

Episode #122: What I learned from Drinking Ayahuasca and How It Transformed My Life

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 hope you are having a fantastic start to your day or end to your day, no matter what time of day you are listening to this.

I hope that wherever you are, whatever you are doing, whatever you are going through is all wonderful. So I am continuing on with the Ayahuasca series. So this is part three of my experience of going to Rythmia Life Advancement Center in Costa Rica and going through four different Ayahuasca ceremonies.

If this is the very first episode you are landing on, I suggest that you go back to episode number 116 where I talk about the who, what, when, where, and why ayahuasca, then episode number 120 for part one, and then episode number 121 for part two. Even though I do not really talk about the experience as much but more so the learnings and the takeaways and the main lessons and everything that I brought home with me from Rythmia, it is still going to be a little confusing unless you get context. So I suggest you go back to episode number 116 to learn a little bit more about ayahuasca and why I chose to go through this experience, episode Number 120 for part one and episode number 121 for part two.

One week ago today, I was still in Costa Rica, but I was already at another hotel. So it has been exactly a week since I left Rythmia to this day, and it has been about eight days since my last ceremony. So there have been a ton of takeaways that I brought home with me but I compiled a list to share with you the main nine, the nine themes of what I brought home. Rythmia talks about a two-week integration process. So I have been really integrating the last two weeks with so many ups and downs. Overall, the lessons, the takeaways, and the learnings have obviously stuck and that is the beauty of ayahuasca because it is not like doing something like drinking alcohol where you block out and forget everything that happened or you or take another drug and you get so high that you completely numb out and you forget everything that happened.

Ayahuasca is not a drug, it is not a narcotic. It is considered to be medicine. The indigenous cultures of the Amazon considered it to be the most potent and powerful medicine that is capable of healing humanity and it is one of the most powerful healing modalities. So it is not a drug and you remember almost everything that happens when you drink it.

Rythmia talks a lot about how it is important to not forcefully connect the dots because the dots of your journey will be connected as time goes on and as you integrate and as life happens, and they say that 50% of the work that is done with ayahuasca is actually done when you bring it home when you integrate back in your life and you apply the learnings from your ceremonies back into your life, and that is 50% of the miracle.

So even if your life radically changes and you say, "Oh my god, this is amazing. I found the keys to the Universe. Holy frickin Fuck, this is so awesome," that is only 50% of the miracle, which I think is so so cool. At Rythmia, in the final integration circle that we had, we had it with Jerry himself, who is the owner of Rythmia. He talked a lot about how there are some dips and ups and downs in the two-week process; it is for almost two weeks. He talks about how day eight is one of the lowest days. Interestingly enough, today is day eight for me and I woke up this morning feeling a little bit anxious just about stuff in my business, things that need to get done. I found myself trying to control the timeline and I had to stop myself from texting my team saying, "Oh my God, we need to do this. We need to do that. We need to change this." Then I told myself, "Wait a second, hold up a moment. Kathrin, calm down. That is not going to get anything done. Relax, there is absolutely nothing in control outside of yourself. You can only control these feelings. Allow yourself to feel, do not numb. Figure out or do not even try to figure out what you are feeling, just feel through it and just know that you are being divinely guided, loved, and protected."

Even though this is considered a dip for me and I felt some of those emotions come up, what was amazing is how quickly I was just able to become aware of, and how quickly I was able to work through it and center myself and come and sit down and record this podcast, which is awesome.

Jerry talked about how after day eight, you kind of climb back up, and then all of the kind of healing that you had while you were at Rythmia gets solidified, and you feel a lot more stable. So it is completely normal to feel ups and downs, which is good to know. I definitely needed to know that because if I did not know that I would be thinking, "Oh, my god, oh, my god, did I not do it right?" That was one of my lessons: right versus wrong and how there is no such thing.

So let us just dive in. I want to share with you my nine different lessons or nine different themes that I learned and brought home with me and completely transformed my life.

