



961: Manifesting Abundance: Unlocking Your Potential  
With Emily Fletcher

Child: Welcome to my mommy's podcast!

Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from [wellnessmama.com](http://wellnessmama.com), and I am back today with my friend Emily Fletcher to talk about a topic that I have not ever talked about on this podcast before and that she is so well spoken about, which is the topic of manifestation in manifesting abundance, unlocking your potential.

She explains what this word even means, why it has a lot of misconceptions floating around the internet and how it is not just affirmations and vision boards. And her process that she takes people through into really getting in alignment within their lives and not worrying and having anxiety, which are just sort of worshipping the problems we don't want in the first place. And how she helps people create somatic and mental and emotional shifts that lead to big results in their lives. And she has a lot of practical tools for this as well, which I will link to in the show notes.

Emily's so well spoken. I enjoy her podcast as well, it's called, Why Isn't Everyone Doing This? And I'll link to that also. So let's jump in and learn from Emily. Emily, welcome back. Thank you for being here again.

Emily: I am so delighted to get to dive even deeper with you. Thanks for having me.

Katie: My pleasure, truly. And I'll link to our most recent episode in the show notes all about meditation and especially how we can do this as moms and with our kids. It was phenomenal. You are always phenomenal in these interviews and in this one, I am really excited to actually learn from you on a topic I have not ever covered in almost a thousand episodes of this podcast, which is the topic of manifestation.

And I know even that word has a lot of connotations due to social media. People have of course probably heard it may or may not understand it or may have varying levels of what they think that is or how they feel about it based on what they've seen on the internet or read about. So I would love for you to start off by giving us a foundation of what manifesting even means in the Ziva technique and in your world and all the, the beauty that you've created.

Emily: Yeah, so I'd say the simplest definition of manifesting is simply consciously creating a life you love. I think that's it. It's just getting intentional about creating what you want your life to look like. And the reality is that we're manifesting all the time now. Look around your relationships, your body, your home, and that is an outward projection of every belief, every

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trauma, every decision, every conflict, every hard conversation like we are manifesting all the time, whether we like it or not, whether we're conscious of it or not. And that is sometimes a hard pill for people to swallow, especially if they're not thrilled with their current reality. Um, and I would say that if you're not thrilled with your current reality, that's even more of an impetus to get wise to the mechanics underneath the surface of what exactly is shaping our reality and our experience.

And, and I have found that, you know, after teaching. I've been teaching manifesting for seven or eight years now, and it's a part of the Ziva technique. So the Ziva technique is mindfulness meditation and manifesting and just to, because a lot of people will lump all those into the same category. A quick differentiation is that mindfulness, I would define as the art of bringing yourself into the present moment is the art of getting here and now.

Beautiful. Meditation and specifically what I teach at Ziva is all about getting rid of your stress from the past. And we do that by deservicing the nervous system and giving the body really deep rest. So it's a very specific style of meditation, which we just did a whole podcast about before. But manifesting is what we do as like the dessert course of the Ziva technique, and it's all about your dreams for the future. So mindfulness, handling your stress in the now getting rid of your stress from the past and manifesting, planting the seeds for your future. And it's really powerful to manifest on as you're coming out of meditation. A lot of people will teach it as you're going into sleep at night, as you're waking up in the morning, which is great.

And yes, do that anytime you're sort of dancing in between realms, in between the waking and, um, sleeping states. Anytime you're in between left brain and right brain, this is a powerful time to manifest because it's like the, the scene in the unseen worlds are merging inside of your own awareness. So with Ziva, you're basically doubling your chances to manifest, because twice a day, if you're dropping into the right brain, you're dropping into the field of pure consciousness, the field of infinite intelligence and pure possibility then to manifest on the way out of that is really powerful.

And then I'll, I'll share. to bring it back down to earth. The simplest manifestation formula that I have found is simply feel good. Place the order. Place the order. Feel good. Feel good. Place the order. Place the order. Feel good. Feel good. Place the order. Place the order. Feel good. And we just do this on repeat. And while that might sound simple because it is. This

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is not about putting like a happy face sticker on top of a bleeding wound. It's not about like covering up your empty tank of gas with, like affirmation. It, it requires an extraordinary amount of resilience, dedication, and bravery to sustainably feel good. Because in order to feel good, kind of have to be willing to feel bad, right? Like, in order to get to heaven, we have to be willing to go through hell. And, and you want bliss. We have to be willing to go in and feel anything that is not already bliss. And that is sort of why and how my newest body of work has been birthed.

