things that you want or to the level that you desire is because something in your frequency and in your energetics is off. That's really all it is. You're just not a match for the thing. You can't see the thing it's out of your awareness. So I'm going to be sharing a little bit about what I've discovered when it comes to this and how easily you can shift into the right frequency and into the right energetics to effortlessly call in the things that you desire. This is also a little preview for a brand new program that I am going to be starting on June 15th. The link will be in the show notes [today@jenscalia.com](mailto:today@jenscalia.com) forward slash E 97. It is a faith frequency. It's going to be amazing and really does something to shift you into that higher energy, to create quantum leaps, to open you up and crack you open, to really pull in and calling your desires without really even having to do anything.

So how cool is that? Let's go ahead and dive right into today's episode. You're going to love this. So whether you realize it or not, you were always giving off a vibrational energy. This energy has the power to bring the things that you desire closer to you faster, or it has the power to repel that, which you desire. If you aren't focusing on your frequency and your energy on a daily basis, you could literally be keeping the things that you want at bay without even realizing it. One of the things that I say all of the time is my number one job. Every single day is to maintain my energy is to keep the frequency of the things that I desire. Because as soon as I drop down, as soon as I drop lower than the thing that I actually want, or the person that I want to be, I started to attract things that I don't want.

I start to attract situations, people, circumstances that are not exactly what I want right or worse. I actually can see that I begin to repel things like money, clients, opportunities, love. So this is such a really important thing that not a lot of people talk. A lot of people talk about strategy. A lot of people talk about marketing. I talk about both of those things, and now I'm going to be really speaking more to this frequency and the energy of light, just being a match for the thing that you want. So how does one get literally punch in the proverbial face over and over again and keep going, how you experience rejection loss and still look life in the face with a smile. I've had my heart broken into 800 million pieces, maybe more instead of closing myself off, like most people would, right? Because they don't want to get hurt.

I keep my heart wide open. I have experienced rejection, hundreds of times in hundreds of different ways and formats in my business. But eight years later, I still never quit. I keep going. I never stop no matter what. And some people might look at that and call me crazy. I call it faith. When I changed my and lame last year. For those of you who don't know, I was formerly known as Jenn Scalia. Now I am Jenna faith. It was really a power move for me. It was really something that I had to think about for a little bit, because I had branded my entire business on Jenn Scalia. I have podcasts articles, books, and to really make this change in my branding was like a big deal, right? To really have conviction and know

that the people who have been following me and the people who are meant for me and the soulmate clients would still know that it was me.

Right? So I want to throw out a couple of definitions of faith that I found in the ether. And here's the thing like when I talk about faith and no offense to people who are religious or anything like that, but that's not exactly what I'm talking about. So I'm talking about number one, fidelity to one's promises, right? So basically a conviction in yourself. You make a promise. You're sticking to it, whether it's to someone else or whether it's to yourself. Number two, sincerity of intentions and aligned intentions. Number three, affirm belief in something for which there is no proof. I feel like this is probably the number one definition that most people can relate to. Right? I believe in this, I have certainty in this. I trust even when it looks like it's not happening, even when there's no physical proof, I still have faith in this thing.

I still have faith in me. Number four, complete trust or confidence in someone or something. So for the purposes of today's lesson, someone write yourself, this is what the faith frequency is all about. It's about being on a specific level, being on a specific energetic wave. And also just so clearly convicted in who you are and what you're meant to do on this earth. Number five, something that is believed, especially with strong conviction and number six allegiance or duty to a person, AKA loyalty. So I loved all of these definitions and I really believe it encompasses all of that, right? And sometimes it's like the thing that we don't know how to describe it, or we don't have the words to put to it. But belief, trust unwavering, faith alignment is huge. The faith I'm really just being able to do what you love and create abundance and cashflow from that place, faith over fear.

