

A hand holding a pen over a document with a decorative ribbon and a glass object in the background.

**THE 5 BIGGEST MANIFESTING MISTAKES  
KEEPING YOU FROM GETTING WHAT YOU WANT:  
A MASTERCLASS WITH  
DR. SHEFALI TSABARY AND KATE NORTHRUP**

**TRANSCRIPT**

**KATENORTHRUP.COM**

[Kate:] Welcome to The 5 Manifesting Mistakes Keeping You from Getting What You Want. I'm Kate Northrup, bestselling author of Do Less, and I'm so excited to be joined by Dr. Shefali Tsabary, New York Times bestseller of Conscious Parenting, The Awakened Family, founder of the Conscious Coaching Institute, Oprah's favorite parenting expert. I'm sure there are so many-- mother-- so many other beautiful things to say about you. And I'm just so, oh, and the author of the forward! She wrote the forward to Do Less, which is such an honor. Yeah. Yeah. So whether you are here because you got yourself a physical copy, an audio copy, a Kindle copy, whatever, what have you, we welcome you. We're so psyched to have this conversation. And the reason that I particularly wanted to pick the topic of manifesting is a, because Dr. Shefali is a master of this and I want you to hear what she has to say. And then B, because I heard from so many readers of Do Less that you loved the concept of Egg Wisdom, which, um, I'm going to talk a little bit more about, especially if you have not yet read the book, but Egg Wisdom is a chapter that we have, and Egg Wisdom is really about attracting what you want without overworking. Um, and really that's what manifesting is. So I mean, there's so much more to it than that, but um, but who doesn't want to get better at getting what they want? Right?

[Shefali:] Well, how many of you have bought the book? Um, it's such a gorgeously laid out, simple book. I just opened the chapter of Simplify, and I just love how you made it so user friendly but also so friendly for women and a book that allows women in particular to give themselves permission to align with their true nurturing spirit. You know, I think we're in today in the modern so at odds with how to nurture, which is our principal guiding force, but also how to-- we also want to achieve and we want to leave an imprint or a message or a meaning behind. So you really teach us how to balance the art of giving ourselves permission to do what is inherently natural to us, which is to nurture, but also to not feel guilty if we want to achieve and be more masculine in our endeavors. I just love how you, you marry the two.

[Kate:] Thank you. I really appreciate that. Um, well I just want to say hello to those of you who are here. We've got Nicole, Michelle, Geeta, Janet, Shawnee, um, Corey Lexie. Vicky, welcome. I see you, Ashley. Hello. If you want to pop into the chat and let us know where you are logging in from, I think that's always really fun. Um, Elizabeth, hello. We'll just say hello for a couple of minutes and then we are going to get started because-- Robin's in Nevada. Ashley's in Maryland, Ontario, Canada, Nova Scotia, Minnesota, Texas, New York, Austin, Sydney, Australia, Australia, Quebec. Hello? Long Island. All right. So we have local and we have quite far. I suppose in Australia. This is actually turns out to be a good time cause it's 8:00 AM for a lot of you. Jen in Maine. Hi, Jen. Great to see you. All right, Cindy. Hello. In Atlanta. Well, because we have some amazing things to go through. I'm going to go just to get started. Okay. So we're going to get

started. Vermont. Hello, Kay in Vermont, we have a lot of Quebecois here. So, okay. Uh, oh, Alaska. That's the only state of the 50 states in the U.S. I have not been to. So have you been there, Shefali?

[Shefali:] Oh I have, I have! On a cruise, on a cruise.

[Kate:] So did you get off the boat?

[Shefali:] Yeah, I touched land.

[Kate:] Okay, so it counts! I have been to every other state. [Awesome.] Yeah, well Mike and I, um, when we met, we essentially, our first date was a 10-month road trip, and we lived out of my Prius and we traveled the country. We did 42 states and 41,000 miles. And um, and then anyway, so we went to a lot of them then. That was great. Okay. So the first we're going to go through five manifesting mistakes but essentially five keys to creating your, your attracting powers. Okay. And um, the first one I have learned a lot from you, Shefali, reading your books, particularly in how we project our obsession with achievement on our children. But we also project this on ourselves, and this tendency in our culture to think we are our achievements-- we are our grades, we are our job, we are our income level, we are our tax bracket, our home, you know, whatever those things are-- can be a block to getting what we want because it's such a limited experience of who we are. It's not really the truth of who we are. So would you mind just talking about that obsession with achievement, where that comes from, and a little bit about how to unwind that?

[Shefali:] Yes. And you know, actually, that's one of the reason when you sent me the request to write the foreword of your book *Do Less*, I mean honestly that's why I was attracted it because your book is so anti- what's being put out there. Not anti--I don't like to use the word anti-- but you know I mean, so pro- what I teach. I was right behind it. Um, so this current cultural matrix that we are embedded in has somehow fooled itself and hypnotized us, the sheep that live in it, that there are certain markers of identity that we need to arrive at. And it started from a very young age. We ingratiate our children into these cultural archetypes, these principles from school, education, religion, career, beauty, social groups, social belonging, social status, marriage, children, on and on and on. Parents are part of this cultural complex as well. Each identity we take on without realizing it has been given to us, and we've just been slaughtered by it. We don't even realize, though, because we think this is the way it is.

