

# Episode 134: Can You Eradicate Anxiety & Transform Your Life...

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breathwork, feel, body, breathing, life, emotion, breath, people, world, samantha, release, session, breathe, thought, facilitator, podcast, energy, beautiful, facilitator training, meditation

## SPEAKERS

Samantha Skelly, Kathrin Zenkina

**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. Hello gorgeous souls, and welcome back to The Manifestation Babe Podcast. I am so excited for you guys to listen to this episode today. So, I brought on breathwork expert Samantha Skelly onto the podcast today to interview her all about this powerful healing modality. We don't just talk about breathwork, though; we also talk about the body's ability to heal, where anxiety, stress, and suffering stem from, and what we can do about it. Samantha actually leads me and you guys through a mini-breathwork session towards the end of the episode that you guys have to listen all the way through. First of all, get all the details and information, and then when it's time to do the breathwork session, you'll be ready, and you'll know exactly what

to do and exactly what's happening. I'm not even kidding, it got me so high - in a good way. I felt so naturally high and liberated of whatever it was that I was working on, previous to me sitting down with Samantha and recording this episode. Afterward, since she left - because I'm literally recording this right after she left - I feel so incredible. So, I want you guys to experience this gift. I'm so grateful for Samantha and to Samantha for coming into my office today, the Manifestation Babe Podcast studio, and actually sitting in front of me and sharing her beautiful art, craft, and gift with the world. If you guys don't know who Samantha Skelly is, she is a seven-figure entrepreneur, sought after international speaker, best-selling author, and wellness coaching expert. She founded both Hungry For Happiness, a movement that helps people experience true transformation and happiness through trained certified coaches who utilize emotional and energetic coaching techniques, and PAUSE Breathwork, which has a mission to unite humanity by helping people breathe, feel, and thrive. Samantha has revolutionized the weight loss and self-help industries by examining the individual and underlying causes of food, body, and self-love issues. She has shared her mission on an international platform, making appearances on Global TV, Shaw, NBC, CBC & and BBC; she's also been featured in various publications such as Forbes, The Huffington Post, The Elephant Journal, and The Prevail Project. Samantha continues to spread her message and transform the lives of tens of thousands of people through her programs, worldwide international retreats, motivational speaking engagements, the popular Hungry For Happiness podcast, and her best-selling Hay House book, Hungry For Happiness. You guys are in for a treat, so I'm not going to take up any more of your time. Let's just dive into today's episode. All right gorgeous souls, welcome back to The Manifestation Babe Podcast. Today, I have a very special guest. Her name is Samantha Skelly, and what we're going to talk about today is such a special topic in my heart. I've been pushing just about everybody I know to do this incredible healing modality. And so, I decided to bring the queen of breathwork into the studio today, live. Hello, Samantha. How are you today?



Samantha Skelly 04:52

I'm so good, babe. It's so nice to be here, it's nice to meet you, and I'm so grateful to have an amazing conversation.



Kathrin Zenkina 04:58

I know, and you drove all the way from San Diego to get here. Just so you guys know, that's about a two-hour drive. So, thank you so much for being here.



Samantha Skelly 05:05

You're so welcome, I'm so grateful.

K

Kathrin Zenkina 05:07

So, just in a couple of sentences, just super quick, what is it exactly that you do?

S

Samantha Skelly 05:12

The core of basically every project, everything that I do, and everything that I write is essentially to decrease human suffering. I have this desire to help people understand the power of their bodies and who they truly are at the core. I really sense that there's such unnecessary suffering in the world, and it's because we're so conditioned to suffer; the world is addicted to suffering. The fact is that we all have the ability to release ourselves from that conditioning, but oftentimes, we don't know how, so we just take it as just normal; misery loves company. We love to connect - connection is such a core need - and oftentimes, we like to connect through misery. When I was younger, I was a child actress and a dancer, so I spent the majority of my life either in front of a camera or on stage. When I left the acting and dancing worlds, I developed a really unhealthy relationship to food and my body. I had a really bad eating disorder for about four years. During that time, although they were the darkest days of my life, it taught me everything, and more, about myself and who I am at the core. Life had a beautiful way of peeling back all the layers and showing me who I am. I realized that the ways I was trying to get my needs met were actually destroying me. There is such an easier, more peaceful, more lovely, graceful way of feeling embodied and powerful. And so, my commitment to the world, to myself, and to my community now is just teaching that through my company.

K

Kathrin Zenkina 06:56

That's incredible, and you're doing such an amazing job. I heard such wonderful things about you. It's really inspiring. As someone who has gone through eating disorders in the past, that belief that we have to suffer on this planet like that, and that this is just the way that things are, and this is how we're conditioned to be, therefore, there's nothing that we can do about it. I think that your mission is so beautiful and so important. So, thank you for the work that you do.

S

Samantha Skelly 07:22

You're so welcome. Yeah, it's a blessing, it truly is.



Kathrin Zenkina 07:25

So, how did you get into breathwork? I'm super curious. I first wanted to share my experience with how I discovered breathwork. Initially when I heard the word "breathwork," or when someone invited me to a breathwork class, I thought, "What are you talking about? Breathing? Who needs that?" I could get around meditation; I'm one of those people - a recovering perfectionist and a recovering hustler - so, for me in the past, I would say, "Nah, I don't need meditation, I don't need this. That's a waste of time." Eventually, I learned that meditation is not just about sitting in a room and quieting your mind, but rather getting yourself into a receptive state where you are essentially bringing yourself back to homeostasis, where you can actually receive beauty from the universe, instead of constantly giving. It's to get you in a state of receiving. So, I finally got myself around that and was able to meditate. And then, when I kept getting invited to breathwork classes, I thought, "Um, I can breathe." Do you know what I mean? And so, I went to this incredible retreat center, Rythmia Life Advancement Center. Have you heard of it?



