

Episode 135: Feeling Scared & Uncertain? Here's What We Can ...


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SPEAKERS

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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, like most of you guys are probably sitting at home right now because everything is canceled, and the state of the world is in a panic right now. So, I don't normally record these kinds of episodes; I like to keep things light and happy. However, that is not how everyone is feeling right now, and I know that as a highly sensitive being and someone who's super empathic, someone who is a lightworker and an energy worker and is really in tune with the energies of the entire planet, and all the panic and chaos that can be felt by so many human beings all at once, we are not immune to that energy; we're not immune to feeling all the energy. So, I wanted to record an episode

for you guys to help you navigate what is going on right now - especially as a lightworker - and what we can do about it. I think that's the most important thing to always be considered when things are uncertain, and things are scary, things don't make sense, and we don't know why it's happening. It's way more important to ask ourselves, "What can we do about it?" Rather than "Why is this happening?" Because, ultimately, who knows why this is happening? I'm going to give you guys my theories, of course, because you are listening to The Manifestation Babe Podcast; but more important than that, I want you to walk away from this episode feeling super empowered; that regardless of what's happening in the world at any point in time - not just the Coronavirus, but let's say any other global event, past, present, or future - you can always come back to this episode and remind yourself that you are a being of light who has incarnated and chooses to incarnate onto this planet to bring faith to the masses. I believe that if you're listening to this podcast episode, you are a lightworker and that you have a purpose in being here; in doing this deep, mental, emotional, and spiritual work - not just for yourself, though. My goal is always for you to live your best life, feel your best in your life, and think and radiate great thoughts, great energy, and all that good stuff. However, if it just ends with you, what's the point? So, this is about spreading your light, energy, mission across the world so that the entire planet's vibration can be raised, because God knows Mother Earth really needs it. This universe really needs it, and it's up to us to start that ripple effect. If we are not committing ourselves to faith in a time of chaos, fear, and panic, then who the hell else is going to do it for us? So, clearly, you don't need me to tell you this; you just have to log on Facebook, Instagram, or go on any media outlet, and you'll see that the state of the world is in panic right now. I was just on a girls' trip which was supposed to be the podcast episode that I was going to record today, which was all about the importance of sisterhood and what my friends and I do when we get together every single quarter to come together and do our spiritual girls' trip. Obviously, things change; plans change. So, that's going to be the next episode but for today, this is what I really wanted to talk about. I came home after having such an incredible spiritual week and so many incredible things happened. I pretty much went through another spiritual awakening. I know that I've said that before; "Guys, I'm going through a spiritual awakening," or "I feel like I'm going through a spiritual awakening," or I refer to 2015/2016 as my time of my spiritual awakening - but that was not it. This was it. This was a spiritual awakening, and it was just so beautiful. I had so many downloads, insights, and so much deep releasing and uprooting of any bits of lack of self-worth that has not yet left me; I feel like I just laid it on a table, and really allowed myself to process and work through so much crap; I was able to really process and work through stuff that I've been going through since I got back from Rythmia. If you've listened to those episodes, you know I've been through a lot in just those four days. It has really uprooted a lot for me. I've been processing ever since in the best way possible. It hasn't always been easy; it's been really confusing navigating why I saw certain things, what that means, how to handle it, find out what it means about the future,

