

# Episode 125: Can You Manifest Healing w/Manifestation? How E...

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## SUMMARY KEYWORDS

emily, mba, people, manifestation, podcast, story, business, called, create, manifest, life, week, share, love, amazing, transformation, feel, babe, beals, healed

## SPEAKERS

Kathrin Zenkina, Emily Brant

**K** Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, 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're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hey, gorgeous souls, and welcome back to the Manifestation Babe Podcast. I am so grateful that you chose to tune in and listen to today's special episode of the podcast. The reason why I love today's episode so much is because this week, including today, I am featuring three of my previous Manifestation Babe Academy students, and sharing their journeys and transformations through the tools that they have learned to manifest their best lives. Today's guest is Emily Brant, who also happens to be the winner of a contest that we do every single round inside of my Academies, where the best transformation story gets flown out to Los Angeles, and spends an entire day getting spoiled by me - Manifestation Babe style, of course. Since

her first round inside of MBA, Emily has completely healed her autoimmune disease, grown her business, started her podcast - on which she manifested her dream guests - and even started her own journey helping others manifest all their desires, as well. The reason why I love sharing Emily's story is because I know that there are others out there who were once in her position before MBA. If you're wondering, "Will this work for me?" Pay extra close attention because if it worked for Emily, it can definitely work for you too. With that being said, the Manifestation Babe Academy is now open; it closes this Friday, January 31 at midnight. If you're someone who's ready to take their life to the next level, become the most confident and successful version of herself, and let go of all the beliefs, the doubt, and stuck energy that's been holding you back from doing what you really want to be doing. Go to [ManifestationBabeAcademy.com](https://ManifestationBabeAcademy.com) to sign up, or simply swipe up and hit the Episode Notes button to click on the link in the show notes. It's going to be an epic year for all of us and I cannot wait to see where your MBA journey takes you. Will you be on my podcast next time as a success story? With that being said, let's dive into today's episode. Hey, Emily, thank you so much for being on the podcast today. How are you doing?

E

Emily Brant 03:34

I'm amazing, thank you. I'm living in a reality wilder than my wildest dreams, as you would say.

K

Kathrin Zenkina 03:41

I freakin' love that. I know I did a little introduction on Emily and you guys are going to dive into her story and what she is here to share on the podcast with you; but I first wanted to mention, Emily, I'm so excited to hang out with you in Los Angeles because you won the Best MBA Transformation Contest from the last time we launched MBA. We're going to have so much fun together - I have an awesome day planned. Until then, I'm really excited to talk to you because I can't wait for you to share your story, especially for those people who are either in the same place that you were once in, they're overcoming something similar to what you overcame; or they just genuinely want to know that you really can manifest anything and everything that you want, and that whatever is possible for you, it's going to be possible for them too. So, thank you so much for being here. I'm so excited.

E

Emily Brant 04:47

Of course, thank you for having me. I'm so honored.

K Kathrin Zenkina 04:49

So, Emily, can you tell us a bit about yourself? Give us a little background: What is it that you do? What are you passionate about? What are the beginnings of your story?

E Emily Brant 04:59

Yeah, of course. So, hey guys. My name is Emily, or Emm. I am actually from a super small town; it's actually a native reserve from Southern Ontario. It's called Tyendingaga Mohawk territory - born and raised there, but currently living in Toronto, Ontario. So, I'm in the big city now and have been here for the past few years. What I do, is I am a coach, a speaker and I'm also a podcast host. I have a little podcast called The Miracle Mindset. I run a business under the name Essentially. The mission of Essentially is to help women step into their dream life right now, manifest it, and love themselves a lot more deeply along the way. That's what I do, and who I am is an auntie to five amazing nephews; I'm a sister; I'm a fiancee; I'm a daughter; I'm a scoliosis warrior; I'm a Beals syndrome warrior - and we can get into my story more, if you want to -

K Kathrin Zenkina 05:56

Yes.

E Emily Brant 05:57

Clubfoot surgery queen. I've been through quite a bit of physical adversity and differences. That's part of my story and what weaved it all together and makes it that much more interesting and beautiful. So, I'm just on a mission to teach women how to do what I've done and step into your passion fully, manifest your dream life, and have a whole lot more love for yourself. So, that answers your question.