These are all things that as an entrepreneur, as someone who is literally going out there every day with the possibility of rejection, with the possibility of this might not work out and you still get to do it. So if you're listening to me right now, you are probably already good at what you do. You are successful in many ways. People probably look at you from the outside and think you're super successful that you're doing amazing, but you know that there is more, there is bigger, there is better, and it can happen faster for you. So the frequency and the energy piece is the missing link. If you want a different business, if you want a different life, you have to do business and life differently. You have to change your patterns. If you can change your patterns and change your routines, you will change your life and it can be done so quickly.

I always refer back to our episodes, started on closing the gap. I'll also link that in the show notes for you today as well. This is a really good exercise for you to do, to determine, and really have a magnifying glass to what am I actually doing and tolerating and being an accepting that I would not. If I was at next level self. So remember change patterns, change your life. Your life can be different. It can be better, but you have to set new standards, right? We have to say, I no longer tolerate this. This is the new thing. This is the new way. And commit to that. Have conviction to that. Getting out of your head and into your heart, get into your soul, get into the world and live. This is another one. The thing that I feel like is not talked about so much in our industry.

It's always about hustle. It's always about due. It's always about market. It's always about, but the reality is like, your life also has to be a match to that. You're living right outside of your work has to be a match for the things that you desire. Also, this is not something that you can fake. This is not something that is like, you can pretend you have it, but you really don't right? Because the universe knows the universe knows when you're vibrating on a specific frequency. The universe knows when you're bullshitting it. If you're not getting what you want, this is why now imagine that you could transform yourself wherever you are. And you could be freaking amazing right now. Chances are you probably are, but you transform. And you transcend into the most radiant, potent, real, powerful magnetic version of you and your soulmate.

People, whether it's clients, friends, or men cannot resist you, even if they, right. So if you feel like you are pushing a lot, if you feel like you are trying to get something, if you feel like you're always going out there to make happen, this is for you really locking into this frequency of what you desire so that you can effortlessly attract opportunities, impact wealth on levels that you never previously dreamed of. Like I said, you could be doing amazing, right? Like you could be doing freaking phenomenal, but still there's a part of you. That's like, Hey, I want more, I know there's more. I know that I can do better. So in the freight frequency, which is going to be coming up, I'll talk a little bit more about it. At the end of the show, we are actually diving into all of the ways that you could be blocking your next level of wealth and success without even realizing it.

We will put a magnifying glass to the areas that you are out of alignment. That is really the biggest thing I see most people say they want something, but they're not operating from that place. Right? They're still operating from the old frequency. They're still operating from the old them and their old habits. And they go back to the old ways because that's, what's easy and that's what's coming, right? That is also why have not dramatically changed. Like you might notice little things happening here and there, you might see little glimpses of the things that you want, but it's not actually just happening for you yet. You're journaling your manifests. You're doing all the things, but the reason why it's not there is because you're not there energetically. So once we do all that and kind of excavate the, we're going to then pour gasoline on your fire so that you can live nearly snap into the next level self.

I feel like it happens in an instant and it can happen in an instant. You could be a completely different person in a day in 24 hours in an hour, right? If you really commit to this and the best part, you don't even have to do anything to get what you want. It'll literally be magnetic. Hi to you as if by magic. So frequency is about next level expression being fully. You are embodiment of that, which you desire so that you can literally call in higher levels of wealth opportunity and pleasure into your life. This requires a focus on five different areas and really not just even a focus like a mastery in these areas, right? Just know number one, your frequency, which is yours, energetic vibe. I talk about vibe a lot and how, you know, it's like your essence, your being and people are just like, I want that.

The next thing is your alignment. Again. Then go back to the episode of closing the gap. If you are not in alignment with what you say, you want, you will not get it right. You can say, and journal and manifest all the things. But if you're doing anything out of alignment or out of integrity, you're not going to get what you want. So we've got to have clean energy here. We've got to be on the same wavelength of the things that we desire. The next thing is your identity, huge shift here as well. This goes way beyond mindset. This is who you be. This is like, I don't even have to think about what I do when I wake up. I go to the gym every day. It's not even a question. I eat a certain way every day. It's not even a question. I do these things.