Sadly. It's just one iteration of a current cultural story. There've been many cultural stories in the history of the Homo Sapien. We are just in one current cultural iteration. How do we know that? Because we can see that our children are already in another cultural iteration, right? The techno

iteration. And then there will be one more. The, you know, simulated iteration. It's going to keep changing. We are in one iteration where we determine worth based on, uh, so much money in the bank, or so many cars, or how beauty should be. And we don't realize it's just an iteration. It's just a fully bought-into story of who we should be. So I call it when I teach the world of form, the material world, and most of us are fully hypnotized, seduced, and um, tricked by this material world, and we don't even know it, right? So in spiritual language, we call those people, very kindly, zombies, right?

Asleep. They don't realize they've been puppeteered, and it's scary. And I was puppeteered, you were puppeteered, we all went through this somnolence - until we woke up. And when we awakened, then we realized that we are more than the material and more than our success, more than our grades, more than our beauty, more than our skin. So what are we? So we begin asking other questions and we venture into the next realm that I call it the psychological realm where we begin to say, really, who am I? Oh my goodness, I'm my father, I'm my mother. So we expand out of the material ego into a different realm, in the psychological realm. And I think the reason we cannot manifest is because like you said, we get stuck in the material world and everything in the material world is transient, right? We, if we say that I am my age, that's transient, I am my grades. That's transient. I am my beauty, that's transient. I'm my relationships: transit. Now when you base worth on that and seek to manifest based on that, the moment that was disappears because that identity disappears, your manifesting capacity disappears. So you have to plug into something deeper. So deeper and grander and bigger. So the psychological realm is something deeper, grander, bigger, but the real ultimate, the grand realm is the realm of the transcendent, the spiritual realm where you enter the realm of the formless, where you are eternity itself, where you are the cosmos itself, where you are part of the entire governing divine principle of this universe, whatever you want to call it, you are the god, God particle. You are the particle of this universe. Whatever you want to call it, you are more than this transient body. That's a part of you that's eternal.

The body, the incarnation, is transient. So if people are stuck in the, in the material world, manifestation becomes extremely difficult because you are in the throes of "Did I get the check? Did I not get the check? Did you give me a compliment? Did I not get a compliment? Did I lose weight? Did I not lose weight?" So every day you are tethered to the external world. So the only way to really manifest beautifully, and you talk about this so beautifully in your book, is you understand you are not a doer. You are a be-er. A being. And what does that mean? You are part of this cosmos. You are part of the formless eternity of the universe. And when you tap into that principle, when you align with that eternal, timeless principle of the universe, now you can

manifest because you're not tethered to the vagrancies of the transient world.

[Kate:] Yeah. Oh I'm echoing... Really. Yeah. Um, great. It stopped. Fabulous. So one of the ways that I most got in touch with-- that I am part of the, you know, the, the cosmos, the cosmos, the spark of divinity that, you know, Mother Nature, all of it-- was, and I write a lot about this in Do Less, was realizing that the very thing responsible for human life, which is the way a woman's body cycles, right, and our ability to make a human without even thinking about it, I mean obviously it's a lot of work, but not mental work will, you couldn't possibly think your way into, you know, having a, a right, you know, having a baby. But then when I started to study the way the menstrual cycle and the lunar cycle and the four seasons all have the same four energetic blueprints, and I thought that is running my body, it's also running the moon. It's also running the way planet earth works. How could I not be made of the same stuff, that same eternal? Like that's what really did it for me. And so oddly, when in spiritual communities, we talk a lot about transcending the body. But for me, understanding my divinity has been going deeper into understanding my body. So it's kind of can be both, right?

[Shefali:] Well, no, when I say the material world, I don't mean the natural rhythms of our natural stuff... I mean our possessions and iPhones, or the beauty, the head, the age, the things that we present to the world. That's not our natural self. You're talking about our natural cycles and the natural rhythm. We animals. Our natural animalistic tendencies-- that is very different than being caught up in the things and identities and positions of the material.

[Kate:] Yeah, absolutely. So I have a question about that because so much of the things that people want to manifest are things, right? So like it could be a relationship, which is not a thing, but it could be like an identifier where we're saying, you know, I'm either worthy because I have a relationship or I'm not worthy because I'm single or wanting a certain amount of money or wanting, you know, certain levels of success or whatever. So how do we do that dance between wanting specific things but also knowing that we are part of the eternal. Does that make, does my question make sense?

[Shefali:] Completely. We want things and manifestation is typically about things and the book The Secret and other proponents of mainstream manifesting say, "Whatever you want in the things world, you put it up on your vision board and then, you know, fixate on it." I don't agree with any of that. When you fixate on the material outcome, you're going to be tethered to it and you are going to be creating it and therefore coming out of lack, and you cannot manifest when you are in lack. So the way that I manifest things is to always tap into the formless element of the form that I think I crave. So if I think I crave a relationship, the relationship, the person, a

woman or man, whatever the object is, is the thing, is the form. So instead of focusing on that, I focus on what, I ask myself, “What are the formless elements of that relationship that you create?” And what are the formless elements? They are kinship, synergy, um, a match, emotional connectivity, spiritual alignment, whatever that is. Now I align with that. Correct? Now the minute I’m aligned with the formless elements of that form-based thing, I put the form-based thing on the side, and now I’m open to attracting these formless elements in my life. But it is not confined to that phone. For example, when people, when women say they want to become mothers, I always say, okay, wanting a child, a boy or a girl is in form. You want it to be of your DNA - in form. What are the formless elements of having a child that you are imagining that, you are craving, that you are longing for? And they say the same thing. It’s very to Ironman, kinship, emotional connectivity, undying love, a bond.

