

## Episode #121: So I Drank the Ayahuasca (Ceremony 3 & 4 Recap)

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast!

If you're looking to massively up-level your life, your finances, your relationships, your productivity, and your success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself in order to be able to do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are and where you are going. Leave it to me to provide you with the tools, the resources, the strategies, and the teachings that you need to manifest a reality wilder than your wildest dreams. I know we are about to have so much fun together, so thank you so much for joining me.

I am so excited to continue on with my ayahuasca series. So if you have not listened to part one of my ayahuasca/Rythmia series, make sure you go back and listen to episode number 120 because you are going to be really lost since I am just going to dive right into what exactly happened in ceremony number three and ceremony number four, including a breath work session that just solidified it all after the ceremonies.

If you absolutely have no idea what I am talking about, make sure you listen to episode number 116 where I share with you the who, what, when, where, why of ayahuasca as well as the Rythmia life advancement center.

I talked in the last episode about how I drank the ayahuasca. I am going to continue in the same exact theme of just sharing in a series what happened in night three, what happened in night four, and then what happened in the breath work. Then I am going to recap everything in the next episode in part three, where I am going to share with you what exactly I brought home from Rythmia with me because I have been home for almost a week now, and how exactly the plant medicine transformed my life.

I shared with you guys a ton of takeaways within the ceremony; I was having breakthroughs. It is not like you go through the ceremony and then it is done and then the breakthrough comes later.

Your mind is just exploding all over the place. Then again, when you have time to really think about what resonates and what needs to come first and as things tie together and connect together, as you are just living your life and perhaps having a conversation with someone or reading something, or just thinking to yourself or sitting in meditation, you have even more connections that come out of ceremony that you think, "Oh, my God, that is what that meant.

This is why I need to change this. And if I change this, I am going to get one step closer to living my most authentic truth and my most authentic purpose.”

This has been happening literally every single day, probably every single couple hours. I have just been building a list that I would love to share with you of how plant medicine completely transformed my life and how I have been integrating. There have been a lot of shifts. There have been a lot of changes. I would say that people are looking at me differently. I would say that things between me and Brandon have been a little different in a way that has been really supporting our growth together and learning more about each other. It has been like an adventure. I would love to share with you and just be super open; sharing what I have taken home with me and what is going to change.

All right, so let us just dive right in ceremony number three. If you guys remember the last episode, I was having a fucking hard time. By ceremony number three, I was feeling really beat down and Rythmia describes ayahuasca as the process of making yourself super drunk. By super drunk, what they mean is, your body gets drunk, your mind gets drunk, but your soul is the one who comes alive. You honestly feel like you are just laying there with your soul, just raw and wide open. You receive all of these learnings and teachings and receive the beauty. You release the darkness that has been holding you back mentally, physically, spiritually, and emotionally and just come alive and lift the veil between the physical and the spiritual world.

So I have been feeling beat down as F and actually up until this point; I do not remember exactly which day I had this shift, where I realized that I was so hyper focused on the scary experiences that I had in ceremony number one and number two. Obviously, number two was a lot better because I pretty much died and then went to Source and then came back and I was just really practicing merging or practicing what it is like to have merged with my soul.

Ceremony number one was freaking terrifying. I have heard people's experiences where they have had very terrifying journeys. Obviously terrifying is just a label; sometimes we give way too much power to labels. What I learned from my experience is that there is no good or bad. There just is. So it does not mean that it is terrifying. Whatever was meant to happen is just light being shone on darkness. That darkness needs to be illuminated and once you illuminate the darkness, you realize it is not even darkness.

So up until that point, I have been just really dwelling on this dark journey that I had. I realized that I was doing the same thing in life. Ayahuasca is really a reflective process. What you experience in your ceremonies, somewhere in your life, you are also experiencing the same thing. I remember having a conversation with ayahuasca, a brief conversation, where I said, “Oh, my God, I can't handle this anymore. Can you make this stop?” And Ayahuasca said, “Kathrin, there is no difference. You feel like this in your everyday life. What is the difference between how you are feeling now and how you feel in your everyday life?” And I thought, “whoa, whoa, you are so right.” It sucks. It is hard to hear but that was part of the “show me who I have

become” process. So I realized also that in life, I was still spending way too much time focusing on that one bad thing or the one negative comment or the one bad review.