K Kathrin Zenkina 06:25

Yeah, that's beautiful. What did you say your podcast's name is?

E Emily Brant 06:28

It's called the Miracle Mindset.

K Kathrin Zenkina 06:30

I love it.

E

Emily Brant 06:31

And I talk about you all the time on my podcast. I'm always quoting you and telling people to follow you.

K

Kathrin Zenkina 06:39

Thank you so much! You guys, go ahead and subscribe to her podcasts because, first of all, I love the name, 'The Miracle Mindset;' and number two, there is quite a mindset that had to be involved in order for you to overcome the challenges that you have overcome. Speaking of these challenges and that journey - you have such an incredible transformation - can you share with us what unfolded for you? Where were you before you came into MBA? Where were you before you enrolled? What was life like? Even if there's some background story of something from childhood or something from way before MBA, where were you at that point?

E

Emily Brant 07:25

So, I actually made some notes just for myself to get a grasp on the timeline, because last year was so insane. So much happened after the MBA. I actually wondered, "Wait, what is the actual time?" So, I went back. Back to January 2019, that is when I actually made a clear decision. I was at a women's retreat and I remember just making this very clear decision. I mean, it wasn't in my own voice, but it was almost like an intuitive voice. I was in a women's retreat and they were asking us to go around and share a pain that we've been through, and a gain that's come out of it. And me being born into all the pain and the things that I just told you about, I hadn't shared that with anyone up until that point. This was just one year ago. I had done my best my entire life to actually hide all of my differences. With Beals syndrome, it's a super rare connective tissue disorder. Even doctors have never heard of it; I always have to tell them, "Oh, it's similar to Marfan syndrome." So if anyone knows Marfan syndrome, it's kind of similar to that. Doctors never even know what it is, that's how rare it is. What it does, is it causes extremely long legs, fingers, toes, and arms. All your limbs are extra long and skinny. It causes underdeveloped, bone mass and underdeveloped muscle mass; it just doesn't really develop fully, and is more extreme for some than others. In my case, it's pretty extreme. It's always been difficult to put on mass. Plus, it makes everything really contracted and bent. I have fingers and toes that don't straighten out all the way; my arms don't straighten out all the way. So, you're basically really long and lean, but also bent. As you can imagine, in childhood, that lead to nicknames like "E.T. the alien," "skeleton," and "toothpick." They

were not nice names. So, I actually learned to hide. I know you've had your struggles too, with the bullying at the opposite end of the spectrum in terms of body image. I learned pretty quickly that when I wear shorts - because my legs are so skinny, so people point and stare - so I'm going to wear pants; even when it's blistering hot outside, I'm going to wear pants and sweaters, and cover my arms and legs. I just learned how to hide. That breaks my mom's heart when she hears that; she says, "We were never ashamed of you. We didn't tell you to hide," and they didn't; but kids are cruel, and that's kind of how that happened. I also developed really aggressive scoliosis, which comes along with Beals syndrome, sometimes. I was born with my feet upside down; they were pinned up against my legs, tucked up. Clubfoot is where your feet are deformed and they're turned in or out. Mine were turned so far in that they were pinned up against my legs. So, I also went through a childhood of surgeries, casts, braces, and doctor's appointments. So yeah, I had a lifetime of being physically very different, and then trying to hide it and be as normal as possible - or what I thought was normal. And so, come January 2019, I'm at this women's retreat. There was this chance to share, and I thought to myself, "Well, I could just cop-out. I don't have to tell all these people all of this. I could pick a smaller example and make something up from that." And then, this voice just came across me so loudly and said, "No, enough is enough. This is the year where you're going to start sharing your story, and you're going to start using it to help and inspire other people." Wow. So, I listened to that voice - as terrifying as it was. We were just in this circle of maybe 30 women, and I had never shared this before, even with some of my closest friends. They knew I had differences, but they didn't necessarily even know that it was called Beals syndrome or anything like this. So, I was shaking, my voice was shaking, and I cried a lot. But I did it; I shared all of what I just shared with you now, and it gets easier the more I do it. And the response was amazing. The women were so thankful that I shared with them, so inspired, and so encouraged. Shortly after that, I had the opportunity to share my story in a women's storybook - a collection. So, I published my story in written form, which is amazing.