and all this stuff. Currently, a few things in my life are a little confusing, where for instance, my current living situation just isn't making sense; how things are coming together isn't making sense, even though Mother Ayah showed me this beautiful vision of where I'm supposed to live and how it's going to all fall into place. I'm like, "Okay, Mother Ayah, it's not falling into place. Can you help me out here?" So, I've been going through it. This week really was the icing on the cake and the cherry on top for really helping me ground myself back in and come home feeling amazing, I have been feeling amazing. However, before my spiritual girls' trip, I have been waking up in the middle of the night with panic, anxiety, and nightmares. At first, I was thinking, "Is this my Saturn return? Is this a spiritual awakening? What is happening?" It took me two weeks to finally realize, "I'm a highly sensitive being; I'm super empathic; I know that. I've learned to protect my energy and how to navigate through the world." Being that way as a lightworker, an energy worker, or whatever you want to call it - I look at it as energy, we're all energy workers and lightworkers - I've personally been having a hard time managing what seems like the energy of the entire planet. Everybody is in this place as if the world is coming to an end, so it's been really hard. I then finally gave myself a plan, deciding, "This is what I'm going to do about it." This is really where this podcast episode inspiration is coming from, as well as the post that I made on Instagram yesterday - I know that by the time this comes out, it's probably a week after I made that post - but I made a post, sharing and helping others navigate why this is happening, or at least my belief around why this is happening. So, anyway, I'm finally in a great place, and so I wanted to help anybody out there who might not be in a great place to find themselves in as good of a place as they can possibly get themselves. You also have to remember that the world is never certain; there's never any certainty that you could ever find outside of yourself. All the certainty that you could ever need and want has to come from within. Life doesn't come with any guarantees; life doesn't come with any money-back guarantees. It's not as if you leave the planet and you tell God that you need your money back. "That was not what I was expecting!" There are no guarantees from life. However, we can make soul commitments with ourselves to guarantee ourselves whatever it is that we need, in order to navigate ourselves through this life. So, I went to the grocery store yesterday and it was like an apocalypse. It's as if people are preparing for the worst. Some things don't even make sense to me. I don't know if you guys want to clue me in on why toilet paper seems to be the number one thing that people are buying. I've seen so many memes by now. My family, friends, and community and I are talking about what the deal is with toilet papers. I understand that it's a virus, but I don't think that this virus causes us to have excessive diarrhea, so what's with the toilet paper? So, I went to the grocery store. I live near Beverly Hills right next to Century City, and so I went to Gelson's at Century City Mall. There are hundreds of people in there, and every single shelf is just empty. Brennan and I had a couple of trips canceled; we were supposed to go to Mexico this week for a Top Three Affiliate trip that we won and earned. It was supposed to be on James Wedmore's dime, and we were super excited

about it. However, it's been canceled, and, unfortunately, I had to postpone my Bali retreat that was supposed to be in April, which was probably the toughest decision that I ever made in my business. I love going to Bali; I love giving between 12 to 16 women every single year a beautiful experience spending a week with me in Bali in a villa - basically a Balinese mansion. I love sharing with them all the practices and the things that I know and that I practice in my life that can help them really get their mindsets in this place where they believe, without a shadow of a doubt, that whatever they want to manifest in their lives is possible for them. It's been something that we've been doing for about four years now, and it's one of my favorite times of the year. Unfortunately, we postponed it. Another thing we postponed was our Live Event that we were hosting in May. I've also been notified that every other event I was supposed to speak at has been postponed as well. So, besides the online world, I am pretty much just locked in my home, which isn't too bad because this is like an introvert's paradise, to be honest. No people, be at home; however, it can also get isolating really quick, right? Which is why I'm committing myself to give you guys whatever you need in any way, shape, or form that I can help; if it's content like this - I'm actually thinking, and I'm probably going to, so stay tuned on my Instagram. I think I'm going to do a free challenge for you guys where there's no opt-in, emails, or anything. I'm not selling you anything, don't even worry about it. Just to get you guys, I'm calling it The Faith Challenge, and I really want to share with you guys some practices that have helped me find certainty in uncertain times. If we can all do this together on as big of a mass as possible, where we can all gather and cultivate our energy together to put the best vibration out into the world, I think that we could totally make a difference. I know it sounds woo-woo to some people to think that energy could overpower something like this, but everything in life is energy. We are just a bunch of balls of energy navigating this big giant ball of energy, and we can accomplish a lot from our vibration alone. That's not to say that you shouldn't take physical action; that's not to say ignore health care professionals, or become completely ignorant as to what's happening in the world; that's never what I say when I mean that energy is everything. I mean that energy is everything, and in order to manifest that energy into the physical world, we must take physical action. So, it's been a challenge for all of us, I know that I'm not the only empath feeling other people. I'm not the only one worrying about my health. I'm not the only one worrying about other people's health, especially those who are very prone to getting Coronavirus, such as the older population, people with weakened immune systems, etc. I think about my grandparents, my husband's parents, and - my mom is pretty young, but family members, people in my community... I worry about people. I'm not the only one with canceled trips. I'm not the only one who have canceled events. This affects a lot of people. I'm not the only one locked down at home with no toilet paper. I know Los Angeles is nowhere near a complete lockdown; however, I'm personally choosing to stay away from the general population at this time, and quite frankly, a lot of things are closed anyway, or seem to be closing down. I honestly don't have toilet paper and I'm kind of