There are so many blessings and miracles around me that constantly surround me in my life and I have so much to be grateful for and so much to be thankful for. However, we are all human here; I still focus on that one bad conversation, giving it a label again and allowing that label to hold its power over me. Then, I realized that my ceremony, even on night one, was actually beautiful. It is just that I allowed all of the “negative stuff” to overpower my experience. So I decided that this would be an opportunity for me to learn, to focus on positives, and come back into ceremony to train my mind to sync with my soul.

I always say I always talk about how, when the truth of your heart is in sync with the beliefs of your mind, everything will fall into place in your life. What I mean by that is that sometimes your beliefs do not always match what is actually happening in your heart and your mind has a mind of its own. Your mind is just going to go around and just pick up thoughts and tune into thoughts and make up its own thoughts. You might have heard of the term *the monkey mind*. So the mind likes to do its own thing. It might not always be in sync with what is actually going on inside of your heart. You might have thoughts that have nothing to do with the actual truth. So when you learn to sync the two together, and develop beliefs and develop thoughts that match the truth of your heart. It is so much easier to live a blissful, beautiful life. It becomes so much easier to treat life as a game where you get to create as a quantum creator. So I decided to turn this into a game in good old Kathrin Zenkina fashion where I turned everything into a game and I told myself, “You know what? This experience is going to be me sinking my mind with my soul.”

This is just a beautiful lesson for me to really learn how to focus on the positives. However, of course, in a good-old-Universe-delivering-us-lessons fashion, this was challenging because that day Brennan got really, really sick. After ceremony number two, when I woke up in the morning, I called Brennan. When I FaceTimed him, he looked green. He just looked as if he had no energy and I said, “Oh, my God, what is wrong?” He said, “I do not know what is going on, but I have been throwing up all night long. I have thrown up about six times by the time I woke up this morning, and I have had the craziest diarrhea.” I know this is so TMI, but bear with it because I got more TMI for you coming your way. He was just purging, and I started to get really worried because of course, I was so vulnerable. I was so broken down. I just felt so raw. I said, “Oh, my God, I cannot! I can barely handle what is going on inside my own head this week. I cannot bear to worry about you, when you are home alone, and there is no one to check on you. There is no one to take care of you. How am I supposed to do this?”

So of course, again, I was dreading ceremony number three. I remember Brendan was sleeping the whole day. I just kept worrying and worrying so much, so finally, I texted my mom and I said “Hey, Mom. Brennan is home alone; there is literally no one who can check on him right now. Can you just keep calling him throughout the night just to see if he will pick up, just send him good energy, or just do something. I want you to know that Brendan is really sick and he is at home.” My mom replied, “Okay, do not worry.”

As I was walking the ceremony that night, I realized that worry was another theme in my life that I needed to let go of, and I realized what a perfect opportunity for me to let go worry as I am coming into Ceremony worried sick about Brendan. I do not have my phone on me. They do not allow phones; they do not allow any technology in ceremony. They also do not allow you to leave Ceremony to go to your room. (Sure you can find a way to sneak out because I did that actually on ceremony number four, when Ceremony was actually over but we still had not done the closing circle. I quickly forgot something in my room or wanted something. So I went and snuck out so I know it is possible but you should not.)

The shaman says not to leave Ceremony because they have protected the area from “outside forces” or “outside spirits.” So everything in the maloca and around the maloca is protected and you are very safe to have whatever experience meant to come through. So I thought to myself, “You know what? I am just going to follow that rule. I am not going to check on Brennan and I am going to use tonight as a beautiful opportunity to completely let go of worry.” That night's shaman was Sarah, who was the most beautiful soul I could have ever asked to lead Ceremony. The theme of the night was actually *divine feminine* and as I was going to Sarah and getting the repay, I believe those during the repay, maybe before, I remember I broke down crying. I was just so vulnerable that I allowed myself to be vulnerable, being the independent spirit that does not need help and can figure everything out on my own. I really took this opportunity at Rythmia to just be the most vulnerable version of myself and ask for help when I need it because I get rewarded for help (If you guys remember in Ceremony number two).

So I told her about Brennan and that I was so worried. I do not know what was going on. She said, “No, no, no. It is actually very common for family members at home, especially if it is your spouse or someone you are romantically connected with, to actually purge darkness so as to heal while you are healing. They are actually healing, too. This was just a beautiful, beautiful example of how connected we all are, since we are all one. I was just happy that he was purging his darkness, too. Actually, I talked to a couple more people after this. They all mentioned that their spouses were also sick, or feeling really low or down or, for no apparent reason, they were emotional or something was going on.