It's a habit. It's not even a question, right? Like there is no doubt because you are living in integrity with the identity that you are stepping into. And again, it's another hard thing to do, right? Especially when we're moving into the next levels. It's like, it's so easy to be called back into our old ways. It's so easy for us to just go into comfort zone, but really harnessing and leveraging this new identity and locking it in is key. The next thing is truth. Really being in your truth, speaking your truth, even if it's going to ruffle feathers, even if it, it was uncomfortable, but really just locking in that, like this, this is me take it, how I am and not bending and not breaking and not going back back on those desires and the things that you want to setting the boundaries, speaking your truth, being all of you is such a magnet to everything that you desire and to these women, these people that you see that are like, they're living the dream life and they literally have everything going on for them.

And nothing can go wrong in their life. They are living their truth. They're being all of them and the world university and money loves that. And then the final thing is your habits. So again, going back to

like, what are you currently doing on a daily basis? Are you eating like someone who has an incredible healthy body? Are you living like a wealthy person or are you like worried about bills? Like a broke person would be, are you eating Bon bons on the couch? Like someone who's could lose a few pounds would be right. So really think about your actions, who you're around your habits, the things that you're doing daily, the things that you really anchor in. Also this, I mean, this actually goes back to all of the things that I just mentioned, your frequency, your alignment, your identity, and your truth, right?

Habits though, locking in new habits and just being a certain way. And that's just the way that it is. So in the face frequency, it is focusing on these things, frequency, alignment, integrity, trust, truth, frequency, alignment, integrity, truth, and habits, and how they translate into an effect your business and your money. So this is about getting really, really real with what's going on in your life, your heart, your soul, and releasing anything that's out of alignment, amping up your magnetic energy and making your next level a non-negotiable so ready for massive and rapid transformation and quantum leaps. This is going to be high tech, such a high vibe group coaching experience for those women who are ready to really increase their wealth, their happiness through embodiment, through truth, through alignment, to their vision and their mission. This is heavy on the mindset and the vibe set, right?

Because it's not just what we're thinking, but it's how we're feeling and how, what we're putting out into the world heavy on the I'm going to call you out so that you can get until full alignment. So that life feels exciting. So that business feels fun so that everything feels easy and in flow. And I want to talk a little bit about alignment. I've done several episodes before on alignment, but alignment really is. It's one of the top foundations for living or life at this frequency, the seven-figure frequency, the millionaire frequency see the faith frequency alignment is literally what increased my income by over 1400% in one year alignment or a, should I say, misalignment is what kept my income plateaued for several years. So alignment now is also what's fueling my current quantum leap alignment is what's, you know, just driving me to create so much so effortlessly and attract incredible things into my life.

Opportunities, travel money, wealth, men, orgasm, everything it's alignment. So this is not for someone who wants to play. This is not for someone who wants to stay small. This is for someone who is ready for their next level. If you really look at like what you kind of got going on, logically speaking, you're like, there's no valid reason why I'm not already where I'm at, why I don't already have what I want. The reason it's not logical, right? It is literally that you are just not operating on the frequency of your desires. And that is what to be sharing and teaching and helping you master in the faith frequency. I want to talk a little bit about some common themes of a funky or misaligned energy. So if any of these things are happening to you, I would say like two or more of these things, right?

I think for you, you need to be in a faith frequency and these things are happening. Like you need to be in faith frequency because you want the next, but all jokes aside, if at least two of these things are happening frequently for you, or it feels this way, you want it check in on your energy and your frequency. Cause most likely it's not necessarily what you were doing on a daily basis. It's not necessarily your strategy that you have in place for your business, but it's how other people are receiving you. How other people are receiving you, right? Like how they feel when you walk into the room, how they feel when they read your posts, how they feel when they see your live stream or they see your stories, right? So the first one is your clients and your prospects are not following through.