Number one, for me was the fact that there is so much more, so much more that goes on beyond the physical realm. Yes, of course, as a metaphysical spiritual teacher, I knew that, but for the first time ever, I was able to actually see that. I felt like I was able to lift the veil off between the physical and spiritual worlds and go and explore the spiritual world and see that there is so much more that goes on, beyond what we can see, and how so many people get

stuck and try to figure out 3D problems. By 3D, I mean third dimensional, like physical problems using physical force, like using sheer action or just hustle or grinding their way through or forcing their way through to get the answer to a problem that they created in the 3D consciousness. You know how Albert Einstein talks about how you can never solve a problem using the same level of consciousness that created it! This is pretty much what I am talking about and how there is just so much more that goes on beyond the physical senses.

There is absolutely no way. You know when people get so caught up in how something is going to happen and when it is going to happen and try to control every little piece! What I was able to see and really experience is that there is just no way for this. The Universe is so mystical and so big and so beautiful and so complex. There is just so much going on; we could never ever, ever truly see how much the Universe conspires in our favor to help us co-create the life that we want. That all we are ever in charge of is our intention, which is absolutely everything because it is the thing that directs our consciousness to create. It is also important to let go because we are only co-creating from the 3D dimension. We are only co-creating through our physical senses; we can only create from what we can see, touch, taste, feel, and hear (the five physical senses). The Universe goes beyond the physical senses. So we need to trust that everything that is going on beyond the physical senses of what we can see and what we think we can control, need to be completely let go of. We are wasting so much time and so much energy and putting so much stress on ourselves by trying to control every little thing in our life.

Another thing I saw for the first time ever, really experiencing in my body, how we are always being guided, and how we are always so infinitely loved and we are so protected every single step of the way. Like manifestation, you get what you focus on; we are creators of our world by choosing what we spend the majority of our time focusing on.

The Universe is quantum and I do not know if you guys have ever read the book *The Holographic Universe*. I have not yet read it, but I have read a ton of research about scientists basically confirming that there is a lot of evidence that we live in a holographic universe and that we live in a multidimensional, infinite multiverse with infinite parallel realities and how, at any given moment in time, all possibilities exist, and how all possibilities in your life is available to you at every single moment, and that you cannot create from circumstance you have to start creating from possibility.

You have to know that your desires want you as much as you want your desires. Your desires are desiring you as much as you are desiring your desires. You have to look at all the infinite possibilities and I know it is almost impossible because we are human beings and we're pretty much stuck here in the 3D physical world. We are using the creation process which goes beyond the 3D physical world, so sometimes it is really hard for us to conceptualize that everything is possible. Absolutely everything is possible.

That is what I came back from my ayahuasca trip or trips, four trips, literally and figuratively. I came back from my last trip just knowing that absolutely everything is possible. You just need to be super intentional with your life and not use your circumstances, like what you are currently doing at your job, or how much you are currently earning in your business, or what your current relationship is, or what your current experience of love is. All those stuff we keep using as the building blocks for our life. What ayahuasca taught me is that those are shitty building blocks to

us. Why would you use the building blocks of your past to recreate your future when you have access to all of the building blocks you could possibly ever need and so much more? The Universe is always conspiring in your favor and will give you the building blocks that you do not even know that you need. That is where the intention of this, or something better, comes in; you can intend on something and then trust that something better is just around the corner.

Let me tell you about the second lesson. Of course, I have mentioned this a couple times, but it keeps coming back. I am actually about to go to a yoga class and I booked a breath work class for Monday night. So I am super excited about that.

Breath work, meditation, and yoga are just no longer optional for me. These are the tools and technologies that exist to keep you connected at all times. I just know that as long as I stay spiritually connected, I will be able to manifest anything and everything in my life, that as long as I keep my intuition open and trust my intuition and trust that I am on the right path, everything is possible. I just need to give my body a ton of love, give my mind a ton of love, give my spirit a ton of love and realign it constantly with the Universe.

