

Ep #21: How to Make Manifesting Work



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With Your Host

Lindsey Mango

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Hi girl, welcome to *Soul CEO*; a podcast for women who know they're destined for more. I'm Lindsey Mango and I'm going to show you that you can have it all and teach you how to get it by becoming the CEO of your soul, life, and business. Let's get started.

Hello, how are you all? I'm so excited to be here. I'm so excited that I'm singing, no joke. But for real, we are back from Paris, we got back like, a week ago I think and I'm so excited to be home, I'm so excited to be back into my routine and it was the most amazing trip ever. So many of you guys were following our travels and it was beautiful and amazing, and I was cracking up because so many of you guys were asking, "Are you ever coming home?" because we were gone for like, two weeks, which was beautiful. Like, I am just eternally grateful to have the opportunity to travel like that.

And I also love being home, so I'm just happy to be here. And if you guys have been following me on social media, you saw that Chris and I got engaged in Paris. I mean, I feel like that is every girl's dream, in front of the Eiffel Tower with a photographer. I mean, it was just the most beautiful and most amazing thing ever. I am so excited and I am so just blown away by all of you all's support and love and all of it for this amazing time and celebration for us. So thank you so much.

And it's so crazy because before we left, I thought it might happen but I wasn't for sure and I wasn't like, in that place of expectation and griping and like, relying on it happening, but I thought it might. And I almost recorded one of the podcasts before we left and said, "I'm engaged, I'm so excited," like, thinking that it would launch when we were there after it had already happened.

But I was like, I don't know if I want to say that because what if it doesn't and then I'm going to have to have my producer cut it out or whatever. But it was crazy because I was thinking about it. But I released that expectation

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of him so it was what was so cool about it was it just happened and it felt amazing and I literally don't think I've ever been happier in my life, so I'm so excited and I just love all of you guys.

And I hope you guys all find love that is once in a lifetime love because there is no greater feeling. But anyway, I'm so excited to talk about today's topic because it kind of has to do with this exact thing, what I was just talking about where I said I might - I was in the emotion of thinking this could happen and feeling really amazing and really good about it and not being in that like, constricting, gripping energy but just in like a hopeful, fun, and place of desire energy.

And so what we're going to talk about today is manifesting but manifesting in kind of a different way than maybe you've heard it before or learned it before. Because I think what happens is so many of us look at manifesting as this idea of thinking the thoughts of the person who has what we want, feeling the way the person who has what we want feels, and then waiting for something to happen, right?

And I think there's a difference between that and what manifesting really is. And so for some of you guys, you might hear manifesting, you might be like, "Oh my gosh, here we go again, this is getting thrown around a lot," but I am so excited to talk about it because I'm like an action taker. Like, I am like, let's show up, let's grind it out, and I'm going to share some things that I've learned about this too.

But I am an action taker, and so the idea of manifesting felt a little bit like it was out of my control, like I was just going to like, do the thought work and feel the feelings and then just sit on my couch and wait for stuff to happen. But what I've realized is that is like - that's not what manifesting is at all. And it's such a powerful thing, and I've realized that manifesting has worked like, magic in my life and has truly happened over and over and

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over again, and in fact happens all the time. I just didn't realize that I was doing it in that way.

And I think it happened exactly here too with my engagement. But I think the most important piece about manifesting and really creating the result that you want is yes, of course, thinking like the person you want to be, thinking like you already have the result, feeling like you have the result, like that is the first most important piece of manifesting.

But the next part of it is what will actually get you the results. And what that is is taking action as though it's already happening as well as breaking down all the beliefs and the mind drama that comes up when you think it's not going to happen, and all the things that get in the way of you really feeling and believing and being in that energy of this is happening.

And what's so hard about this is I actually made a post about this after our engagement because I said you know, I just really let go of forcing myself to find somebody and fall in love, and then Chris showed up and it was amazing and you guys have heard some on my podcast and see my posts, like it took work for me to grow for sure into the relationship and it's just crazy to see how it all manifested, and then I feel like this engagement was from this place of like, excitement and desire and like, getting in the feelings but not constricting it with like, forceful energy to make it happen.