I thought that was crazy and there is no better reason for you to go to Ceremony and do the healing because you are not only healing yourself, you are actually healing others, too. So, that night was truly about the divine feminine for me. Immediately that night, I went to a really deep, deep meditation. I felt myself just covered in love and I really tuned into my heart and as I tuned into my heart, (do you remember my spirit guides massaging my body, fixing my body the first night?) I felt that again, except I only felt it around my heart and Ayahuasca told me that night that my heart would be healed and that it is being massaged and prepared for the healing. So I accepted that and every time I felt any kind of worry come up for me, I also felt my heart expand and kind of overtake that worry. It was just like another game or another practice that I had, where every time I felt worried come up, Ayahuasca says, “No, no, let me back in. Let me back in. I am allowing your heart to expand, I am allowing your heart to expand.”

The first night I did not spend any time outside. It was impossible for me to get out of bed because I was having such a deep experience. Then the second night I went outside for just a

little bit (I think the second half), but this night for the majority of the night, I felt called to go and bathe under the moon and it was a full moon that night at 12:12 am. It was like the most beautiful thing I have ever seen. I was being told beautiful things like, "Kathrin, you are a feminine goddess in human form." Then I would be told funny things like, "Why do you think you are given such a big butt for your size? It is because you are a feminine goddess in human form." There was so much humor and so much love. I was just talking to the stars and communicating with the moon and talking to the fire. The fire outside was like this sacred fire that the shamans built. They build it, and then they manage it pretty much under the medicine because, again, everyone is drinking medicine. So the fire is supposed to be a grandfather energy. The previous night shaman said, "If you ever have trouble letting go of something, go give it up to the fire. Go introduce yourself to the fire; tell your mom's name, your dad's name, and then tell it whatever needs to come through, whatever you want to let go of." So I remember sitting by the fire and just starting to move my body and slide off like goop. It is almost like I had goop all over me and I just slid it off and gave it to the fire, slid it off and gave it to the fire, and as I was giving it to the fire I was like moving in such a central way was so weird; I was sitting and there were four other people around me. They were all having their own experience. There was nobody judging anybody, but I just felt like I looked so weird but I did not care. I was touching myself and sliding off this group and sliding off the goop. I remember then laying on the grass for a while. The grass felt just so good to lay on.

I started having a conversation with the Universe. Every time I would say something, anything witty or anything at all, or ask a question, or I would want to confirm something with the Universe (I do not even remember what to be honest; I just remember one thing, which I will tell you in a second), the Universe would confirm it with a shooting star. This is all I remember; this is all one big cosmic joke. We are just here to play, and all of a sudden, I saw a shooting star, and it was like a wink back at me. After about hours of this, at some point, my head started to hurt. It started to hurt at one localized spot. I do not know if you have ever had a migraine, a really localized migraine. That was what it felt like, but it was not an area where I typically would experience or have experienced in the past a migraine. It was just at this one localized spot.

As I started to worry, I thought, "Oh, my God, am I dying?" Of course, I was healing worry, so I was still feeling a little bit of worry. (That is what I was working on at that moment, playing with the energy of letting go of worry.) I got an immediate answer. That the spot that was tingling and throbbing and hurt was from a concussion from childhood. When I was about 12 years old, I was walking my dog and I started running toward my friend. I remember my friend waving at me and I was running with my dog at night as part of this big walk that my parents and my dance partners' parents did together as part of a bonding thing. I brought my dog with me that night; I was catching up with my dance partner sister who was my friend. All of a sudden, I tripped and I hit my cheek really hard, my cheekbone against the asphalt. Typically how concussions works, for those who do not know, is that whatever part of the head you physically hit, your brain moves and hits the opposite side. So if I am hitting my left cheek, my brain is actually suffering the concussion from the right side of my head on the back. That was where my brain actually hit my skull, so that was where I had my concussion, which was a really bad one. I remember I did not have any short term memory for about two months, and I could not go to school.

Back to the healing, I was being told that my concussion was being healed and that my brain cells were regrowing and that there was neurogenesis occurring and that my memory would improve as a result. As soon as I realized that, as soon as I had that insight come in, as soon as I heard Ayahuasca say that, I just calmed down and it went away.

(Side note before I continue, I just wanted to share with you guys that I actually feel my processing, my memory, and my ability to learn and stay focused and pay attention has improved by 10 fold. It is nuts. I am just picking up information so quickly and I feel, in fact, the plant medicine ceremonies did rewire my brain. There is no scientific explanation. It is not like I can prove this, but I saw it; I was told and I feel it now. I actually feel the results and it is just amazing.)