K

Kathrin Zenkina 11:50

Oh, that's incredible. Is that a book that we can purchase? Where can we find it?

E

Emily Brant 11:56

I actually am going to bring you a copy. I have just a handful of copies; it's not really on Amazon or anything like that, but if anyone wants a copy, they can reach out to me and I can mail one out.

K Kathrin Zenkina 12:08  
That's awesome.

E Emily Brant 12:08  
Yeah, there are other amazing stories in there too. There are cancer survivors and incredible women empowerment stories.

K Kathrin Zenkina 12:16  
Wow. Yeah, that would be amazing.

E Emily Brant 12:20  
Yeah, so, that was incredible. There was a little book launch for that book, and the authors are asked to give a five-minute speech about their story, why they wrote it, and what that process was like. I gave this little five-minute speech; it was just in a room of maybe 30 people, again, and I just got hooked after that. I got hooked on speaking and sharing my story. The response, again, was amazing. I literally had a lineup of four or five people wanting to talk to me after. My family just looked at me and said, "I think you just found your calling. You're totally supposed to be doing this." I said, "Yeah, I think you're right." So, that was in April of 2019; and then May was Manifestation Babe Academy. So, right before I joined Manifestation Babe Academy, I realized that my real passion was in motivational speaking, sharing my story, and helping other women. I had just left an MLM business - I made the decision that it wasn't quite lining up with what I wanted to do and where I wanted to go. So, I had just left that business, which I had spent four years building up. And so, of course, I had a total meltdown of, "Oh my gosh, what am I doing leaving this behind?"

K Kathrin Zenkina 13:35  
Can you just speak into that for a second? Because I can totally relate with you. For me, it wasn't four years; it was two years. MLM or not MLM, it's just when people are being called to transition - either to another business, or from a job to business, or even from a business to a job. Some people realize, "Business is not for me. I actually want to go and work and help someone else in their business," which is all okay. Can you just share what that felt like, what that transformation was like, and what that leap of faith was like? I'm super curious to hear

E

Emily Brant 14:10

Of course. Yeah, it is a tough thing to get your mind around, especially when you've been so invested and especially because I was so public with my goals in my MLM business. Everybody who knew me - everybody on my Facebook - would say, "Emily's going all the way with this thing." It was doTERRA Essential Oils, and the top ranked leader is called a Diamond. I had it all over my vision board, everybody knew it. "Emily is going for Diamond, she's going to be a diamond - she's going for it!" But what I realized, the more I journaled about what I wanted, is that I wanted this rank of Diamond. I wanted this success in my MLM, so that I could then have a platform to share my story, to help other women, and to coach other women. It just kept coming back to coaching, helping, and inspiring. So, it's not quite the same as sharing essential oils - as much as I love the oils. But the decision to walk away from something - I'd given up time with my family, I'd given up time with my fiance on weekends; I had traveled to do oil classes. So many people made sacrifices to help me; my sister helped me out a lot. And to walk away from it all, and walk away from my leaders and my team, felt so awful. I felt like I had to justify it to everybody. I wrote this huge blog post about why I was transitioning. Through my podcast, I've actually had the chance to interview some amazing mentors, entrepreneurs, speakers, and authors, and almost all of them have had 10 different businesses... and here I was, freaking out about leaving one.

K

Kathrin Zenkina 15:49

Right? You think that you can only have one.

E

Emily Brant 15:52

Yeah. So, I just learned this huge lesson of having a bit of grace with myself and letting myself learn that it's okay to change your mind. It's okay to follow your passion and follow that intuition. So yeah, for anyone listening and is having a similar struggle, just know that those desires are in you for a reason. It's definitely okay to listen; it's definitely okay to switch paths. It's never too late.

K

Kathrin Zenkina 16:23

I'm so glad, Emily, that you spoke on that. I know it's like a side note, in terms of -

E

Emily Brant 16:29

Yeah.