Because manifesting has everything opposite to do with forcing something to happen and everything to do with being in that energy and feeling good and cutting down those beliefs and those thoughts that keep you from believing it's happening. Because that's what actually gets in the way of you getting the result that you want.

So let me kind of break this down for you guys so you can see what I mean here. So here's how manifesting works. I talk a lot about mind work and thought work and all of that here on the podcast and through the work that I

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do in the world, and so the first step of this is having a result that you really want in your life or in your business. And like, getting really clear on what that is.

And then the work is to think about - you can either start with feelings or thoughts, whatever is easier. I like to start with feelings. So I want you to think about what it would feel like to have that result. Like, if you had that result, that thing that you want more than anything, what would you feel in your body? Like, what feelings would come up?

And then the work is to figure out what thoughts would you have that create these feelings. Like, what would you be thinking when this happens and when you have this result? Then, here's where the actual magic happens, and for some of you guys you know that I went to France originally because I was going on a VIP day with a group of girls and Amanda Frances. She's an amazing multimillion dollar earning boss babe coach, business coach, and that was originally why we planned the trip and manifested an engagement, an amazing trip out of it as a result.

But she asked a question that was super powerful, and it's a question that I've asked my clients before, just in kind of a different way, but I really feel like this is the next step of manifesting, to really get the results that you want. And the question is this: if you knew you were going to get the result no matter what action you took, what action would you want to take?

I'm going to say that one more time. if you knew you were going to get this result that you have in your heart and in your mind no matter what, no matter what action you took, what action would you want to take? I hope you guys let that blow your mind as much as it blew my mind because when I thought about that, I was like, oh my gosh, it would be fun. I would take action that was fun to me, I would make posts that were fun, I would do Facebook lives that were fun, I would only do things that felt really good and the things that I really, really desired in my business and in my life.

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I would trust the fact that inspiration was going to come and not force anything. I would literally just have fun with it all. I would do the things that I really wanted to do. And what I mean by that is like I said, sometimes it might look like posting when I want to post and it might look like doing a live when I want to do a live, and it might look like not working at all some days and not thinking about what I'm supposed to be doing or whatever it is.

And so that really put me in this energy of this idea that everything I desire comes from having fun, comes from flow, and comes with ease, right? Because the person who already has what I want, it comes with ease, right? It wouldn't come from it being hard because she already has it, and that's the energy she would be in.

So this like, totally blew my mind because what I'd realized was in my business a lot of the time, I like to do, I like to take action, I told you guys, I'm an action taker, I'm a grinder. And so this idea of just taking the action that was fun and felt good to me, it just felt so counterintuitive and I've worked on different levels of this, but this was just a whole new level. Like, I feel like I get to do a lot of what I desire but there's a lot of times when I'm working towards getting a specific result, which is what you're doing with manifesting and I get in that constrictive, that forceful energy to try to take all the action to get the result instead of taking the action that feels really good, right? Because again, if you knew the result was coming, you would take the action that felt good, that felt easy, that felt fun, right?

Then the next piece of this work is to crush and like, work through all of the thoughts and beliefs that are keeping you from believing this to be true, from believing that it can be fun, flowy, easy, or whatever your like, thought was about what you would do if you knew you were going to get the result, whatever like transformation, whatever, you were like, "Oh, I would do this and it would feel like this." Whatever it was, your next piece of the work is to really work through all of the beliefs and the things that are keeping you from really like, believing that and through showing up that way.

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So I'll give you guys like, in real time what happened. So this week, I came back and I was like, oh my gosh, my business is going to be fun. And trust me, my business is so fun, but sometimes I overdo it a little bit and I work in my office for 12 hours without needing to and I force stuff and all of that. And it's just my next level of growth.