So for the past four years, I've been birthing an embodied manifesting course called Ziva Magic. it's all about manifesting not just with your mind, not just with your thoughts, but manifesting with your whole body. And actually paradoxically. Giving yourself the tools to feel and embody and somatically release that is not serving your dream. Um, the quick framework on Ziva Magic, again is like an embodied manifesting formula. The, the formula here is that we visualize, alkalize, magnetize. So what I do is I drop people into meditation. I get them really clear on their vision. You know, what is it that you want for your family, for your body, for your relationship, for your home?

Like, we're all manifesting something, right? We're all, there's something that we have a dream of. So sort that all of us have, even if the dream is like, I just wanna feel good, or I just wanna have more time, or I just wanna like, get through postpartum, or I just want my husband to like be present with me.

Like we all have something that we desire and. And I get people clear on that vision. So we visualize and then we alchemize. So the alchemy piece is really interesting, and I think it's medicine that is very, very needed on the planet right now because for thousands and thousands of years, many of us have been trained to not feel right and like, like, shhh, don't cry. Have a bottle. Shh. Don't cry. Have a toy. Shh. Don't cry. Have an iPad. Have some pills, have some booze, have some pot. Have some porn, have some shopping, but don't feel right. It's like we've been divorced from our feeling.

We've been taught that it's scary or bad by our doctors, by our parents, by our grandparents. And so the bravery and ability to just feel what is real gives us the ability to heal. And I'm gonna stop rhyming now. I'm gonna stop speaking about poetry. But it's beautiful because I find that the, the very same muscle. That allows you to feel the intensity of your pain is the same muscle that allows you to feel the capacity of your joy and your

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ecstasy, and your pleasure and your bliss. Which leads me to the third part of the Ziva Magic formula, which is magnetized. Right. And so when we magnetize the dream, we're basically speeding up the rate with which we manifest the thing. And we do that by feeling really good, by flooding our brains and bodies with dopamine, serotonin, norepinephrine, adrenaline, oxytocin, all of this beautiful internal pharmacy that nature has already installed inside of us.

And, and again, we know that the better you feel, the higher quality things you attract, right? Like there's been people who have mapped out the different frequencies of the different states of human consciousness available to us. And fear and guilt has an energetic signature, right? It's like 150 versus like bliss and joy and awe is like a thousand.

And, and I'm, I'm making those up a little bit. Um, don't quote me on those numbers, but, but I'm just saying that there, there has been a map of the actual vibrational frequency of different human emotions. what Ziva Magic does is that it allows you to go in and feel what is real so that it can heal.

And that quite innocently ushers you into these higher states of consciousness. You start to quite innocently and spontaneously vibrate at a higher frequency. And then when you add that magnetic force of feeling good, when you start to magnetize with your own pleasure, with your own creation energy, then it's like you start to become a magnet for your dreams and it starts to feel like magic.

It's not actually magic. There's thousands of years of ancient practices that people have been doing. Many, many different rituals, lots and lots of science on this. Um, and it does, it's fun because it feels like magic.

Katie: I love that. My friend Ryan says like the beauty is in the contrast. And the more we're willing to feel the depths of our pain, actually the more we have the ability to feel all the positive things we're trying to feel as well. And he's had quite an amazing story in life that has taught him that lesson.

And as you were saying that, I was thinking of how pieces of this were slow learning for me in that, um, after trauma in high school, I had like dissociated from my body and so I had to like relearn how to connect with my body and how to even have somatic experiences. And then I had to like sort of go through that process with my mind and my emotions.

And I feel like the way you teach this also, it makes it much more tangible and also kind of not like the definitions we hear online sometimes of just like affirmations or like make a vision board or just say the positive things. But can you speak to why those things alone are not necessarily gonna work even when people are doing them consistently as well as you touched on like there's actually science that supports the things you're talking about in this in a very real way, both in what we understand of our neurochemistry and our bodies and all the things that come into alignment when we like actually make this a practice.