K

Kathrin Zenkina 16:29

We're not here to talk necessarily about business, but it is part of your story, the whole transitional aspect. Something I just wanted to add to all of you guys listening is that I've had a similar realization where the most successful people - and most of my mentors too - are diversifying. They are not stuck in this belief - this very limiting belief - that we only have one purpose, or that we're only meant to do one thing for the rest of our lives. Actually, me and my closest mentor, we were laughing. We said, "There's no way we're going to podcast at seventy years old." To think of our business to stay the exact same until we retire or beyond - because I honestly don't know if I'm capable of retiring. I feel like I'm just going to be doing something until I croak. But it's just such a limiting belief. Know that you can be all in on something right now, and then transition because your soul is always expanding. Your soul is always going to be following your calling, and your calling can sprinkle your magic into many different things and many different areas of life. People are multi-passionate; we have a lot of purposes. There is a balance between trying to do 10 things at once, versus doing one thing at a time, doing it really well, and then when you feel called to move on to something else, know that you can move on to that other thing and also do it really well. That way you can just build the awesome businesses, avenues, or sources of income. It's not just an either-or reality; it's 100 percent an "and" reality. You get to have it all, and you get to do it on your own terms. So, I love that you mentioned that, Emily. That's beautiful.

E

Emily Brant 18:20

Thank you. I love that; we get to live in an "and" reality.

K

Kathrin Zenkina 18:23

Yes. So, is this before MBA, right around MBA, or after MBA?

E

Emily Brant 18:28

So, before MBA, I had just made the decision to leave my business. My mind was frantic and panicky. I should also mention that I was suffering from a terrible immune system and had recently been diagnosed officially and finally with an autoimmune disease. I used to always have a terrible immune system, but that's now an old story. That's no longer true. So, I was suffering from a terrible immune system and getting sick once a week - not even joking. Plus, I was trying to navigate these new waters of having just left my business. "What am I doing now? Am I starting from scratch? Can I actually do this? What's happening?" I then ended up taking your Manifestation Five-day Challenge. And, of



course, the rest is all history.

K

Kathrin Zenkina 19:21

So, let's dive into that. You enrolled in the MBA, and then what happened? Take us through something significant that happened during the program. I always tell my students, "Listen, MBA is not experiencing the transformation in the four-week period; it is something that continues to work for the rest of your life." So, you can start having massive shifts right away, and then know that three to 12 months later, you're going to keep receiving transformations. That's how it was built; that's how I intended it to be. So, just take us through if anything significant happened during MBA, and then take us through basically from then up until now.

E

Emily Brant 20:00

Yeah. So, I don't remember if something significant happened during, but you're totally right. It's like the manifestations and the blessings just keep coming. MBA was almost a year ago now, and just so much happen for the rest of the year and is still happening. During the course - I'm trying to think back to my After Video that I submitted. I know I had already found out that I healed my autoimmune - literally, technically healed it. It did not show up on the bloodwork.

K

Kathrin Zenkina 20:30

Oh my goodness.

E

Emily Brant 20:30

So, that's one of the things - yeah. So, I went to the hospital for something unrelated. I mentioned to them that I'd recently been diagnosed with an autoimmune. "This might be what's causing these complications." And so, they ran all the blood tests and they said, "What autoimmune? You're not testing for this at all."

K

Kathrin Zenkina 20:48

Wait, was that your intention? Did you set an intention to heal that? How would you say that happened, from the perspective of manifestation?

E

Emily Brant 21:01

Yeah, sure. So I didn't want to include words like 'autoimmune' or 'sickness' or 'disease' or anything like that - because as you know, subconscious minds don't process negatives, and you don't want to put anything negative. So, I kept writing out my new identity as, "I'm always healthy. My immune system is so strong." I also adopted this little habit, where every time I would stretch or do yoga, I would just visualize all the cells in my body and how hard they're working for me; how they're always working to protect me; and they're working in my favor. So, I would write out affirmations like that. "All my cells are working in my favor. My body is always working to keep me healthy. I'm always healthy. I'm a healthy, fit, and active person." So, it was really just rewiring the identity.

K

Kathrin Zenkina 21:53

I hope you guys are writing this down. Everything she's saying - especially those health affirmations - you better be writing them down, putting them on sticky notes, and putting them on your wall. Although my health journey in 2019 was nothing even close to the extreme journey that you've been on, or the severity of it, or the challenges that you have overcome. For me, it was something related to my breast implants. Before I knew what was wrong with me, I just knew that something was off. I was tired of being sick and tired all the time. I also created similar affirmations, Emily.