For me, meditation is important as with everybody actually; yoga is very important; breath work is very important. So I really learned that these things are no longer optional. It is not something that I do just for fun. It is not something I do when I need it. It is something that I do consistently and as often as I possibly can.

The third thing is more nature. I am still a city girl. I actually had a vision come to me in the middle of Ceremony that I do not think I mentioned in the previous episodes. The vision was actually a new living situation that is more in alignment with me. When I tuned into that living situation, and it is not like you have to even tune in; ayahuasca will show you whether you are ready to tune in.

What I was shown was a beautiful view of Los Angeles and I was so afraid; Ayahuasca told me, "Okay, Kathrin, you need to sell your business; you need to quit everything; you need to move to the mountains and you go meditate in the mountains, 24/7. Every single entrepreneur, every single ambitious person is so afraid of that. However ayahuasca just brings you back to your more authentic self. So she will never show you something shocking or something that you have never desired or thought of in the past. She will only show you visions that perhaps you are suppressing or repressing, like dreams and desires that you had as a kid or dreams and desires that you have always wanted but just did not believe are possible for you.

She will show you the actual manifestation of that vision. So the manifestation of this vision was me living in this house with Brennan. She said "Kathrin, you need to live in this house. You need to meditate here, and you need to send love over Los Angeles every single day. You are one of the angels protecting the city. It is no wonder that you have always felt connected to it. You have always been a city girl, because you are not meant to necessarily live in the middle of nowhere; you are meant to live in the city. You are meant to spread love and light to the city, because God knows the city needs it, but then also find ways to go back into nature."

That was very reassuring for me. Of course, I thought, "Oh, my God, I need to find this house. I even asked Ayahuasca, "What is this house? How much is it? How am I going to pay for it?" I had all these questions and she just answered them and I felt so at peace. So Brennan and I are going out and we are going to go house hunting. We are going to go look for this house that I saw in my vision and I actually confirmed with a medium after my Rythmia trip. My mom saw a medium a couple months ago or a couple weeks ago and this medium asked to see me and she said, "Oh, my God, I need to talk to your daughter. Your daughter is amazing," blah, blah, blah, blah. So I saw this medium and she actually confirmed everything that I saw in my vision. She said, "I see you moving into a house and this house is on a hill and it has a view," bla, bla, and I said, "Oh, my God, this is crazy."

We will get back to this medium in another lesson because I have another thing that I wanted to share with you that was just so goosebump-inducing for me.

So more nature, I started to appreciate nature. Not that I never appreciated nature before in the past, but after ayahuasca, I realized how much intelligence nature has to offer to us. Nature is so incredible. It is such a source of life for us; it is important to conserve nature. I told you that I had visions of Earth crying for help. There is actually another takeaway.

It is all interconnected, but I had another vision of a business that came to me that not only helps the environment, which is so important in conserving nature, but also raises the consciousness of the planet at the exact same time. I started to see the connection between conscious people and the interest they have in protecting the environment, protecting Earth, saving Earth, or whatever phrase you resonate with. I see it as protecting; some people say is saving, preserving, conserving.

So my appreciation really grew and I started to look at trees differently. I started to look at plants differently. I started to look at animals differently. As I was saying in the past, in the other journeys, my heart was just constantly expanding and expanding and expanding. So I think that Brennan and I are going to start planning some nature trips, like going to the mountains or maybe going camping and just stay connected and tuned in to the infinite intelligence that nature has to offer.

The fourth lesson or the fourth theme that I took home with me is how I am eating. I already shared a little bit about this. Basically, I tuned right into what my body needs, what it does not need, what is good for my body, what is not good for my body, what promotes negative emotions, and what inspires positive emotions out of me.