Emily: Yeah. Well, first of all, I just wanna say bravo to you on doing the work of, of reconnecting with your body, of feeling safe in your body, of being able to feel the uncomfortable feelings because it really is true, like the, the greater your capacity to feel your pain, the greater your capacity to feel your pleasure. And so the thing about manifesting is that our bodies will never let us manifest something that does not feel safe, right?

We can never manifest more money than our nervous system can handle. So for a lot of us, if we grew up with scarcity or lack, and that could happen even if your family was wealthy, if they, if your family even, no matter how many zeros they had in the bank account, if mom was always talking about how much lack there is, um, then you can grow up with scarcity.

And if that is familiar to your nervous system and you grow up and you're trying to manifest money, it costs a lot energetically to change a paradigm. Right. Like it burns a lot of calories, it creates a lot of new neuropeptide connections to shift a paradigm. So it's easier to just stay in the same patterns. And so we have to acknowledge that again, you cannot manifest anything that does not feel safe in your body.

And so a big part of Ziva magic and a big part of embodied manifesting is one, regulating the nervous system, right? So we do that with the visualize, we do that with the meditation, but then two, creating real safety in the body.

And we titrate bit by bit, like, oh, actually I am safe enough to feel this sadness, that those tears that I've been afraid to cry because I was afraid I was gonna break down. I was afraid I was gonna lose it. I was afraid that, you know, I would be judged as weak or any other of the number of stories that were told about feeling our feelings. titrate that. And, oh, I create a little bit more resilience and, oh, that rage that I've been repressing because I have no models or no archetypes in my life of, of certainly a woman feeling and expressing her rage in a healthy and safe way. I start to practice that. And so I actually start to trust in my body that feeling my feelings is not only safe, but on the other side, pleasurable, right?

That on the cessation and the alchemy of that pain is an extraordinary amount of pleasure.

And then what we do, and specifically with Ziva Magic, is that we start to give people the tools to feel really good inside of their bodies to access the cocktail of neurochemicals that nature has installed inside of us already, So like nature has given us the ability to have pleasure and, and a lot of us have been shamed out of that. A lot of us have been conditioned out of that. A lot of, you know, political groups or religious groups or familial systems or people's own, you know, their parental shame or trauma or grandparent shame or trauma has oftentimes, um, been passed down to us. And so we have all this conditioning, all this fear, all this shame that we're not even touching this beautiful, powerful, magnetic gift of creation energy that's accessing right inside of our brains and body. And so a lot of what Ziva Magic is, is giving people the tools to feel safe enough to reclaim their bodies for themselves, to reclaim their pleasure for themselves.

And then the beautiful thing that happens is you start to mix pleasure into the manifesting cocktail. When you start to mix pleasure and turn on into your tougher emotions. They start to alchemize. And alchemy, the actual, the definition in the dictionary of, of alchemy is the magical process of transforming one thing into another. So it's like, what if you could actually magically transform your grief into bliss? What if you could magically transform your rage into fuel for your dreams?

And we don't do that by bypassing, we do that by feeling safe enough to feel it all the way. Um, and then the beautiful thing is that when you start to get your body into a state of feeling really good, dopamine, serotonin, norepinephrine, oxytocin. And then you visualize from that space, you imagine the dream having already happened from that state of feeling really good.

The dream not only feels safe in the body, but it starts to be associated with pleasure in the body. So not only are you more available to receive the manifestation, you also start to attract it like, like you would, uh, someone at a bar. Or it's like you when and when the opportunity comes, which it will. You greet the opportunity like a long lost lover instead of like, oh my God, this is the thing that's gonna make or break my career.

And then we accidentally self-sabotage because there's too much fear and pressure on it. Instead, it's like, oh yes, I visualized this a hundred times. Not only does this feel safe, but it feels good. I believe that I deserve this dream because my body now knows that it deserves to feel good. And here's the little secret trick is that we're never manifesting the thing. We're never manifesting the relationship or the money or the house. We're always manifesting the feeling that we think the thing will bring. And so with Ziva Magic, we're giving ourselves that feeling on the front end and, and that is the paradoxical piece, is that that creates detachment, right? I already feel so good. I'm already an energetic match for this thing that it doesn't really matter if I get it or not, but it would be fun. And then it shows up.