So this could look like clients that are missing payments, clients that are asking for discounts, clients that are asking for extensions on things or prospects, like say you have a call with someone or you think that somebody is going to sign up for something. They ask for a link they don't follow through. Right? So if you're having any kind of that stuff going on, it is an indication that something is often funky with your energy and it needs to be fixed. The next thing is unexpected events, circumstances, or expenses. So maybe, you know, something happened with your pet. Maybe there was a loss in your family or in your

life. Maybe your car broke down. And now you have this unexpected bill that you have to pay. Maybe you got a huge tax bill. And instead of being happy that you have to pay it, you're like, holy F how am I going to do this?

So unexpected events, circumstances, and expenses. If this is happening, even just once I'd be taking a look at that, like, Hmm, why is this happening? Because if you were really locked into the seven figure frequency, if you're really locked into faith, frequency, you're prepared for everything. Like you can take it on the chin every single time. The next thing is every day begins to feel like Groundhog day and you're ready for more life and excitement, but you don't know how to get out of this like stagnation and this feeling that you are experiencing, right? It's like every day it's like, Hmm, the same thing over and over again. Or, you know, for me, it used to be like, that's the story of my life. And so if you ever experienced anything like that, where there's something is repetitive and it's happening over and over again, time to take a magnifying glass, why is this happening?

What is the lesson that you're meant to learn? What is the thing that is out there for you to see? The next thing is you received science that you are vibrating on the frequency of your desire. So you actually see other people get things. See other people have it, whether it's money, whether it's clients, whether it's trips, whether it's the love of their life, but it doesn't actually ever manifest for you in your life. So that is kind of a good sign because it means that you were close. It means that you were really like, okay, the thing is somewhat in your awareness, right? So you're getting hotter, you're getting closer. But for some reason it's not quite happening for you just yet. It's because you need to vibrate a little bit higher on that frequency. It just means that the thing is just outside of what you're vibrating on.

So think about when you're tuning into a radio station. I don't know how many people still listen to the radio, but most people would probably understand what I mean by this likes your want to listen to some hip hop from nineties hip hop, and you find a station station 90.6. Right? And you're kind of a little outside of the area of where the basis for that radio station. And so you go to like 90.5 and it's kinda staticky, right? You got a 90.7 and it's like, eh, not right, right. But once you get number one to the frequency, 90.6, it's clear as day, right? But again, you start driving, you're listening in your car and you go little bit outside of the area. It gets fuzzy again. So use that as a frame of reference. Like when you're beginning to see the things that are happening for you, but they're not actually manifesting in your life.

So you can see it. You can feel it. You can somewhat hear it, but it's a little fuzzy, little staticky that is a sign that you need to check your frequency. You've experienced many breakthroughs in other areas of your life, but you consistently miss the mark when it comes to love and money. And there's a reason and why I am focusing on these two things love and money, because these are like the top desires for most people, right? Whether you want to admit it or not, like these are the two things. And I feel like these are the toughest things to happen, right? So you might experience like, you know, you might get a new car client, you might have a specific breakthrough. You might have a great conversation and you might get an opportunity for something. But like those two areas are still really hard for you to master.

The next thing is that you experience super high highs or super low lows. So you're not maintaining an energetic frequency that is even keeled. That is like, this is solid to the core, right? Like it's like, bam, something really amazing can happen to you. You feel incredible. You could have like the best day in the whole wide world, super high, high. And then literally the next day, next couple of days, next week, it's like low, low. You feel like, things are happening for you. Nothing is working out for you, right? So if you're going between these high highs and low lows, I'm not a doctor. I'm not going to diagnose you with anything. But this is an indication that your frequency is off. The next thing is that you feel boredom, apathy or loss of inspiration. So if you're just like not feeling it, that is, it's a high height indication that you need to check your energy and your frequency.

