

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, Jenna faith.

Hello, and welcome to the million dollar business podcast for entrepreneurs that want to create wealth and freedom with their business. If you're looking for the mindset and strategy to get seen, known and paid online, you're in the right place. I am your host, Jennifer faith, success and mindset strategist for entrepreneurs who want to start a movement, leave a legacy and build a seven figure business and brand. I am so excited about today's episode. I'm going to be sharing with you the truth about manifesting. I feel like there's so much junk and so much fluff online about what it actually takes to manifest the things that you want. And I also actually feel like sometimes people use manifesting as an excuse not to take action. So we're going to dive right into what manifesting actually is and the truth about it, and how to actually begin to have things that you desire and want come into your life easily and effortlessly.

So let's go ahead and dive right in to today's episode. So the truth about manifesting. This might ruffle some feathers. This might flip what you currently know or think you know about manifesting on its head. But I want to be really honest here, because this is something that I have been studying and working with both personally in my own life and with my clients for many, many years. And I think that there's just a lot of misconceptions out there about manifesting. There's a lot of fluff out there that isn't really true, right? So a lot of times people think about manifesting as like I see something I want, I'm going to hope, wish and pray that I get to have that thing. And if I just think about it long enough, or if I feel the feelings of the manifestation, that it will come to life and that is just simply not true.

That is just a little piece of it. That is just a little portion, right. What we actually have to do. I'm just going to come right out and say it. It's not about wishing, hoping, praying. It is about you get clarity on what you want, insane clarity on what you want. You decide that it gets to be yours. And then you take action in the direction of that thing. Essentially you decide and declare that whatever this thing is that you desire, the thing that you have a vision for gets to be yours. But the thing that's missing for most people is that action piece. It's like we actually have to have movement in the direction of the thing that we desire, right? We can't just sit there and hope that it's going to drop into our laps. Now I may get into this a little bit later that I have been able to manifest things coming very easily and very quickly to where it seems like it just kind of fell into my lap, but I always made the forward movement.

I always action in the direction of the thing that I want. Okay. So it's, you know, not just thinking, not just feeling, it's not just your thoughts. It is. What do I have to do in order to be the person who receives it? Another thing that we hear a lot when it comes to manifesting is act as if, and I do believe in this part, I do believe that even without the money, we can still believe and act and move forward in our life as if we already have that thing. It's basically claiming as if it's ours already. And so the pushback that I get on this a lot yeah. Is like, Jen, how can I act as if, if I don't actually, we have the money to do the thing or have the thing, what we want to do is dive into, well, this thing that you desire, whether it's a relationship change in your body, impact money, clients, whatever that is like, what is the underlying feeling or emotion or thing that you're going to get from having, or getting that particular desire.

Right? Because it's never truly about the thing, right? It's never truly about the specifics, the house or the purse or the car or the person, right. It is like once I, I have this thing, I'm going to feel a certain way. I'm going to feel accomplished. I'm going to feel loved. I'm going to feel safe. I'm going to feel secure. So what we want to do is tap into the feeling of the thing that we want. What do we actually want on the

other side of that thing? And that feeling is free. I've talked about this in some of the other previous podcasts as well, feelings are free. So we really have to look beyond the actual physical desire and into like, what, when I have this thing, what is that emotion? Or what is that feeling that I actually want to feel? And you can go do that right now.

There are many things that you can do for each person. It's going to be different. It might be putting yourself into a movement state, whether that is dancing, that is pampering yourself, whether that is having an orgasm, whether that is working out, right. It's like putting yourself into this state that feels really good for other people. It may be meditation or visualization or journaling. Right. But how do you actually get yourself into that feeling place? That is what I mean. And then that is what everyone means actually, when they say act as if so, yes, you can act as if, even if you don't have, have the money yet to get the thing that you desire. You want to claim it as if it's already yours. So also your actions, your daily habits, the things that you're tolerating, the things that you're putting up with, would you do those things we're already there?

Would you tolerate those things? If you already had the thing that you want most likely that answer is no. So you want to start to shift those things that are, are in your control and start taking that forward motion towards the thing that you want. But another thing with manifesting is we want to be able to speak and write it into existence. There's been many previous podcast episodes where I talk about my journaling process and how impactful it is to really call in your desires and manifest the things that you want. This is a thing of really just putting yourself again, in that place, in that state, your mind doesn't really understand or know if something's or your imagination. The thing makes it more real is when we get caught up in talking about the lack of said things. So we get caught up in the lack of money, right?

So it's like, oh, you start talking to your friends like, oh, I'm so broke or, oh, this happened or, oh, a client failed the payment. Right? Then we go into the spiral of like putting our energy and our attention on the thing that we actually don't want. And that's what hi, most people don't manifest because they are so concerned and worried and putting all of their energy and the things that they actually don't want than the things that they do. So being able to really speak and, or right into existence, the thing that you want and create that muscle and have your mind believe that these things are already happening for you or they're already there. This is a huge, important piece of the process to manifesting as well. So do not get caught up in talking about the lack of the thing that you want really put yourself in the state of, I already have this.