Samantha Skelly 08:37

I'm going in two weeks, I'm so excited.



Kathrin Zenkina 08:39

You are! Oh my God. Okay, so I went in December and I recorded every detail of that experience on the podcast. Something that I kept mentioning to my audience is "If you're not ready for Ayahuasca, that's fine. Whatever. But make it non-negotiable to try breathwork." I remember my first time doing it at Rythmia, before Ayahuasca, I realized that this is not just breathing; this is some next level, I don't know what's happening in my body, I feel these weird tingles, there are these emotions that come up. How did you get into this? And what is breathwork, for those people who perhaps are hearing it for the very first time?



Samantha Skelly 09:15

You know, I had a similar reaction to you. When people would say "breathwork," I'd say, "I know how to breathe." I would think pranayama, I would think just inhale through the nose, out through the mouth, or box breathing, or some of these techniques. I think the biggest difference is that here's breathwork for relaxation, and then there's breathwork for transformation. The breathwork that we do with Pause Breathwork is for transformation. It's to get into the deeper layers, unbind all the energy, suppressed emotion, trauma, and

everything that we've been holding in our bodies. So, that's the beautiful distinction, for those listening and wondering what we are talking about.

K

Kathrin Zenkina 09:51

Can you super quickly share what pranayama breathing and box breathing are, just so we can distinguish?

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Samantha Skelly 09:57

So, think about when you're in yoga and the teacher says, "Alright, let's breathe with movement." It's just breathing with movement. It is very gentle, but there's an intention behind it. For box breathing, if you think of breathing in a box; so, it's inhale (breathes in), exhale (breathes out); inhale (breathes in), exhale (breathes out). So, it is very simple. In your conscious mind, you're aware. You can still do it while you're driving or anything else. Breathwork for transformation has more of an intent behind it. There's a force and a doing behind it, which I'll get to in just a second. So, to answer your question, how did I find this? So, I was in Vancouver, where I'm originally from. I was struggling with my eating disorder and I was struggling with using food as a drug, restricting, exercise addiction, and body image issues. It was the time of my life where I'd wake up in the morning and think, "I cannot wait to go to bed tonight because I don't want to have to fight through all my thoughts of self-sabotage, and I'm not good enough, and you're not skinny enough, and you're not worthy enough." That voice was on loudspeaker for me every day, and so it felt better for me just to sleep or take a nap. And so, during this time, all the doctors were trying to put me on meal plans and exercise regimes. "Just eat this, and don't eat this." Essentially, they were bringing more attention to the thing that was really frustrating for me, which was food. So, I got to a place where I said, "You know what? Screw this. I'm not doing this anymore. I'm going to go the holistic path." And so, I went to Bali; I was staying in a place called Ubud, which is a highly spiritual, beautiful, genuinely amazing place. There's this place there called The Yoga Barn, and they had a meditation class. I rode my scooter there; it was a two o'clock class. I was a bit late for the class because I read the schedule wrong. And so, I look at the community board to see what other classes there were. There was this breathwork class, and I had the same reaction. "I know how to breathe." It was a three-hour class, and I thought, "I'm going to breathe for three hours? Whatever, I literally have nothing else to do." So, I went to this class, and there was this man who had this big, long grey beard. He was dressed all in white. He looked like Jesus. I thought, "What is going on here?" It looked like an adult sleepover, where people are lying down on mats. "Is this an orgy? What is going on?" So anyway, I ignored my ego and my judgment, and I just went lie down on this mat. And Jesus, aka Michael - this dude - came over and he said, "Are you ready for the ride of your life?" I said, "I'm not sure."



Kathrin Zenkina 12:53

It's like, "We're just breathing, right?"



Samantha Skelly 12:54

Yeah. He said, "Have you done breathwork before?" I said, "No, I have been breathing for 25 years but I've never done this." And he said, "Okay, I just want you to trust the process and surrender." Well, when someone says "Trust the process" when you have an eating disorder, it's a bit challenging to figure it out. Anyway, I did my best, and three hours later, I woke up from this breathwork experience. The first thought in my mind was, "Oh my God, I'm made of freaking stardust. I am amazing." And I never had that thought. During those three hours, I felt everything, from a deep state of sadness and this cathartic release, to joy, bliss, ecstasy, anger, sprint, and everything. This was at a period where I only felt anxious and numb in my body. There wasn't any other emotion. When someone said, "Listen to your intuition," I'd say, "Becky, I don't have an intuition."



Kathrin Zenkina 13:58

Yeah, it's a crazy monkey mind in there, or nothing.



Samantha Skelly 14:02

Or nothing, absolutely. So, within this condensed period, which the three hours, by the way, felt like five minutes, I felt it all. And so, I went up to Michael after the class and said to him, "Why does the world not know about this? This is unbelievable." He said, "Maybe you're the one to tell them." And that didn't even register until literally two years ago. So, I went home that night and researched everything I could about breathwork. At that point - this was about seven years ago - it was very limited. So, I literally read everything I could on the internet about breathwork, and then I signed up for every Facilitator Training on the planet. "I am so in, sign me up." And so, I started to use breathwork to get into my body, so that I could discern the difference between what an emotional hunger cue is, what a physical hunger cue is, and how I can begin to unlock my intuition more by using breathwork. It was my saving grace in that time period, and it healed me from my eating disorder, which was my ticket to say, "Okay, this is your new life now." I was using it in my life and in my first company, Hungry For Happiness, where we help people with eating disorders. We were using it within all our programs, teacher trainings, and everything. A couple of years ago, I had this call and it said, "This needs to be its own thing. Your world is now ready for this, and now you're ready to deliver this." The message was just so clear. So, now PAUSE is our own baby, and we're doing it all around the world. My mission is to

mainstream breathwork like meditation. Meditation wasn't cool 20 years ago; now, it's super cool. So, breathwork is still that thing where people say, "What is this? What is the power of this? Is this going to be helpful for me?" I truly believe breathwork is helpful for everybody. If you've had intense trauma, potentially doing it with a Facilitator is more beneficial for you, but it is such a beautiful practice and something I use every day.

