

Episode 127: How This Mother Quit Her Occupational Therapist...

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SPEAKERS


Kathrin Zenkina, Michelle Lee


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'm 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 special guest is Michelle Lee. Since her first round inside of MBA, Michelle has been able to let go of the paradigms that have been holding her back, thinking she needs to be an occupational therapist in order to be successful; travelled the world with her husband and her daughter; live in Malaysia for

three months, with plans to live on the Greek Islands later this year; continued her spiritual practice; just recently launched a podcast; and is opening her coaching practice to teach parents how to raise the consciousness of the next generation. She even, through her transformation, inspired her husband to go part-time at work and follow his purpose as well - and the best part? She did this all while staying at home with her daughter. The main reason why I love sharing Michelle's story is because I know that she will inspire you to think differently and to create a life by your design. If you're wondering, "Will this work for me?" Pay extra close attention, because if it worked for Michelle, it's definitely going to work for you too. With that being said, the Manifestation Babe Academy opened earlier this week, and now we only have a few days left of enrollment. Doors close on January 31 at midnight. So, if you're someone who's ready to take their life to the next level; become the most confident, joyous, and successful version of yourself; and let go of all the beliefs, doubts, and stuck energy that's been holding you back from doing what you really want to be doing; go to 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 Michelle, thank you so much for being on the podcast today. How are you?

 Michelle Lee 03:48
I am amazing, Kathrin. How are you today?

 Kathrin Zenkina 03:50
I am also amazing. By the way, I love it when people answer that way because even if they aren't amazing, they can manifest a much more amazing day simply by saying that. And I love that.

 Michelle Lee 04:02
Absolutely.

 Kathrin Zenkina 04:04
If you wanted a manifestation hack and you came here for manifestation hacks, that's actually a really good one. So, Michelle is someone who's super-duper special. If you are someone who loves to be inspired by other people's stories, I brought Michelle onto the podcast today because I know that she's going to inspire you with her story. I hope that you can see yourself in her story and know that everything that she shares with you today

is 100 percent possible for you too. As long as you believe in the possibility that you can create any reality that you could possibly imagine for yourself, then guess what? That's exactly what you're going to get. So, Michelle is someone who recently - or actually about a year and a half now - went all in on my Manifestation Babe Academy. She has since created some really awesome stuff. You guys have been asking me for more success stories for my students. So, I definitely am listening to you guys. I brought Michelle on here to help me with this episode. Michelle, can you tell us a bit about yourself? What do you do? Just a background of who you are.

M

Michelle Lee 05:15

Absolutely, yes. My name is Michelle Lee Diasinos, and I'm from Sydney, Australia. I live here with my husband, Phil, and my two beautiful kids, Leo - who's nearly three - and Eva - who's nearly one. I'm the host of The Conscious Parent Podcast, which is launching this January. I'm also gearing up to launch my parent coaching practice later on this year. It has been quite a journey getting here. Like you, Kathrin, my parents were migrants. We moved here from Malaysia to Australia when I was two years old. With that came a certain expectation that my life would look a certain way, because my parents came here to give me more opportunities. And so, that's exactly what I did. I lived up to that expectation; I went to a good school, I studied really hard, I got a Bachelor's in Education, and then I got a Master's in Occupational Therapy. I worked really hard to land the role that I had right before I went on maternity leave. Something always just felt a bit amiss with the path that I was on. I used to speak with my mom about it, and she would say, "This is the real world, Michelle. This is reality. This is just how it is." And so, I a bit defeated by that, but I just continued on with that. And so, I worked myself into a position - a really good position - right before I went on that leave. I was really happy with the organization I was working with, and I was happy with the team that I was on, and I loved the people who I worked with and supported. But motherhood was just such a profound experience for me. It turned my world upside down. I went on 12 months of maternity leave. The plan was always for me to go on 12 months and return to work after. The 12 months came and went, and I found myself in a place where I just didn't feel like it was the right thing for me to go back. I felt like a completely different person, as cheesy as that sounds. And so, I spoke with my husband about it, and we decided that I would ask for another 12 months of leave, and we would treat 2018 as a year of experiment.

K

Kathrin Zenkina 07:41

I love that word.



