

Episode 1: 5 Truths About Upleveling You MUST KNOW

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SPEAKERS

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K Kathrin Zenkina 00:04

Welcome to the Manifestation Babe podcast. My name is Khathrin Zenkina and I'm a spiritual mindset coach, author, manifesting expert and creator of the manifestation faith brand. Each week I'll be bringing you inspiring chats, interviews and dialogues all based around how to unleash your inner magic, break through your limitations and manifest a reality wilder than your dreams. If you enjoy listening to topics on money, mindset, and manifesting, then you have come to the right place. I am obsessed with helping women see through to their highest potential and transform into the greatest, most badass versions of themselves. I hope you enjoy today's episode. Now let's begin. It's Kathrin from ManifestationBabe.com, and I am here to bring you some real talk. So it's gonna get really exciting today. It's all mindset stuff, all stuff I'm really passionate about. If you're an entrepreneur, if you are someone who's doing something incredible with their lives, or at least trying to, then today's livechat is for you. Let me tell you. So, good morning, good morning loves, I love you so much. I realize that I say that I love you so much all the time, but I really do. I really appreciate connecting with you guys every single day. If you're on, give me some hearts. So far, it's not letting me know who's on. Yay, Samantha. I see your hearts. I know there's a couple more of you on here, but it does not show me who yet. Hello, hello, good morning. So, I am ready to bring you babes some real talk today, and this real talk isn't me preaching at you or anything. It's just I have noticed that throughout my life I have come across these five truths that will relate and pertain to anyone in any

industry doing anything, and it mainly is if you are choosing to become successful and you want to become the best version of yourself and you want to uplevel your life and live up to your potential, then you're gonna come across some things. I know a lot of us are already coming across some sort of opposition, some sort of signs of giving up. Things get hard sometimes, we don't know what's going on. And so, some people think that they are receiving signs to give up and they do end up giving up. And so today I realized that one of my biggest strengths is that I never give up. I am always persistent and consistent and perseverant, and I will fucking get the job done. Even if I hate it. If there's a will, there's a way. I'm just so: go big or go home. There is a solution to this. And so I want to share with you babes these five truths that I have learned, and as I uplevel. So, my life has done a complete 180 since this time last year. This time last year, I was pursuing, well, maybe a little bit before, I was pursuing a business in a network marketing company that I just wasn't as passionate about anymore. I was moving to LA, I had nowhere to live. I was trying to live with my dad - big mistake. Because I didn't have enough money for rent at the time. There was no way I was gonna afford - you guys, rent in LA is hilarious. My boyfriend works in Santa Monica and our goal is to move to Santa Monica next year when this lease is up. And literally a one-bedroom is 3,500 to 4,000 a month. So, rent's a little ridiculous and it's okay because you can afford whatever the fuck you want to afford. And if you want to live in Santa Monica, you just uplevel your life and you ask for that money, and you work for that money, and you manifest that money, and you uplevel and you get there. Very simple to say, but also, if you're just consistent and perseverant and persistent, and you do not give up, and you work every single day on your dreams, that's what makes you succeed. And so, a lot of people - yeah, Angelica, hi. I'm totally missing all the comments right now because I'm getting into this already. Angelica, yeah rent is just whoo, but whatever. So I was talking about where I was before. So, no way I could spend money on rent. My money that I was making was nothing. I was still in debt about 20,000 at the time. And so it was just crazy, crazy times. And so over the last year, my life looks completely different. And I've realized that it's been a year of upleveling, a year of growth, a year of crazy shit happening. And so I just want to come on here and encourage you babes, because I have seen it all in the last year. Upleveling is fucking scary, growth is scary. If you're being called to a big purpose and a big desire, let me tell you, not the universe, but circumstances you can't control that will test you every damn day. And the biggest mistake that I see babes making is they take it as a sign to give up. Like "the universe is giving me a sign to give up, maybe it's not my dream," blah, blah, blah. And they end up giving up! And that's the biggest mistake. And let me tell you, there is no person that ever achieved anything great in life without that huge opposition and those big kind of tests. They didn't get there without doing a lot of growth. And so I have some tips for you babes today to help you and encourage you to know that what you're going through is normal, it is completely normal, and what to expect, and here's the things that I went through in the last year, and this is what you're going to expect too. I just know that

