

## Episode 103: Spirituality got this WRONG

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast!

I am so excited to be recording three mini-episodes for you guys! I literally sat down today and recorded them back to back. They are going to be pretty juicy topics if I do say so myself. So if you are just stumbling upon the Manifestation Babe podcast, I appreciate you and welcome to the podcast.

So in today's episode, I am going to talk about when spirituality has got it wrong. I just want to remind you that what I share with you, comes from my belief system and perspective. To be honest, it's just how my brain works. It has served me well because my reality, my results, my happiness levels, and what I've been able to create in my life has really been supported by these beliefs and perspectives. These perceptions of the world, and my evolution in money mindset, growth, and luxury have impacted the business I have. So if something doesn't resonate with you, just keep in mind that you do not have to take every single thing that I say as your truth. I will share my truth because I'm entitled to my own truth. I am also here to share my truth. I strongly believe that all of us have insights, experiences, stories, belief systems, thoughts, personalities, challenges, and things that we have overcome for a reason because we were meant to change the world using these tools. I see life as a tool and we get to do whatever the hell we want with this tool.

Today I want to talk about spirituality, and where and when spirituality has got something wrong. There has always been this concept that I've heard from traditional spiritual speakers, teachers, and writers that I never resonated with. Quite frankly, it just sounded so wrong to me and it made no sense. It took me probably up until the last year to year and a half of my life to finally figure out what does resonate with me, and what is the truth that has served me. I also just want to remind you again that truth is 100% subjective. However, be very careful with what you make your truth and that your truth comes from your belief systems. Also be careful with what you decide your belief systems are because they will, in turn, be self-fulfilling prophecies. Remember based on the beliefs you choose to adopt, you will create your own reality of truths. So be very careful with them because they will absolutely become your reality.

The phrase I often heard from spiritual speakers revolved around the concept of how the purpose of our life and soul was to essentially ignore the physical world and focus on the Spirit. It was based on ignoring the body, the physical material plane, to not want or desire things such as money or experiences, to simply release all of that. It was to manifest and earn just enough to get by. To keep to yourself, stay quiet, and ignore everything around you. I'm not sure what the best words to describe this are, I have never spoken about this topic out loud. It is sometimes challenging for me to express my thoughts into words. This is why I love podcasting because it really challenges me. It allows me to overcome that story and practice just sharing

what is on my heart and translating it into words. Anyways, back to focusing only on the Spirit. It wasn't until about three months ago that I have really come to understand what it means when people say, *mind, body, and spirit*. I finally connected this holistic approach. I realized that we are not here to ascend the body, or to just be spirits. We are actually already souls who chose to come into this physical material plane to enjoy physical material things. When we die, we naturally leave our body, leave the material plane and we just become happy spirits just going about making new contracts for our next lifetime. That is what I believe at least. We are making new choices for the next life that we choose to incarnate into. So we actually chose, and this is just my theory and my belief, and many people share this belief. I am a strong believer that we choose to incarnate. We choose to come into this lifetime. We choose to come into this lifetime to live a human experience. We are energetic beings, and we are the entire universe. We are spiritual beings, incarnated into the physical material world to have a physical material experience and to experience it to its fullest. This is where I think that most spiritual teachers get this wrong because they focus on deprivation and I focus on abundance. I focus on joy. I see life as a game that we get to play in a way that is most fit with how we want to play it. So the point of life isn't to just focus on the soul. The point of life is also to focus on the body. I learned this from my personal health journey when I was watching my body deteriorate because of my breast implants. I learned that I was not treating my body well with all of the other foreign objects that I have in it, not eating well, and not giving it the best self-care. I understood then that the body and health are such important aspects in order to really experience the abundance and wealth that this planet, life, world, Universe has to offer to us. Therefore, one of your life's purposes is to love your body. After all, YOU chose to have a body, it is your vehicle in this lifetime. Therefore, treating your body properly, giving it self care, and experiencing what it's capable of, is part of the journey. So if you want to go to the gym, eat well and have a hot body, then have a hot body. If you want to go to a spa and spend a whole day just getting pampered then go ahead and do that. If you want to reach peak health, whatever that might mean to you; normal blood work and high energy levels, if that's what you want, then go for it. This is all part of the f\*cking human experience, It's part of the spiritual and it's part of the physical material plane. This is YOUR opportunity as a soul that incarnated into the physical material world to actually love and care for your body.

The next concept besides moving past body, and restricting what you get to do with your body in this lifetime, is realizing that having fun with the physical material plane is part of your life purpose. If you want something, you get to have it. The desires of your heart and I say this all the time were placed inside your heart for a reason because you were meant to manifest them. If you were meant to deprive yourself of money, experiences, creating and enjoying wealth, taking your family on vacations, and doing the work that you really want, then why the \*F\* are you on planet earth? If you were meant to judge others who have the things and if money was not spiritual, then why did you come to planet earth? I always have this question for people and people immediately shift into thinking that I am saying, "Hey, we are here and we are supposed to trash Mother Earth, we are supposed to destroy the climate, we are supposed to trash everything with plastic," as if I am saying that doing all of this is an experience and that this is a form of enjoying the physical world. Of course, that is not what I mean, you guys. We also have

