

## Episode 115: Where The F Have I Been?! + How I Handle the Paradoxes of Being Introverted AF

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast!

So where have I been? Okay, so I needed a podcast break and a vacation. 2019 has been such a crazy year for me. I am also still learning how to balance out the masculine and feminine energies as well as being an introvert. If you are not familiar, masculine versus feminine energies is a lesson that many women are learning this year. So many women are learning that business building, success, reaching their goals, accomplishing and achieving many epic things does not have to do with masculine energy. It is also not just about putting in the action. Action is so important to the manifestation process. Manifestation is not just this magical thing that occurs when you sit on your couch, close your eyes and visualize what you want. You have to be willing to put in some work. However, that work does not have to be constant and never-ending. It does not have to be a hustle, a grind, or something where you have to wake up at 5:00 am. Both masculine and feminine energies are present all around us. We can find them in our souls and nature, and one is not better than the other. However, when you are imbalanced in one, you tend to be a little unhappy.

The entrepreneur space is a very masculine world. Not to say that it is not filled with women. Nowadays there are many boss babes, CEO babes, and just so many incredible developments in the entrepreneurship world. When I say that this space is masculine dominated, I mean that many women are building their businesses from an energetically masculine space. From that space women are staying up late, are constantly in front of their computers, are putting in the work, and are never giving themselves time to rejuvenate. During this process, they do not give themselves time for pleasure, joy or receive. Obviously, in the manifestation process, you have to take the time to receive. You can not just be constantly taking action and never f\*cking receiving. In order for you to actually accept whatever it is you are building, you have to be open to receiving it. For example, If you are creating for money, you obviously have got to receive the money at some point. You cannot just keep working for an empty bank account. At some point, you have to receive the opportunities, the joy, the feeling, the fulfillment, and the success. This is where that feminine energy comes from. A lot of what I have been learning to do this year is how to balance both energies. I attended a Tony Robbins trip in Maui, that was called *The Relationship Trip*. Essentially, you go as a couple and it does not matter if you are straight, gay or lesbian. Here masculine and feminine energy would still apply because these energies have nothing to do with gender or superiority, one is not better than the other. In fact, having both in a specific balance is going to make you the happiest. When a feminine core has her energies in balance, she has a lot of feminine energy with a touch of masculine energy with those levels she is going to be at her best. If you have a masculine core, which can apply to women as well, it would be the opposite. That is also what makes gay or lesbian relationships work. Oftentimes one of the same sex people in the relationship will have more masculine or a more feminine

core, where the other will have the opposite. Here the two individuals have different energies which is what creates polarity and that attraction for them.

So long story short, I have recently been working on how to balance my feminine energy, how to relax more, play more and let go of this need to constantly do something in order to feel valuable. I found myself getting way too involved in certain areas in my life, where my involvement was not needed. I have a team of people who take care of certain things for me and there is a part of me that is afraid that my team will not need me anymore. When these crazy thoughts start to enter my brain, I find that I start meddling and creating more unnecessary work for myself. So I finally decided to go on vacation for the first time in five years! Now, yes, I have taken days off before and I have traveled a lot especially in the last three years. However, if you are someone who is an entrepreneur and has ever tried to go on vacation, you know that you do not actually take time away from your business. During your "vacation", your mind is constantly on high alert. You have text messages and emails constantly coming in. You are brainstorming about your business, monitoring social media, and thinking about all the things that you need to do when you get back home. Needless to say, that is not a vacation! So when I say the first vacation in five years, I mean I FINALLY committed myself to about a month of an ACTUAL vacation and it felt AMAZING.

First of all, I just wanted to thank you so much for being so patient with me, while I took some time away from the podcast. It is a very feminine thing for me to do where I just went with the flow and decided to not record anything. This is because if I were to take my microphone on vacation, I know that it would not be a vacation. I just got back from Japan, Maldives, and Singapore. This is the first time that not only did I get a vacation, but that I have also been able to visit some epic places simply for myself. Although I have done a lot of traveling in the last three years, it was mostly for events. Either I was speaking, I was going to see someone speak or it was a Tony Robbins event. Sometimes I also traveled for others, meaning I had a wedding or a party to attend. For me, travel is one of the most important passions in my life and travel is one of my greatest teachers. It is one of the ways that I really get into my feminine energy and rejuvenate my spirit. If I find myself constantly traveling for everyone but myself, that is me not being true to my passion. This was the first time where there was nothing going on in Japan that I had to attend. There was nothing going on in the Maldives that I had to attend. Also, definitely, nothing was going on in Singapore that I had to attend. This was purely for me to just go be a f\*cking tourist, and it was the greatest feeling in the world.