no matter what, you're going to be successful. If you just stay the fucking course, you will get there, you'll get to the other side and you're going to look back in your life and be like, "Holy shit, I am so glad I didn't listen to anyone. I am so glad I worked on my mindset. I'm so glad I made the investment. I'm so glad I did this. That was scary as fuck, but I did it anyway." Before I get into this, let me just see if I missed any comments. Good morning, good morning. Oh my god, there are so many of you on here. Hi Francesca, Marine, Angelica, Daniella, Megan, Crystal. So, something I've realized actually being on other people's lives is that when I'm on my computer, sometimes my comments don't show up to that person, so I think they're ignoring me, but I know that they're not ignoring me because I'm friends with this person. So, if I don't see some of your comments, sometimes I get off live and I'm like, "How did I not see this person commenting this?" So just know that I'm not scrolling by your comment like, "Oh, she's a bitch." No. I love all your comments. So keep commenting. I will come back and I always read them after the live. So, number one. Hi Stephanie. I love your page. I love your podcast, your site, everything. Great stuff going on. So, here's the truth number one. Other people will get really uncomfortable with your growth. Who you surround yourself with matters. So here's the deal. When you're ready to embark on a journey, a self-improvement journey, other people around you are going to start noticing. They're going to start seeing your self-help books. They're going to be like, "You spent how much on this course? You spent how much on this thing? What seminar? You're going to a seminar for losers?" All that stuff that I've heard. I heard so much slack for, "You spent how much to go to Tony Robbins?" and et cetera. People are going to start noticing. Sometimes it's hurtful. Sometimes these friends come with us. Either way, when people see that you are upleveling your life, and you are on this path to greatness, they're going to get uncomfortable because it forces them to look at their lives too. It's not that they're a bad person, or that you are better than them or anything. It's just that some people aren't ready for that kind of growth yet. Therefore, they look at you and they're like, "Shit, if Katherine's doing this, that means I've got to look at my life." When people are very resistant to your self-improvement journey, it just means that they're not ready for their growth. I just want to mention something really important. I know this is very controversial and some people, like my boyfriend at first was like, "Okay you're crazy, that's ridiculous." But I truly believe that if a friendship does not serve you, please cut it off. So, my boyfriend has this close tie with his college friends. They still hang out like college friends. That was him like eight years ago. They still have this tie together and they love each other, and that's totally cool. But I literally don't talk to anyone I went to college with. I literally keep no ties with anyone I went to High School with, except for the people I've reconnected with through Manifestation Babe. So some of you in here like knew me back in High School or knew me back in college. So, hey, I know I'm different now, But I literally don't have that many friendships. It's not that I don't like people. Yes, I'm introverted, I'd rather not talk to people, I'd rather not go and mingle with people. But I'm very friendly, I'm very open, I'm very warm and welcoming. I know I'm a good person, I'm