This is also really important when it comes to things that you're launching or things that you're putting out into the world. So here's the thing, this particular program, the faith frequency, which I've been talking about throughout this whole episode is something that like, I can't stop it. Like the creativity that is coming to me and the inspiration that is coming to me, the transmissions that are coming to me for this program are like off the charts I've written in a weekend, over 10,000 words, content sales, pages, posts, all kinds kinds of things. And it is just coming, right? Like there is no boredom. There is no kind of, maybe not. And maybe so there is no loss of inspiration. Like I literally cannot be stopped. So if you're not feeling that way about what you're putting out into the world and about what you are representing, then that is an indicator patient that you have some funky energy going on and you've got to fix it.

And then the final thing is that you experience delays or lack of engagement with no explicable reason. Again, if we kind of go back to like people not following through, right. Or there's just a lack of engagement, or there's a delay in maybe some money that you're supposed to get or an opportunity that you're supposed to get, but there's like, man, like I thought I was vibrating on this frequency. I thought, you know, the, everything was great. My mind that's on point. Why is this happening? So if you constantly find yourself asking, why is this happening? Why is this happening now? Again, another sign that you want to check in with your frequency, you should be in this program. So if you're experiencing any of these things, I would highly recommend that you join us. So it is the faith frequency. It is a seven week group coaching program that is going to literally blow your mind.

We are going to do five training lessons, plus two hot seat coaching sessions. We start on June 15th. I'm a super, super excited. So I just want to talk a little bit more about how do you know if this is for you again, if you've experienced any of the things that I mentioned in the last little clip there definitely for you, but here's a couple other indications that this would be for you. So you have a deep desire for something more than what currently exists in your reality. So again, you could be doing incredible. You could be doing amazing people from the outside, looking in are probably like this girl has got it all. She has it all, but you're like, no, I want more. I want bigger. I want better. I want faster. The next thing is you can see it happening for other people.

You can visualize it clearly. So whether that is your manifesting, your journaling, your visualization, like, you know, you can just, he stopped it, but it's not quite manifested into your life just yet. You're doing pretty good in life, but you no, the next level is like calling your name. Like it is so undeniable that the next level is like right around the corner. And you want to snap into that faster. You want to snap into it quickly without wasting a bunch of time or learning a bunch of lessons, but really just understanding like, how do I, how do I manage? How do I master? How I show up and the energy and the frequency that I'm putting out. You find that your actions don't align with your words or your results don't match your expectations. So this is a big one. So if you are constantly like saying something, saying you're going to do something, committing something, especially to self, because I feel like that's where we lack the most, right?

Like usually when we are committing to other people or we tell other people that we're going to do things, we will typically do it because we don't want to let other people down. But if you find that you're letting yourself down, or you're saying you want something, but then your actions don't align and, or you are working really hard. You're putting in the hours, you are doing the thing you're showing up, but the results don't match the expectations or you feel like I actually said this a little while ago. I was like, man, I feel like I'm getting paid too little for everything that I'm putting in. Right? So if you're starting to feel that way, and this is definitely a program that's going to help you master that so that you can have all the things you want without having to do anything. You're doing all the right things, but it doesn't seem to be enough.

So you're posting, you're doing your live streams. You're selling, you're sending out your newsletters, you're doing your stories. You're doing all the things you're doing your reach-outs and results, womp womp. So if that's you, you need to be in the faith frequency. And then finally, if you're craving just high vibes, sisterhood, and a loving kick in the, which I am more than happy to give you, you need to be in this program. So again, you can join us@jenscalia.com forward E 97 is where you'll find the link for the faith frequency. You'll also find the link there for the closing, the gap exercise, even if you've done that, I would highly recommend going back, listening to that episode and doing it again. That is it. My friends for today's episode, this is a little bit different because I wanted to give a little preview, but it's such an important piece that we have to really figure out. It's such an important piece that we have to master. So again, head on over to the show notes@jenscalia.com forward slash E 97 over there, you'll find the links to everything that I mentioned in today's episode. And you'll find out how to join us in the faith frequency. Also

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