Now I am back in LA, and of course, I am jet-lagged. It has been very easy for me to get up at five because I have been falling asleep at eight or nine in the evening. The time difference between here and Singapore is about 16 hours. I have actually been through five different time zones in three weeks. So it has been crazy on my sleep cycle, but I am so excited to finally be back. I am feeling a new energy around my podcast, so I will be recording many episodes this week! There is so much I want to talk about.

Obviously, this episode is about the paradoxes of being very introverted and how I handle that. Whether or not you are an introvert, perhaps my tips can help you learn to balance some of that energy. I do not believe that we are all meant to be energizer bunnies that are constantly going. Maybe even if you are an extrovert this might speak to you. I am married to an extrovert, and people are energizers for him. However, I know that Brennan also needs his alone time because he can become miserable if he spends too much time with people.

One thing I did also want to talk about today is the paradoxes of knowing that the only thing I ever have to do on this podcast and my Instagram, is to be myself. However, I still find myself paradoxically feeling pressure that I need to say things in a certain way or someone will get offended. I worry that I may miss something important and then receive a slew of emails saying, "Kathrin does not know what she is talking about". That has been one of the things that has been holding me back. While I was in the Maldives, I just decided that I would come back and I would unapologetically be myself. I would not always have notes written for the podcast. I have committed myself to showing up and knowing that if I say something wrong, make a mistake, or say something that I do not mean, it is not the end of the world. I realized that what is truly needed from me in this world is to be unapologetically myself, so I am just going to bring more of that energy to my podcast. I do not know if you have noticed a difference or not, maybe this is all in my head. and I have no idea what I am talking about, however, lately, I have been feeling that I just want to come back into alignment with my business. I want to really believe and teach you guys that the greatest gift you can give back to the Universe is to be yourself. There is absolutely no one who has your voice, personality, brain, body, and the way that you think about things. There is so much of you that is needed by this world, and there is someone out there who is praying for a message that can only be transmitted through you. There is someone out there who is only compatible with you and who is praying for a best friend that is only like you. You would be doing the world a MASSIVE disservice by being anything but yourself. That is something else that I am working on. I also have a ton of podcast episodes this week that I am excited to record before I go to Costa Rica. Now Costa Rica is a podcast in itself.

So I am so glad that I am really committing myself to being unapologetically me because I will be talking about something that is currently illegal in the United States, but very legal where I am going, Costa Rica. Now some of you might know of a place called *Rythmia Life Advancement Center*, and some of you may not. However, I will be going into details of why I am going to Costa Rica and for what spiritual experience. I have actually hosted now three spiritual retreats for my community, but I have never been on a spiritual retreat myself. I have also definitely never done anything like what I am about to do. One of the episodes is going to be about that and I will definitely release it by the time I go or at least while I am there. I am also planning on turning this into a before and after series. There I can share with you my breakthroughs, what I have learned, and the crazy experiences that I find myself going on for the sake of learning, evolving and growing.

Okay, so you guys, let us get into the episode, the paradoxes of being super introverted AF. First of all, I love paradoxes. I think paradoxes are interesting and life is filled with them. I have

been reading a lot of channeled books and teachings that I have actually recommended in my newsletter. If you have received my newsletter this month, you have probably seen one of the books that I have been reading. In that book, this entity that is being channeled, *Raw*, is talking about the different densities, where densities can also be seen as dimensions. I do not think they are the same thing, but in my head, when *Raw* says third, fourth or fifth-density, I am thinking third, fourth or fifth dimension. Many of the teachers that I have been recently listening to along with *Raw* have been talking about the nature of 3D reality. 3D reality is the third density which is the third dimension, which is ultimately our physical reality. Currently, everything in your life right now including yourself is in the third dimension. I am also in the third dimension. However, when you are feeling very spiritually connected, like when meditating, you are probably accessing higher dimensions. Paradoxes can only exist in the third dimension because this is where both light and dark live. Polarities are two truths that seem to contradict each other, but they exist at the exact same time. Examples would be, black and white, light and dark, sad and happiness. All the polarities and the opposites that you can think of are essentially within that paradox framework. So the definition of a paradox is a statement or situation that may be true but seems impossible or difficult to understand because it contains two opposite facts or characteristics. I love paradoxes because I see them everywhere.