fun to hang out with and stuff. But I am very, very, very picky with who I spend the most time with, because there's a quote, and this is so true. And this is the cause of self sabotage. "You are the average of the five people you spend the most time with." Now, you've probably heard that quote a zillion times in self-help books. That's not my original statistic, that's totally coming from many many books. But I thought about it and the quote goes to say income wise, what you end up doing, who you end up marrying, all these things - There's also another quote that says, if you are surrounded with five broke people, you're probably the sixth. Something like that. And it is really, really true because here's the deal. When people are in groups, they want to be the same, they want to fit in, they want to be accepted. If one person goes up the ladder, or decides to make their lives better, or decides to start a business, or decides to do something amazing, the other friends are going to look at that friend and that friend, if you're that friend who is embarking on the self-improvement journey, and all of a sudden, your group of friends are looking at you like, "What the fuck are you doing?" They start to get threatened. Our ego is very susceptible to stoop back down to the level of our peers because back in the day, two million, whatever million years ago - I hated history, I hated all those things. I don't know how old the earth is exactly, whatever. But millions of years ago, when we just started as humans or thousands of years ago, whatever, we were in tribes, or cavemen tribes or whatever. We've depended on other people for survival. And back in the day, you wanted to fit in, because fitting in meant you got to eat, you got to mate, you got to feel loved. It was survival in order to fit in. Nowadays, in modern day times, you can have zero friends and still survive. You can still go to work, you don't have to be friends with your coworkers, you can start a business; you probably want to be a friendly person because in business the money is coming through people, you have to network in business. But you're still going to survive. You're still gonna have your house, you're still gonna have your refrigerator, you're gonna have food, you can go to a restaurant. I've seen people eat alone at restaurants. You are fine. In modern day times, fitting in is not that big of a deal for survival, but our egos freak the fuck out. So instead of being surrounded by the same people who are not letting you grow, instead, choose new peers who force you to grow even more. When I learned that, I started looking for other successful people, other entrepreneurs who scare the fuck out of me, that I need to surround myself with, because I know that if I'm surrounded with this person, I'm gonna have to force myself to make more money to be a better person, to be more influential in order to fit in with that peer group. And that's way better than stooping down and doing nothing, or whatever the other peer group does. So I am very not afraid to cut ties with people because of that. Because I understand that my life is not worth it. It's not worth it for me to bring myself down just to fit in with other people. So therefore, if a friend doesn't really support me, or a friend says mean comments, I'm not afraid to find a new friend. And think about this: everyone can - so for instance, everyone is attracted to a pity party. So when you're having a hard time, everyone wants to help you, or wants to make you feel better about yourself, because it

gives them the chance to be like, "I'm better than this person, I'm more powerful than this person. So, let me help them." That's why misery loves company, right? It makes more of a friendship. Think about this. It's more of a friend when your friend is someone who's doing not as well as you and is cheering you on, no matter what. Those are the kind of friends that come to your rescue. Those are the kind of friends that you want to keep. Those are the friends that are harder to keep, because it's harder to cheer someone on who's doing better than you. It fucks with our ego, it makes us crazy. It makes us really think about our lives. So those are the kind of friendships if your friends are not doing that for you, then they're not real friends. And that's where I'm at with my life. Let's see what else I put in here. So, self-sabotage is when you stoop back down to your peers' level. Those people who start a business, they're on their journey to greatness, or doing whatever, and all of a sudden, their friends are like, "We don't like that." Then you start feeling like you're not part of that group anymore. So, you just drop your business, you start sabotaging your success, you start making less money just so you can fit in with those people. And that's the definition of self sabotage, at least in my opinion. Also, this really great video that Amber shared in this group, about this guy who talked about this principle that I came to conclusion by myself a couple of years ago. That was the start of me really being choosy with who I surround myself with. That's why I love online, because you can choose who to interact with online. You have access to amazing people. That's why I have this group. It's because we can be choosy with the 'high vibe' people that we put in this group. I know there are a lot of comments, but I'm just gonna keep going. I'll come back to them. So number two - wow, that was number one. It's already 8:06. I can do this. It's whatever if I'm late today. Okay, you're going to be really uncomfortable 90 percent of the time. Like, really uncomfortable, scared shitless freaking out 90 percent of the time. Okay, maybe not 90, but I literally have a panic attack at least once a week about my business. I freak out at least once a day. Something happens, I come across another investment I need to make, something doesn't go right. There's so much uncertainty in the path to upleveling, becoming successful, and living up to your potential. That uncertainty is something that you have to accept. Being uncomfortable all the time is just something that you have to accept as your norm. If I'm not growing, if I'm not being pushed, if I'm not feeling uncomfortable, I feel like I'm not making progress. So I have decided that this uncertainty is going to be my sign that I'm making progress. Here's the thing, a lot of people look at this and they're like, "Well Katherine, if you're freaking out 90 percent of time, does this mean that you're not aligned with your goal? So we get into this whole manifestation talk. But here's the thing: energetically, I'm 1,000 percent aligned, and my life is proving it. Because my life is improving - even though I panic all the time, I'm uncomfortable, I freak out - things are getting better. I'm always one step ahead every single week than the step before. And so I'm 1,000 percent energetically behind what I'm doing, behind my goal. I see my vision, I see it clearly, I am going in the direction of my dreams. However, the reason why anxiety hits, the reason why you freak out, the reason why you go crazy is