Then after this, for some reason, I just could not help but dance, so I started dancing. When you are doing ayahuasca, it is like you do not know what is going to happen. You do not know what you are going to be led to do. So I started dancing outside and I just felt so good that I started touching my body in central ways and moved my hips and I started belly dancing. I just felt like all my chakras were being realigned and I felt so safe for the first time in my life to be in my body.

I was actually told that all the excess weight that I ever carried in my life, through childhood, would come off as a result from this point forward; I would no longer have any excess weight carrying me down because I no longer have the trauma that was associated with this weight. For the first time in my life, it was safe to be in my body and I can enjoy my body and love my body and be one with my body. Then I remember thinking of plastic surgery (I have been open with you about my plastic surgeries in the past.) I was thinking about plastic surgery. And I thought to myself, "How absurd is it to be pried open with metallic objects and allow someone to cut your body to change something that the Universe divinely blessed you with? How weird is it to let another human being who is not nearly as powerful as the entire Universe, which gifted you this body, pry you open and cut you and shift you around according to their idea of beauty?" It was a shift that I did not expect because I am not against plastic surgery. Again, it is your body; you do whatever you want to do. However, for me, for the first time ever, I felt I do not ever want to do that again; I just have no desire to ever do that again.

Then as I was laying in a hammock, which makes you feel good toward the end of the night when you are exhausted and you are feeling blissful swinging in a hammock is just so, so magical, especially with all the crickets you hear and the wind rustling and all the animals come alive and so beautiful.

Do not worry, there are no animals at Rythima; it is completely fenced in, but you can kind of hear it alongside Rythmia in the jungles and it is just so beautiful. Ayahuasca told me that when I go home, I really need to start yoga, meditation, and breath work practice because this was my medicine. She said that this is my continued medicine and I would continue to stay open and channel Source. She told me the other day that I was a channel to Source and that I need to trust and honor Infinite Intelligence constantly flowing through me.

I have so many things to say but it is actually related to the ceremony number four, so I am going to save that for that.

But I just felt so called to do breath work. I never wanted to do breath work before; we actually did breath work before we started Rythmia. You start and end with breath work classes, which is awesome as part of the program. I freaking hated it the first night and my ego was acting up and I was so hungry and I needed to pee and I just did not get it and I did not enjoy it. I was being so impatient. For the first time ever, I was a feminine goddess in human form and feminine is very patient and feminine is much flowier and much slower and much more present. So for the first time in my life, I thought, "Wow, I do not need a weight lift. I do not need cardio; I need yoga, meditation, and breath work. Then I was told how to eat that night, which was very interesting. I was shown a lot more fruits and vegetables, as we all know; we do not need Ayahuasca to tell us this, but I consulted with her about whether I can eat animal protein or it is not serving me. She showed me immediately visuals of pigs and cows being slaughtered. I just felt so much sadness about it. She said, you are eating their sad feelings; I felt like, "Oh, my God, okay." So I immediately started tuning in. I thought, "Wait, am I going vegan?" Because I have been a vegan in the past and it did not really serve me. I just did not feel my best eating vegan diet even though I understand its benefits but, for me, every single body is different and I tuned into that and she said "No, you are okay eating chicken; you are okay eating eggs; you are okay eating fish, but no beef or pork." She also said no coffee. By this point at Rythmia, you do not drink coffee. You are detoxed off of coffee at least three days before Ceremony starts, then throughout the ceremony, and then at least three days after. They say for ultimate results two weeks before and two weeks after, and all of a sudden I felt no desire for coffee anymore.

There's this brand called Four Sigmatic® that makes these adaptogenic mushroom blends. This has become my afternoon coffee, but she showed me that I should drink that and that should be my coffee replacement and I will get all the energy and nutrients and all of the life force energy that I need from this, rather than drinking coffee and how coffee was actually contributing to my feelings of anxiety and sadness. She said that coffee and caffeine is such an amplifier of negativity and for any negative emotions and anxiety that I have and how it does not serve me. All of a sudden, it felt so right to not drink coffee, which is so weird because I am one of the biggest coffee lovers and I still have not had coffee; it has been two and a half weeks and I have so much energy. I do not have any dips in my energy. It feels so stable. I feel so detoxed, but that is a side note because I am going to talk more about that in part three.

