

THE COACHING HUB

Podcast Episode 16 - Are you able to get what you want

Ruth Kudzi: Manifestation is about doing things in a particular way so that you're taking action towards what you want.

Hello and welcome to Conversations to Help You Thrive with me your host, Ruth Kudzi. I am super excited to have you here. This is a place where we're going to challenge you to think differently, to have those difficult conversations, both with yourself and with others, so that you can thrive in your life, in your career and in your business.

Hello, so today we're talking about something slightly different and it is a conversation. It's a conversation with ourselves. And it's something that I don't talk about that much, because I think that is very often misinterpreted and misrepresented. So I'm talking about manifestation and I'm not going all woo-woo on you. I'm talking about intentional manifestation so that you are able to get what you want, get the things that you think that you want, that you want to be, that you want to have, that you want to do. This is what I'm talking about in terms of manifestation. It's about identifying what you want and why you want it and then going through these steps. It's not about merely saying that you want to have something and not doing anything about it. For me, that is not manifestation. Manifestation is about doing things in a particular way so that you're taking action towards what you want.

So this very much links into the chakras and it's about, first of all, getting really clear on your purpose and what you actually want to achieve. What is your why? Simon Sinek, start with, why? Why do you want this thing? Why are you doing this thing? What entirely to you motivates you to get this? Connect in deeply to your purpose and your reason for being. And then I want you to connect into your vision. What does the outcome look like? What is your visualization of your future state? And the reason we do that is because in neuroscience, when we can visualize a future state, we're creating new neural pathways. So we're already building those foundations to be that in our brains at a neurological and cognitive level, we are paving the route to success and achievement. So we have our purpose, we have our big why.

We understand how our vision is fed by that purpose and we're able to express and talk about, with confidence, what we want and why we want it. Both to ourselves, through our internal dialogue, our inner critic, our inner cheerleader. Let's rev up that cheerleader rather than that critic. But our inner voice, we're able to tell ourselves confidently what we want and why we want it. And on a second level, we are able to express it to others in a way that is confident. So super, super important, expression and confidence.

And then it's about our heart. How open are we to receiving? Are we able to receive? If we're blocked in our heart chakra, we may have this big goal and this vision, we might be able to express what we want and talk about it with confidence. But if we don't have that openness to receive, to receive this, we're going to be stuck and blocked and frustrated, and this isn't going to work. So it's about receiving as well.

And then it's about setting those goals. What are the things that you need to do to achieve that outcome? Goal focus has its place in manifestation. It does. We need to understand where we're going and we need to get specific into what success actually looks like and feels like to us. And then it's about the emotions that you are feeling and tuning into when you're achieving that outcome. What are those emotions? What do those emotions say to you? Who do you need to have around you that is able to create that feeling emotionally with you? What do you need in order to have this? Who do you need around you? What else do you need resources wise?

And then this is a piece that is often missed off. We need to take action. We need to take action every day, consistent, determined action. Action helps the outcomes happen. So if we're looking at that from a different point of view, we start with action. Our action needs to connect emotionally and energetically to our goals. It needs to be aligned. When you hear me talking about aligned action, it's action that is energetically aligned to our goals. It makes sense. We're doing this because we understand that on an unconscious level, this links to our goals. And we need to be in a place where we are able and ready to receive the rewards from taking the action towards our goals in alignment. And that our message is clear, so we're moving towards our vision and our purpose. And this is what manifesting is. Really, it's about a series of questions that you're asking yourself, in that, "Is what I'm doing aligned with me? Does this make sense in terms of my values and purpose? Are my goals linked to my vision or are my goals somewhere else?"

Because again, this isn't going to make logical sense. And when we're manifesting it is about giving these logical messages to the universe. Are we connected and open to receiving this? Do we believe that it's going to happen? There's a possibility of it happening. Often the reason that manifesting does not work and that it does not work for you is because you have got a blockage in one of these areas. So you are not doing what you intend to do. So it doesn't make sense. It's not logical. Or you're not feeling that emotion, you're not feeling that connection. You're not allowing yourself to receive. So if you're not allowing yourself to receive, it may be that your message isn't clear, or maybe

you are so afraid of being visible, that you're not expressing yourself clearly. So that message is not being heard by you or others.

So I want you to connect in with something that you really want to manifest and have in your life. And remember, there is no judgment here. This is up to you. Again, connect with it and go through all of these areas to see, where do you feel resistance? Often if we feel resistance in our body is because one of these chakras is blocked. What do you need to do? How do you need to be to call this in? And then energetically stepping into that person. I would love to know how you get on and all of those things that you are able to manifest successfully.

Thank you for tuning in to Conversations to Help You Thrive, with me, Ruth Kudzi. I hope that you have enjoyed this podcast. If you have, please remember to give it a rating and to share it with others. I would love you to continue the conversation over in my Facebook group. It's called The Coaching Community with Ruth Kudzi. I would love to see you there.

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