worried because there is no toilet paper available at the grocery stores, so I don't really know what I'm going to do. I guess I'm using paper towels for the next month. TMI, maybe? Anyway, I believe, as always, that there is a higher reason why this is happening. I wanted to put out a message to all the lightworkers out there so that we can work together in raising the vibration of the planet. Now, if you're wondering whether you're a lightworker, I'm just going to say that if you've ever been listening to my podcast, there's a reason why you've been listening; it's because I attract the lightworkers over here. So, you don't even have to ask yourself, "Am I a lightworker?" I believe that we all are lightworkers, and if you are an awakened lightworker, because you can be a lightworker that's asleep to your power, but if you're one that's awakened, I believe that this is our time. This is the message that I really want to share with you guys in this podcast, that this is what we have been preparing for; for all of us awakening together, this is the work that we signed up for. All this mental, emotional, spiritual, and deep inner work - the stuff that I've been sharing for the last four years on the podcast and my Instagram as part of the Manifestation Babe entity that I've created in 2016 - we have been doing it so that we can not only help ourselves, but also graduate from helping ourselves to helping those who need us most. And it is very easy right now to be scared. It's very easy energy to tap into; fear is so easy to get sucked into. It is so much harder to stay above the fear when fear is this suck; it's like a drain; it's trying to drag you down. A lot of people right now are in that drain; they're at the bottom. It's so easy to come and join everybody; it's so easy to follow the crowd; it's so easy to fall into chaos, panic, mass hysteria, and fear; these things are really easy. Panic is easy; fearmongering is easy; giving into fear-based thoughts is easy; getting paralyzed into inaction is easy. This is what I'm so passionate talking about, especially when it comes to why I don't watch the media and the news, and why I don't get sucked into all the fear-based programming, because it actually puts us into inaction. I know that some people will argue saying, "No, Kathrin, when you're informed, you're going to take action." Yes, true; when you're informed, you will take action, and hopefully choose to make different choices when you're informed about what's going on, what your options are, and what you can do about it. However, the way that our media informs us is never in the way that it should be; meaning that the way that the media informs us is through fear-based messaging. I don't know about you, but when I watch the media or the news - or have in the past... well, I've actually been kind of watching the news; I've been reading some articles just because I feel like staying informed about this is important because it affects all of us. It does affect my city, my town, my community, my family, and my people, and so I'm going to stay informed and just make sure that I know what's going on, and if I should or shouldn't leave my house today. But just the way that the media does it, it doesn't really inspire you into action. What it makes you want to do, just the language; if you ever read a news article, pay close attention to the words that they use. Words and language have power. Just tune in to that and get curious, Dissect the words and the language that they use. They're words like "Emergency," "End of the world,"