So anyway, those were all my downloads and then I walked home from Ceremony that night, feeling fully tapped into my feminine nature for the first time. I thought I have been tapped in before, but I really was tapped in for the first time. I felt nothing but peace, love, and unity. I finally felt some relief for the first time. Also, Brennan actually felt better after this night as well. The whole day I felt on top of the world telling myself, "Wow, now I know why I came here. Now I finally got what I needed. I feel so good. Life is amazing. Whoo-hoo." I just felt a high vibe. I felt like I let go of so much and really tapped into who I truly was.

Then ceremony four came round. It was called *Columbia Night* and the name of the ayahuasca was *Ya Hey*, which is like this disgustingly thick motor oil consistency ayahuasca that has been brewed for five days. The shaman leading us through a Colombian night is named Leo and he works directly with Tita Juanito, who is the grandson of that oldest shaman that I was talking about, from the Colombian lineage that oversees Rythmia. He was serving the medicine and he came to our plant integration class to talk about the medicine. For some reason, I got so uneasy in his presence, and I started to feel that dread come up. I thought to myself, "Are you freaking kidding me? I was having such a good time up until now, Leo, and now you are scaring me and I do not know why." It was so odd. I felt so nervous to do the medicine with him and anyone else I talked to because I was in a group before with my girlfriends. You probably saw them with me. I was tagging them all over my stories. Actually, they are all public with their journey. So yeah, Jen, Stephanie and Lauren. They all said they had felt so good with him, that they were so excited to do the medicine with him, and that he seemed so awesome. I just could not figure out why. It just made no sense.

This ceremony was different; it started at 7:30 pm and ended around 11 am. They say 7:30 am. But the ceremony really does go to 11 in the morning, so we had a lot more time since we were starting at 5:30, so the day was a little longer. I did not have a colonic that day, so I did not do much; I just relaxed. I remember being in a hammock for a lot of this time, crying.

For some reason, the feelings of unworthiness came up for me that day, and I just felt like I was not worthy of having a healing. I could not figure out where it was coming from and I was also healing feelings of not doing things right, being the oddball or dancing to the beat of my own drum, and being judged by people for it. They were emotions that made no sense. It was not tied to any actual event that was happening. It was just again, "remember: what is coming is going, what is coming is going." So you do not want to question your feelings. Society teaches us to question and then suppress our feelings. What ayahuasca teaches us is to let them come to the surface so that they can be healed.

There is doing things the right way, and then there is doing things the wrong way. What I had to learn through ceremony number four is that there is no right or wrong, but that is what I felt throughout the whole day.

So in Ceremony, (I will spare you the process; let us just get right into it) it was time to do the repay and I got the repay from Sarah. She put me at ease. I also had Lindsey, who is a beautiful soul from Tuesday night that I felt so safe with. She also shared some affirmations with me. I told her that my intention that night was to learn unconditional love. She said, "Oh, man, that is one of the most beautiful journeys you could ever ask for."

So I went to my mattress, and I just started feeling discomfort again. It was not the excruciating discomfort like the other nights, but I just sat there with emotion, so much emotion, crying, laughing, feeling nervous, panicking, and feeling unworthy. It was like a roller coaster of emotion. They just lingered with me for the majority of the night until I got nauseous. I thought to myself, "Whoa, is it time for me to purge?" Then I ended up purging energetically, which



Ayahuasca actually confirmed with me a couple days prior. I did not necessarily need to purge physically like everyone else because I asked, "Why is everyone else throwing up but me?" I want to purge physically. She said, "No, no, you have been purging through sweating. You have been purging through yawning. You have been purging through burping. You have been purging; you are clear; you are clear channel. Do not worry about that."

Then, all of a sudden, I started to purge except instead of the usual black tar-looking purge that a lot of people are purging, I purged a greenish-gray acid. It was extremely acidic. You could say "Dah, Kathrin, stomach acid," but I've puked up stomach acid before in the past. I know what it looks like. I know what it tastes like. I know what it feels like. This is not the usual stomach acid.

It was like a different, deeper kind of acid and it was greenish green in color. Then I went to the bathroom immediately. I said, "Oh, my God, I gotta poop" and so I got up, I went to the bathroom. Of course, there was a line because *Ya Hey* is a very purgative medicine. It really does get all the shit out of you, literally and figuratively. There was a line and I thought, "Oh, my God, am I going to make it? Oh, my God, I am not going to make it." And guess what, it is completely fine to not make it and there were a lot of people who did not make it. They went in their pants. There was a facilitator that took them to the room, helped them change, and then came back to Ceremony.