K

Kathrin Zenkina 16:23

So, what does it exactly do to your body? What makes it so effective? Because it is. I have become obsessed with it - I'm actually going to a class tonight. I haven't gone in two weeks and I feel crazy. I miss it, and I miss that feeling of relief that I get. I swear to God, you guys; every problem I've ever brought to my breathwork class, I have gotten the solution on the other side. When my team discovered that I started doing breathwork, they would actually give me something to think about, something to brainstorm on, or they'd say, "Kathrin, we need a solution to this problem. Can you help us figure it out?" I'd say, "Okay, I'm going to breathwork tonight and I'm going to figure it out." I then go through all the waves, and it's so interesting because no two sessions are the same. So, sometimes it'll go by in two minutes, and I think, "Did I even do this? Did the breathwork even happen?" Because I feel like I'm so out of my body. I'll then have other experiences where I am completely in my body and my ego is running rampant, telling me to stop, and I hate it, and the time is just crawling by, and I'm thinking, "Please, let this be over." But then, like clockwork, I always get some sort of release, and at the very end of it, I think to myself, "Why do I not do this every single day?" So, what makes it so damn effective? What the hell is it doing to your mind, your body, your spirit, and all the different levels?

S

Samantha Skelly 17:50

There are so many different levels to it, so I'm going to start with the emotional side of it, and then we'll work on the spiritual and physical. So, essentially, with the emotional side, what we're doing is giving the mind an opportunity to relax. Our minds are survival minds; so, we're constantly looking for everything that's going to kill us and everything that's going to go wrong. When we unhook and relax the mind, we get to go into our intuition. Our intuition is hard to access through the barrier of the mind. When we're living in ordinary and structured minds - how we walk around the world - there isn't that clear channel. There is if we're consciously breathing, but otherwise, there's not. There's always fog, filters, and layers that we need to move through in order to really get it. It's like in meditation when you sit there, you wait and wait, and then you're like, "Okay, I'm now getting into this." Breathwork is more of a direct access. When we breathe in a very continuous and conscious way, we activate the limbic system, which stores all our emotions and memories, which is why we have these amazing responses of crying,

screaming, and all these kinds of stuff. The body is like, "Oh, thankfully we're doing this now. We're releasing this now."

**K** Kathrin Zenkina 19:04

I never scream, and I scream in breathwork. If you ever come to class with me and there's a girl screaming, it's probably me. Let's do it, we got to do it.

**S** Samantha Skelly 19:14

Yeah, and the most beautiful thing is when we're in that space is that we don't need to find a reason as to why we are screaming or crying. We're meaning-making machines most of the time; we feel an emotion - anxious, for instance - and we'll say, "Oh, it must be my financial situation. It must be my boyfriend." We will find reasons for that emotionality, where what's really the most powerful thing is to have the emotion, honor the sensation, observe it and feel right through it, then allow yourself to be in it, so that it dissipates, releases, and relaxes. We have an inability to do that; we want to make it about something, or put it in a box. Well, when we're in the breathwork space, our mind is not working in that way, so the body just does the work for us, which is why you have so much clarity to your intuition; so much clarity to that higher knowing. In that space of nothingness and emptiness, you can say to yourself, "Oh, wait, let me figure out an answer for this for my business." And it's instant.

**K** Kathrin Zenkina 20:18

It's so instant, it's like magic. It's incredible.

**S** Samantha Skelly 20:22

So, I do the same thing. If I am on my computer and I'm trying to figure out a problem, I say, "Alright, let me sit down, let me breathe." Even five minutes of continual breath, and I'm like, "Got it, okay, let me go back and do this now." When I was curating our Facilitator Training, that's how I downloaded the entire thing. I would do breathwork for an hour, then, like a crazy scientist, I would write it all out. It was not me; it was something coming through me.

**K** Kathrin Zenkina 20:48

That's incredible.



**S** Samantha Skelly 20:49  
It's going back to your point of when we open up the space to receive, it's right there. It allows us to get into our body. So, that's the first thing. From more of a scientific and biochemical standpoint, essentially what we're doing by breathing is that we're changing the pH level in our blood, which is essentially giving us a new perspective on how to look at things. So, you'll notice your frequency is way higher, so then you see the world in a new way. Did you get tetany?

**K** Kathrin Zenkina 21:20  
Oh my God, every time.

**S** Samantha Skelly 21:22  
So, tetany, for those listening -

**K** Kathrin Zenkina 21:24  
I wanted to ask you, regarding tetany, does it ever stop? Does it mean something? What's going on with the body? What is it? I know for a fact that when I brought my husband and a couple of friends for the first time, they freaked out when they got tetany, even though I told them what's going to happen. So, it would be awesome for you to explain that, just so people know that whether they decide to go to class, or they decide to try the exercise that you're going to guide them through in this podcast, or one of your courses, or anything that they download from you, just so that they know what's going to happen.