I go, okay, now put the form of the child on the side. Now how do you attract these principles in your life? No matter if you get pregnant, conceive, or not. Now what does that mean? You are aligning with the principles that undergird that form. You’re not getting caught up in the form of it. So people don’t like that. They’re like, no, I want a baby. I want a child. I want my child and I go, okay, then you’re going to suffer. If you truly want to manifest, you are-- true manifestation, in my opinion, is manifesting the formless qualities of the form that you think you create on the surface. We want the form. What’s the point of having the relationship, but you get none of the formless qualities? Yeah, you’ve got the man in your bed. Now what? But who cares? You got the form--

This is more laundry. Exactly. Less space on the bed. That’s what it is. So once you open yourself to the formless, now you can seek that and gain that and get that anywhere, right? You start with plants and you start with a dog and you start with the girlfriends down the at the beach club. You don’t get constrained or seduced and attached to the exact form, and many women when they want to become mothers and they cannot conceive, they get attached to the gender, to the look to--I go, okay, that’s-- then you suffer. The universe doesn’t care about the form of things, the universe-- it’s irrelevant. That’s why form never lasts. Trees wither away, fall comes, spring arrives, our hair falls out, it turns white because the universe doesn’t care about form. Only we do because we are myopic and we are seduced by our senses. When we understand that we are living in this life’s limited track and that we’ve forgotten who we really are, that we are part of the cosmos, then we enter the formless.

When you tap into formless, Kate, we are manifesting all the time. We’re always in abundance in formlessness, right? The moment you let go of the exact form of it, the minute you say I, if you’re attached to the form of a house, be on a beach, of brick, of wood, of a certain color, you will

never be home wherever you are, right? The moment you let go of that and you go, I am home wherever I am because I'm attracted attracting the elements of that home in my life in the now, I'm abundant. So the question that I ask people is, do you want to suffer less or do you want to keep suffering? And guess what? The reason why people don't manifest is because they're very attached to their suffering. Sad to say, people are very attached to their suffering. It really believed the yacht on their Vision Board is going to give them joy. A yacht cannot give joy. The two are not-- the yacht is a yacht. It's wood put together or metal put together that bobs on an ocean. It's not saying, it's not saying I'm here to give you joy. It's just wood. You have to create joy by changing the mindset.

[Kate:] I love that when I listen to you, my whole body relaxes. That's how I know at something is the truth. Because every cell in my body, that part of me, that's the divine spark is hearing it in you and it's just like the exhale. Thank you. All right, so the form, focusing on the formless of whatever it is, the formless aspect, the vibration of it, the essence of it. How will it feel? And then I also heard you share in something else that I was listening to. Um, also thinking about who, who do you need to be in order to to meet that, match that, yeah. Can you all about that a little bit?

[Shefali:] Right. We all say love, right? Or we all want the child. Correct. But then when the child comes, we realize, holy smokes-- [So much harder than we thought.] Yes, I thought this was going to give me love and give me joy and give me fun, give me, give me, give me them. And you realize it's not coming, right? Now you have to rise to match it. That's what my work in conscious parenting is about is that you realize you have to raise yourself. So we have to become what we seek because the universe doesn't lie outside of us. Whatever was seeking outside is inside waiting to be unfolded. The reason we even have an idea of who we want to be is because it's already inside, so we have to now uncover it.

Everything exists within us. Hard to believe, but that's the truth. The reason we can't access that complete autonomy and sovereignty is because we've been lied to. We've been seduced to believe that we are dependent on our, on our beauty, on our age, on our relationships, on our marriage, on our children. That's a lie. We are eternally sovereign, although interdependent. Of course we are all interdependent, but we are not dependent and neither are we independent. We are interdependent. So when we manifest, we have to understand that the universe that we seek outside is not something we're dependent on. It lies within us, and then comes an interdependency with other participles and particles and subjects in the universe. You and I are interdependent, but the minute we become dependent on each other, now we are sucking each other's life force. We are no longer fostering each other. We are only parasitically sucking each other dry. So people have to understand that to understand that, you know, and I know it takes

enormous daily inner work to become that person all onto yourself.

[Kate:] It does, but it's worth it. It is worth it. I also want to say, I just noticed this, it's kind of cool how my curtain ends and it looks like we're in the same room. I just wanted to say, okay, so next up thing number two, and I think we really already covered this so I just want to say it out loud because I said there were going to be five things and people are going to walk, want to walk away with notes that say five things. So just in review, the first one was, uh, the first mistake is basing our value on our achievements or other things we've been programmed to believe determine our worth, like our beauty or our age or whatever. But the second thing is not understanding really the truth of who we actually are, which is that eternal, that divine spark, the, that cosmic aspect of ourselves that is beyond form.