So even if you go to Rythmia, and you are afraid of this happening to you, do not worry about it. It happens. There is no right or wrong. You just have to let it go and just be in the humor of it. As the Universe confirmed for me the day before, that this is all one big cosmic joke with a shooting star, just treat it as a cosmic joke.

Luckily, I went to the bathroom, someone came out right on time, and then I purged out the other end and it was acid again and it hurt like hell. It was so painful.

We are taught to ask what the purge is, sometimes we get an answer; sometimes we do not. The answer I got was "Kathrin, your body is too acidic. So we had to let go of the acid and this is also part of why you cannot drink coffee anymore." Then, Ayahuasca said, "Follow the diet protocol to bring your body back to homeostasis". By body protocol she meant no pork, no beef, no coffee, lots of fruits and vegetables, and less frequent animal protein, but it is okay to have chicken and fish and eggs.

Then it was time for something called a healing circle, where the shaman puts everyone in a circle and I believe he did about four of the circles and I went in the very first circle in the women's only circle. It was so beautiful, but as I was approaching the circle, I did not feel worthy being there and so I remember forcefully pushing myself to the middle of the room to go into the circle. It was so forceful that I was crawling to the healing circle.

I did not just get up and walk, I crawled and as I was doing so, I kept chanting to myself that I am worthy of healing; I am worthy of receiving. I am worthy of healing; I am worthy of receiving. In this healing circle, pretty much the shamans go around you. There are like five of them who just do healing on you. It is so indescribable; it is chanting, music, prayer. There are just so many sensations happening and, as it is happening, you feel a relief.

You could purge in that moment. They say “Bring your bucket, just in case.” You could cry. You could laugh; you could just sit there and bliss in awe, any way that you could receive the healing is right for You.

So after the healing circle, I went outside and I laid in a hammock and I remember going in and out of taking naps. I fell asleep for maybe like an hour. Then I woke up in a panic right away, like something would just come through me. Ayahuasca kept telling me the mantra and this is a mantra that I am now living by, which is “Do not numb it, just love it. Do not numb it, just love it.” So I started to say things like, “I love you, fear; I love you, anxiety; I love you, sadness. You are all loved; I am loved.” Then, for the first time ever, I felt like the emotions started to shift every time I brought love and light to these emotions; they would just dissipate. It was a game, again, of just learning to love every single part of myself, the shadow self, the ego; every part of myself deserves love. I just practiced telling it how much I loved it, how much I loved my emotions, my feelings, my fears, my anxieties, my worries, my sadness. Anything that would come up, I would practice loving it.

Then I just kind of laid there and I just remember laying there for what felt like an eternity. There were no crazy visuals that night. It was just doing the boring inner work like it was just going through a coaching session that lasted 12 hours. That is what it felt like.

It was just me learning that there really is no good or bad in this world. There is only what serves you, or what does not serve you, and then whichever you choose to keep because we always have choice in life. We can choose to keep our suffering or we can choose to keep joy. We can choose to let go of suffering or we can choose to let go of joy. It is all a choice and there is no right or wrong. Coming into this, feeling like there is right or wrong, I learned that there is not. Then I got really bored of doing this inner work and I told myself, “Oh, my God will this night ever end!”

I remember just laying in this hammock exhausted, but having trouble really resting. I felt like even my naps were not me resting. All of a sudden, Mother Ayah told me to look behind me. When I did, I saw the sun started to rise. It was the most beautiful sunrise I have ever seen. It came up in the color of the brand colors that I channeled from night one. I just looked at it and I said, “Wow, this just feels so right.”

As the sun rose, others came outside and people just started talking because ayahuasca started to wear off with the sunrise especially. People were just talking and processing and sharing and laughing. There were some hilarious things that happened that night.

One of them that I remember was somewhere in the middle of Ceremony, this guy started hysterically crying, then he started hysterically laughing, and then he just said, “Wow, wow! This is amazing. Oh, wow!” He was so loud. Then he got up, started running outside and just started running up and down the whole Rythmia campus. (I keep calling it campus. It is a hotel property.) He kept yelling, “Fuck, yeaaaaaa.” I did not want to yell in the microphone but it was so hilarious. Then, Lauren or Jen said that during the night, she was outside and, as I told you, we were all having different experiences; what we see could happen at random times of the night; we could be inside when it is happening or outside. So we were just sharing stories of random stuff that happened. Jen said she saw somebody punch the stone head. There was like

an Easter island stone head outside and someone literally was yelling at it and punching it in the middle of Ceremony.