"Devastation," and stuff like that. Right, when people are telling me it's the end of the world, that everyone's going to be devastated, and this is it and there's nothing we can do about it, am I very likely to go out there, and look at ways of how I can help people? Or am I more likely to hide underneath the covers and not do anything about anything? Oftentimes, the way that the media spreads its message to us is to get us paralyzed into inaction, and that's very easy to do. It's very easy to go in your bedroom, put the covers over your head, and hide. What's not easy, which is what I want to inspire you to do, is to have faith in this tunnel of darkness; to shine a light no matter what. There's a light within all of us that is able to shine so big and so bright, that the entire world can be affected by it. It's not easy, but it's a must to know that there's a higher purpose behind all that's happening; and most importantly, as I started this podcast episode, to ask "What can we do about this"? Not "Why is it happening?" or "Why us? Why me? Why my family? Why now?" The answers that we're going to get from those low-quality questions are going to be low-quality answers. As Richard Bandler says, "The quality of our life is determined by the quality of the questions that we ask." What I want you guys to do is ask yourself empowering questions, such as, "What can we do about this? How can we help? What action steps are available to us? How can we inspire others to help us in raising the vibration of the planet? And how can we share our best energy with others?" A great post I saw on Instagram yesterday - and hopefully, it's still there by the time you hear this podcast - which my friend Aislinn, her account - let me just confirm on Instagram right now so that I don't give you guys false information. My friend Aislinn Walton's Instagram account is @AbundanceWitch. She has a great post - and you can just search her account for it - which is, "I'm a spiritual entrepreneur. what should I be doing right now?" And she created a list of 10 to 12 things that you can actually do in this time of uncertainty. I thought it was a great list, and it really inspired me to take action on a higher level, which is to create a challenge for my audience, called The Faith challenge, just to bring in faith and certainty into a world that's feeling very uncertain. So, how can we share the best energy with others? How can we be above this all? How can we see the bigger picture? How can we spread and share the light? The world needs certainty, but what the world doesn't understand right now is that certainty is self-created in an uncertain world. Just in general, Coronavirus or not, anything can happen. Life does not guarantee us that we will stay here for a certain length of time. Maybe there is a guarantee, like when we incarnate into our bodies, our soul knows how long we're going to be here, but I know for sure that by the time we are incarnated we forget. So, as of right now, as you being a spiritual being in a human body, as long as you're in your human body, you don't know what your guarantee is. As far as we know, there is no guarantee that we're going to be here for a certain length of time. The thing is that certainty has always been self-created. There is no force outside of you that is responsible for your life or guarantee you anything. However, people have become so reliant on forces outside of themselves for their sense of certainty. For instance, world leaders, governments, programs, or other people to take care of them

so that they don't have to take care of themselves. What I really see, besides a bunch of other reasons, is that perhaps this is happening so that we can learn to take care of ourselves and take responsibility for ourselves. That way we can be united in the love, compassion, gratitude, and unity. There are so many lessons here. I think that one of them so that we can awaken and see the bigger picture of an awakening that's happening worldwide; that perhaps it's not going to be the next president, government, world leader, program, or other people to take care of us. Maybe this is a time for us to empower ourselves and empower each other to know that the state of the world is really in our own hands. We cannot sit here idle anymore and expect anybody else to come and save us. We cannot engage in saviorism anymore. No one's coming to save us, Mother Earth needs us, and I think she's purging on so many levels right now. This is really a lesson that came to me from my Ayahuasca ceremonies. I saw Mother Earth as an entity, and she was crying. She said, "Kathrin, I need help. Can you please get people to help me?" That stuck with me ever since. I look at the Australia Bushfires, Coronavirus, and all these other things that are happening. Mother Earth is legit screaming at us at this point. She is purging, she needs help, and it's up to us to awaken and do our part in order to help her, and therefore, help ourselves. Without Mother Earth, there is no us. I don't know if you've noticed that, but as of right now, there's no other planet that we're going to go to. There is a reason why we incarnated on this planet at this time, and we must take care of her. I talked about connection, but I really see this as connecting us; connecting us to each other, connecting us closer to our family, connecting us closer to our neighbors, and just really inspiring us to go out there and help as many people as possible. This is definitely an opportunity to learn to take care of our health. If you're not taking care of your health, physically, mentally, emotionally, and spiritually, perhaps this is a lesson for you to learn that right now. I see this as an opportunity to come together in global prayer, and really see ourselves as one; really invite the universe to help us; and understand that we're not the sole creators of our planet, we're not the sole creators of our lives. We're co-creators, and there's this incredible force out there. Whatever you might call this force; God, angels, universe, energies of the highest good, Buddha, Allah, however you refer to this energy, this is an opportunity to get closer to that energy and invite that energy into your life. For all of us to do that, if we all sat down in a global prayer and put our highest vibration out into the world, we could shift this entire planet (snaps) that quickly. However, unfortunately, too many people are stuck in their fear patterns right now. Fear is nothing new; fear existed here long before you incarnated. Fear is low vibrational energy that's always been here. How you feel fear is by tapping into it. If you choose not to tap into it, you could be above fear. The way I see it is that if we all just rejected tapping into fear, and instead chose to tap into our core essence, which is love, the world would be a completely different place. Coronavirus, or not - just in general - we wouldn't have wars, there would be no famine, and there'd be no poverty. So many problems would go away if we just decided to tap into the frequency of love and help each other out because we are