It was very connected to how bad food (most of the food that we are eating right now in our society, in our culture, in America, and wherever you live most of the world, especially in the developed world) and how all processed food and all this crap, is just weighing us down. It is keeping us distracted from what is really going on in the world and how we can all raise our consciousness together to help the planet. As one raises their consciousness, so does another because we are all one together. However, things like TV and gossip and celebrity gossip and tabloids and the Internet and food and shitty food, all of these are just distractions. We are using these things to numb out how we actually feel and what is actually going on inside of us. It is no wonder that people have tuned out so much of their intuition. They cannot hear their intuition

anymore because they have completely just tuned it out. How they are eating and what they are focusing on and what they are paying attention to is not helping. So one of the easiest ways to start clearing that channel is in how you eat. Of course, I have always been a big promoter that everybody has their own specific diet and that no diet is right for everyone. I am not one of those people who will ever promote a specific diet, like one size fits all. I appreciate it when other people understand that I have not become a vegan after ayahuasca and I know that there are so many of you who are constantly hoping I go vegan, and I understand why going vegan is impactful in a positive way for the planet and for humanity. However, at the same time, I also do believe that we do need protein. I do believe that we do need at least a little bit of animal protein, not a lot, but a little bit. That is because I have tuned into my own body. I have used my intuition. I have known it for years that my body thrives off of some protein. I actually feel physically sick if I do not have protein in my system. Now the level of protein, the quality of protein, the type of protein are what was channeled through me with ayahuasca and I learned that I should not be eating beef. I should not be eating pork, no processed foods, no sugar, (which I have already been doing pretty good with), no alcohol (which I hardly ever drink). Of course 100% organic, whenever possible, because I travel, sometimes you are on an airplane, it is not like they are serving organic food, which is fine. However, for the majority of the time investing in organic food, investing in your food, is actually going to pay you back tenfold in the future. As your body is clean and your spirit is able to live in a clean vessel, being a clean vessel, and you are able to hear your intuition, your intuition is directly connected to your channels of abundance, and your abundance will grow as long as you keep listening to your intuition and following your intuition.

This is actually even if you are going to the grocery store and paying hundreds of dollars more for your groceries, it is all going to pay you back. You are actually saving money and actually making money in the long term. I am all about long-term thinking, so when I go to this very boujee grocery store called Erewhon here in Los Angeles and Brennan's and my eyes are wide open, thinking, "Holy crap, we did not even buy that much; how does it cost that much?", we are also reminded that this is money that we are saving on prescription pills in the future or doctor visits in the future. This is also food that keeps us alive. There is life force energy in here.

Part of why I was told about breath work, meditation, yoga and about the way I eat and about avoiding coffee and stuff like that is because this is life force energy. I also had the medium confirm for me that I have been giving a lot of my life force energy away, and then I am left completely tapped out every single night, by the end of the day. Then, she said, "You really need to meditate. You really need to take care of yourself because life force energy is everything." I was shown to take probiotics and I have this amazing probiotic if you guys do not know this company *Seed*. It actually was introduced to me by one of my friends, Denise Lambertson. She sent me this beautiful package they come in, which is also environmentally-friendly packaging. All their packaging is 100% compostable and they never send you a lot of jars; they will send you compostable packages that you can then take your new probiotics and put them in the old jar. So they are all about that high consciousness stuff. It is really great probiotic and it was interesting for me because my friend Lauren was also

channeling that we need more probiotics to maintain our life force energy. That was really interesting.

Then of course, no coffee because I was told coffee promotes anxiety with me. It really gets my heart going and then if I have spastic thoughts, it is only going to amplify what is already going on inside my body. I was shown more adaptogenic mushrooms, which is ground up mushrooms, like what I buy from a brand called Four Sigmatic, and it is all organic and it is just ground up different mushrooms; sometimes it is chaga, cordyceps, reishi mushrooms. They have mixes; they have them separately. They have really cool stuff; they even have coffee mushrooms but obviously I am not going to buy that.