Michelle Lee 07:44

Yes, and so 2018 was the year that we really dared to dream. We really gave ourselves permission to discuss our vision and to see what it was that was coming up for us and what we wanted to create. That was when the seed of an idea to start a business was planted in my mind. It was really weird because prior to this, I had no interest at all in business. But life was different. I had a new way now. That's when I started really diving into business and mindset, and that's where I found your podcast, Kathrin. I'm so glad that I did. I actually found your podcast from listening to James Wedmore's Mind Your Business Podcast.



Kathrin Zenkina 08:27

No way, that's awesome.



Michelle Lee 08:30

Yeah, and I really loved it when you did your second interview with him. It was just awesome to see the changes that had happened between the first time you've been on there and the second time you've been on. I love that.



Kathrin Zenkina 08:42

I feel like I lived 27 lifetimes in between those two episodes. In fact, we actually did a livestream today. Even since the last episode, it's amazing just how much can change in such a short amount of time.



Michelle Lee 08:55

Yes, I love that. It's a great lesson, that you just have to trust the universe and let things happen for you.



Kathrin Zenkina 09:05

Michelle, let me ask you. Just take me back for just a second, when you were on your 12-month leave and things just felt off - you felt like you didn't want to go back to work and you needed another 12 months - did you ever feel your old conditioning? Like maybe your mom's voice was speaking inside of your head or speaking in your ear, telling you, "No, Michelle, that's not how we do things." Did you ever have any of that come to you?

M Michelle Lee 09:32
Yeah, absolutely. I realized that my whole life had just been me listening to other people's stories and conditioning. When I started listening to your podcast, that's when I realized that I just felt like a mishmash of everybody else's expectations of me. Actually, for me to say that I was taking another 12 months off was really hard. I had lots of people questioning me, wondering if I'd lost the plot. It doesn't seem like it would be that big of a deal to take another 12 months off; but from not following the plan and following what was expected of me, I think that was hard for everyone - it was hard for me as well.

K Kathrin Zenkina 10:13
Would you say that those 12 months gave you the space to start listening to yourself?

M Michelle Lee 10:19
Absolutely. Definitely, from what I learned from your teachings about really looking at every challenge as an opportunity for growth. The saying that you have about, "Life is happening for you, and not to you." Once I started viewing life that way, it changed everything. It was a massive game changer. That's when I started to really call things into my life.

K Kathrin Zenkina 10:44
So, you said that you took another 12 months off. It was the year of experiment, which is how my life changed. I decided to do an experiment. The coolest things come out of experiments; it doesn't have to be 12 months off; it doesn't have to be this massive thing that you do, or this big risk where you completely do a 180 in your life. It doesn't have to be that extreme, although really cool things come out of those experiments. But even just committing to a new belief system - even for a week of your life - you will just be amazed by how much unfolds when you just bravely take on a different kind of thinking, or a shift in your paradigm, or a new belief that you borrow, even for a week. It's mind-blowing what can happen. So, I love that you did that. You said that you started to get an idea for your business. Was that before, around the time, or after you finally enrolled in the Manifestation Babe Academy?

M Michelle Lee 11:48
Well, I'll just give a little more background story on that.

K Kathrin Zenkina 11:52
Sure, yes.

M Michelle Lee 11:54
I know that from your podcast, you had talked about what a transformative experience UPW was. I did some research and I found out that it was coming to Sydney in August/September of 2018. And so, my husband and I said, "We've got to do this. Let's do it." And so, we went, and it was freakin' amazing. I did the firewalk, five months pregnant.

K Kathrin Zenkina 12:18
Oh my goodness.

M Michelle Lee 12:20
I can't believe it as I'm saying this, but I marched across those hot coals, and I didn't feel a thing. I didn't feel any heat. I didn't feel any pain. I just had this certainty and this unwavering confidence that if I could walk across those coals, I could do anything. I was so excited by that. And so, when I heard that MBA was launching that November, I felt so called to jump on the wagon and do it.

K Kathrin Zenkina 12:48
That's awesome. How did you know that MBA was for you? Was it an intuitive decision? How did you just know? I know I have a lot of students who come up to me and say, "Kathrin, I just know, and I've known for a long time." I'll then have some people who come across the other kind of people, who will stumble across it, hesitate until the very last-minute, and they say, "Okay, I'll give this a try." And then I have the people who will go through many launches and still not bite the bullet. So, how did you know? And how did it feel to make that kind of investment in yourself?