one; the law of oneness. If there is one person suffering on this planet, then we are all essentially suffering on this planet. Unless we are all at peace, happy, and empowered, we truly are not. If one person isn't free, we can't truly call ourselves free because that energy is felt. It is so crucial for all of us to come together. I feel like I need to be on a global microphone right now, not just this podcast - put me on every single radio station right now! This is an opportunity for us, lightworkers, to come together and shine our light. You shine your light by tapping into higher vibrational frequencies, think good thoughts, radiate out positive energy, and stay in the vibration of love and hope. I know it sounds so theoretical, woo-woo, and "Whatever, Kathrin," but I mean it. I mean it because all action first comes from thought, which then translates into how you feel, and how you feel is going to inspire what action you take. So, if you don't choose to tap into high vibrational thoughts, I cannot imagine that you're going to tap into high vibrational actions. You're going to be one of those people who goes to the grocery store right now, screaming your head off and looking for toilet paper. You want to be above that. I'm not saying that you shouldn't go prepare just in case; I'm not saying that. I definitely bought some stuff for my freezer and additional things that I might need in case I'm stuck at home for a full month, or two, or three - God forbid. It's the vibration from which you're taking action from. Brennan and I walked into the grocery store and we were super calm. We weren't just buying everything just for the sake of buying it. We were really thinking, "Apocalypse or not, would we actually eat this?" We weren't just putting any kind of food in our cart but picking up the organic stuff - because I'm all about the organic stuff, and I'm not going to eat crap just because there is panic right now. I'm actually going to eat the organic stuff. I'm going to buy stuff that I would actually buy regardless of emergency or no emergency. So, I started this podcast episode talking all about empowering you to do something about this; things that you could do. I want to share what I'm doing, and perhaps this list will inspire you, send you off to do something different or think differently, or will help you take care of yourself. Taking care of yourself is what it's all about is, so that you can then help and take care of others. What I'm personally doing is sending unconditional love to the planet every single day. Every single day in meditation, I am envisioning a beautiful pink light surrounding our planet, so that every single soul, entity, plant, and animal can feel that energy. I trust in my power. I know that I'm a powerful healer, and that you're a powerful healer, too; so, to think that you cannot make a difference by doing that is ridiculous. I'm thinking good thoughts; I'm choosing to see the opportunity in this; I'm choosing to radiate out positive energy; and again, this is a choice. You have a choice to tune into love, versus fear, and I hope that you understand that you do have a choice, and that you can choose to think good thoughts, radiate out positive energy, and stay in the vibration of love and hope. Because it's very easy to go into fear - trust me. There have been plenty of times in my life where I could just freak out; however, I'm choosing not to. I'm seeing if anyone around me needs help or anything; this is so simple to do. Call your neighbors, your family, or your loved ones; reach out to your community and ask, "Does

anyone need anything? How can I help you?" I'm definitely taking care of my immune system; so, I have a BioCharger, which is - I'm not even going to go into explaining what this thing is. Simply put, it's an energy device that works with my energy field. It works with a subtle energy field, charging up my cells and my electromagnetic field, by sending certain vibrations based on what I need into my body and my aura. It has a ton of recipes that you could do; there are recipes for immunity, libido, chakra, mental clarity, sleep, and so much more. There are maybe 900 recipes that you could choose from. So, I've been doing the immunity one every single day. If you guys are curious about BioCharger, go to their Instagram account (@Biocharger_ng) or just go on their website and you can read more about it. I'll also put this in the show notes so that you guys can check it out. And tell the owner I say hi if you choose to purchase one. I love them, they love me, and I'm super supportive of their product. It's been such a life-changer for me. I can't recommend it enough. It's not the cheapest thing in the world and it's definitely an investment; however, if you are in the place of purchasing such an item, I highly recommend that every single human being has one at their home. I am exercising a lot right now, taking care of my body, and staying grounded. I'm eating great nutrition; I'm eating tons of vegetables, salads, and fruits. As long as it's available right now, I am eating it. I'm staying on top of my supplements; for instance, I am taking a ton of Lysine which is great antiviral support; I am also taking Elderberry, Colloidal Silver, and Vita which are all really great for the immune system. Los Angeles has been very dreary lately, so this doesn't really help how we feel about ourselves in the world; it's been super low clouds, dark, grainy, and raining. It's not very fun weather, and obviously the sun's not out, so I've been taking a lot of vitamin D as well. This sounds counterintuitive AF; however, I am so grateful that for the last two years, I have spent a lot of time learning from a hundred millionaires and billionaires who talk a lot about how money - real true wealth - is made when everyone else is panicking. You know that belief system of doing the opposite of what everyone else is doing? "Don't follow the herd." Really do the opposite of what everyone is doing in order for you to stand out, and to maximize all the opportunities that are available to you. So, the stock market right now is doing some crazy shit; it's dropping, and people are losing a ton of money. Though it seems scary, what Brennan and I have chosen to do is listen to people that we trust in the financial world - for instance, Warren Buffett and Ray Dalio are two great examples. Look at what they're doing; they are investing massively right now. If you have the resources to invest in the market - and again, I can't tell you what to do - I suggest working with a fiduciary. Brennan and I are working with a company called Creative Planning, and they're incredible fiduciaries and wealth managers. We have been so happy working with them, and our wealth has tremendously grown in the last two years because of our work together, what we've been doing, the people that we've been listening to, and the genuinely good advice that we've been getting; not just advice from financial brokers - who are great people and want to help you - however, they are more likely to be inclined to make decisions for their company and their own good, rather than your good.