But I came back and I really just decided in my business I am not doing things that don't feel good, and I started restructuring some things, I started really choosing what I wanted to do from like, a pure place of desire, I decided I'm not working when I don't feel like working, when I'm not in a good energy, when I feel like taking care of myself, and I'm going to capitalize on the inspiration when I feel good, when I want to work. Because I love what I do so I know those inspirational moments are going to come.

So this whole week has been so amazing because I've been really coming from that mindset of I'm just going to do what I desire. And what has happened is over time, as I'm about do to a free training, which I'll talk about at the end of this, but as that came forward and I had to get some things done for like, emails and some of that process done, I started doing what I always do, which is get kind of forceful. And what I mean by forceful is like, force myself to come up with all the emails and all the posts and everything, and not stopping thinking about it until it's done.

And I was getting into this really like, restrictive energy where it was all I was thinking about because I was like, "Oh my god, I got to get it done, I got to get these things prepared." And here's the thing: it's okay to have a timeline and I know I'm going to get it all done by the time that I need to and I trust that. But the energy was totally different, right? It wasn't coming from this place of trusting the fact that like, inspiration was going to hit and I was going to put what was on my heart out into the world, and I was going to teach in this free training what I really desired.

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I got into that forceful energy, and here's what I started to do: I started to ask myself why is this happening? Like, what is happening in my mind that I want to like, force this to happen and I'm like, consistently thinking about it for the last 24 hours to try to make it happen? And not from a place of inspiration but from a place of like, I got to get this done, right? Which is a totally different place. That's not from a place of desire, fun, ease, and flow at all.

So I just started picking apart what is keeping me from feeling that way, and what I really comes down to is a fear of not having the inspiration and not getting it done and that comes from the fear if I don't get it done, if I don't do this right, if I don't get the posts out, if I don't have the right content and the right training, then my academy that I'm about to launch is not going to be successful. My next program launch isn't going to be successful, right?

So do you see what happened there? That is all coming from that space and that energy. Now, when I bring that to light, I know that's not true. I really do believe like, guys, you just have to stay tuned. This next thing that I'm launching is about to blow your freaking minds, and I believe the right people are going to get connected to it. All of you guys who have been waiting for the opportunity to work with me are like, going to jump on the opportunity.

But also, I've realized my brain started going down this path that it's used to going down, which is like, oh my gosh, if I don't get this done then I'm not going to get the result that I want. This is where manifesting really goes haywire and you're not manifesting at all. Like, this isn't - this is the opposite of manifesting.

And what's happening is you are feeling and acting and thinking from the opposite place of having the result that you want, right? Because not getting that result is where I'm operating, or the fear of not getting that

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result is where I'm operating from. So then I was like, oh my gosh, it's happening again, right? So for you guys who are kind of walking through this process, you have to ask yourself like, where is this coming from if you're not feeling in this energy? If you're starting to do something forcefully, if you're not feeling like whatever you're taking action on is fun and from a place of desire and you have to figure out why, like, what's it coming from?

So once I uncovered that, my work is to create a new belief, a new line of thinking to get back to the place of if I knew the result was coming, then I would do something fun, flowy, and from a place of desire. So I started asking myself, I really do believe that to be true, so I asked myself what would be fun, free, flowy, and from a place of desire? And I said I'm not forcing myself to work on any of this content today. It's a Friday, and I said I'm just not going to do it unless I get that like, hint of inspiration or that desire.

That definitely brings up a fear. This is pulling back all the layers. Then the fear came up of oh my gosh, what if I don't get that inspiration and I don't get it done? But that's coming from fear again, right? And what we work on doing in this work is to not come from a place of fear. Fear is there to protect us, it's there to keep us safe, it's there to mentally prepare us for when the other shoe drops or however you want to call it, right? And that's never the energy that I want to be in. That's not the energy of the person who has the result.