I believe that life and manifestation in itself is a paradox. I find that the thing that holds many people back in manifestation is that they are not seeing the paradox. Many people get caught up in needing to focus on what you want and really desire it while completely forgetting about it and letting go. This often drives people crazy because people wonder how they can do both at the same time. Of course, the rational logical mind has no idea how to do both at the same time, however, when you start practicing this on a more intuitive and more embodied level, you often learn that you can do both at the exact same time. It might not even be at the exact same time. Even though the truth exists at the exact same time through 3D reality, you cannot really be in both places at once. Since we have a time-space continuum in the third dimension, it is more of a dance between the two. I find myself dancing between knowing exactly what it is that I want, and also letting go. I do not do both at the same time, but one soon after the other. First I get crystal clear on knowing the details of what I want, at least to the extent that I can get, because I do not believe in being very specific. I believe in being specific enough for you to feel in alignment with what you want. I think knowing the parameters of what you want is more important than being very specific. That energy behind that desire is so much stronger than just saying, "I just want this and I want it to be this specific." Then once you have gotten clear on what you want, it is time to forget about it. A way to let go is by literally getting busy, like painting something, recording a podcast episode, listening to a podcast episode, going for a walk or meeting some friends. You are just dancing between forgetting about it and then reminding yourself. You are just dancing between the two energies. It is when you understand that life is a paradox and learn to dance between two contradicting truths at the exact same time, when you are going to unlock so much for your life. Only then will things start to make sense. Not only do things start to make sense, but it is just that you let go of a lot of the stress and pressure of being perfect. You know that although you might think it is one way, it could also be the complete opposite way at the exact same time.

The paradox of what I am currently dealing with in 2019 is that as my business has grown, I have remained much the same Kathrin. I do not mean that through the growth I did not evolve, but that at my very core I am still the same Kathrin. I see myself as an introverted lightworker influencer, who is still learning how to balance her growing presence with her desire to stay out of the spotlight. Maybe this is obvious and maybe it is not, but I am a big-time introvert. I am an introvert because I am always alone. Actually, I am always with Brennan. He is my best buddy for life, that man energizes me and I can actually introvert around him. Sometimes he talks too much and I have to tell him to stop, however, typically with him, I can really let go and I can just be myself. We have been together for four years, and awkward silences do not exist to us. So if I need silence, it is not awkward and he just knows that Kathrin needs to be silent for now. However, many people are very surprised by this because they see me extroverted. They could never guess how much alone time I actually need. I see myself as an outgoing introvert. Although I need my alone time, I have to get really good at balancing. Balancing going out and staying in without doing too much of one. It is a constant dance between the two energies.

I also naturally hate the spotlight, which does not make any sense, because I know that my business requires me to be in the spotlight. This has been the weirdest journey because if you are good friends with me you know that I f\*cking hate being the center of attention. I have also recently been craving a lot of off time. This is not because I am losing interest in my business or podcast, but sometimes I tend to make things bigger in my head than they actually are. As a result, I have been spending less time on social media. I have also been more sporadic with my podcast as I am sure you have noticed. I just felt myself swinging back and forth like a pendulum. One side represents being constantly on and the other is me being introverted. I feel like for a while there I spent a lot of time being on and now I feel the pendulum really swinging in the other direction. I find myself literally wanting to hide from social media. I find myself wanting to avoid podcasting, turning down being interviewed, and I literally do not want to talk to anyone. Again it is not because I am being rude, it is just that I literally want to hide in a cave for about a year. Obviously, that is not going to actually happen, but that is how I have been finding myself feeling lately. At first, I strongly judged myself because I thought, "Kathrin, why are you not appreciating your life? Why are you not appreciating your audience? Why are you not appreciating what you've built? Why are you hiding from people?" It was so much self-judgment until I realized that this has nothing to do with me being weak. In fact, my personality and the way that I am is one of my greatest strengths. Perhaps I was given a personality that has the desire to impact the world and I have to put myself out in order to do that, but at the same time, I also find myself being super introverted. I feel like God and the Universe gave me this gift of who I am so that I am able to learn the most amount of lessons. So this is just my perception, but when I see someone who is naturally extra, I think that it must be easier for them to be in the spotlight. I find that to be a strength. For me, although I hate the spotlight, I have learned to love it at the same time. I find that to be one of my strengths because I have the ability to learn a ton of lessons through being the way that I am, thus, growing into this version of myself where I do have an audience and many people who consider me an influencer. This can be very weird because I see myself as just Kathrin Zenkina. This is one of the things that I have been