E

Emily Brant 22:34

Amazing.

K

Kathrin Zenkina 22:34

I would say, "I am healthy. I feel amazing every single day. I have more energy than I know what to do with." I just kept telling myself that story. It starts with just a statement, then it turns into a belief, and then it turns into a self-fulfilling prophecy. So, that's awesome. What else happened?

E

Emily Brant 22:57

Also, I think this was during the course that I started my podcast. My podcast is now about eight months in, so I'm pretty sure it was during Manifestation Babe Academy; somewhere in those four weeks that I actually started it. So, started a podcast, which now just keeps growing more and more every day. After MBA, I was able to manifest some of my dream guests to come on and speak with me. One of my favorite mentors - besides you,

obviously - is Tiffany Peterson. I don't know if you know her, but she was my OG introduction to personal development; she colored my gateway drug into personal development.

K

Kathrin Zenkina 23:36

Oh, I love that.

E

Emily Brant 23:38

Five years ago, she introduced me to all the books, like Think and Grow Rich; The Soul of Money; The War of Art; The Big Leap. All the books that we love, she was the first person who introduced me to those. So, I was able to manifest having her on my podcasts, as well as some other amazing authors that I look up to. The podcast just keeps growing and growing, and that's just one thing that's manifested since MBA. I also joined a Toastmasters Club because, obviously, I was getting more into public speaking. So, now I practice my skills every week. In August of 2019, I gave my first TED-style talk. They call it like the Minor Leagues of TED talk; I gave a TED-style talk. It's called momondays, short for "motivational Mondays." I gave a 10-minute speech, sharing my story. It was vulnerable and terrifying. I ended up with a vulnerability hangover, as I call it. I was actually sick the next day, but it was still amazing. So, I did that. And then, in November 2019, I launched my own course. It's called Step Up Your Game; it's a six-week program to basically help women to uplevel and level up, create new beliefs, create new identities, create new stories - just like I did - and master this thing called manifestation - just like I did; and then, of course, develop that self-love that I love to teach about so much. So, just with that course, I was able to make more in the last quarter of the year, which is my first venture into doing this personal development stuff as a business. I made more money with that one course than I ever made in a full year in my MLM company.

K

Kathrin Zenkina 25:30

Wow.

E

Emily Brant 25:31

That was insane, yeah.

K

Kathrin Zenkina 25:34

That is so awesome. Congratulations on that.

E

**Emily Brant** 25:37

Thank you. It sounds like a lot of hard work and hustle; when people hear it, they say, "Oh my gosh, you're working so hard." But no I'm not, I'm having more fun. It actually feels like less work than it ever did with my MLM - and it's nothing against the MLM. It's just how you teach inside of MBA, it shows that this is what living in alignment looks like, and this is what it creates.

K

**Kathrin Zenkina** 26:02

I love that you brought that up, because that is one of the biggest misconceptions that I have noticed in the manifestation world; people think that by being in alignment, it means you're sipping margaritas by the beach and your business is an ATM all of a sudden, your laptop is making money on its own, and you're just sipping margaritas by the beach doing nothing - but actually, it doesn't work like that at all. Being in alignment just represents the relationship between you and how you feel about your business; the relationship between you and how you feel about other areas of your life. If you feel inspired, creative, and alive when you are working, then you are in alignment. For instance, January is the craziest month I've ever had. I don't think I've ever had a schedule that looks like my schedule in January. I even got sick last week, and I could not afford to get sick at all. But I made it through. We were almost halfway done, there was a launch coming up, and so many crazy things were happening - and yet, I have never felt more in alignment. So, it's not just that you're not working or not taking action at all, and you're just sipping margaritas by the beach; it's how you feel about it. You can be working 12-hour days and be in alignment, and also work an hour a week and still make a ton of money because you are always coming from alignment; you're working when you feel inspired. You're working from a place of service - and not in a place of service where you are forgetting about yourself; forgetting about your needs, there's no self-care, or you're not taking care of yourself. None of that. That's not in alignment either. In alignment means that you are doing what you want to be doing, not necessarily what you have to be doing. There's a massive difference. So, for those of you who are, right now, in the beginning stages of creating something - like a brand new business - I just want you guys to know that. I don't want you to look at the people ahead of you who have teams. This is something that most people don't talk about: the people who are slaying it in the multi-seven-figure, or even seven-figure level, they have teams. They are not doing it alone, I promise you. Anything that I've created in the last two and a half years, I have hired an incredible, impeccable team, and they helped me. So, even those weeks when I'm seemingly doing nothing but just creating a couple of Instagram posts here and there, traveling the world; I just want you to know, that is not necessarily where you should be right now. I don't want you to feel guilty for the fact that you might be a solo entrepreneur, the one editing your podcasts and uploading it, making the content, being the tech support and being the customer support - all at the