**S** Samantha Skelly 21:55  
Absolutely. So, in tetany, essentially your hands clamp up and they kind of look like lobster claws, and they literally come in towards your hearts. I'm going to give you the scientific or the body reason, and then the spiritual reason. So, the spiritual reason, according to all my mentors who are pioneers in breathwork, is it's an inability to let go. I've tested this in the session; when I have tetany, I'd ask myself, "What are you holding on to?" And then, boom! "Oh, that's the thing!" And then I have this release and my hands relax.

**K** Kathrin Zenkina 22:29  
Stop. I'm going to try that today.

**S** Samantha Skelly 22:30  
Yeah, so ask yourself, "What are you holding on to?" I don't get it every single time, but when I get it, that's my cue to ask myself that question.

**K** Kathrin Zenkina 22:37  
Okay, so clearly, there's something that I have not yet let go of, because I get it every time.

**S** Samantha Skelly 22:42  
Yeah, and it's all to do with the heart. There's a meridian that goes from your heart, down into your arm, and to your hand. And so, your heart is like, "Oh, I'm going to hold on to it." So, the hands come up to the heart.

**K** Kathrin Zenkina 22:52  
That makes so much sense. Wow.

**S** Samantha Skelly 22:53  
It's crazy, yeah. Ask yourself, "What am I holding on to?" The body reason is because, essentially, all the energy needs somewhere to go. When we are doing a breathwork practice, we are moving energy and we're moving so much stagnant, stuck energy, that you're going to get dizzy for the first bit. You might even get a bit of a headache. Your feet might become cold or clumpy, and especially your hands, the energy is going out through your hands. So, there's a condensed, potent amount of energy in your hands, which is what's creating that, as well. So, that's the reason. 10 or 15 minutes after your breathwork session, it will go away, and if you don't know that it's going to happen, it can be quite jarring for you, so just know that it's happening. The most beautiful thing I love about breathwork is that you are in control the whole time. At any point in time, you can stop the continual breath and just let the body breathe itself, and you will relax. This is unlike psychedelics, where you're like, "Okay, I'm in."

**K** Kathrin Zenkina 23:55  
The effects and benefits are very similar between psychedelics and breathwork. However, if you take a psychedelic like Ayahuasca, you are buckling up and there's no way out. There's no pause button, there's no "Let me just stop this breathing." You are in for at least

seven to eight hours. But with breathwork, the beauty is, as Sam said, that you are in control the whole time, which is so comforting because you know that you can stop at any point, which encourages you to just let go and keep going, knowing that you always have that option. So, it really comforts you, but obviously, the goal is to just keep breathing and figure out what part of you is afraid of letting go of control; and really bring that to your breathwork practice, and really work on that aspect of it. For me, for instance, maybe that's what's going to help me let go of my tetany. Why are no two sessions the same? I have some guesses, I've heard some things, and I know that in psychedelics, for instance, no two journeys are ever going to be the same because it just goes beyond the physical; there a metaphysical aspect of it. You are playing on the quantum field, and in the quantum field, things are going to be different. It's not like taking a drug, where scientists can tell you exactly what the side effects are, when it's going to peak, what's going to happen, exactly and when it's going to come out of your body. There is no system, there is no box that it goes into. And so, why is breathwork the same? Why are no two sessions exactly the same? Why is it that every time I go, I never know what I'm going to get?

S

Samantha Skelly 25:39

So, essentially what we're doing in the sessions is that we're working through historical layers of trauma, memories, and emotions. Your body always knows what it needs to release first. There'll be times where it'll just be a very physical experience, and not emotional; and then there'll be times where it's super emotional, and not physical. So, this is the part of surrendering and letting the body do the work. The body's going to release whatever it needs to release, in the timeline that it needs to release in. You could be breathing and then you'll activate the limbic system; it'll come up with a memory from four years old, and that's the thing that needs to happen; or it can activate a memory from a week ago, and that's the thing that needs to happen; or maybe you had someone die in your life recently, and there's a lot of grief and heaviness around the heart, and that feels like the most active thing for you. So, it's all about the understanding what part of the limbic system are we activating to trigger the emotion to have the response. There are other ways that this can be different as well; the facilitation is a huge part of it; are they holding a safe space? Then musicality has a huge impact on our emotionality when we're in that really open space, so if the Facilitator is playing tribal music, we can scream and we'll get really primal. If the Facilitator is playing softer violin music, it's more like an inner child and more of an opening, a releasing, a softening, and a really sad part of the process. So, the music is so important; the cueing of the Facilitator is so important; the people around you - do you feel safe with the people around you? There are so many factors that go into it, both internally and externally. I think this is one of the best things about breathwork; you're developing a relationship with your body, and you're developing this agreement that your body knows what to do. So often, we overthink how to feel

better, and in this experience, there's no space and time for that because you're not thinking; we're in an altered state of consciousness where the body is just doing what it needs to do, and the body is probably thinking, "Oh, thank God, they've finally stopped. They're finally let me do my thing."

K

Kathrin Zenkina 28:10

"They finally let me do my thing! Let me be the intelligent being that I am and heal myself!" Speaking of that, I know that something you're super passionate about is how the body can heal itself. Can you speak about that?

S

Samantha Skelly 28:24

Absolutely. So, we were born with everything that it takes to be happy, and we've complicated the most basic things. We've complicated how to nourish ourselves with time, and that's a huge part of my work with Hungry For Happiness. We've just completely complicated that. We've complicated how to breathe; we just don't use our breath to the ability. And feeling; we have such an unhealthy relationship with pain and anxiety.

K

Kathrin Zenkina 28:51

So many labels.