struggling with this year, and as my audience has grown, I feel like fewer people have been treating me as a human being, especially on social media. Now I do not mean my podcast babes, you are literally my favorite people. I feel like I want to hang out with you guys in person, you are amazing. I find that my podcast listeners have been the best people to me, you guys are my tribe. With that being said, on social media, you do have the occasional person who will barely read a caption on a photo you posted and makes an assumption or judgment about you. Even when they leave a comment, they will talk about you in the third person as if you are not even reading your own comments. They assume that I have a PR team that reads my comments and that I am not actually a human being, but some sort of robot. They will also say something very mean in a way where they are not talking to me, about me. Now I think that is very odd. So something that I have really struggled with is learning how to both accept that my audience is growing, my business is growing, and also there are going to be people who just do not understand me. People who do not know me and think that they know me. I mean think about it, how much of your life can you really put on social media. It is most likely in the 0.0001% range. Not every single thought you have ever had throughout your day can fit into a 2200 character Instagram caption. Do you think you could ever encompass your whole life in a picture or a video even if the video is 30 minutes long? I do not think that would be possible.

As you can probably tell, I have been recently learning how to balance both craving people, and just being happy with Brennan, traveling the world, and keeping to myself. However, doing either for too long also makes me unhappy. So this is the paradox, in order for me to make my biggest impact on Earth, I need to share my messages with many people. Sometimes my soul actually does crave the spotlight, it is not often, but sometimes I feel like I need to connect, or share my message with many people. I completely enjoy what I do and sometimes I need to be around people. I love hearing people's stories and I love hanging out with my Manifestation Babes in person. I also love going out with my friends and getting to know and meeting new people. Of course, this paradox drives me insane and I am learning how to balance it.

As I was thinking about this episode and really what I wanted my first podcast back to be about, I realized I wanted to share with you a lesson. I thought I would share some examples of how I balance this paradox in my life. I want to share with you how I am learning to balance and dance between these two opposing energies in order to be the best version of myself. I have six examples to share with you today.

**Number One: *Being okay with being an introvert.*** Again, this episode is not just for introverts, however, if you are one, I want you to know that step one to learning how to balance this paradox is to be okay with being an introvert. According to the *Myers Briggs Personality Types*, I am an INTJ. Here four letters supposedly encompass your entire personality. They explain all of your driving forces and why you do what you do. They outline what you are motivated and your strengths and weaknesses. I used to roll my eyes at personality types, not out of judgment, but because I could not imagine that four letters could encompass your entire being. Honestly, it is very true that personality types cannot encompass your entire being, however, what I used to think was that personality types put people in boxes, and once you put a person in a box, they

are essentially going to live their entire life according to the principles of that box. What I learned from my good friend, James Wedmore, is that personality types do not necessarily put people in a box. What they do is create guiding principles and they actually help you learn what your strengths are so that you can utilize them. It also helps you learn what your weaknesses are so that you can choose to either improve them or perhaps delegate them. I think it would be best to just delegate your weaknesses. There is literally no point in wasting your time trying to balance out your strengths and weaknesses. I know that the common conventional wisdom is to work on your weaknesses and improve them, however, if you are going to bank on your strengths, why not also delegate your weaknesses. If you think about it your weakness is someone else's strength, and they are going to enjoy their own strength so much more than you are going to enjoy your weakness. I learned to absolutely love who I am.

I also learned that a huge misconception in our society is that being an introvert is equated with being shy. When in reality being an introvert or an extrovert has nothing to do with whether you are shy or not. It just has to do with how you energize yourself. So if you energize yourself around other people, you are an extrovert. That is my husband, Brennan. If you energize yourself by being by yourself then you are essentially an introvert. That would be me. That is why I read so much. That is why I love being at home. I love doing my own thing. I love being on my own. We live in an extroverted society. People are rewarded for being extroverts and us introverts end up feeling left out. Introverts are a minority in the population when compared to extroverts. Sometimes introverts feel like they have to work harder than extroverts. It is not because one is better or more capable, but that society tends to reward one over the other. As a result, we feel like we are actually putting ourselves into someone else's box. I think that is a bigger box to put yourself into, then a box due to labeling yourself as a personality type. Once you accept whether you are an introvert or an extrovert, you can start seeing this as your strength. I highly recommend you checking out your personality type and really learning about your strengths. It is going to give you so many awesome insights that you did not know that you had.