So I just, that was thing number two. But we already talked about it, yes, you can put it on, in your notebook. Because it was there. Is there anything else you want to say about that or do you think we covered it? [I think that's good. Yes.] Okay, great. Okay. So thing number three, and this is really where Do Less came from. So now I'm going to explain Egg Wisdom. Um, and, and then I'm going to pop it over to you. So the thing number three is that prevents us from being the manifestors we are born to be, is thinking that we, in order to get what we want, we have to do everything. So I have spoken with many women who are my clients who won't, who think, Well, if it's going to get done right, I have to do it myself. And also explaining to somebody else how to do it will take me longer. So I'll just do it. And also the only way I'm valuable as if I do everything. So I just have to do it anyway. And also, you know, that's my worth. So here's the thing, our bodies, and this is whether you have, this has nothing to do with really the organs that you currently have inside your body. So I just, you know, I really like to be inclusive around this because women have had all kinds of things go on, and whether you are postmenopausal, have had a hysterectomy, have a baby in your womb right now, it doesn't matter-- this applies. Okay? Um, because this is really feminine energy at work. Bless you. Um, yeah, I could tell you're a little sniffly. So I learned this from my mom, Dr. Christiane Northrup, it's one of my favorite concepts that I've ever learned from her. So much so that I asked if I could write about it in my book. And she said, absolutely. There's no one else I would want to have, you know, sharing this.

So here's how it works. Our bodies, every month during our reproductive years, release an egg from the ovary. And that egg sits there. And as the egg sits there, she emits a signal and that signal lets the sperm know exactly where she is. And that signal is like a hormonal signal and it actually speeds up the rate at which the sperm moves towards her. So this is-- actually happens on a biological level, but of course I want you to move beyond the biological into the metaphorical, thinking about how this applies to your manifesting. So the egg, that feminine



essence sits and emits a very clear signal for what she wants. Her desire is clear and her desire-- the strength of that signal speeds up the rate at which her desires swims towards her. Then when all those sperm come, they are all, uh-- Janet, yes, this info is in the book, this is Egg Wisdom. I think it's chapter three-- so then what happens is the sperm are trying to get in. The egg actually chooses which sperm to let in. So the feminine principle chooses her desire. She does not get chosen. She chooses what she wants. And I think that's a really important, because, unfortunately, in our culture, I think feminine energy has become, has been associated with more, um, passivity and being at the whims of the masculine. And yes, there is the more active role of the masculine and the more passive of the feminine. But I think it's really important to know that on a fundamental level at the moment of conception, the, the, the feminine chooses what she will allow into her experience.

And that is the power of the feminine. It's boundaries, really good boundaries, and saying, no-- this, not that. And then once the sperm comes in, if there's anything wrong with the sperm, she has the ability to repair its DNA, so the egg can repair the DNA of this sperm and actually make it better. So we have the ability to improve upon our desires when they show up. And we all know that. Our energetic capacity is that we can make things better simply by being us by our presence. Our presence enhances everything around us, our energy. And then the sperm and the egg travel down the Fallopian tube to the uterine, um, to the uterus and imbed into the uterine lining. And on that journey, which can take a few days, the egg actually has enough nutrients to feed her and the sperm. So she actually brings a picnic and can take care of the whole thing. And this, and now our eggs existed in our grandmothers' wombs. Is that wild? Like my Gra-- my eggs, the eggs, no, no, I existed in my grandmother's womb, and, or is it that my eggs did? Do you remember, Dr. Shefali? Now I'm getting screwed up on the data.

[Shefali:] It's that the eggs that we carry in our, in our bodies--is already available to us, something like that, in our grandmothers.

[Kate:] Oh, I know what it is. I know what it is. I came back, I don't do my best work after four o'clock at in, in the day, but I showed up for this because I know it's a better time for most people. So I am doing my best work with sometimes I forget. It is that at four months gestation, all of the eggs that a woman will have exist within her body, which means that you and I existed in our grandmothers' bodies in egg form, which is so amazing when we think about lineage and epigenetics and the energy we pass on. But I think about like the power and longevity of the egg. Like that's a, that's, I wouldn't say it's timeless, but it has some good staying power, right? And so that's Egg Wisdom and it is, it is a reminder because the egg does not run all over the uterus. She's not like checking at the cervix to see if the sperm is coming. She's not freaking

out. She sits and she emits a signal in her eggness. Right? And that is what I want us all to be remembering. I think about this all the time when I'm manifesting, when I'm thinking about what I want and my desire, I'm tapping into the formless and feeling how I want to feel and connecting with who do I need to be to, to match that. And I also literally imagine myself as an egg emitting a signal.

[Shefali:] All right, so when the grandmother was pregnant, my grandmother was pregnant with my mother, my mother in her fetus in, in the, in the womb, in her fetal form, carried all the eggs that would eventually make me.

[Kate:] Exactly. So the egg that you were made from was in your grandmother's womb starting at when your mother was a four week-- four-month-old fetus. Yes. [Around 20 weeks.] Yes. Yes. Okay. So that's, that's, so that's Egg Wisdom and it is the reminder that the fundamental principle that made our bodies was the egg in her feminine attraction power. It is how our bodies were formed in that energy. And so that is part of who we are, and we can continue to use that as a model for attracting what we want. Now, I would love to know from you, Shefali, how do you recommend we negotiate the tendency as women to think we have to hold it all together and do all the things for everybody, and um, and, and how do you experience that in your practice as well? I'm sure it comes up a lot.