because your ego does not see your fucking vision. It's your ego that's blind and just seeing the day-to-day interactions and the day-to-day motion is like, "Girl, what the fuck are you doing? Are you sure you have that much money? Who did you just hire? What are you doing? Why are they doing that?" And so your ego just goes crazy. And so your higher self is seeing the vision, like "I want to start a business. I want to have millions of followers. I want to be on stage. I want to influence people. I want to do this, I want to do that, I want to write a book." Your higher self is seeing that, but your ego is not. Your ego is blind to it, and so your ego is making you freak out. And so I tell my ego to shut the fuck up on a daily basis. Like, "shut the hell up." I will do it through many different ways. Yesterday I was driving from work on my lunch break to do an errand for my grandma because she's out of the state and she had cable boxes on at her apartment that I had to return since my whole family lives in LA, I do errands for them. I was just helping her out, and my ego just started talking like crazy. Like, "Oh my god, what if this doesn't work?" And I just started tapping. I know some people, like Lisa, taught me to have a rubber band around my wrist and to pull it and literally say switch words. It's a sales tactic from way before, basically saying "Pull, purge, cancel, delete," and it just helps your ego shut the fuck up. Or if it's meditating or whatever, these tools that you come across in the personal development world, in the self-help world, are to help your ego shut the fuck up, because your higher self knows better. So, if you have a desire to do something, it's because your higher self knows where you're going. It knows you're aligned. It knows that's the right path. But your ego doesn't. So your goal every day is to tell your ego shut the fuck up. That's the goal every day. And then, number three... Your ego is trying to protect you from the unknown every single day, tapping is the best stress. I'm ignoring comments today, just because I have so much to talk about, but I'll get back to them. You're going to have to take risks in order to see rewards or results. A lot of people are risk averse, and that's okay, because your ego is very, very risk averse. Your higher self is totally fine with risk, because if the risk is involved with the path of where you want to go, great. But your ego doesn't know what's going on, therefore it's very risk averse. But on this journey to greatness, on this journey of upleveling your life, becoming the best version of yourself, doing a whole 180 of your life, and going from broke to rich, or unknown to known, or whatever your goals are. There are so many risks that you need to take. There's the risk of spending money that you don't know where it's going to come from. I have so many people, their number one objection is "I don't have the money, I'm broke. I'm doing this, I don't know where it's going to come from." And I'm always like, "I understand. Just tell your ego to shut the fuck up, though, because when you really think about it, your higher self, the reason why you even came across this investment is because it's here for a reason. If you came across a coach that you are dying to hire, like your higher self is looking at this coach saying "Hire her, just fucking hire her," or "Enroll in this course," or "Do the certification, or "Pay for this" or "Do that." And your ego is like, I don't understand how you're going to find the money. And so you have to know that there are risks involved. There are lots of times, especially when I