certain desires and values placed inside of us, therefore, we get to experience things and use money in ways that fit our values and desires. Not everyone wants to destroy Mother Earth. I think that one of the biggest misconceptions people have when they look at wealthy people is that all they are good for is destroying the planet. I, on the other hand, choose to hang out with people who are actually pouring all of their resources, knowledge, resourcefulness, and connections in how they can do good for the planet and actually save Mother Earth. That's something that you get to do by being incarnated into the physical material plane and using money in a way that fits your values. It's not just about things or experiences. I mean when was the last time you just booked a first-class ticket for your entire family to go on vacation in some bungalow on the beach. Of course, no judgment here whatsoever if that's your thing. We don't all want the same experiences and all the same things. I think that is so beautiful and so important. Maybe your family is craving a luxury experience or wants to rent a mansion or maybe you want to go somewhere where it costs a lot of money to meet new people and try new foods. That's all part of the experience. I think people focus way too often on the wrong things. I believe the reason why every time I share this message on Instagram, it offends people because they think I'm saying, "Go trash the planet". However, that's not what I am saying, that's not the point of the physical material plane. The point is beyond just the things, although I also do not think there is anything wrong with things. It's important to note that things, money, and all of the material stuff that we get to play with, are our tools. Also, whoever you are at your core, these tools are only amplifying that part of you. So if your desire is to save the planet, you will get more money, access to things, access to connections, access to the material plane so you are able to do more good. You get to choose how you want to impact the world.

You know what else is part of the physical material plane that doesn't exist in the spiritual plane? Time. Your only limited resource here on planet Earth is time. By you being unapologetic about your purpose here on Earth, and uniting mind, body, and spirit, you get to enjoy your time doing whatever you want.

When you have enough money to actually free up your time and say yes to the things you really want. You can say yes to more freedom, time with family, relationships, travel, and vacations. You get to say no to the things that you don't want to do, like spend 12 hours a day in an office, in a cubicle, working for someone else, or slaving away for someone else's dreams only living for the weekend. That is not the point of life. You are supposed to enjoy the physical material plane. I hope that this is resonating with you, even if I'm not using examples that are directly speaking to you. You can at least find other ways that you desire to enjoy the physical material plane and actually be unapologetic about it.

I actually got attacked a couple of weeks ago, where someone posted something on an environmentalist account on Instagram and it was all about like loving Mother Earth. They talked about caring about the animals, the environment, and the climate. Someone then literally went on a tirade commenting on how I preach destroying the planet and loving material things to the point where it's bad for Mother Earth. I immediately jumped in, which I never ever do.

I said, "Hello, I don't think you guys actually understand my teachings. My teachings are for people to manifest and pursue what is important to them. To actually have enough power with their money, wealth, reputation and who they are to make a vote. Because we really do live in a world where we vote with our dollars. A lot of people think that the solution to life is to get rid of money."

I don't know if you guys know this, but my family comes from the Soviet Union. Back in the day, there was a time when everybody got paid the exact same amount of money. So money really wasn't an issue in the society that my parents came from. Doctors made the same amount as farmers, cashiers, and lawyers. What was interesting is that my parents always told me stories where people would find a way to create something else into money. Since money was not an issue, people always found a way to exchange value for value. Money is just energy and when I give you energy, you give me energy back. It's a constant circulation. It's a constant figure eight. What my parents and grandparents used to do was exchange value for meat. Yes, meat like salami. Actually, when my mom was pregnant, my parents delivered a truckload of meat, to their OBGYN. This was to make sure that my mom did not get forgotten about at the hospital. This was because there was no incentive for that doctor to look after my mom if they're not getting any benefit or value in exchange. So human beings are known to create money out of anything. If it is not the paper money or credit cards we use today, we are going to create money out of something else.

Again, we are on this physical material plane not to deprive ourselves. It's about understanding how it works and what you want to do about it. You have freedom of choice, and you get to choose how you use your power, resourcefulness, money, and resources. I think that is so empowering. It brings such a light energy rather than this heavy energy of everyone f\*cking it up and that humans are the worst thing to ever happen on planet Earth. It's not just about forgetting the physical material plane while we are here, because that is naturally going to happen after we die. It happens before we come here and it happens after we die. We can forget about that part. Spirituality it is about enjoying all aspects of your life here on planet Earth. So make a difference. Do your part in evolving this world, but have fun while you are at it. Spiritual holiday is not about having a stick up your a\*\* and depriving yourself of a life of fun. It just isn't. It really isn't. That's not your purpose. Your purpose is to be, do, and have anything that you want, and, of course, be conscious of it. Do not do things that are going to hurt other people. Do not do things that are going to destroy the environment around you. Be conscious of what you are doing. Please have fun for the love of the Universe, God, Angels, or whatever you believe in. Please release the guilt, shame, and feeling of doing something wrong for having desires. That's not the point of the game of life. The game of life is already rigged in your favor. The point of life, from A to Z, is to have fun and experience its beauty, and experience lessons. It's to f\*ck up, to succeed, and to do it all over again. So I have a question that I want to leave you with. What will you do today to enjoy all aspects of your life? How are you going to integrate mind, body, and Spirit, all together, and live in an unapologetic life that works for you? That benefits you and you would be proud of?

Thank you so much for reading this episode. Thank you for sharing. Thank you for tagging me on Instagram. Thank you for leaving a review on iTunes and I hope you are enjoying the free manifestation hypnosis that you get when you leave a review. Just screenshot it and email it to my team at [hello@manifestationbabe.com](mailto:hello@manifestationbabe.com) and I will see you in the next episode.

I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.