This is how I would be acting. This is how I would live my life. This is the people that I would be surrounding myself with. These are the decisions that I would be making. And along with that comes your commitment and discipline. We have to be committed and disciplined to the person that we desire to be. Because again, the manifestation is a result of us becoming and being in alignment with the person that we desire to be, right. It's really not even about the thing. It is about who we become or who we are to be able to receive the thing. And this again is probably one of the biggest misconceptions. It's like, I am going to manifest this money. I'm going to manifest this soulmate. I'm going to manifest this weight loss. I'm going to manifest health. But the reality is like, you can't do that all day long, but if you don't actually become that person who can receive it, who has the capacity to receive, those said things without sabotaging, without the, you're never going to get it.

And then you're going to be on the camp of people who are like manifesting doesn't work for me. Right? So commitment and discipline to who you desire to be in order to receive the things trust. Trust is such a huge piece when it comes to manifestation. Trust doesn't mean that you're checking every moment of every day to see if that thing happened yet. Trust doesn't mean that you're wondering and worrying and trying to manipulate the outcome. Trust doesn't mean that you're trying to figure it out. Trust means, you know, that there is no other way that this thing cannot be yours. It is yours. You know, it's yours.

You maybe don't know when it's going to happen or when it's coming, but you know, in your heart, in your body, in your mind, in your spirit, in your soul, that this thing is for you period, the end, and operate your life as if trying to figure it out, manipulating, worrying, wondering that does not manifest anything that manifests nothing.

It actually probably repels the things that you want by trying to control it. So release, let go of control again. This is just another piece of the trust, right? And the faith that I talk about all the time, because if we are not fully trusting and believing that this the thing is for us, we're going to continue to push it away. Okay. It always happens when you aren't looking always happens when you aren't paying attention. So if you plan yourself, just really like thinking about something that you want, and you're just kind of like obsessed with it, but obsessed with it in like the wrong way. I think that there is a right way to be obsessed with certain things that you want and desire out of your life. But you're obsessed to the point where it's detrimental to your health, where it's detrimental to your emotional stability, where it's detrimental to how you're acting and in your life.

It happens when you're not concerned about it when you trust. And when you aren't looking, I can guarantee you that thousand percent. So the last thing that I'm going to say here, when it comes to the truth about manifesting is put your order in, know what you desire, have complete clarity on it. Take daily actions in the direction of that thing and go live your life, live your life. When you, you live your life and you're just out there and you're trying costing, and you're believing that all of the amazing things that you want are going to happen for you and you trust the universe and you have faith that things are always working out in your favor. That is when they will happen. So if you're again wondering, and worrying and stressing out and have anxiety around the thing, that's not living your life, go live your life.

Go have fun. Be in good energies, being good spirits, surround yourself with amazing people, surround yourself with beautiful things. Go live your life because the manifestations are going to happen when you're not paying hang attention when you're not looking and when you're not stressing about it. So that wraps it up for today's show. I hope you got some nuggets from today's show, and you're going to take this and implement it into your life, your business, with your finances, your relationships, your health, your body, your beauty, all of that good stuff. And I would love for you to head on over to the show notes. If you want to go deeper into manifesting, I have a couple of different ways that we can work together to make that happen. So if you're kind of new to manifesting, then I would definitely check out my 30 day journaling program called the extreme manifesting experience.

This is just a great way to begin to facilitate the manifesting muscle into your life and start to see little changes and little things that are happening. If you want to go deeper, if you've done some manifesting already, and you're like, I'm ready to go to the next level and really just dive into the energy and the frequency of my desires. It is not too late to join us for the faith frequency, which is my brand new live mindset and personal development program that is going to help you call in and pull in all of the things that you desire in your life. So head on over to the show notes@jenscalia.com forward slash E 1 0 1, and over there, you'll find the links for extreme manifesting experience. It is Jen scalia.com forward slash E M E. And for the faith frequency, it is Jen scalia.com forward slash faith.

Again, you can just head on over to the show notes, grab those direct links there. I also have some other downloads and freebies and goodies for you. I am just so excited that you stayed with me this entire time. And if you were really loving the podcast, I would love for you to subscribe so that you don't miss an episode each and every week we put out a short 10, 15 minute episode that is really going to help you create the life and the business that you desire. Also, if you are feeling really amazing about the episode and about the podcast would love for you to leave a positive review on iTunes. This really will just help us reach more amazing entrepreneurs, just like you, who are committed to creating incredible

change and transformation in the world. So I'll see you back here next week, where you'll get another quick bite episode to build your business from the inside out.

Let's keep this conversation going. Join us in the private discussion group meant for millions where ambitious driven online entrepreneurs go to get the mindset and strategy to grow and scale. Their online empires joined meant for millions@jennscalvia.com slash tribe.