So we were outside talking, processing, and the mood was very light. Everyone felt they let go of a century of emotion, a century of whatever their body was holding on to. Then at some point, it was very interesting. My friend Lauren came up to me saying, "Kathrin, I need to talk to you." I agreed then she started telling me this very, very scary vision that she had in her ceremony. As she was talking, I felt my intuition or Mother Ayahuasca or my voice tell me to search a channel for her to know what it actually meant. I started to give her insights and I started to give her pieces of the puzzle to bring it all together to show her that all Mother Ayahuasca was showing her was the worst case scenario, and not necessarily what is actually going on and exactly how she could transform this vision that she was having and what her actual purpose in life was. All this stuff was just coming through me. I just had crazy goosebumps as I was talking to her.

I realized it, for the first time. I thought, "Holy shit, I am channeling right now." It just put me in the best mood and I felt I was trusting divine intelligence to come through me for the very first time. That was such a beautiful thing to experience; I have been experiencing that ever since.

That was kind of how the morning went. Then it was time for the closing circle. I went back to the maloca. At that point I realized why Leo was upsetting me so much, as he was talking. It was morning, like 10 am.

He was talking, telling us how to integrate, how to eat, how to do this, telling us the ritual of the bitter bath and the sweet bath, which is something that you can buy herbs for at Rythmia (and you can also make them at home as well. You are supposed to cover yourself with up to 16 days after ceremony as part of the integration process).

He was describing all this, and I was tuning him in and out, enjoying his presence. However, I was also thinking "Wait a second! What changed? Why am I frickin obsessed with this man? Why do I feel so good in his energy right now?" Then, I realized that Leo was a representation of my mom that I needed to heal. He represented the matter of fact of the strict mother that I grew up with. The mother that did not allow me to express my emotions, that did not know how to be with me when I was expressing my emotions, that straight-to-the point Russian Soviet mother. On the other hand, Sarah, the other shaman, was representing a loving, nurturing kind of mother that my inner child wished she grew up with.

As soon as I made that connection, I literally fell in love with Leo. At the very same time, I fell in love with my mom again. I have been going through this whole journey with healing stuff between me and my mom and learning more about my mom. Especially going through her trauma on Monday was a whole culmination of this healing that I really needed to do with my mom, and Leo, the shaman, was just a mirror to this relationship. It was such a huge surprise. So I came home from the ceremony, feeling that everything has come full circle and that I healed so much. I felt like I went through the process of "show me who I become," "merge me with my soul at all costs," then "heal me with my heart." The last ceremony was just literally tying the loose ends of anything else that still was not serving me was supposed to come out.

The next day I had the best day, except for a brief moment where I took an hour-long nap because I was so energized. I fell asleep then at noon. At some point, my body just crashed; it was like telling me, "Whoa, girl, you have not slept all week and you really have not slept the night before. It is time to go to bed." Then I woke up for my colonic and I felt so dehydrated. I went to my colonic and told them, "Hey, guys, I am not feeling this. Is there any way I can switch it to another day?" They replied, "Yeah, you look really dehydrated. Here is some 'electrolytes;' you can drink some coconut water and some juice. So I really took care of myself.

Again, Rythmia has these awesome classes that they integrate into the process that you can really utilize for releasing, for setting your intentions, and for inviting in something new. So I went to this thing called *dance of liberation* and I set the intention to let go of any remaining sadness that I was holding on to, as well as invite in liberation. Basically what they do, which is so cool, they blindfold you and you dance for an hour blindfolded, to the music, to the beat and you are allowed to express yourself however you feel fit. You can cry; you can laugh; you can scream. I was screaming. I was really letting go, like shaking myself out. I felt, at the end of it, that I was truly liberated from those feelings.

Then we came to breath work and breath work is my new favorite thing ever in my life. We had a final breath work class, and I actually went through the process again. I went through the whole healing process. I felt like I re-emerged with my soul and re-healed my heart and I felt like I went back to Source and came back down. For the first time in my life, I just felt like my mission of raising the consciousness of this planet was a real deal and like this is why I came here.

I just kept repeating to myself that I am here to raise the consciousness of this planet. It was the most unexplainable hour of my life where I felt like my entire journey at Rythmia and my entire life just culminated together and completely liberated me from pain.