So even when that is coming up today, when it's like, ooh, I got to get this done, I'm asking myself what do I desire in this moment right now? And my work is to take action on it. Even if it's uncomfortable, even if my brain is like, no, no, no, no, no, you got to go do this thing, you got to go force it, you got to go make it happen, you got to do all the actions, this is my next level of growth. This is the thought process and the line of thinking and the belief that's keeping me from getting to that next level, right? Because that

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next version of myself who has the result feels like it's easy, fun, and from a place of desire.

I've probably said that like a hundred times, but I think it's so, so powerful. And that is how you grow, that's how you do the work. This isn't just about recognizing, realizing it, and manifesting and waiting for stuff to happen. Like, action is there but it's about where the action is coming from and what inspired thoughts and feelings it's coming from and looking at that.

So if you're manifesting "isn't working," look at the energy and the feeling and the thought process that you're in and say like, how do I need to shift this in order to get back to this place of if I knew I was getting the result no matter what, what action would I want to take? And that's where you're in that golden zone.

Here's the other thing with manifesting is it's not about like, constricting and saying like, I did all the things and I didn't get the result, right? Like, that is also not being in the energy of the person who got the result, right? So your work is at every level to get in that space, to come from that place, to take action from that place and then also approach wherever you get at the end of that from that exact same line of thinking, right?

So even if you don't get the result that you thought you were supposed to get, again, the word supposed to is like, a constrictive, forceful energy, but even if you like, did all the work and you didn't get the result, how would the woman who has the result that she wanted take action next? And then you go back through it again.

So I was super excited to share this with you guys because I've really - I sent out an awesome email. I've got so much awesome feedback from it because I talk about the fact that I said like, I've been questioning everything, and in all the right ways because I've been asking myself every day, does this feel good, do I want to do this, do I desire this, do I want to

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set this program up like this, do I want to do this thing in my day, and really figuring out if it is coming from that place and reevaluating if it's not and not doing it.

And I will tell you guys, I feel so amazing, so free, so excited, and I know this is that last little piece because the person who's generating and creating a million-dollar business, she is doing it with ease, flow, and grace. At least that's what I envision, that's what I desire, and that's what I want, right? And so if I'm making it hard now, that means I'm going to make it hard then, which is going to block me from getting there.

So that's how you make the magic of manifesting work. And here's what's so cool is this is all inspired by the free training that is going to go live - actually when you guys hear this podcast I have started promoting it a couple days before this, but you can still join. The free training is going to start on - I'm looking at my calendar right now as I speak - it's going to start on like, the 29th or 30th. The group will probably open the 29th and we actually start the training the 30th.

And this free training is called Manifest Like a Boss and Get Results Like One Too. And this is focused on boss babes, people who have businesses, want to have businesses, but still can be useful if you don't. So I mean, don't feel like you're left out if you're listening to this and you don't have a business. You can still join if you want to. But just so you know, it's going to be focused on getting those results. Or even if you're in sales and you want to get results through that. I mean, it's the same work.

And we're going to really focus on yes, doing the steps of manifesting, but then most of the training is going to be about breaking those beliefs and breaking that line of thinking that's keeping you from taking that action from an inspired place and from a place of what do I want to do, what would I do if I knew the result was coming and coming from that place and breaking down those barriers.

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And it is going to be so freaking amazing, so make sure that you click the link below in the show notes to join that training. I'm just so excited about it. It's going to rock y'all's world and it's definitely going to be a new twist on manifesting. Because again, I think that for me like, being the action taker, being the grinder, I was like, what is this manifesting stuff? Until like, for the past two years I've just seen it work magic in my life.

So join that, let me know what you guys think of this episode. I love when you tag me in your Instagram stories when you listen to it, I love when you guys give me feedback and I cannot wait to see you in that free training when you join us. So I will talk to you guys soon. I hope you have a beautiful week and I will talk to you all next week. Bye.

Thank you so much for joining me for today's episode of *Soul CEO*. If you want to go even deeper into how to create a vision of the life you really want, how to become the woman in that vision and how to deal with the roadblocks we all face along the way, head over to lindseymangocoaching.com/high-vibe-formula to get your free training of my High-Vibe Formula.