M Michelle Lee 12:48
Well, there was definitely lots of questioning before I went into it. It honestly came from a time and a money perspective, just because I knew I'd have to make time for it. And also, money-wise; we were on a single income, and I wasn't really sure if this was the right choice, but it came to a point where I talked with my husband about it, and we basically came to the decision of "Can I afford not to do this? This is the year of our experiment. I

just have to bite the bullet." I was so inspired by all the content that I had taken in, that I had learned from you, and it just felt like a good fit. As I was going to click on that 'Sign me up' on the sales page, I said, "Alright, I'm doing this, I'm going to do this." When I decided to do it, it was just amazing. Things just started happening from that point on.

K

Kathrin Zenkina 14:19

I hope you guys are listening to Michelle saying, "I can't afford not to do this." That is a realization that I find - if you're asking me for trends and habits of successful people that I have noticed, people who have received transformation in their life and achieve really great things, they come to this realization of "Who am I not to do this?" I can't afford NOT to do this because the pain of staying where you are is so much greater than the temporary pain of committing some time, money, and energy into something that's actually very temporary but has the ability to completely shift everything in your life. Who am I not to do this? And I can't not afford to do this. These kinds of realizations, we all have to get to this at some point. At some point, we have to realize that repeating the exact same year over and over again, or the same version of reality over and over again, is just going to lead us to burnout. It is way more exhausting, actually, to be stuck in place. Our souls are always guiding us to move forward. It's actually way more exhausting to be stuck in place when our souls are trying to scream at us to move forward, than it actually is to move forward, commit yourself, and do something that's good for your soul. That's actually very hard for your ego, so you might feel like it's scary: "Oh my god, what am I doing? This feels like a lot of time and money." But that's just ego talking, you guys. So, I love that you came to that realization. Michelle, what has changed since the program? What does life look like for you? I always tell my students that the results come not just through the course, but even months and years later. It is a lifetime course; it is stuff that you can apply for the rest of your life. So, you took this in November 2018, right?

M

Michelle Lee 16:25

Yeah, that's right. And at that time - even though I had been through these awesome experiments, so far - I was feeling quite lost at that point in time. I had no idea what I wanted to go forward; my husband was feeling unfulfilled in his professional life; we were living in the home that we bought when we first got married, and we weren't happy there. We were looking down the barrel and thinking, "Are we working every day and paying off our mortgage? Is this it?" That's another thing that was on my mind as I decided to go into MBA. So, what happened since MBA? We actually decided to rent out our home. We moved in with my in-laws, and then we traveled over to Malaysia for three months. This year we will be traveling over to the Greek Islands for three months.

K Kathrin Zenkina 17:14
Oh, that's so much fun.

M Michelle Lee 17:16
I'm so excited. I started calling women into my life - this community of amazing, inspiring women. We supported each other so much and are always checking in with each other to see how we're going. We are so invested in each other's growth and really raising the vibration of the planet - all of us doing the work together. This is how I found out about Conscious Parenting. And so, now I'm actually completing my certification for that coaching program. Doing the work - doing the actual conscious parenting work - in my own life has actually taken me on this deep, spiritual journey. It has helped me heal my relationships with my family, my parents, and my sister; it has improved my relationship with my husband; it has 100 percent improved my relationship with my children; and I'm just so excited about that. I'm so passionate about sharing that with everyone. My husband has actually gone part-time in his work so that he can really start focusing on bringing his vision to life. All this while, I've been at home full-time with my two little kids. We've gotten heaps of help from my family and his family, and that was part of it. That was opening up to receiving help.

K Kathrin Zenkina 18:46
That's a big one.

M Michelle Lee 18:47
Yeah, I realized how much I was saying no to these opportunities because of past conditioning and feeling like I had to do things a certain way, or I had to do everything myself. Opening to receiving caused things to start flooding in from there.

K Kathrin Zenkina 19:05
That is awesome. So, you started traveling: you went to Malaysia, and next, you're going to the Greek Islands. I remember at the beginning of the episode, you said you're launching a podcast for conscious parenting. That is incredible. So, you started your business; and your husband decided to start following his life purpose too. You mentioned a story, actually, about your daughter being born at a certain time. Can you share a bit about that? That's crazy.



Michelle Lee 19:34

Yes. So, as exciting as all this sounds, it didn't all start happening straight away. When I look back now, I can join all the dots together that were leading to these points. It was a few months before these changes started taking place. And so, I was always questioning, "Am I on the right track?" When my daughter was born, I got the best answer to that. So, she was born on January 31 at 3:33 am, with a head circumference of 333 millimeters, and her birth weight was 3.3 kilos. That just completely blew my mind and I knew it was no accident. I just knew that I was on the right path.