hired my first coach back in early 2016, I paid \$2,000 for a coach when I was making \$400. That was more than I was making in a month. I had no idea how the fuck I was gonna afford it. But I came across her for a reason, and my higher self told me this for a reason. And so I went for it. Every time I've taken a risk financially, there's other risks involved, but financially especially is the scariest because we are so programmed to think that money is a limited resource, and that it's going to run out and it's never gonna come back. But that's such bullshit. It always comes back, it never runs out, and it's fucking unlimited. So that's a bunch of bullshit, but our ego doesn't see that. So, everytime I've taken a risk, the universe has never let me fall flat on my face. Here's the magic that happens. Every time I have put down thousands of dollars on the table and be like, "You know what? I need to hire this person, I need to do this, I need to fly here for this reason." The money always comes right after. Everytime I've made an investment, my sales that day would increase out of nowhere. I would make that money back, plus more. The universe is gonna give you a confirmation like, "Hey, I know that your higher self knows that you're gonna be okay, but just in case, let me give you another assignment. You're going to be okay. That is a great investment. Congratulations. Here's some money. Now you feel better. Let's move on." But before you take that risk, you don't get that confirmation. Therefore you never know. But I'm just letting you know that the universe has never let me fall flat on my face. In fact, it's only pushed me forward and upward. Money always comes. Some people don't even start manifesting money until they make their first investment. Because that's kind of like what is faith? Faith is believing in the unseen and the unknown. Faith doesn't really even matter if we can predict everything. If we're just gonna sit here small and be afraid of everything, faith matters most, when we don't know what's going happen; when it looks like it's not going to happen; when it looks like we're going to fail; that's when faith truly matters. So it's truly about having faith and it's kind of learning to trust the universe, that the universe is trying to teach you when you're making this investment. Other risks that you're going to have to take is networking with other people. Introverts in here, we hate networking, we hate talking to people, but you have to, you have to put yourself out there. It's putting yourself out there with the risk of people not liking you. I'm very fortunate, very blessed that I have yet to receive an angry email or an angry comment or something, but I know that I'm not everyone's cup of tea. We can't please everyone and anyone. But you have to continue to put yourself out there because for every person that hates you or doesn't like you or doesn't like your messaging, there's also going to be hundreds of thousands who do. So if you're willing to get over one hater, in order to receive hundreds to thousands to hundreds of thousands of people who just truly love you and love your message and love who you are, that's the risk you have to take. You have to take that risk of being hated, saying something wrong. I used to always be afraid to put my voice. Going live on Facebook scared the shit out of me because I was like, "Oh my god, I'm gonna have to talk. What if I stumble over my words?" Guess what? I fucking forgot the word rescue today. Who does that? And it's totally fine, I know that my life is

going to move on. Going live on Facebook is a risk, and you have to be seen in order to impact other people, and you just have to keep taking risks. So I'm not going to keep talking about this one because you guys get my point. Number four is, you will face opposition, and that opposition is for you to grow. So, here's the thing. Every single day, every week, at least once a month, definitely once a year, you're gonna come across some sort of failure. For instance, Team MB, Kareena, her fiance, and everyone who works for her company. We are coming across lots of failures with the tech side of things. Mercury Retrograde is here to fuck with us. There's all these little failures that happen every single day. There's always something that's going to oppose what you're trying to do. But these are not signs to give up. And here's the biggest mistake I see with people, especially in manifesting. I see people, they work on manifesting the love of their life, for more money, they work on starting a business and their goal is to make a 10K month. That was always my first big goal. I just want to make a 10-fucking-K month, like please. let me tell you that took me at least a whole year to do and I faced so much opposition. It never looked like it was going to come, never looked like it was gonna happen - but guess what it did. Life will throw things at you, not because you don't deserve your desire or that you're incapable of getting there. It's to help you grow, because that next level of you is that version of you who has experienced that growth; who has experienced the lessons that you needed to know in order to get there, that better you is a wiser you; that upleveled you is a wiser, smarter experienced you, but how do you experience these things? You can't really learn lessons if everything goes perfectly all the time. That's why life throws the opposition. People think that this is a sign that the universe doesn't want you to achieve this goal. Here are my signs. Here's the difference. I know this is probably on the Q&A for tomorrow, which I'm really excited about, but here's the main difference. Being aligned with your goal, signs of you not being aligned with your goal, or that you probably should let it go is only if that goal doesn't excite you. Only if that goal just makes you dread your life. Like, "I don't really want to do that anymore." That is all self, and all internal, and all your inner guidance just being like, "Man, there's better things out there for you." That might be a sign to be like, "Let's just drop that one and let's move on to the next one. Let's find something that fucking excites us." But people make mistakes - they're reaching for a goal, they're really excited about the main vision. They see everything, they have their vision, but something comes up. Something falls apart, their car breaks down, just shit happens. And they think that's the sign that the universe is giving them, for some reason, that they need to give up, that that goal is not meant for them. That's a huge mistake, because opposition is usually a sign that you're on the right path. Because if you didn't receive opposition, you're not going to grow, and growth is usually the path to that next level. Does that make sense? Like I mentioned before, having faith is so crucial. No matter what shit is going on, and let me tell you, shit has happened the last year. I remember crying myself to sleep many nights, definitely. There were all kinds of opposition where I was the breadwinner for six months of the last year, because my boyfriend had such a hard time