[Shefali:] Yeah. I think what you just talked about about us being cut off from our lineage, our capacity to both be in the passive principle--we are the receivers of the, but we also the, the choosers, you know. Men can predate, but they have to win us, you know, we get to choose, which man, you know, so even in the animal animal kingdom, um, you see so many, the puffer fish, for example, or the peacock, it's the male who does all the work because the female gets to choose from her, from the entourage that's suiting her. So similarly with us, the, as you just said, even in within us, in conception, the egg is choosing the sperm. So we forget that. I think we've been conditioned to only rest in the passive principle, in the receptive principle. And we've forgotten how actively choiceful we can be in how we begin life, how life begins, and how life continues.

You know, we are nurturers, but we can be active nurturers, you know. We can be matriarchs, and I don't mean matriarchs to topple the patriarchy. We can just be matriarchs in our own right. And instead of waiting for permission from men or from culture or waiting for the patriarchy to topple, our job really as sovereign women of a grand lineage is to step up into that power. And we're so afraid, again, because culture slanders us that we are bossy or bitchy or you know, uh, so temperamental or so impetuous, you know, all these slanderous terms have now conditioned

us into greater apathy and passivity. There's activity like the egg and the sperm, and the egg is active. We are active, albeit we are the nurturers. You know, we've confuse nurturing with passivity. Nurturing is the principle of the earth. And if we step into the nurturing element of our beings with activity, now we have married the masculine and the feminine, right?

Men, typically, or the male doesn't have the oxytocin-- oxytocin love hormones like we do. They don't have the capacity to nurture. They're not built with that tribally. Primarily biologically, they are the marauders, the pillagers, the hunters, you know, we are the gatherers, we are the ones who create community, and there's great power in that. I think we have gotten confused, and the Patriarchy has allowed this to their advantage, just because we have, you know, the, the womb that's open and receptive and we are naturally more giving, and, and flowering, giving off our flowers. We have confused that with apathy and seeking permission. And just because we are open doesn't mean, like you said, we don't have a wall. We don't have a uterine wall, we don't have a, an enclosure. We don't have a capacity to say no or have a boundary. We completely missed that lesson. You know, I listed in my early Buddhist studies, I just learned the compassionate piece. I completely forgot the self-compassion. I forgot the strong boundaries and only later I began realizing I missed that whole piece. So I think as women, we're missing a very vital piece of activity of masculine action mixed in with a very strong nurturing. But nurturing does not mean passive apathy.

[Kate:] No, it absolutely does not. And I wrote down as you were talking just the phrase "active receptivity." Yeah. Yeah. Because I think that's like that the dance between the two. It's the, it's the egg emitting a strong signal and then choosing the sperm-- receiving one, but choosing which one she will receive. Yeah. Yeah. So that's beautiful. Um, okay, so I just as a reminder, I mean this is what my whole book is about, but you don't have to do everything to get what you want. I just really want to say that. And if there are things, so what do we, what do we let go of first? Well, I recommend throughout the day as you're doing things that you find draining or irritating or that you're resenting, well make a list, write those things down and see is there somebody else who could do this or does this even need to be done at all? And maybe it doesn't. And that's, that's a huge, like when we want what we want in our lives, when we want to be more in the energy of, of what it is that we desire, how it is we desire to feel the vibration we want when we're filling up our lives with the things that aren't working, whether they're tasks, relationships, projects, goals that don't deserve space in our lives-- all that real estate is being taken up, and then there's no space for the thing we actually do want. So one of the most important things that we can do in my opinion for, for manifesting is releasing that which is not working, which is a lot of the things on our to do list that we don't even need to be doing.

[Shefali:] Yeah. I think we fill our lives with clutter. Yeah. Because we are just chaotic and not aligned, and it's not so much the task that it's the problem, but all the noise around the task, you know, so we create a, you know, most of the tasks on that list are not even necessary. Correct? I have to invite someone for dinner and I have to go out with this friend and it's burdening us, why is it on the list?

[Kate:] All the social media-- I find that that's a big one with within my community thinking that we have to be on social media, but then feeling drained by it. I just want to say, because a lot of our community are business owners, and you might have the idea that you have to be on social media all the time. I know a lot of very successful business owners who are deeply happy and fulfilled, who are not on social media all the time. So just as that one example, there's really nothing that we have to do. And, and as Shefali said, it's not necessarily the task itself, it's the way we're approaching it. It's the noise and the chaos and the spinning around it. Right?