Katie: Yeah, I think that that's so beautiful and there's so much wisdom in all the pieces that you just said. I think of that even in like physical examples and how I learned to shift when I used to have thyroid issues. I was like chronic dieting for 10 years. I've talked about this before on the podcast and my, even my mindset, my relationship with my body was kind of from a place of restriction and being confining and trying to sort of like will it into what I wanted it to do.

And when I shifted to befriending my body and viewing every time I eat food, how do I most nourish myself? How do I find the most pleasure in eating things that my body would love, and how do I basically make this an act of reverence for my body? It was like even if the inputs didn't change that much the way my body experienced them did the way I felt about it drastically changed.

And as I learned to befriend my body more and more, like those decisions became effortless and pleasurable. And ironically, all the things I had been trying to effort into happened as a byproduct. But I had to dismantle that story of if only I was this size or looked this way, then I would be happy and realize, oh, I can actually create happiness and self-love right now.



I don't have to wait on a result because also, spoiler alert, those things wouldn't yield those results anyway unless those shifts came from inside. And I think that, I love that you go through like the titration process with this, because I feel like it's akin to people who decide they wanna start working out and they've maybe never lifted weights before and then they decide to go straight into like elite athlete level training and it's not sustainable and they're likely to get injured and it's not sustainable..

By creating the baby steps, by giving ourselves the foundation in the physical world, we can become stronger in the gym. This is the same as like in our, like every other area of our life. By having those baby steps, we can do it in a way that I think the pivotal pieces feel safe. I feel like we can see this everywhere in life.

If we don't feel safe for something, no matter how hard we're trying or efforting, our subconscious is trying to keep us safe. And it's not that we fear the unknown, we fear the loss of the known. And so if we don't address it from that place, like we will fight it internally and we can't out willpower our survival mechanisms.

That's so beautifully said. So beautifully said. And, and what I've found is that interestingly, the pleasure piece is there's so much power in it because it is so shamed away. It is so conditioned out of it. We've been so divorced from this flavor of our own divinity, and I would define divinity as just your own creativity and power. And even that can feel scary. And so the safety that is required in your nervous system to even access the pleasure, is it also creates a level of safety around the manifestations. And then the beautiful piece is that like once you start to access this on, on demand, it's like the body starts to trust that has access to this pleasure, um, inside of itself.

And that actually you don't need, like you said, to be a size zero or to have six zeros in your bank account, or to have the perfect partner and house and your kids to all have straight A's in order for you to be happy. That you can actually give yourself the experience of fulfillment and pleasure right now. And in so doing, creating that safety and pleasure in your body and being very specific about the prayer, very specific about the vision. That you start to become a magnet for it.

And interestingly, just step one, just the visualized piece of the Ziva Magic formula, I am shocked at how often I hear that people are not even asking themselves that question. Hey, you know, I ask people, what would you love? know, oh my husband is sick and that the  
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recession is happening and it's crazy out there, and I have thyroid issues and my back is out. And I'm like, okay, yes. Got it. Not minimizing what's happening, but what would you love? And then what people say is, well, I'd love for my husband to not get sick and I'd love for my back to not be in pain, and I'd love for the economy to not feel so scary. And then they're moving away from the negative and they're accidentally putting the complaints and the fear inside of the prayers.

And so a really profound, and this is something people can take away right now today. This is a powerful manifesting tool in addition to feel good place, the order right? I've already given you the formula. Another really powerful thing that people can do right now is when you pray, when you visualize, do not put your fears inside of your prayers. Move towards the positive. Pray for what you want. I would love for my husband to feel so healthy. I would love for my kids to feel confident and self-assured.

I would love to have a robust sex life. I would love for my back to feel strong. So we're not moving away from the negative. We're moving towards the positive and naming that thing. And here's the pro tip, is naming it even as if it's already done right. I am so grateful now that my back is supple and strong. I am so grateful now that my bank account is overflowing. I am so grateful now that my husband and I are feeling so much more connected. Right? So it's like. Step one, move towards the positive. Step two, like manifest as if it's already done. And then what Ziva Magic does is that it really gives you some pretty advanced quantum, like quantum mechanics on how to bend time, how to merge with your future self now. Really beautiful, powerful tools for somatic release and somatic experiencing of dancing the rage, dancing the sorrow, transmuting it with feeling good. the tools to turn yourself all the way on so that you become a magnet for the dream. And, and Ziva <agic by the way, is um, it's a 10-week initiation.