S

Samantha Skelly 28:52

Oh my god, so many labels. If we could just remove "I am this, I am that, I have this disorder" if we just remove all that and just get with the body and ask, "What's going on at a deeper level? What is this emotion trying to teach me?" If we can look at pain as simply a catalyst for my growth; as something that's showing up because there's something that I'm not seeing; and if the question we ask ourselves is, "What are you here to teach me? What am I not seeing?" and we begin to learn from our pain, then we can truly set ourselves free.

K

Kathrin Zenkina 29:29

It's like the labeling that creates the suffering.

S

Samantha Skelly 29:32

Oh yeah.

- K** Kathrin Zenkina 29:32  
A hundred percent. If you just let yourself feel through it, it will dissipate. But as long as you keep giving it a label, then you constantly have something to attach your identity to; therefore, whatever you attach your identity to, you have such a harder time letting it go because then your ego comes in and says, "Hey, this is mine. I can't let it go." But if allow yourself to feel a certain way, allow yourself to feel, and allow yourself to be present, you just find that anything - anxiety, fear - just dissipates.
- S** Samantha Skelly 30:04  
Absolutely. It's the label, and then it's also the story of why we should not be feeling that thing.
- K** Kathrin Zenkina 30:10  
Yeah, the shame. The shame of feeling a certain way.
- S** Samantha Skelly 30:13  
Absolutely, yeah. Shame is one of the biggest things we're trying to avoid it and we work so hard to try to avoid shame. Well, what if we changed our story around shame? We can allow ourselves to feel it and say, "Alright, what is this teaching me about myself? How am I unearthing new parts of myself through feeling this? And how can I increase my capacity to feel?" Here's the interesting thing; the mind's idea of how much we can feel is so limited, versus what the body can actually handle.
- K** Kathrin Zenkina 30:44  
That's a huge distinction.
- S** Samantha Skelly 30:46  
The body can handle so much; we can feel to the depths. Women go through childbirth - we can handle this! But we feel a lick of anxiety and we go, "Oh shit, where's my CBD? Where's my exercise?"
- K** Kathrin Zenkina 30:59  
"How do I fix it? How do I numb it?"



Samantha Skelly 31:01

Yeah, and it's like, "No, that sensation of pain is your gift." It's so beautiful to truly feel that and get to the core of that. When we treat it as an inconvenience or something that needs to be numbed or shoved away in a corner, or not shown to the world, we are at war with ourselves. When we're at war ourselves, we're constantly trying to perform to not hide from the world that we're broken. The fact is that we are all so perfectly imperfect. Your shame, your pain, your fear, it's all part of the magnificence. And so, when we cut off one part, we lose our power.



Kathrin Zenkina 31:37

Yeah, when I was in my fourth ceremony at Rythmia - which you'll get to know these hammocks very well - I was laying in a hammock and Ayahuasca kept telling me, "Kathrin, don't numb it, just love it." And so, I started saying, "I love you, fear; I love you, anxiety." She said, "Good, good. Keep going." At some point, part of my experience was I felt such bliss and liberation. I remember laying in the hammock and thinking, "Did I make that up? Did I really feel liberation? Did I really feel freedom? Did I really feel bliss? Did I really feel joy?" Mother Ayahuasca - as they call her - said, "Kathrin, don't you think it's very interesting how you're so good at labeling the negative emotions and knowing exactly what they are - you know you're anxious, or you know you feel fear - but you're questioning yourself, asking 'Did I really feel bliss? Did I really feel joy?' Why are you so attached to those negative emotions, and why do you any emotion more power than any of the others?" There really is no hierarchy here, but as human beings having an ego, we go, "This is right, this is wrong; this is good, this is bad." And there really is no good or bad; there just is. She kept saying, "Don't numb it, just love it. You can love it all." I spent the whole night in the hammock just feeling every emotion. Psychedelically, it was a boring night; there are no visuals, there are no crazy stories that I can share; it's just me laying in a hammock, feeling pain, anxiety, fear, and feeling of impending doom. Different variations and different levels of different emotions. And I'm just sitting there, saying, "I still love you. It is okay." I realized how much I have used - personal development is great. There is a point in time when some people use it to just fix - constantly fix. For me, for instance, if I ever feel anxious, confused, or any feeling or emotion that I would have, I would immediately reach out and either grab a book or turn on a podcast, and think, "I need to fix this immediately. What's the trick? I need to fix it." What I learned that night is that I've been using personal development to numb it. And so, now, when I'm experiencing emotions, I will take myself through breathwork, or I will just simply sit on my couch and allow myself to feel. It's so uncomfortable when you think, "Oh my God, am I just going to be sitting in this negative vibration for a really long time? Oh my God, is negative vibration going to manifest negative things in my life?" I find that these emotions do not last more than five minutes. I just sit through it or breathe through in breathwork for five

minutes, and then it's gone. It does not affect me anymore, and I can just go about my day and I'm so much more productive, so much happier, and so much more present, just because I allow myself to go there, where most of us are so afraid of going.

S

Samantha Skelly 34:47

That's so beautiful, and you're right. It's such a short time that the body takes to be able to process. A tool that I used when I was overcoming my eating disorder was Observation VS Identification. So, how can we be in the nucleus of the pain, but not be wrapped in it? How can we still have a perspective to just observe? "All right, I am in so much pain right now. I am so anxious. Wow, this experience is so intense." Even speaking it out is really helpful because it separates that; like you said, anytime we identify with something, it's game over.

K

Kathrin Zenkina 35:26

It's so true. I was reading parts of your website last night, actually, to get me inspired for this interview. You mentioned somewhere - I don't remember exactly where - that constant anxiety and stress are not the norm. I love that because I totally believe that. Why do you think it has become the norm? Where do you think that comes from? And what do you believe is the norm, or should be the norm?