They also have a chai latte flavor and turmeric latte flavor. They have all different stuff that you can just drink and so I have been drinking that every single morning and I have been feeling alive; I have not had coffee in about two weeks now, two and a half weeks, and I feel amazing. Also, more alkalizing foods: I was told to drink more water with lemon and stuff like that and to have more fruits and vegetables because, as you know, in ceremony number four, I puked up acid; I purged acid out the other end. There is acid leaving my body and even though my body feels amazing now, I need to maintain that. Then of course, so much body love came through for me. I just love my body on a whole nother level. Self-love is a whole nother level for me now that I did not even know was possible until I drank the hallucinogenic brew ayahuasca.

Number five is business takeaways. So I talked a bit about how Ayahuasca showed me how to rebrand my brand colors. Interestingly enough, we are actually in the process of hiring a brand strategist and someone who can help, who has graphic design experience, who has marketing and brand strategy experience to come on our team full time as one of our key team members. I know the importance of having beautiful visuals, and I believe that my content is life changing. It is raising the consciousness of this planet, but in order to capture people's attention, it has to look pretty too; not in a vain way at all, just you have to look visually appealing to capture people's attention and we are doing a disservice by not having high quality branding in our business.

So we were actually in the process of hiring someone and Ayahuasca confirmed to me that that was the right way to go. She showed me how to do some of the rebranding of the colors. She threw away my logos, so obviously we need a new logo. Then she was talking about how as I am evolving to be more feminine and really embracing the divine feminine within me; my brand needs a more feminine field. She also showed me that the feminine is about community centered. I had downloads about how to run my retreats in a more beautiful way. I keep using beautiful as an adjective, because that just describes this whole experience; it was so beautiful. Those downloads were about running my retreat in a more beautiful way or a more impactful way, I should say, and how this *manifestation babe* brand has always been about you guys and never been about me. She showed me how to invite in more of that community feel, which I am so excited to implement in 2020. Then, a new business idea came to me, as I mentioned, to help the environment and raise the consciousness of the planet and I am going to start doing research on how to implement that right now. It is going to be in alignment with *manifestation babe* but not part of it, which is going to be so exciting because I have always envisioned myself

having this empire and having multiple businesses and owning multiple businesses and being the creative head of multiple businesses.

So it has just been so crazy and I feel so in alignment with it because this is actually solving a major issue in our environment at the same time. It is in alignment with what I am already passionate about when it comes to *manifestation babe*, so stay tuned for that. I do not know when that is going to come; it might be in 2021 or 2022 because we have so much in the works right now with *manifestation babe*. I keep having to put my book on hold because we are really setting a foundation for a business that is impactful, sustainable, and long-term, where I can also free myself up some time to be able to create fun projects, like a book.

I know there is a book in me, I already have a title and all the chapters; I just need to sit down to write it, as well as this business.

Number six is the most impactful for me. I talked about numbing in ceremony number three, I believe; it was when I had all those downloads about how I am numbing so much of my emotions. This was shocking for me because it is not like I was resentful or holding on to things; I preach forgiveness and I often practice it. The practice of forgiveness may let a lot of things go. However, there was shit. I have been practicing for the last three years really, but I am 27 years old. So there is still 24 years of shit inside of me. So I really learned through this experience how emotions are just energy in motion.

There are no good emotions, and there are no bad emotions. They are just energy. I also learned how oftentimes we give our power away to our emotions, and especially like in a patriarchal society where the divine feminine is very oppressed and suppressed. We also oppress and suppress the healing, or feeling our feelings and feeling our emotions.

So we do not know how to feel; we are not taught this in school. We are not taught what an emotion or feeling is in school. So, we are just neglecting this part of us. Then we are trying to analyze or trying to use a masculine approach with our emotions when we are analyzing it, and we are trying to figure out what it means. We are putting a label on it. We have feelings about our feelings. We have labels about our labels.

This is exactly how we give them all of our power. So we have created this society where people's emotions just have way too much power over them and people act out. They react to their emotions, instead of just understanding that they do not have to act on their emotions; they can just feel and allow it to teach them something, allow them to tune in, allow them to figure out why they are feeling the way that they are feeling in their own way.