It's an online experience, that the first two weeks is all visualized, then it moves into Alchemize and then magnetize. And then I also do this on retreats. And we're doing a big event in July. I dunno when this will come out, but we're doing a free event on July 22nd called Magic Maker. And. I'm really excited about it.

Because we're gonna have tens of thousands of people all around the world joining. And there's something that happens when you get lots of people into coherence with themselves and each other and then using their pleasure to pray. And, and what really

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lights me up about this work is that yes, selfishly we can use these tools for ourselves, but also we can use it for the planet.

Like we can use it for the species. And so I'm spoiler alert, I'm taking a group of people to Egypt in October. Um, it's going to be pretty small, but the idea is there is we're gonna go and reactivate the pyramids and those antennas and like you, like, amplify these prayers even more using this ancient technology that's already there in the pyramids.

Katie: Oh, that's amazing. And I, as you were speaking, I thought about that idea that worrying is kind of like praying for the outcome we don't want, or like when we stay in the fears and the stress, we're actually giving that energy and that fuel to the outcome we don't want. So I love even that small step, like you said, of reframing it and not bringing the negative into our prayers.

Um, and I'd love to, in our like last few minutes together, go a little bit deeper on that pleasure and shame kind of connection and also like creative energy, which you've mentioned a few times. I feel like for women, especially even in today's world, pleasure can have a lot of connotations associated with it, and depending on how we were raised, and there can be shame associated with that.

We can have resistance to it. And I feel like you, um, you don't, don't shy away from the hard topics. And I've heard you speak to this so beautifully, so many times, so especially for women and most of the people listening are moms. Like, what is a way we can reframe our understanding of pleasure or make friends with it, um, if there's some resistance there.

Emily: Yeah. Thank you for asking that. Well, I would first say like, just to get really curious as to why, why have we been shamed around our pleasure? Who said that it was bad? said that it was wrong, and why? And I have a theory that similarly to psychedelic medicines, you know, which indigenous people and ancient goddess practices, we've been using plant medicines to commune with the divine for thousands and thousands of years. Similarly, you, there's a way to access these higher seats of consciousness using our own internal chemistry without needing to rely on external substances like nature has installed, God,

goddess, whatever you wanna call it, the universe has installed inside of us, the very same chemicals that we could get from an external substance. They're already inside of us.

And so I have a theory that, you know, through, you know, whatever lineage, whatever organization that there have been people who have been incentivized by control, right? That they have wanted to control other people. And if you, if you help people forget how creative and how powerful they are, they're a lot easier to control. And our pleasure is a direct access to the divine. And this is one of the big travesties that I find in all of the shame and the conditioning around sacred sexuality, is that none of us are being taught anymore that this is actually a beautiful way to remember viscerally, just how holy you are.

Just how divine you are. And if you think about it like, like just scrolling back into your mind of like the moments of like the most bliss, the most pleasure you've ever found. Like even like post orgasmic bliss, you know, in that moment where you're just sort of floating in the everythingness. It's actually very similar to meditation, right?

Meditation they say is practicing dying and orgasm in French is called Le Petite Mort. It's the little death because we're going beyond, we're transcending individuality and going into totality. We're moving beyond the left brain and into the right. So orgasm or pleasure is just another pathway into accessing this collective consciousness, this field of absolute. And if you think about how you feel post orgasm, usually people will say like, calm, connected, blissful, heavenly, joyous, pure. Like, this is what I hear from people. They do not say, I feel dirty, I feel ashamed, I feel bad, I feel wrong. It's just, it's this in, there's an innocence to it and there really is a divinity to it.

And so I think part of my big dharma and part of my work to do on the planet right now is to help people to remember like just how sacred these tools can be and to remember that nature, like the very same God that we worship in church is the same God that has installed these pathways inside of us and if used with care and reverence and respect.