same time. You are still in alignment even if you are putting the hours in. You're still in alignment even if you are putting the work in. It just comes from the intention: Are you doing this to prove something? Are you doing this because you feel like you have to? Are you doing this because you feel like it's the only way? Are you coming from an either-or reality? Or is it because this is something that's aligned with your purpose? Everything that makes it easier is going to unfold for you. When you are ready to hire a team, the right people are going to come on. When you are coming from an inspired place, you're going to attract such a huge audience because people can't help but be magnetized to you. All kinds of magic happens. I'm so happy you spoke on that Emily, so thank you for that.

E

Emily Brant 29:43

Thank you for reminding everyone of that. It's so true. When I talk about how it was such a big business success, compared to a full year of business, we're talking just over \$1,000, and that was a big deal for me. So, I'm not talking about multi six-figure or seven-figure year. Celebrate your wins because every step that you take forward is still a win. And, as you said, if it feels fun and aligned with your purpose, that's where the magic is. And it's just going to keep growing, for myself and for anyone who's living in alignment.

K

Kathrin Zenkina 30:26

Yes, and I just want everyone to know: You've only just begun. Emily, you too. It's only been a year, but you've only just begun. Magic is going to happen for you. I'm so excited for everybody! So, I just have a couple of more questions for you. This is one that I love to ask. Emily, let's pretend for just a moment that your best friend, or someone you really love and care about who you know needs something like Manifestation Babe Academy, is listening to this episode right now and is currently on the fence due to uncertainty if it'll work for them. Maybe they're in a place where they just feel like it's not possible for them. They might say, "Awesome, this transformation is great and you legit healed your autoimmune disease. But you know what? It doesn't feel possible for me." Or, "This transition to a business doesn't feel possible for me," or whatever. What would you say to her or want her to know about the program?

E

Emily Brant 31:30

Oh my gosh, so many things, but I will try to summarize. If I can do it, 1,000 percent. You just heard me share all the adversities that I've had to overcome; all the stress of leaving a business and starting a brand new one, pretty much from scratch. I'm still actually working four days a week, so I'm balancing working corporate and running a business - but it's not even just about the business. This course will change literally every aspect of

your life if you show up to put the work in. So, those are the people who are going to get the changes. If you want this and you're willing to put in the work, then 100 percent, you're going to be the one that sees the massive shifts and transformations. Even the fact that I won the VIP day in LA and I get to go hang out with Kathrin next week, that's not something that I would have ever expected. In the past, I would have said, "I never win anything." I would see a contest like that and I'd say, "That's cool. Someone's going to win that." I would never have thought, "It's me. I'm going to manifest it." But because of everything I learned in MBA and became a Manifestation Master, I manifested the shit out of that trip. So, I'm going to LA next week! Anyone can do it. But, I mean, don't do it if you're not going to put in the work and shy away when it gets ugly - because there is a section where it gets ugly. I'm the same in my courses and in my coaching. You have to be willing to face the past just for one week and let go of some things that you might be holding on to. That was a huge part of it for me - releasing things from the past, and letting go of people or situations you need to forgive. That is a huge step. But anyway, if you are willing to get in the mud with us and put in the work, Kathrin will definitely show you the way. She's amazing and MBA is amazing. It seriously changed the whole trajectory of my year, and I believe of the rest of my life. My life's never going to be the same. You can't afford not to do it, really.