S

Samantha Skelly 35:51

So, let's start with what should be the norm, or what is the norm as we've distorted it. The norm is peace, ease, contentment, and love. At our core, that's in all of us. We just have layers and layers of stories, conditioning, and everything that's blocking us from actually being that and feeling that. When we remove it all, we get to feel that essence, and so going back to why we live in a world where everyone is so conditioned to struggle; I ultimately think it is because so many of us are hustling for our worth; we do not feel like we are worthy because of our upbringing and the stories that were told to us or that we've absorbed from the world. And so, there's this worthiness wound that we are constantly trying to medicate through hustling. We are building more businesses; we're doing more shit; we're buying more stuff; we're doing stuff that is out of alignment, and not truly what our soul and heart want, because we do not feel worthy. This is a condition over the entire world. I work with some super high-level people who are billionaires, and they need more money.

K

Kathrin Zenkina 37:07

Yeah, it's never enough.

S

Samantha Skelly 37:08

It's never enough!

K

Kathrin Zenkina 37:09

As long as you feel that you are not enough, it'll never be enough.

S

Samantha Skelly 37:12

Absolutely. So, we're being driven from this fear, from this not-enoughness, from this scarcity. As long as that is our driving motivator, number one, that's never going to end until we heal the wounds or heal the rupture. And that causes such high states of anxiety, because if our self-worth is attached to what we do and not who we are, we're going to constantly be in that cycle, and we see it everywhere with everyone.

K

Kathrin Zenkina 37:39

Yeah. Something I love talking about is how the concept of "my life purpose" has become such a buzzword, and how so many people are misled to think that their life purpose has to do with what they're doing. And so, they constantly attach their life purpose to - for instance, for me, I thought I was going to become a doctor my whole life. I was conditioned to believe that I was meant to become a doctor, and so I really attached my life purpose to, "I'm here to heal people through being a doctor." When that fell through the cracks and I realized, "Nah, that's not my purpose," I got into an MLM that really focused on fitness coaching. And so, then I'm like, "This is my purpose." But then when you attach that to your purpose, if, God forbid, the business doesn't take off or something doesn't go well, you will start thinking, "Oh my God, I'm failing at my life purpose. Look at me, I can't even live my own life purpose." Now I'm doing what I'm doing with Manifestation Babe - which is empowering women to manifest their best lives - and I also similarly feel like this is now my life purpose. So, how can I feel that feeling of feeling like I'm living my life purpose, through all these various things? Number one, it has nothing to do with what you're doing; it has everything to do with who you're being. As long as you are constantly working on becoming the best version of yourself, really being the best version of yourself, and believing that you are enough just the way that you are, and it's a privilege and an opportunity for you to grow - not that you have to grow; you don't have to become better; you don't have to accomplish all these things - that's just an opportunity, a privilege, and an option for you. But you are enough just the way that you



are. When you truly feel that, at that point you're living your life purpose. Your life purpose is just to be and for you to play this game of life. Life is just a physical game that we play, so why don't we play and look at all the options that we have in front of us in order to play?

**S** Samantha Skelly 39:38

I love that you said that. I always say, "Life is my playground; it is designed to elevate me, expand me, and allow me to see other parts of who I am." When we add this element of play, fun, light, and ease, your energy is your contribution to the world. When we view the world from that way, if you want to throw a purpose on it, then your purpose is to be the best version of you, whatever that means. That could mean you're working at Starbucks; that could mean you're running a multi-million-dollar company; that could mean you're a stay-at-home mom -

**K** Kathrin Zenkina 40:12

And it can change.

**S** Samantha Skelly 40:13

Yeah, it can change. So, if that was your intention every single day - "I'm going to deliver the highest amount of energy to this world from this very aligned place" - let the chips fall as they may, because the universe is going to go, "Oh, she knows what's up. I'm going to literally give her everything that she wants."

**K** Kathrin Zenkina 40:29

Amen.

**S** Samantha Skelly 40:30

Our desires are arrows. Anytime you desire something, it's meant for you, so get into that vibration. We can, of course, talk about this all day long. How can we be the embodiment of the very thing that we want, every single day, so that the universe delivers?

**K** Kathrin Zenkina 40:44

So, the way I've always seen breathwork is about releasing; releasing the emotions, or releasing whatever it is that's holding you back. Would you see it as more of tuning in to

your body and not necessarily all about the release? The way things are clicking for me in my mind right now is that we're labeling it, right? "I have to go and release these negative emotions." They are just emotions that are stuck in my body, and all I'm doing is releasing them so that I can get in tune with my body. Is that how you would see it?

S

Samantha Skelly 41:13

It depends. I sometimes have different intentions when I go in. So, for instance - what did I do this morning? So, our next launch, I set the intention, saying, "This is the number. This is how we're going to do it. This is how it's going to feel." I brought that into my session and got myself to Cart Close, end-day. I was thinking, "Alright, this was so much fun; we have the most perfect people here; everything went amazing; everyone's stoked and on fire. Let's do this." I put myself in that energy. So, I used my breath to basically amplify the energy that I already decided that I wanted.

K

Kathrin Zenkina 41:53

So, it has many purposes.