And just like any medicine ceremony, the intention matters if you go into a ceremony with yourself and your own pleasure with the intention of connecting with your divinity, that there can be such an extraordinary reclamation that happens. Um, you know, and I get that, like that's probably not gonna happen in one session, right?

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If you have three decades of abuse, shame, conditioning, trauma, religious trauma, parental shame, that's probably gonna take some unwinding. And, and that's okay. So it's just like each day, step by step, like, oh, this, this body is mine. Like, could I, if I'm at a two on the pleasure scale, what could get me to a three?

And, and inside of Ziva Magic, we actually have micro doses where it's like, could you put on your favorite song while you're doing the dishes? Could you put on a fun skirt while you're vacuuming the house? Could you simply like play with your kids, like when you're playing with them, don't just be texting on Instagram while they're playing, like, get on the ground and play your favorite game when you were five. Like there's a million ways to create pleasure in the body and, and I think it's just remembering that you deserve to feel good and that the better you feel, the higher quality things you attract.

Katie: I love that. I think, and in so many ways, this is another area where we can actually like learn from our children how naturally they do. So many of the things you talked about, like allow the feeling of their emotions and expression of them. Toddlers have no trouble using their voice. They play with their full presence.

They're fully immersed wherever they are. They're very present. They move incredibly. I feel like as adults we attempt to get back to how well we moved as babies. Um, and I feel like they can be our amazing teachers and go on this journey with us. And if we are in that space, like you said, of curiosity and openness and learning and like those baby steps, I feel like that's even such a perfect word for it.

Just like little tiny steps. We don't have to go from zero to bodybuilder in one day. We can take little tiny baby steps. And I know you have so many tools. I, of course, our other episode we talked more about the meditation side and this one, I love that we really dove into manifestation. If people are interested in either or both, where would you recommend that they start?

And I know you have Ziva Magic coming up that I, that's on my list to mention in my wellness mama communications as well. But where, where can people start if they wanna start right now?

So I would say, [zivameditation.com/magic](https://zivameditation.com/magic). So that is where you're gonna learn more about this modality. Um, I think we have playlist there. We have a quiz that you can take where you're gonna learn like what's blocking your magic. And is that, that I'm not clear on the vision, is that I don't know how to feel my feelings is that I don't know how to like create these feel good chemicals in my body. Again, with no judgment, but just an assessment of like, where could I put my attention right now?

So [zivameditation.com/magic](https://zivameditation.com/magic) is a really great place to go. And then just on your piece about the kids, is that like a lot of the, um, second module of the course, the emotional alchemy piece, I use toddlers as my example. Like they are our trainers where it's like your 3-year-old laying on the ground, punching, crying, feeling it all the way, and then they're fine. Right. Like they let the feeling be expressed fully and then boom, they're in the new now. And what I found is that now I get to do that with my son, whereas I used to be a real bypasses and a real repressor.

Like I was like love and light and let's just manifest the joy. And these tools have allowed me to go into my darkness, to go into my shadow. And again, like modeling that for my son when he's angry, I don't tell him to feel better. I don't tell him to suck it up. I don't tell him that he's okay. I put on a rage song and we get to rage together.

We like punch the pillows and it becomes a bit of a game. And then he gets to feel and embody and move through that emotion, which I feel really proud of, like for myself that I've been able to do it. And now for him that I'm able to model that and do that with him, to give him permission to see that he doesn't have to just be a good boy in order to earn my love.

He doesn't have to just be happy in order to get my attention that all of him is sacred and that all of his feelings have something to be learned from inside of them.

Katie: I love that. And I think that probably resonates deeply with everybody listening on some level. And then maybe we can look back and recognize parts in childhood where we internalized something the opposite of that, or that parts of us were not okay. And then we learned to shut those parts down for a really long time.

And I love that you help people come home to all of those parts and to not just accept them, but to love them and to alchemize them and. I will put so many links in the show notes to everything we've talked about. I hope we get to do more episodes in the future. It's always an absolute joy to talk to you. Thank you so much for your time.

Emily: Thank you for having me. You're amazing. And thank you to everyone for listening.

Katie: Thank you guys for listening, for sharing your most valuable resources, your time, your energy, and your attention with us today. We're both so grateful that you did, and I hope that you'll join me again on the next episode of The Wellness Mama Podcast.