**Number Two: *Balance your schedule with introverted and extroverted activities.*** This is an important one and it took me two years to learn. In my business when I am working with my team or doing a podcast interview, I am working and colliding with other people. Obviously, that causes me to extrovert while doing those outgoing activities. In the past, I would schedule all of my extroverted activities into the same day or maybe split them between two days. However, after a few hours of being around people, my soul really craves some alone time. All I want to do by that point is go hide under the covers and read a good book or brainstorm something on my own. It took me a very long time to learn why I was so unhappy with my schedule the way it was. I then finally made it a rule where I could never ever put more than one to two extroverted activities on my calendar in one day. I have learned to really spread things out. So for instance, if this week I have a team call, two podcasts that want to interview me and another project. Obviously, I have been saying no to many things lately. Typically, in the past, my schedule would look something like that. So I would have a collaboration project, two podcasts, interviews, or even three in a week. I would also have a team call, and then maybe some other

team-related activity. What I did in the past was schedule them all in one day, because my thought was, "Let me just get them out of the way". Then 12:00 pm or 2:00 pm would roll around and I would be so miserable, unhappy, and with absolutely no energy. By that time I would be doing a disservice to the few people who were left over for the day. For example, if I have an interview for a podcast at 2:00 pm then I would not be committing my best self to that podcast. I always want to commit my best self to everything that I do. I learned to spread out my extroverted activities to no more than one to two activities per week. The rest of the time I make sure to schedule a ton of alone work time. So if my team wants me to brainstorm, write, or work on something, then I will spend the rest of the day doing that. I will also make sure not to have another meeting about it until the next day. This has helped me so much because I am able to balance out this paradox even in my work life. As a result, I am never overexerted to the point where I am left feeling depleted and drained. The fastest way to drain an introvert is by giving them a ton of extroverted activities to do.

**Number three: *Take social media breaks.*** This is something that I have been doing lately, and at first, it scared the cr\*p out of me. I used to be afraid of going one day or even half a day without being present on social media. I thought that I had to constantly put out content. I had this idea that if I did not, then my Instagram and email list were not going to grow and no one is going to care about me. Then that will be the end of my business. Those are real thoughts that I used to have. Now I learned that when I do not feel like being on social, and still commit myself to be on social, it is such a waste of time. The way I see it is I am just going to make myself unhappy. If I engage on social media from a disingenuous place, I feel that anything I post or right is going to fall flat. Anything I post is not going to get the engagement that it is supposed to get. It starts to feel like I am meddling in other people's lives and seeing what everyone else is up to, instead of taking the time to detox and take a break. During that break, I take the time to step into the real world. The actual 3D physical world. I go outside, I have conversations with actual people or do something that is good for my soul. I do things I genuinely enjoy instead of just going on social media. Since the Law of Attraction states when your energy is not behind something, you are not going to get the best results by continuing to do it. What I have learned is to just take breaks without pushing that Instagram button. This may sound crazy because of how many people are addicted to social media. However, I actually have a very easy time just not pushing that button nowadays. This is probably because the pendulum has swung where I am more likely to hide than actually show up. I strongly recommend using your energy wisely and not leaking it into other people's lives. Firstly, your best self should be going into your own life. Therefore, if you are giving everyone else your energy, you are going to have none left to manifest your own dreams.