We do not have to do anything with our emotions except just feeling them and how, instead of numbing them, we can just try loving them. That was the mantra that kept coming at me.

"Instead of numbing it, just try loving it. Instead of numbing it, just try loving it." It was like a childish voice that kept coming out, so I practiced loving my anxiety and loving my fears. Sarah, the female shaman that was leading Wednesday night ceremony, kept saying, "Guys, if you are having an uncomfortable feeling or if you are afraid, just say to yourself 'Oooh, I am so cute when I am afraid; I am so cute when I have anxiety; I am so cute.'" It really just goes to show you that these emotions do not have that much power over you. You are in control; you have all the power, but you cannot numb because repressing it and suppressing it just pushes it down

back into your energetic field and then it just boils, the steam rises, and it starts boiling and boiling until the lid pops off. The pressure keeps increasing and increasing. It is no wonder that we have so many angry people that just bust out of nowhere just so angry and so pissed off and so offended by everything and they are just so unhealed. They just do not know how to heal; they are unhealed people. When you keep finding offense in everything or you keep getting upset by everything or if everything is upsetting you, that is not the truth. That is just something unhealed being reflected back at you. Feeling through every single emotion and feeling without giving it a label or suppressing it down is true freedom. Freedom is observation without judgment. I realized how much I was still distracting myself from really feeling, like watching YouTube videos after a long day or a hard day, or having conversations, even not talking as in processing, but like talking trying to distract myself from what I am actually feeling, trying to get my mind to focus on something else when that emotion is just trying to pass through, like eating for comfort. Even personal development books can be a distraction; sometimes I would feel shitty and I would be like, "Oh, my God, I cannot feel shitty. I have to read a book. I have to take this emotion out" The thing is that without feeling it, we are not actually taking it out; we are not actually releasing it. All that we are doing is suppressing it. So that is what I really learned. That was shocking for me because I did not realize that I was numbing my emotions and that most of the world is numbing their emotions, and we are just stuffing crap down and no wonder we feel so weighed down. No wonder we feel so heavy. No wonder we carry so much baggage around with us. We do not feel light. When you do not feel light, it is very hard to manifest. It is very hard to focus on what it is that you want to create and all the amazing things in the world when you constantly feel so heavy and so weighed down.

And speaking of that, the seventh lesson is how you know the concept of "no more evolving through pain; it is time to evolve through love." Something that Jerry said on the very last day in our closing circle really spoke to me: how the days of the wounded healer are gone and how you do not need to suffer anymore to be anointed as a healer. We are all healers here and we are entering the days of the happy healer, where the world does not need another saint. The world does not need any more suffering. It just needs you. It just needs you to live your best life and raise the consciousness of the planet at the same time. You cannot be a light worker if you are constantly suffering and constantly feeling pain. Your job is a light worker and we are all light workers here. (Rythmia says light workers versus light warriors, which I do not know the difference between. I still do not get the difference. I am just going to call it light workers.) Light workers are here to bring the light to this planet at such a vulnerable time. I do not know if you have ever felt depression before in the past or sadness; I certainly have and if I tune into that feeling, if I tune into those memories, all I see is just me being helpless, laying there in bed. When you are really upset, really sad, or feeling depressed, how likely is it that you are going to go out into the world and inspire people? Not very likely at all. How likely is it that you are going to go out there and take action on your dreams? Not likely at all. So, why do we think that suffering and pain is going to bring transformation to this world? It is not.

There is enough pain. There is enough suffering. It is time to let go. We have all felt it; we have all been through it to some degree, some way worse than others. However, all of us have felt it;

all of us have felt pain; all of us have felt suffering, and it is no longer time to evolve through the pain. We do not have to evolve through pain anymore. We can evolve through life. We can evolve through joy, through peace, and through harmony, because negative emotions just weigh us down. It is time to feel through them, but also let them go. Also, start to choose love, and choose joy, and choose liberation, and choose freedom, and know that we are raising the vibration of this planet by bringing more light to it and more love to it. We are not doing our job if we are just bringing more pain and suffering to this planet. That is how we are going to transform the world.