finding a job - that thankfully he has found to this day, and he absolutely loves. I've cried myself to sleep. I hit my own car, completely destroyed the right side of my car at my grandma's house visiting her, myself driving until wall. I'm actually getting it fixed - 11:11! Yay. I'm actually getting it fixed tomorrow or today while I'm in Punta Cana, I'm taking my car to the shop to finally get that shit fixed. But at the time, 1,400 dollars to fix my door was crazy shit. And so I've been driving around with a destroyed right side of my car. And my website disappeared for an hour. Bluehost literally told me, it seems like your website never existed. This was a day before Digital Course Day went live. So that fucking sucked. I can go on and on and on. As more things come to me, I'd love to show you all the shit I went through in the last year. But, guess what? I don't focus on that. Those are just blips in my past, it doesn't even affect me anymore. And I am so glad they all happened, because I am so much stronger now, and I know that the next time shit hits the fan, I'm still going to get through it. It's not going to be as scary as I ever thought it would be. And then my last point is if you have a desire to succeed, you will succeed as long as you're persistent, perseverant, and consistent. Some people get into this mode where they think that the desires of their heart - which could be to start a business, marry someone, be up on stage, write a book, whatever you relate to, whatever you want to achieve - they think that God, the universe, or whatever they believe in, put that shit into their heart and gave them that desire just to fuck with them. That's going to mean further from the truth. If you want to do something, you have a mission to do it. You have everything within you to manifest it, to bring it to your reality. There are no guarantees that you won't take scary risks, there are no guarantees that it's going to come the very next day, there are just no guarantees of the "when," the "where," and the "how." Those are the guarantees that you cannot control because that's up to the universe. You can only know the "what" and the "why." What do you want? Why do you want it? What do you want? Why do you want it? And just focusing on that. They think that they don't really understand that the desires are put in their heart for a reason. But they were put there for a reason. And so you have to do everything in your power to stay the course, to see the big vision, to tell your ego to shut the fuck up every day and just keep going. And what I wrote here all the time is that it's not the universe. It's circumstances that we can't control will test how bad we want it all the time, like Mercury Retrograde. We can't control it, it fucks with us, tech has been going wild. I don't even know what's going on, like things aren't saving, things are disappearing, whatever. But that's not the universe telling me, "You know, Catherine? You should just shut down Manifestation Babe, it's not gonna work anyway." No, not at all right? That just sounds so stupid. And so really knowing that the universe has your back the entire fucking way, the universe is standing behind you. Once you have a desire, once you have that vision, first of all the universe gave you that desire and vision, so of course it's going to stand behind you and it's going to get you through anything. And when you face opposition, when you are given signs of giving up or whatever bullshit you come across, just know that that is not coming from the universe, that is not coming from your higher