S

Samantha Skelly 41:55

Oh my gosh, yeah. So, we can go in and say, "I want to release this." We can have an intention, or we can have an open invitation. An open invitation means no intention - nothing at all - you just let the body do the work. But we can also guide our intention and amplify our intention with the breath. Whether we want to manifest, release, or tap into this joyful inner child play energy - and that's a very powerful thing, as well. So, yes, we can have an agenda going in, but oftentimes, our bodies will decide to take a U-turn. So, I feel it's like having an intention, but then also being open for what comes. It is really powerful. The two types of breathwork that we work with at PAUSE are integrative and meditative. Integrative means that we can do these breaths wherever we are, in any situation - whether we're washing the dishes, staying at home, playing with our kids. Meditative is when we're going into more of a ceremony style breathwork.

K

Kathrin Zenkina 42:58

I love it. Can we try it?

S

Samantha Skelly 43:00

Yeah, let's do it. So, let me just be clear, if you are listening to this podcast while driving,

please just refrain and turn this on when you get home because you don't know how your body's going to respond to it.

**K** Kathrin Zenkina 43:15  
Are we doing integrative or meditative?

**S** Samantha Skelly 43:16  
We're going to do integrative. Meditative is basically a certain type of breath after 10 minutes; after 10 minutes, we kind of get into more of that meditative energy.

**K** Kathrin Zenkina 43:27  
How long would you say the typical session is?

**S** Samantha Skelly 43:31  
Oh gosh, it so depends. I've done a four-hour session; I've done a 10-minute session; I've done a 90-minute session. It really depends on the structure of your life and what works best. I have moms who can only do 10 minutes in the morning and 10 minutes night. I say, "That's amazing, that's so great."

**K** Kathrin Zenkina 43:48  
That's great.

**S** Samantha Skelly 43:49  
So, the purpose of it is how we can find the pockets of our day to integrate this breath in, so that we can stabilize our nervous system and just feel amazing every single day.

**K** Kathrin Zenkina 43:59  
An assumption I actually had was that I thought you always needed to do it with a Facilitator, in person. So, can you do it online via recording?

**S** Samantha Skelly 44:08

Absolutely, yeah.

**K** Kathrin Zenkina 44:09  
Cool!

**S** Samantha Skelly 44:09  
We have an app coming out, so people can do it at home, which is amazing.

**K** Kathrin Zenkina 44:13  
That's amazing.

**S** Samantha Skelly 44:14  
If they want a Facilitator, that's a beautiful way of doing it, too. I love the co-nourishment relationship between a Facilitator and a breather. There's something really healing about that. So, that's always a beautiful option.

**K** Kathrin Zenkina 44:25  
Awesome. Well, let's give it a try.

**S** Samantha Skelly 44:27  
Okay, so the breathwork that we're going to do is called Try Active Breath. You may have done this one. We're only going to be using our mouths; two breaths in and one breath out. We're going to bring the energy into the belly up, into the chest (the heart area), and then out through the mouth.

**K** Kathrin Zenkina 44:43  
And are the eyes open or eyes closed?

**S** Samantha Skelly 44:45  
We'll do eyes closed.

K Kathrin Zenkina 44:46  
Okay.

S Samantha Skelly 44:47  
So, this is what it sounds like (sound of two sharp inhales, and then a longer exhale). So, breathing in into the belly, up into the chest, out through the mouth. Really make sure that the exhale is nice, strong, and powerful.

K Kathrin Zenkina 45:07  
Beautiful. Okay, let's do it.

S Samantha Skelly 45:08  
We're going to do it for about 90 seconds, or so. In the end, I'm going to cue you to take a deep breath in and hold. What you're going to notice when you do that breath in is you might feel a bit dizzy for about five to seven seconds. Stay with it. Be with it in that dizziness, and then you're going to find a place of calm. Hold your breath for as long as you can, and then exhale.

K Kathrin Zenkina 45:31  
Love it.

S Samantha Skelly 45:32  
Okay, let's do it. Alright, so let's close our eyes, taking a deep breath in through the nose to start, and release. Just one more. Relax the shoulders, come into the body, find some stillness. Taking a quick scan of your body, notice what feels open, what feels contracted. Just observe. Whatever you feel is perfectly fine. Just take a moment and be still with your body. The mantra we're going to be using for this little session is, "I am powerful." Repeating that silently to yourself as we breathe, and when you're ready, let's begin. (inhale, inhale, exhale for 90 seconds). That's it. Just keep the breath circulating, breathing in the energy and the air, powerfully letting it out. That's it, just keep going. If you're finding the speed to be too fast, you can also go for more depth over speed. Just finding your pace, finding what feels good for your body. Notice all the sensations in your body happening. Everything is completely normal. Letting the body do the work. You're safe to breathe, you're safe to feel, you're safe to bring in all this energy. Beautiful. Just a few

more moments, seeing if we can go a bit deeper with the breath for the final few moments. When you're ready, take a deep breath in through the nose, holding at the top, then again, deep breath in through the nose, holding the deepest breath, and relaxing the breath. Coming back into the body, just letting the breath go, letting the breath pattern go. That's it. When you're ready, just breathe normally. That's it, great. And we are complete. How are you feeling?



Kathrin Zenkina 50:41

Wild. Oh my God, it's like you have a mild panic attack at first, and then you just remind yourself, "It's okay. It's alright. This is fine, this is normal." And then you just get used to it. I'm here, I'm present; I know I'm going to survive and make it. It's so funny because every time I do it, I have this weird, anxious sensation in the very first minute. There's a weird vision that comes to me, and it came to me this time. I knew it is only 90 seconds (usually the sessions I do are 30 to 35 minutes long). I get this weird vision of me crossing the street, going from one parking lot to another parking lot. I can never figure out why, but that's the vision that I get. The moment that I cross the street and go to the other parking lot, I relax and I can get into it. It's so weird.



Samantha Skelly 51:41

It's like a transition.



Kathrin Zenkina 51:43

It's so interesting.