Number eight for me was to trust my intuition and psychic gifts.

So I was told by Ayahuasca that I am very clairvoyant, very clairaudient, and a very claircognizant and that I have been “dishonouring Infinite Intelligence” by not trusting this, by not trusting that I am a wide open channel to Source and then it is time to fully trust in my gifts and fully surrender to what the Universe has in store for me as we co-create this life together. When I saw the medium the next day, it was the weirdest reading that I have ever had, because she looked at me toward the end and she said, “I honestly do not know why you're here. You have your own gifts. Your intuition is always right, the visions that you see or your clairvoyance, the knowing that you have your claircognizance and I know that you hear your higher self you hear spirit all the time talking to you. I do not know why you are here. Your gifts are just as good as mine.” This woman, mind you, is one of the top psychics in the world; she actually won a competition.

There is like a psychic show in Ukraine called *the competition of the psychics* or *who is the number one psychic in the world* or whatever, and they are literally solving murder mysteries and finding people in trunks and stuff like that. They have these obstacles and the psychics' abilities are being tested. So she is really great psychic; she has got gifts.

The reading that she was doing for me was mind-blowing. She was describing my personality to a tee and my past to a tee; I was amazed. She told me, “Your gifts are just as good as mine, and I am going to put you on the spot right now. You are going to read me.” I told her, “Are you fucking kidding me right now? Like, what do you mean I am going to read you?” and so she allowed me to practice these gifts. Of course, I am still developing these gifts, but I know that I have them.

A lot of what I was able to read from her was actually very accurate. She was nodding her head. She was agreeing with me. However, I could still feel myself resisting a little bit and tensing up and thinking, “Oh, my God, I have to do this right. I have to do this right. I have to do this right.”

That brings me to my next lesson, which is there is no wrong or right way to do life. At the psychic's, I just realized that and I told her, “You know what, you are so right. I need to trust myself; I need to trust my visions; I do have these gifts, and I do know what I am doing. I am always being guided; I am always loved; I am always protected; I am on the right path.” For the first time ever, I really solidified in my being, not just intellectually, not just emotionally, but really in my body that my success is inevitable and that I am always on the right path.

I know I mentioned this in a previous episode, that the only punishment that exists is self-punishment, and there is no right or wrong way to do life, and how we are all designed to evolve through love and we are all made to be successful.

So number nine is that there is no right or wrong way to do life. I kept freaking out about that, for some reason at Rythmia I was thinking, "Oh, my God, I am not doing it right now. I am not doing right. Ayahuasca told me, "Kathrin, rules are just a construct of illusion." I wrote in my journal when I arrived in Rythmia that I want to be my own best friend. By that I meant, I want to feel very safe with myself; I want to know that I can trust myself. That is exactly what I got at the end, where I knew that I am my own best friend and I truly get to create my life to be whatever it is that I want to be, and so do you.

I want these life lessons to not just be my life lessons, so, as you are listening to me right now, really take in all these lessons as your own as well. Obviously tune into your own intuition when it comes to your business or how you are eating. However, these concepts are like the fact that there is so much more that goes on beyond the physical realm and how everything is conspiring in your favor. Do not numb your pain anymore. You could feel it. It is safe and free to feel emotion. Because if you are not feeling it, you are just allowing it to weigh you down.

You can also choose to evolve through love. You can choose to trust your intuition. We all have psychic gifts; we all do. It is just that we are either turning them down, or we are suppressing them, or we are not aware of them, or we are just not tuned into them. We all have these gifts and we are all spiritual beings in human form. We are all the entire Universe in human form. We are here to live the human experience and we get to create the human experience to be whatever it is that we want it to be. However, we have to coexist and come together because the law of oneness states that we are all one. So as long as someone is still suffering in the world, and we are all feeling it, we are all suffering as well. So it is important for us to raise the vibration of the planet together and to come together to relieve others of suffering and by you living your best life. You are vibrationally inspiring others to live their best life too.