**Number Four: *Don't pigeonhole yourself into consistent ongoing extroverted activities.*** Now, what do I mean by this? When I was at my mastermind a month ago, a couple of the people who also have podcasts mentioned to me that they were extremely envious and jealous. It was not meant in a bad way, it was just the phrasing that they used. It was that they were kind of jealous that I have created a podcast schedule for myself where I only record when I feel inspired. If you have been a longtime listener, you know that I do not have a set posting



schedule. The reason why I do not do this is because if I did I would pinhole myself into a consistent extroverted activity. When I do a podcast, I consider that an extroverted activity. I always aim for my podcasts to feel like you are literally sitting across the table from me, and that we are having a conversation, so to me, it requires the same energy as being extroverted. Thus, to pigeonhole myself into a consistent posting schedule, I would grow resentment towards my podcast. The very last thing that I would want to do is place expectations on myself to create something on a timeframe that is not inspired. When you guys listen to this podcast, although I must be the most inconsistent poster, I hope you can at least appreciate the fact that I am my most inspired self. When I upload, it is never forced. Contrary, it is coming from a Holy sh\*t, I have something good to share place. I truly hope that this is what translates across because that is what I am genuinely feeling. Perhaps this is an idealistic approach. Especially, if you have a job, that requires you to be at a meeting consistently, or other circumstances that require you to constantly do extroverted activities. That is okay. Perhaps the lesson here is just to learn how to balance that out by then scheduling regular introverted activities.

**Number Five: Choose who you spend the most time with.** This is a concept that I coined in my own life this year and it really helped me. There is this phrase that states, “You are the average of the five people you spend the most time with”. This phrase has been going around for a while since Jim Rowan said it. Jim Rowan is actually Tony Robbins, first mentor if you did not know that. Something else I wanted to share with you is this concept of energize versus deplete. It might seem harsh at first, to hear that I give people labels in my life as in you energize and you depleted. It does not mean that one is better than the other. When I hang out with people, I can immediately tell which type of person they are. Obviously, there are many confounding here, such as personality compatibility, energy compatibility, or the mood that we were both in. However, sometimes I find that some people energize me more than others, and some people deplete me more than others. I have both types of people in my life that I hold near and dear to my heart. Depleters are not necessarily people who are negative nancies that are sucking my energy. It is just that spending more than a certain amount of time with them tended to leave me feeling less energized after the interaction. With an energizer, if we spend a long time together, then I leave having a ton of extra energy. They are the type of people where I could be in one of my introverted moods, and after hanging out with them I leave feeling like a more uplifted version of myself. Brennan and I have been using this as a great framework in our lives to figure out who we want to invest more time in.

Obviously, those who are depleters we tend to not spend a week or day at a time together. However, they are still people that we absolutely love. It is just that after spending like an hour together, the tables turn where I am now getting drained. Actually, I do not call them “depleters”, I just realized I call them “drainers”. Again, it may seem the label holds a negative connotation, but it really is not meant to. It is just the label I gave it to help me really figure out what happens to my energy when I am with them.

With energizers, oh my god, it is as if we are magnetized to each other. You feel so much more uplifted, after hanging out together than you did before. After figuring out who my energizers

were this year, and limiting my time with the drainers has really helped me balance out that need to be social. However, also not overly social at the same time. So balancing out that paradox has helped me figure out who the people are in my life that I can actually spend time with. It also helped me figure out what happens to my energy levels when I am with my team. My team consists of people who I actually want to be in my daily life. However, if I find that they are draining me, then I just have to figure out how to place them in my life. I would need to figure out where they would fit, where I could still love them, but love on them from a distance.

**Number Six: *Even though you might crave being alone, take time to connect with people, so that you can remind yourself that your voice is important.*** It is important to realize that your presence is needed and that you are a valuable asset to society. I know that in those moments where I just want to hide and disappear, there are people who say “Kathrin, I miss you wherever have you been? Can you upload a podcast episode? We really want to hear your voice.” Even at a time when I am craving alone time, I forget that I am needed in this world. I also feel like life and the world is going on without me. Perhaps, I do not hold as much value in this world as I thought. Now I know this sounds sad, but I promise it is not. The reason being is that every time I’m “missing”, I learned that no, we all have a beautiful purpose in each other's lives. Your voice is so important, so make sure you do not turn it off for good. Keep balancing out the paradox, keep talking, keep showing up because your presence is really needed and you are an extremely valuable asset to society. When I connect with my audience, I am always reminded that I can not introvert forever and that my voice is needed in the community. This is what keeps me going, keeps me learning, growing and it keeps me coming back. Obviously, I have to receive in order to give, so when I am introverted, I am receiving and then when I am extroverted, I am giving. It is the opposite for extroverts. When they are extroverted, they are receiving, and when they are introverted, they are giving, so you ultimately have to do what is right for you!

Whatever day it is, have the best day and I will see you guys in the next episode.

Bye.

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.