It was also within this breath work that I was reminded that the only punishment that exists in life is self punishment and that my life is no longer a life where I have to learn from suffering. I do not have to be a wounded healer anymore. I do not have to expect the worst to come in life. I do not have to be afraid of anything. My past made me who I am; it has been a traumatic past. However, now, I do not have to evolve through pain anymore. I have spent my whole life evolving through pain. Now, I can actually evolve through love and I can evolve through joy. Again, I channeled that I was told to come back to breath work classes and share breath work with others. I immediately started looking up breath work certifications; I thought of bringing a breath work instructor to my Bali retreat, and see how I can invite that into my practice and also share it with you.

Also at Rythmia they talked, and I just opened up my notes before recording this podcast from a pre-plant ceremony class that we did on Monday morning, about the healing process of plant medicine and how there are many ways to get there. You can do hypnosis; you can do deep, deep hypnosis, do super meditation, do long-term therapy, and even death. Death is like the

ultimate healing because you transcend all your pain and you realize it was a cosmic joke to begin with.

However, let me tell you the fastest and easiest way to get there; Rythmia mentioned this and I did not realize this until after my final breath work where I saw what they meant. I actually experienced what they meant. They said the fastest and easiest way to get there, and by there they mean healing, is through plant medicine and through breath work. That is why Ayahuasca kept saying breath work is another one of my medicines and I should come to breath work, and I realized as I am recording this podcast, not everyone is going to be called to try plant medicine and I will talk more about this in in part three, but I do not recommend this for everybody. I only recommend this experience for those who are called to it. If you have a calling, if Ayahuasca is calling you and if you feel it is part of your journey to go and experience it, then by all means do it. However, if you do not feel called to it, I truly believe that you're not ready for it and you should either wait to have a call, or you might never have a call and that is okay. This is just one healing modality. It is a very powerful one, of course; it is very intense, but it is not the only healing modality.

I feel called to share with you that there are many healing modalities, and it is so important to go with whatever your soul is calling you to do. Of course, pay attention to fear, as well, because it could be your ego just telling you, "No, no, do not try this." Your ego does not want to kill itself off. It does not want to die. It wants to be present in your life. Of course, the ego is a very important part of the 3D dimension, 3D reality. It is part of the physical expression of our bodies, of ourselves, of our consciousness. If we do not have an ego, we would not be here. So it is very, very important; it serves us in some ways, but not always. So you just got to be mindful: Is this my soul calling me or is this my ego preventing me from going there?

Really tune into that and just know that you do not have to do plant medicine to go to altered state of consciousness because breath work accomplishes very similar things, but not as intense of course.

I remember being invited to breath work classes in the past. I remember hearing about breath work, and I would just avoid it. Now I realized why I was avoiding it is because my ego does not like it, but my soul is all about it.

That is my experience, my play-by-play experience. In the next episode, what I am going to share with you guys is what I brought home with me from Rythmia, part of some visions that I had, changes that I will be making, how the plant medicine transformed my life, and how I have been integrating over the last week or so.

I am super curious to hear from you guys. If you are listening to this right now take a screenshot, share it on your social networks, send me a DM, leave a comment, share it with someone who you know is curious about Rythmia or curious about ayahuasca; that would definitely mean the world to me. I also want to hear your takeaways or your thoughts or if you have your own experiences, what those experiences are like, and just starting this conversation around plant medicine would be so awesome. So, definitely reach out to me and let me know. If you have any intention on going to Rythmia, I will actually put in the show notes their website

and their phone number that you can call; if you feel called to go, definitely mention my name. Again, I am not sponsored so I do not get anything for this. I did not get anything for going to Rythmia. I paid my way through. However, if you mentioned my name, if you have a referral, I believe that they give you a free shuttle, which could be like \$150 to the airport and \$150 back and I believe that you could save that \$300 where they just pick you up from the airport take you to Rythmia and then bring you back, so definitely mention my name.

The last thing I wanted to mention to you guys, if you have not yet enrolled in *Epically Aligned*, I believe that by the time this episode is out, time is running out and the new year is just around the corner or we just hit the new year. The boot camp starts on June, 6th, and it goes for three days Monday, Wednesday, Friday at 11:11 am. I am going to do live workshops to show you exactly how to set soul-align goals that are aligned with your purpose, how to reach them in record speed and record time, and how to let go of anything that is not serving you in the new year so you can set the tone for a brand new decade.

Go to [manifestationbabe.com/links](https://manifestationbabe.com/links) if you have not yet signed up. This is The only time I am ever offering this awesome goal-setting workshop, so definitely come inside and let us start this New Year's party.

All right, you guys, I will catch you in the next episode. Love you so much. Thank you for listening. Thank you for being here.

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.