Then of course, there is so much more that just cannot be explained, cannot be quantified because, again, I didn't just go to another planet, I went to another planet in another dimension. So a lot of the stuff that I saw and learned and even a lot of the stuff that I subconsciously picked up cannot be explained or quantified because, of course, it is subconscious.

For me in general, Ayahuasca was a very eye opening experience, and it confirmed a lot of what I had already knew, and what I have already been teaching, but it gave me a very in-my-body experience, which I am so grateful for. Now I know, to my very core, that this is how the Universe works, that manifestation is absolutely real, and that you can be, do, and have anything and everything that you want.

I know I am going to get asked this a lot, so I am just going to keep repeating it: Is Ayahuasca for everybody? I believe that if you are not called to drink it, you probably should not because it's way too intense if you are not ready for it. If you are and if you are being called to it and if you see this as a sign that made you say, "Wow, I really want to go and have my own experience," I say go for it.

I highly recommend Rythmia as your first time, especially since they have medical and psychological staff at the facility. So you can really talk to anybody about any of your concerns. So if you have a health concern, if you have a mental concern, if you have any kind of concern that you could possibly think of and you are asking if Ayahuasca is good for you or if it is safe for you to do it, then definitely have someone confirmed for you at Rythmia. That is the beauty of this facility and the beauty of this retreat because you know that by the time you get clear to do Ayahuasca, you are going to be safe. You are going to be fine because they ask you a ton of questions. They take your blood pressure; they get your whole health history, and it is up to you to be honest about it. They are not going to peer in your medical files. It is so important for you to be honest because even if you do have a health concern, it just might mean that you could do less of Ayahuasca or through a tincture; you could still show up to Ceremony, and you can still receive a miracle of some sort.

When you are in the energy of ceremony, even if you are not drinking a lot or not drinking at all, you are still receiving healing, because everything is happening on a quantum level.

As everybody around you is healing, you are healing too. So they are healing for you and you are healing for them. It is such a crazy experience. It is a very powerful psychedelic; it is one of the most powerful psychedelics known to humankind so definitely, definitely I would suggest you go to Rythmia. Ayahuasca in general is very, very safe, but you have to do it in the right setting, and of course be a fit for the experience.

So, that is all I have to say on my experience. I want you to let me know, if you will, what you thought of this series. It did turn into a series. I am so curious. I am loving your screenshots, DMS, comments, and takeaways, please continue letting me know if you have your own experience. Let me know if you have decided to go to Rythmia after listening to these episodes. In general, even if you do not plan on ever doing Ayahuasca, just at least share with me what you thought of the takeaways and perhaps I helped you in some way shape or form by sharing my takeaways or if you had some aha moments that could help transform your life as well. Also, get your booty inside of the *Epicly Align* boot camp, if you have not already. All current offerings and links and anything you could possibly want to find for what I am currently promoting in general is on manifestationbabe.com/links. You can currently, as of the time of this episode's airing and recording, *Epicly Align* is enrolling and that is my New Year's boot camp. It is a three-day live workshop. It is only \$111 and you know my academies are thousand dollars and up. So if you want to work with me in a live format, three workshops, create the best freaking year of your life yet, and common for such a low investment and no brainer investment, this is your opportunity to do so.

We are going to go through this together, you get a community, get a Facebook group, get the live workshops, all recorded. You get to keep them for life and it is going to be a ton of fun. So get your butt inside there.

Then besides that, I will see you guys in the next episode. I hope you have a very happy holiday season. I hope you have a fantastic new year. I have a few more new-year-related episodes coming your way. So stay tuned for that. I hope you have an amazing day.

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 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.