[Shefali:] Like social media. You know, I, I, I've never posted as, I don't know how to post a story to date. So people do it for me, whoever's around me, and they laugh at me, but I'm not getting into that because it's not right to my wellbeing. So each person has to really check in. And just because culture is putting you, you have to ask what makes you joyful. And it just because everyone is doing it--and trust me, I feel too that I'm missing the boat-- I'm not doing it now and everyone else is out there, not me. But I check in with, is this a representation of my core of my soul? And I know it's not. So why do something that is not a representation of your soul? But this goes with every lunch date, everything you put on your plate, every exercise you do or don't-- does it resonate with who you are? And the more, as Kate is saying, fill your life are things that resonate now doesn't mean you don't pay your bills. Your bill has to live in the house that may resonate with you. Correct. That are sub clauses of, of the big thing that you want in your guys. But the sub clause is something you don't want to do. Well if it feeds the big picture, you have to be mature and do it. We live in the world or phone, but as Kate says, you know, take out the irrelevant stuff that is not causing you joy. And she said make a list and go through each one and do an honest appraisal.

[Kate:] Yeah, absolutely. And then the other thing that I really recommend and I'm going to be, um, I'm, I'm teaching next week, um, a three-day live workshop, but online, but live, I've never done this before. I'm very excited to try it out. I'll let you, I'll report back, you know, but one of the things we'll be talking is aligning our time and our schedules with what we say is important to us because that's one of the things also is, is noticing, well, what actually makes it on your schedule? And if you're saying that what's important to you is your spiritual practice is your alignment, but you're not having time to meditate and we'll get to that in a minute, then is

that really important to you? Because we can tell what's important to us based on what we're spending our time doing, usually, what's actually important to us. So, okay, so item number for that, uh, is really preventing the manifestation that we desire is, um, a feeling of like this feeling of who am I to deserve these, these, this joy, this love. Who am I to deserve abundance, abundance? Feeling like a lack of self-worth, like it's not okay for me to want these things because I don't deserve it. God bless you! [I mean, it's just my body reacting to this freaking pollen everywhere.] Yeah. It's just, 'tis the season. You don't have to apologize for sneezing. Um, it's fine. So what does that, what is that sense of a lack of deserving? Like, like why do you, do people feel like, why do we feel like we don't deserve to have what we want? Where's that come from?

[Shefali:] Well, since we were children, we've been told we have to do to become, that's what your book is all about, it's such an amazing testimony and homage to the fact we can do less and have more. But when we were children, we were told we had to do more to be more. So we based our entire worth on the doing, and so we can't believe that we can just access joy and happiness to the present moment, actually through non-doing, through stillness. It's just contrary to what we were conditioned to believe. So this is the problem now that we believe that only when you suffer, you sweat, you're in conflict, there's drama, there has to be pain that you feel you can gain. This is what the story has been told as. So it's all false. You know, like you talk about in your book, it's the simplicity of the present moment and the capacity to be fully alive and experience your experiences that will cause and give you transcendent joy. You can be the wealthiest, the prettiest, the skinniest, whatever. But if you don't know how to be in the present moment, you will not be joyful. You'll have an ego, but that's not joy.

[Kate:] Right.

[Shefali:] So worth, you know, you and I know how we don't believe we're worthy as beings of liberation, of freedom, we've been told that life is suffering. So the Buddha said life was suffering only because we don't know how to live life. But the current paradigm says life is suffering because life is suffering. It's not true. The Buddha said life is suffering because we don't know how to think correctly. Our belief systems are messed up, but the current paradigm says life is suffering because it is suffering. It isn't. It's because we don't know how to deal with it, it's because we are attached to an outcome. It's because we want it to be a certain way. That's why life is suffering. So when we learn that the present moment experience is the only portal of life's experience and learn how to enter the present moment, then we're not thinking about our worth. Worth comes into play because we fall into the trap of thinking we need to be worthy. The present moment says you are worthy as you are because when your present moment, you're

not in your mind. You're energy, and energy is always worthy. You match the energy of nature, of the universe. But when you go into your mind and you think, I need to be worthy, I need to do something to arrive at worth, you never arrive at worth.

[Kate:] Right. Because that's separation, yes. Yes. A little bit before we got on, um, I was with-- so our baby is 14 months old, and she is a very joyful being. And she was, I was talking to Mike about really like cultivating my own, you know, cultivating my own joy, cultivating my own vibration, tending to my own energy, uh, in daily life. And, uh, and it was just so funny because then I looked at Ruby, and she was just like on a chair, rocking it just, she was just thinking she was hysterical. She just thinks she is hysterical, and she just is joy and she is. And same-- my daughter Penelope, she's three and a half, and she thinks she's amazing. She went down a slide yesterday for the first time, this longer one, and she came down and she goes, "Mama, I'm so proud of myself." And she just is like pure-- you know, she doesn't have a sense, neither of them have a sense of worthiness or like it's not that at all. Like they just are there and it's such a helpful practice to be around them and to-- the more than I can, like I really feel like it is this portal that I choose to dive into the portal and then I am actually with them because I can also really be in the same room but not actually with them because I'm thinking about all the other things. But when I dive into the portal, I can feel it in my body. Like I'm there and everything else suspends. It just, it's gone. And I, you know, like Ruby in particular is just, um, is that sense of-- like she, she just, is she just is joy, she just is present, she is just there. There is nothing else happening. And she just is like experiencing the bliss of being alive, right? It's wild.