self; that's coming from your ego and whatever circumstances you can't control. So just really being consistent, persistent and preservant through anything will get you to that next level. It will help you uplevel, be successful, and absolutely, radically transform your life. Yeah, your vacuum broke, Ashley. But that's not a sign that you should give up on your goals and dreams, right? That's not a sign from the universe. Alright, let me just catch up on some comments. That's pretty much my talk for today. I hope that was helpful, inspiring. I'm so glad you guys loved this. Catherine, you scare the fuck out of me. Why do I scare the fuck out of you, Ashley? Please tell me. Please enlighten me. I'm trying to find these people now in a process of cutting ties. Love this talk. Do not hold on to anyone who brings you down, guys, do not. Don't even waste your time. There are seven billion people in the world. You're going to find a really great friend out of seven billion, I promise you. I've lost so many friends this past month. I was sad at first, but they aren't trying to grow exactly. Maybe they'll come back when they've grown too. And that's great, like when two friendships come back together after the two people have grown. Yay, right? But you guys have to grow. Either way, don't prevent that person from growing, don't prevent yourself from growing. Totally high anxiety today. Welcome to my life Kathleen. I experience anxiety at least once a day, and I'm an empath, so I experience other people's anxiety, and I get really pissed at my boyfriend when he starts getting anxious. I'm like, "Brennan, do not bring your anxiety into my mindset right now." Because I'm going to absorb it, and I'm gonna feel, and he's gonna get over it in two seconds. But I'm an empath, so I just absorb all of it and then I have to get through, not only my anxiety, but his anxiety too. I'm glad I'm on the right path, freaking the F out. Hi, Amber. Fuck my ego. And you know what? A lot of people say "fuck my ego" or "the ego is bad." But again, we don't want to give labels. We don't want to call something bad just to call it bad. It's not that your ego is some fucked up demon living inside of you. It serves a purpose and honoring the purpose that it serves, it's keeping you safe. Back in the day, it was a lot more useful than it is right now. Your ego serves a purpose, so just honor its purpose and just know that you can't give it very much power anymore, and just tell it to shut the fuck up. Be like, "You can live inside of me. It's okay. You're welcome in here, but just be quiet. Thank you." Anxiety is a huge sign you're growing. Uncomfortable feeling freaks me out. But I made a promise to myself last night that I'll no longer let it ruin my life. That uncomfortable feeling, the more you grow, the more it's going to live inside of you, the more you're going to feel it. The second you accept uncertainty as a good sign, you stop feeling uncomfortable because you're used to that discomfort and you know it's a good sign that you're growing. And that's different from your intuition telling you that something's off. It's definitely a different feeling. So if you ever feel like if you walk into a street at night and you just get really uncomfortable really fast, that is different. That's like your intuition telling you there's danger around the corner or something. Those are two feelings that you have to kind of discern as well, but just feeling uncomfortable or anxiety, think of it this way. It's kind of like excitement being masked. So if I'm ever anxious, but it's towards something that I