Kathrin Zenkina 20:14

That baby is the most aligned baby that I've ever heard of. I mean, that just sounds like an angel was born. Actually, the number 333 in my Angel Numbers guide is the number of the Ascended Masters. So, maybe we have a future Ascended Master that just incarnated on the planet.



20:36



20:36



Michelle Lee 20:36

Oh my goodness.



Kathrin Zenkina 20:37

That is incredible. Awesome. So much magic can happen when you just trust in the process. You do the inner work; you let go of your beliefs; you take on a different perspective in life; and you just know that your current circumstances are not your future. That's not your future destination. If you are in a position - like Michelle was in - in a job. When she left her job, she realized, "Wait a second, I was just conditioned to follow this path. This is just my conditioning from my childhood. This is conditioning from society. This is conditioning from everyone else telling me what life is supposed to look like." And instead, Michelle said, "No, what is it that I truly want to experience?" Now, you get to go on and actually inspire and help the world because conscious parenting is all about inspiring the next generation; it's about leading the next generation; it's about being the best version of yourself as a parent, so that your children can also be influenced by you to

be the best version of themselves. That then just carries forward. I'm huge right now on lineage stuff; I just recently came back from an ayahuasca retreat, and let's just say I did a lot of lineage healing while I was there. I've always heard of this stuff, but I never really understood it on a visceral level. I understood the concept, but it was nothing I've ever experienced. Just knowing that you are passing down your beliefs, behaviors, thoughts, and paradigms. Everything that you are working in your own life, you are then handing over to your children. Something that I love to ask people is, "Would you want your kids to also learn that this is the way life is, and you have to go to school, get a good job, work really hard, slave away at work, turn off your intuition, not listen to that life purpose crap, or do what they want to do?" Is that really what you want to pass down? So, just awesome stuff. Michelle, you're really such an awesome, inspiring example of a really great human who is following her calling. So, thank you for that.



Michelle Lee 23:04

Thank you so much.



Kathrin Zenkina 23:07

Michelle, I just have two more questions for you. One is, let's pretend for just a moment that your BFF - your best friend - who you know needs something like the Manifestation Babe Academy; she's listening to this episode right now, and she's currently on the fence due to uncertainty if it'll work for her. What would you personally say to her or want her to know about the program?



Michelle Lee 23:34

Oh, this is so great and could be totally real, because my best friend totally wouldn't want to do this. "So, let me tell you, girl. I know that you are on the fence. I know that you are reading that sales page, over and over again, and you're not sure whether you should click 'Sign me up.' You have heaps on your plate right now, and you're wondering 'How am I going to find the time to do this? Can I even really afford this right now? I have other commitments.' My question for you is, what I said before, can you afford not to do this? I am a regular person, and I am a living, breathing example of the amazing things that can happen when you just say yes, when you do the work, and when you trust that things are going to happen for you. I had the same fears that you have right now, and the same questions. Doing MBA just changed the trajectory of my life. So, if even one percent of you is wondering whether you should do this, just do the damn thing. Sign up to the MBA, and just watch your life transform."



Kathrin Zenkina 24:36

Michelle, you are freakin' awesome. Thank you so much for sharing your story and your wisdom, and being an awesome human. Where can people find you, stalk you, and learn more about you? I know you're starting your podcast, so perhaps when this launches, your podcast will also have been launched. So, just share all the places where people can find you.



Michelle Lee 24:57

Find me on my website at MichelleDiasinos.com, and on Instagram, my handle is @Michelle.Diasinos.



Kathrin Zenkina 25:06

And we will link that below, because I know, in my mind, I'm thinking, "How the hell do you spell that?" So, we'll make sure to spell it out in the show notes to make sure that you can connect with Michelle, see what she's up to, and learn more good stuff from her. Michelle, thank you so much for being here. I appreciate you so much. And to the rest of you guys, I will see you guys in the next episode. Mwah. Bye. Thank you so much for listening to this amazing episode with Michelle. All of Michelle's social links and other places to find her are linked in the show notes below; 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 for taking the time and the vulnerability to share her story. Now, Manifestation Babe Academy is closing very soon. So, if you're ready to jump off the fence and take that 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 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. Mwah. 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, or visiting my website at 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.