Samantha Skelly 51:44

It's a visual transition; your body's giving you the visualization of what's actually happening.



Kathrin Zenkina 51:49

Yeah, and I feel like my heart's racing too. I mentally tell myself, "Calm down, it's fine." And then my heart just kind of comes back. I know, depending on the session I will literally leave my body and then come back when it's done. I then start to think, "Wait, was I breathing? Was I doing it right? Did I have the session?" And I feel amazing, blissful, incredible, and liberated. I just feel high right now, just so you know.

**S** Samantha Skelly 52:13  
Get high off your own supply.

**K** Kathrin Zenkina 52:16  
Every time I do breathwork, I'm surprised that this is my own breath. There's no drug; there's no psychedelic; it's just breathing. You have access to this every single day, 24/7. It's incredible.

**S** Samantha Skelly 52:30  
It's so powerful.

**K** Kathrin Zenkina 52:32  
Thank you for that.

**S** Samantha Skelly 52:34  
You're so welcome. If we only knew how powerful we are. I'm sure all your listeners - those who've joined us in the breath - are thinking, "Whoa, I've never felt that before."

**K** Kathrin Zenkina 52:44  
Yeah. Okay, so I know everyone's feeling high; they're hooked, and they want more. Where can they find you, and learn more about you if they're curious, but most importantly, actually do the shit with you? For the people who are just learning this for the first time, or not interested in facilitating, do you have something for them? And for those people who are like, "Oh my God, I feel amazing, and I want to share this with the world." What are your two options?

**S** Samantha Skelly 53:11  
So, we have a six-week course called The Journey, which walks you through six different breathwork sessions through six different videos; there's a workbook, so it really begins to integrate you into the work. You can go to [PauseBreathwork.com/journey](https://PauseBreathwork.com/journey), Code: Manifestation. That's if you were just like, "Whoa, what was that? I want to do more of that." If you're like, "Okay, I'm going to share this with the world," and maybe you have that feeling after you do the journey, but if you're ready, and that's your path, you can

head over to [PauseBreathwork.com/facilitator](https://PauseBreathwork.com/facilitator), again, Code: Manifestation. Let us know you heard us on the show. If you have any questions at all, I'm super active on Instagram @SamanthaSkelly, and I run little breathwork sessions in the morning at 8:00 am PST Mondays to Fridays.

K

Kathrin Zenkina 54:00

I saw that, it's so cool. I'm definitely going to join your next one. I had this misconception that you can only do it in person with a Facilitator, so I was thinking, "Wait for a second, is she doing them on Instagram Live? How does this work?" And so, as we went through the process, I felt like, holy shit, this is so powerful. So, for you guys listening, I am going to go ahead and link all the details in the show notes - Samantha's Instagram, and then the course (The Journey), and then the Facilitator Training - which is how long, by the way? Just so people know.

S

Samantha Skelly 54:32

The Facilitator Training is a six-month journey. So, the first part of the program is us coaching you on breathwork, and really getting to know your body on a deep level. Then you come to San Diego with me, and you spend five days here in San Diego going through all the fundamentals of breathwork, how to become a Masterful Breathwork Facilitator. We then have the practicum portion where you go and facilitate one-to-one, workshops, and things like that; you then graduate six months later. So, it's a beautiful deep dive, and we run that training twice a year in San Diego.

K

Kathrin Zenkina 55:04

That's a journey for sure. Incredible. Samantha, I just want to thank you so much for your time and your gift that you're sharing with the world. Thank you so much for listening to Jesus in Bali that you were meant to share this with the world. It is life-changing, and we really need it. And, again, guys, this is free; this is your breath. There is no reason for you not to be doing breathwork. At least how often do you recommend, by the way?

S

Samantha Skelly 55:33

When I wake up, I'll do breathwork for 10 minutes in the morning. When I sleep, my brain is really active so sometimes I can wake up already feeling like, "Oh my Gosh, I'm already busy." So, I do 10 minutes in the morning of this breath pattern, or in the PAUSE patterns - and you'll learn them all; there are different ones that are more gentle, and things like that. So, I'll do 10 minutes in the morning and 10 minutes at night to close out my day and



set my intention for my sleep. Twice or three times a week, I'll do a 30-minute session.

**K** Kathrin Zenkina 56:00  
Okay cool, that's really awesome.

**S** Samantha Skelly 56:02  
But, again, even five minutes in the morning, five minutes at night; if that's what you got, it is so perfect and beneficial.

**K** Kathrin Zenkina 56:08  
I love that you mentioned morning because I know that when I have a lot going on in my life, I tend to wake up anxious. It takes me at least an hour to work through whatever it is using other healing modalities. And so, even 90 seconds with you, I'm thinking, "Holy shit, I got 10 minutes. I'm definitely going to try it next time." So, thank you so much for that. That's amazing. You guys, this is such a powerful episode. Go ahead and take a screenshot of this episode, and tag both Samantha and I - what was your Instagram account?

**S** Samantha Skelly 56:38  
@SamanthaSkelly.

**K** Kathrin Zenkina 56:39  
@SamanthaSkelly and @ManifestationBabe; share your breakthroughs, your takeaways, and please let us know how that 90-second breathwork session was for you, and all your plans on furthering this journey whether you sign up for the course, you sign up for the Facilitator Training, or you join Samantha on her Instagram live at 8:00 am PST. All the links will be in the show notes. Again, Samantha, thank you so much for your time. You are amazing. Thank you.

**S** Samantha Skelly 57:06  
Thank you so much for having me. It's been such a pleasure.



Kathrin Zenkina 57:09

Alright you guys, see 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 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 following @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much and I can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.