[Shefali:] They're not here. They're fully loving and being loved by the present moment. But that love is available to us. The present moment is always ready to meet us because it's here in the moment. You may not like it because it's not glamorous enough or it's not sexy enough or it's not thin enough or it's not rich enough. But the present moment wants to love you. The only way we can feel its love, though, is if we accept it for what it is. So what you do when you dive into that portal is you leave your mind and you go, I'm here. I accept this moment fully and you feel everything else evaporates, right? So the present moment wants to love you. You don't love the moment because it's never what you think it should be. But when you learn to accept the present moment in its is-ness, can you imagine every moment is that full-on joyful experience?

Most of us are missing the present moment's capacity to love us and make love to us, to nurture us, because we don't like the present moment. We're always in the past or the future past, but the present moment is going, I love you! Here, let me give you-- Do you know what you would feel if you kept accessing the present moment, infinite joy. But we missed all that. Mothers miss it because they're stressed out to lose the weight, to go back to work, to to do it all, to be Ms.

Perfect. You're realizing that your children are the greatest spiritual teachers of that present moment living and you're saying teach me. So if we could do that with all of life, teach me, I got this, I'm here, I'm ready, then we would be loved by the present moment because we are loving it. We're accepting it for what it is. So acceptance of the is-ness really is the key to manifestation because then you access abundance and true manifestation, lasting, enduring manifestation can only occur through abundance. It can never occur through a state of longing. Yeah, it'll come for a moment, but it'll go away. Lasting manifestation comes when you are fully abundant and in service. You know, I think you and I understand the power of service.

[Kate:] Beautiful. So this, I'm going to segway by saying I was, I meditate in my closet because it is the quietest place, and there's two doors between where my closet is and where the rest of my family is. So I can like really be by myself. It's funny, though. My girls love my closet is right here and my girls love this little spot also in my closet that I also love. It's like a power spot in our house, I don't know why. Um, but I trust it. So that's the spot. And I was in there just, I have a very, this, this is, this is thing number five, by the way, just to keep you on track. Keep us all on track. We're, we are arriving at thing number five. Thing number five is that that a--a block to manifestation is being constantly busy and having no stillness in our lives, meaning having no mindfulness practice, having no meditation. Um, and I, you know, you, you are, are far more of an expert in meditation. Here's what mine looks like. I go into my closet, I set my timer on my phone for 10 minutes, and I breathe. And that is my meditation. And yesterday I had this like in terms of being in the like the, the present moment moment wanting to love me, it was the most amazing experience where it was like in the back of my head, in my brain, like up here, like above my soft palate. It was this buzzy, like joyful feeling. I, it's really hard to describe, but my brain felt very similar to the way it feels when I've had an orgasm, and it was the coolest thing to be like, wow, this is right here. And I just didn't want to stop meditating because it just felt so good. And I have not had that experience very many times, but it doesn't matter. I'll keep meditating, not to get that experience. But it was just like such a great example of like, wow, this is right here in my body in the present moment. I didn't have to do anything. It was just here for me, this feeling. It was so cool. So would you mind sharing about, you know, your experience with meditation and why it's so important? The stillness practice in our manifesting?

[Shefali:] it is the key and that, so we are talking about it at the end because it's so pivotal to access quietude and stillness because we live in a chaotic world and that chaotic world is right here, you know, in our mind. So we're living inside that chaos, right? So how do we know what we really want and the principles of the formless that we want to attract, and how do we get clear and how do we say no and how do we know when to say yes is only when you learn what

I call sitting with it. So you know many times people will say, you know, Shefali, will you do this and will you do that? And I go, I don't know. I'm sitting with it. And I sit with it for a long time. Right now I have a big decision to make in my life. Big, big, big. I've invested the money. And then last minute I decided, oh, I need to sit with it some more. And everyone is like, are you serious? We have gone so long. I'm like, I will not take another step until it comes resoundingly clear in my body. I need to sit with it because I did it, did it, did it. But then I reached a fork in the road where it was a fork and I wasn't ready. So what does this mean? Stillness and quietude allow you to access your inner knowing so deeply that when the knowing is ambivalent, you take it seriously. You go okay, I'm not ready. You don't push through it. You don't force to it. You don't say yes when it's a no. You don't say no when it's a yes. All of this inner knowing can only be cultivated through constant inner awareness. Awareness in our awareness. When we say awareness, I don't care so much about the, you know, the feel of the silk on my sofa on my skin. It's inner awareness. Inner awareness.

[Shefali:] So meditation, cultivating a meditation practice is a key to manifesting. So there's thousands of podcasts. I sell meditation courses. You can take those. Kate teaches meditation, do it online. Learn how to sit in silence. It is a key. You want to manifest? You got to learn to sit with your knowing. No true, enduring and endearing manifestation can occur without it being in alignment with your deepest knowing. Your knowing can only come forth when you have paid attention to yourself and cleared the debris. When you are in alignment with your knowing, you move forward with the readiness to embrace whatever shows up. That persistence and perseverance to go with whatever shows up is what will keep you working hard in the manifestation process. So you won't just run away when things get tough because it's in alignment with what you greatly desire. You know, Danielle Laporte has a thing called The Desire Map. Kate talks about it in her book. This is the book. Get it. Read it. It's amazing. Um, this is all about doing less, accessing yourself, honoring your inner spirit, taking the time out. You are a being, not a doing, and really understanding your true purpose here in this lifetime. So Kate, thank you for this phenomenal piece of work. I know you're so proud of it because you see so many testimonies on Instagram. I see them, too. And it just makes me so happy that this work is out there to help women slow down and stop achieving external gain and losing sense of self, you know?