know will help me advance to the next level, I see it as just excitement that I don't know what the fuck to do with. It's like excitement that I don't know how to feel, and so therefore, I feel uncomfortable. Money always comes. I think forgetting the word rescue makes you even more likable. Retrograde is over Monday or Tuesday, thank God. Uplevel, surrounding myself with people who scare the fuck out of me to inspire growth, thank you, today's extra. Growth is the same thing that sometimes ends relationships too. Yes, Angelica, so true. Sometimes you might have to grow apart from your husband or boyfriend, that just happens sometimes, and it's okay. No matter what you're going through, you'll get through it. I realized that from my last relationship, and my last relationship was basically like a marriage. We were together for six years, and I ended it because I just knew that we wouldn't be able to grow together. Oh my god, yes. So much truth to that for empaths; when my husband seems off, I worry for him and when gets over it, I'm still thinking obsessively. Yep, yep, yep. Accepting uncertainty is a good sign, brilliant. Come on Monday. Is it Monday? Oh, I know what you're saying now, Kathleen. Lots of friends just disappeared, others have stayed, even if they're negative, they are a reflection of me, so there is something for me to fix. Well, yes and no. It could be that people are intimidated by you. And also sometimes if my friends or people say something to me like, "I don't think that's gonna work" or "Are you sure that's a good idea?" They mean well, but sometimes I take it as a sign that they don't smell confidence in me, so I need to be more confident about what I'm doing. I need to see that they're reflecting limiting beliefs that I have about what I'm doing. So, how can I make my mission statement and my "why" be so strong that I absolutely know what the fuck I'm doing. Have so much fun on your trip - thank you so much Ash. Setting up my ebook store while listening... I think I got through most of the comments, and I'll definitely go back and reread them. Okay guys, I definitely have to go, this was a lot longer than I thought it would be. I hope it was helpful. I really enjoyed it. This is the kind of real talk that I love giving all the time. I do this kind of real talk with my clients all the time when they need it. I just always want to be real with you, and I'm not afraid to share my failures and my struggles - never ever, ever. Even when I have books out, books published, I'm a speaker and I get paid a fuck ton of money to just put myself out there in front of millions of people, I'm still going to be the same counselor. There's no way, there's absolutely no way that I would ever mask any of my flaws or pretend like I know everything that I'm doing, pretend that I have all the answers to your spiritual questions, because I don't. I just have my experience. I have my knowledge. I have drowned myself in millions of books. And I have taken all those points and applied it to my life. That's why they stick with me. So, that sticky note meme that I shared, it's literally me, except those sticky notes are mainly in my mind. And so I apply them into my life, and I see how they relate to my life and how they relate to my clients' lives. I just always want to keep it real. So, Holly, you just got on here. My husband is that for me, makes me want to prove him wrong and that I can do anything. Alright, babe. So, if you have questions, in that post that I made of Q&A. Please

give me your questions. I would love to answer them. I've received some amazing ones so far. They don't have to be about manifesting, they can be about business, it can be about your most embarrassing moment, whatever you want to hear. I am doing my best to work from home tomorrow, because I have my flight tomorrow night. Therefore I can stay longer on this live and not be in a rush to leave the door. And hopefully I can get through all your questions. And we can always split it up into two or three parts, so when I get back, I can do the other questions. Alright, babes. I love you so much. I believe Rich Babe is officially sold out. I'm pretty sure all 10 spots are taken now, So that's really exciting. But if you guys want to learn more about manifesting, in the meantime; if you want to uplevel your life in any way; if you want to start a business; learn how to create digital courses; take your Instagram to the next level; start making five figures a month from Instagram; I have courses for you. I have tons of goodies on my website, tons of freebies that you can download. I'm working on things with my team behind the scenes on putting all my freebies, all my ebooks, all my things in one page of my website and creating a resource library where you can log in to one page and access and download all the goodies from one place and therefore you're not getting a million emails and a million different pages on my website. So we're working on that. I have tons of free stuff on my website. I'm not a big blogger, but if you like to read what I write you know you can go on my Instagram, that's mainly where I write my things. You can find more of me on ManifestationBabe.com. And if you guys want to work with me one-on-one, I have one spot for a client right now. I just recently booked another client, so I have enough energy for one more client. So, if you guys are interested in working with me one-on-one and literally having full-blown access to me, and me helping you uplevel your life and reach that next level, whether it's with your business, your mindset, or just life in general - whatever you're struggling with - I can help you. We can work through limiting beliefs together, we can create a plan of attack. I really love to bring in my real talk with all the spiritual principles together in my coaching sessions, just as I do on these live talks and everything else. Alright, babe, have a beautiful Tuesday. Yes, it's Tuesday. I love you and I'll catch you tomorrow. Bye! Thank you so much for listening to today's episode. If you enjoyed this podcast, and want to see more Manifestation Babe series, make sure to hit the subscribe button and share this episode with all your friends. If you really enjoyed this podcast episode, make sure to leave a review on iTunes and let me know how much you enjoyed it. To go even deeper and unlock your inner Manifestation Babe, make sure to head over to ManifestationBabe.com where you can find courses, events, books, blog posts, and all of my social media feeds. Until next time, beautiful. I'll see you in the next episode.