

## Ep #33: Creating Cause & Effect



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With Your Host

**Lindsey Mango**

[Anything but Average](#) with Lindsey Mango

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Hey guys, welcome to the *Anything but Average Podcast*, with your host, me, life coach Lindsey Mango, where I am going to teach you how to change your life, find your purpose, and change other people's lives because that's what it takes to have an anything but average life. Let's get started.

Hello and welcome back to another week and another episode of *Anything but Average*. Y'all ready? I have to say, I am not ready for the grey unicloud that is now covering the Midwest. If you live in the Midwest or if you are from the Midwest, you know what I'm talking about when the winter is coming. A great cloud covers the whole Midwest for like, the next five months.

For those of you who have been following me for a while, you know that my husband and I just moved back to Kentucky from California. We lived there for a year. So this is going to be our first winter back. So I will keep you updated on how I'm doing with the grey unicloud. But I do have to say, I'm quite excited for the winter and the snow and the coziness and all of that.

The grey unicloud I could do without, but I think I will live. Anyway, I know you guys aren't here to listen to me talk about the weather. What I want to talk to you guys today about is what I call creating cause and effect.

I was actually reading this amazing book; I highly recommend it. Go put it in your Amazon cart right now. It's called *Breaking the Habit of Being Yourself* by Dr. Joe Dispenza. And the book is about the science behind changing your mindset, changing the way you think and the way you do things in order to create a different reality.

It's so good. I could go on and on about it. But just go get it, read it now. But I was reading it and he was talking about how if we don't know how to

## Ep #33: Creating Cause & Effect

change ourselves and change our mindsets and change the way that we're showing up, we essentially live in a cause and effect world.

Meaning that something happens, or our life is happening, and that continues to cause the same effect over and over and over again. Because here's the thing; the human brain wants to use past evidence to program our brain to then react or show up to our circumstances and results that we get and create the same effect over and over and over again because it's efficient.

And Dr. Joe is talking about how if we live that way, then we don't create different results. And so I was thinking about how we can be in charge of creating the cause and effect, but we have to know how to do that. So today, what I want to teach you guys is what the typical cause-effect life looks like, and how to create your cause and effect. Because when you create the cause, you get to create the effect and in turn, your reality.

So let's jump in. The way Dr. Joe Dispenza was describing cause and effect was basically saying that when something happens in our life, our brain wants to use past experience to program us to react to whatever is happening in front of us. And any time we use past experience, again, this is a normal function of our brain to react, to show up, to make a decision, to do something based on whatever cause or circumstance is happening, we continue to create the same effect.

So if we live our lives this way, it doesn't matter what happens or what you try to change. If you are not changing how you're reacting to those circumstances or the results you're getting or the decisions you're making or who you're being, you will continue to create the same effect.

So let me explain what this actually looks like. I want you to imagine you've tried to start two businesses, and you've decided you want to become a

## Ep #33: Creating Cause & Effect

coach and so you post about it or you test something out. You're like, let me see how my audience is going to take this, and you post something.

And let's just say you get 10 likes on it. And because of your past experience, your brain is thinking you don't know how to run a business, you don't know what you're doing. And so when it sees 10 people like this post, it immediately thinks, see, this isn't going to work again. You don't know what you're doing, you don't know how to run a business.

And the effect you create is the same effect you created in the past two businesses. That's how you stay stuck in the cycle of creating the same results over and over and over again. That's how we keep taking the same cause and creating the same effect over and over and over again.

The thing that has to change in order for us to create different results in our lives is to be the one creating the cause and then in turn, the effect. So how do you actually do that? You create the cause by being the one in charge of it, meaning instead of the circumstance in front of you being the thing that dictates the cause, you become the person who dictates the cause and in turn, the effect.

So let me explain in more detail with an example. So let's use that same example. You launched two businesses in the past, they didn't work, you remember the time you didn't make the A team in basketball when you were in grade school. Your brain remembers all these things and puts them in programs in your brain to protect you and to be efficient.

So let's just say you've launched two businesses in the past, you post on social media because you're thinking about becoming a coach, you get 10 likes, and your brain starts the chatter. It's like, see it's going to happen again, this is what always happens, you always fail, you never get what you want.

## Ep #33: Creating Cause & Effect

How you create the cause is by changing how you see that circumstance. Because you could equally believe this isn't going to work or you could be like, 10 people liked this and I bet you a hell of a lot more people saw this post and got value from it. The effect you create in that situation is a totally different effect.

Now you feel good, now you feel excited, now you feel like there are people out there who want your help and you're going to show up and you're going to serve them differently. You're going to keep posting, you're going to keep trying, you're going to keep trying to add value to their lives because you have now created the cause and effect.

Here's the thing; if you live your life where you are not in control, where your circumstances or your results are the thing dictating how you feel and what you are thinking, you are living in your past. You are living your life the way your brain is telling you to, which is using all of your past evidence to predict your future outcome.

Using the same cause and creating the same effect over and over and over again. If you want to change anything in your life, if you want to create the life you really want, if you want to create a coaching business and be wildly successful, you have to be the one creating the cause and in turn, the effect.

How you do that is by changing your thinking. It's by changing the way you feel. It's not positive thinking bullshit. That's not what I'm talking about. I'm talking about actually changing your brain to stop using past evidence to predict future outcomes, to stop using old stories to predict what's going to happen right now in this moment and to create a new reality by being the person who decides what happens next.

## Ep #33: Creating Cause & Effect

When you let your circumstances or your results, your current results dictate what happens next, how you think, how you feel, what you do, you are creating the same cycle, the same cause and effect over and over and over again.

So if you guys want to create a different reality, which is why you're here, if you want to create a wildly successful coaching business, leave an impact on people's lives, have freedom, just blow your mind with your life, you have to learn how to see your current circumstances and your current results in a different way.

You have to know how to pause, see that your brain is predicting your future based on your past, and you have to create a new cause so that you can create a new effect. When you are in charge of that, you are in charge of every single result you create in your life.

But if you are a victim to what's happening in front of you, if you are a victim to what's happening in your past and you're predicting the future based on that, you will never create a new reality. So instead of living in a world where you're just constantly going from cause, effect, cause, effect, using your current circumstances, your current results to fuel you forward, you will never get out of that cycle.

You have to be the one creating the cause. You create the cause by changing your thinking, by changing who you are, by changing how you show up. That's what I help you do in Anything but Average.

I love you guys and I will talk to you next week. Bye.

If you want to take this work even deeper and coach with me in my signature program, go to [lindseymangocoaching.com/anythingbutaverage](http://lindseymangocoaching.com/anythingbutaverage). In this program, I will teach you how to take this work and create results so

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## Ep #33: Creating Cause & Effect

you can have a life that blows your mind in the areas of money, purpose, health, lifestyle, and romance. I can't wait to see you on the inside.