[Kate:] Thank you. Thank you so much. And thank you for the beautiful forward. It was like such an incredible honor and gift. So I would love to, I'm gonna, I'm going to invite our folks to do one thing and then I'm going to have you invite them to do the next thing. So, but, but first I want to review the five things. The five things are: basing your value on achievement. So the flip



of that of course, would be that to be, to be the powerful manifestor you are, we know that our value is inherent. Number Two is knowing the truth of who we are. That we are that divine spark, that we are the eternal, that we are nature. We are more than this physical human form. We are the formless. Number Three is knowing that, you know, really tapping into that Egg Wisdom, knowing that you do not need to do it all in order to have what you want. You can in fact do less to have more. Number Four is knowing that your worth is inherent. You don't have to do anything to be deserving of what you want. And the present moment is here to bring to, to love you, to give you the abundance. All of it is right here. And then Number Five is cultivating that stillness practice meditation. So those are the five items for your manifestation to practice.

[Kate:] And if you are liking this conversation and you want to learn more about achieving more by doing less, I am teaching a three day live online workshop next week, um, called Do Less and Get Better Results. So if you go to [katenorthrup.com/live](https://katenorthrup.com/live), you're going to get all the information for that. So that was the invitation number one. Now invitation number two, I'm so excited, uh, that Dr. Shefali has opened up applications for her second cohort of the Conscious Coaching Institute. Um, and would you mind sharing a little bit more about that?

[Shefali:] Yes. And Kate, share your link here.

[Kate:] Oh, yes. It was-- I'll put it in the comments. Thank you. Good call.

[Shefali:] So you know, one of the things that I was told to do many years before was to start a coaching institute and I did not start it because I wasn't ready. I waited and I had enormous incentives by partners, by people who wanted me to start a coaching institute. But I, I literally, Kate, did not do it for maybe four, five years and I was not ready. And I listened and I kept saying, I know I should do it intellectually, but my being wasn't ready for it. And I just, I said, it'll come when it will come and when it will come it will grab me, and I will have no choice. But this is what I say about everything. And it's connected to manifestation. Don't think about it. Rise in your consciousness. When you rise in your consciousness and do the daily work, the thinking becomes a slave of consciousness. Unfortunately, we are all slaves of thinking, thinking can never lead us the right way, only consciousness can, meaning that healing work you do on yourself as you become whole, thinking follows wholeness, and manifestation follows that. So do your inner work. Heal yourself. So anyway, um, I never knew when I would do the coaching institute and then last summer, I kid you not, three weeks before I actually began taping came the inspiration: I'm ready. And I put together the team, I put together the script, I put together the plan. Wow. It just came through because I was ready. I had been percolating it for so long.

[Kate:] That's very Do Less. That is how it works. It's you, you follow the energy, you follow

the seasons and when it's time, it's time. And it happens so much quicker than it would have otherwise.

[Shefali:] I mean think about it, nine months for the whole process of birthing and then the birth happens, you know, the last minute of the whole process, you know? Yeah.

[Kate:] It feels like it's taking a long time during the birth, but in the grand scheme of things, it's not.

[Shefali:] Right. But you can't hurry the process, you know, if nature has its way, you cannot hurry. So the same thing with us and our inner knowing. If you are connected to yourself, you will know. So my online coaching program is really about training and empowering people like you to go out there and do the work that I do in my private practice. And it's a five-month online program. It's all laid out week by week, do it in your pajamas. And not only do you learn how to help people, you learn how to heal yourself. It's really a heal-the-healer before you can heal the client. So it's, it's this fabulously transforming program. I can't tell you how glad I am I did it. Hundred, almost a hundred people are graduating the first cohort. The second cohort starts in September, and we're accepting applications now. Kate put the link there. So use it and maybe you'll be a Conscious Parenting Coach.

[Kate:] And Janet is here. Janet is, and she says, "It's an awesome institute. I've learned more than I could've asked for." So that's a beautiful spontaneous testimonial. So we want to say thank you so much for joining us. I would love to know just before we log off, what was your key takeaway? Um, just type it into the chat. I'd love to hear, you know, which, which part of this manifesting conversation really resonated with you the most. Um, as we wrap up and of course, you know, go, uh, Janet says she loves Egg Wisdom. Great. Thank you. That's wonderful. Um, Lexi--that our worth is already within us. We are worthy. Corinne-- Egg Wisdom is new to me and mind blowing. I love that. Julie.--We get to choose. Kay--focusing on the formless, diving into the portal. Um, Chica--I will be looking for the abundance in the present moment more often. Wild Troud--active receptivity, uh, focusing on the formless. Focusing on joy and stillness from Robin. Beautiful. Vicky says, Egg Wisdom rocks. Okay. These are beautiful takeaways, and I got so much out of tonight. Thank you, Shefali, for this conversation. Yeah, I am just filled to the brim, so thank you, everyone. Thank you. You have a beautiful night.

[Shefali:] And get book, and it's great because all women need to hear this message.

[Kate:] Thank you. It's true. Thank you.

[Shefali:] Thank you.

[Kate:] Good night. Bye.