K

Kathrin Zenkina 33:37

That is so - okay, I'm just giggling because one of my other one of my other students that I interviewed, she said the exact same. You can't not afford to do this.

E

Emily Brant 33:46

You can't.

K

Kathrin Zenkina 33:47

It's like a constant theme that keeps coming up, and I just love it. I love your answer. I love that you say, "You have to put the work in." Of course, I am not here to wave a magic wand over your life - I wish I had that power, but, unfortunately, I don't. But there's something called free will, where you have the free will to do that to yourself. You can take the magic wand and wave it over your life. But, first, in order to get to the magic wand, as Emily mentioned, you have to let go of some crap. I joke, recently actually, since my plant medicine journey that I had in December, that MBA, RBA, and the courses that I create, I put so much into letting go - the whole release phase of just cutting cords to your past, forgiving yourself, forgiving others, accepting your past, and all that good stuff is all to generate and create space. When you create space, you are then given the magic wand

and you can poof! anything you want into that space. But until you create space, that's really the work. The work really comes into that creating space part. I always joke now with my team that MBA is the ayahuasca of programs. It's like ayahuasca in a program. You could, of course, escape; you can, of course, turn it off and say "Screw this, I'm not going to do it;" I can't force you to do anything, and Emily can't force you to do anything. We cannot force you, but if you are willing to sit in that discomfort and not numb anything anymore and just turn to loving it - don't numb it, just love it. Start loving those hard emotions; start loving the stuff that's bubbling up to the surface; start loving the anxiety, the discomfort, the unfamiliarity, and the uncertainty. When you realize that there is no good or bad - there just is - it just gives you such a sense of freedom, because all of a sudden you are not judging anymore. When you don't judge, you are in a place of being a gentle observer of your life: "That's not serving me, therefore I'm going to let that go." It just becomes so much easier. It's not like, "I CAN'T LET THAT GO!!!" Instead, you become so much calmer - like you're in a calm, Zen presence when it comes to your past - and as you develop that Zen presence around your past, then you create space and you create your future. The future is so freakin' bright, but you have to let go. So, I love that you brought that up. Emily, one last question. Where can people find you? Where can people stalk you? Where can people learn from you? I know you already mentioned your podcast, but where else can we come and hang with you?

E

Emily Brant 36:37

Sure. So there's the podcast The Miracle Mindset. My favorite place to hang out is on Instagram. I'm over there @EssentiallyEmm. My website is also EssentiallyEmm.com. You can check out my coaching offers and programs. I'm actually hosting a women's retreat next June, which is another huge manifestation. So, you can check all of that out and come say hi on Instagram. I would love to connect with some other manifestation babes.

K

Kathrin Zenkina 37:09

Yes! Please tag both of us if you loved this episode and if you resonated with Emily's story. Also, if you are in for Manifestation Babe Academy and Emily is someone who inspired you, then please let us know by tagging both of us @ManifestationBabe and @EssentiallyEmm. So, thank you so much, Emily. I appreciate you and I'm so grateful for your story. I can't wait to see what else you accomplish, and I cannot wait to hang out in LA next week. So exciting!

E

Emily Brant 37:46

I'm so excited, oh my gosh. I appreciate you, thank you.



Kathrin Zenkina 37:51

Alright, you guys, thank you so much for listening to this episode and I will catch you in the next one. Mwah. Bye. Thank you so much for listening to this amazing episode with Emily. All of Emily's info and where to find her is linked in the show notes; so, definitely swipe up on this episode, hit the Show Notes button, and tag the both of us once you've listened to this episode. Make sure to give her lots of love. Now, Manifestation Babe Academy is only open for just a few short days, so if you are ready to jump off the fence and take a leap of faith into the most comprehensive manifestation program, guaranteed to give you the clarity, the tools, and the strategies to create your dream life; go to [ManifestationBabeAcademy.com](https://ManifestationBabeAcademy.com) right now to sign up. I can't wait to feature your story in a future podcast. I love you guys so much and I cannot wait to catch you in the next episode. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep up the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by searching [@ManifestationBabe](https://www.instagram.com/ManifestationBabe), or visiting my website at [ManifestationBabe.com](https://ManifestationBabe.com). I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.