I'm not going to go into that; you guys can read a book on it. It's called MONEY Master the Game by Tony Robbins. It's all about why you should hire a fiduciary to help you manage your money rather than your average financial advisor or financial planner. If you are a financial advisor, please don't come to attack me. You can go attack Tony Robbins (just kidding). Anyway, long story short, is that right now, when the world is panicking, as there's, quote-unquote, blood on the streets, this is the time to invest. This is the time to put your money in the stock market because it will rebound, and it will go back up. Brennan and I have put a ton of money in and we are doing the opposite of what everyone else is doing because we know that this is how you win. Don't do what the masses are doing; do something different and you will get different results. Offering hope to people who come to me rather than reasons to fear; I've had text messages from other entrepreneurs in the online world of people saying, "Kathrin, what's going on? I'm so afraid. The market, economy, and the world are all collapsing. What do I do?" I have just been loving those people and sharing with them my honest opinion, which is all about hope, opportunity, and how this too shall pass. One day we're going to look back and say, "Do you remember that Coronavirus thing back in 2020?" That's not to make light of the situation, and I hope you guys can feel my intention in my heart that if you are struggling right now, and if you're someone who's been affected, my heart and my prayers go out to you. I'm not taking this situation lightly at all. But I know that this will pass, and that's the message that I've been getting over and over again from my guides, source, and the beings of light that I connect to; that this is something that will pass. This is part of our awakening and part of our work as lightworkers, to really shine our light, go out there, and unite with each other in the community. We have become such an isolated society with the internet and social media. Though we are connecting online, we are just loosely, surfacely connecting. I don't even know if that's a word, but on the surface level, we are connecting, but we're not making these deep connections. So, perhaps this is an opportunity for us to unite and spend time with our loved ones at home as we're all quarantining together. I'm also staying informed, but I'm not getting sucked into all the claims that the world's coming to an end, and that this is it, and we're all going to die. I just don't buy it. But I am staying informed because I think it is important and to know what the latest update is. It's important to know to wash your hands, to use sanitizer, and to not surround yourself with massive amounts of people right now; if you're feeling sick stay home. Basic knowledge. And for my own business and travel purposes, I am interested in what the economy is doing because this is a time when Brennan and I are investing our money at a higher level than we have before. So, it's important for us to stay informed, but are we getting sucked into the fear? No, we're not. This is also an opportunity to commit even deeper to my spiritual practices, and stay connected to source no matter what, because, ultimately, that's who you want to be listening to. It's that spiritual connection; the truth that you can tap into. That is going to help you get above all this fear. Ultimately, the message that I'm receiving every single day from sources is

that this too shall pass. I'm not undermining it, and I hope you can feel me that I'm not undermining this. I'm not taking this lightly by any means, especially with how it may have affected you. I'm just simply sharing that, at some point in the future, we're going to look back and it's all going to make sense. There's a reason why this is happening. It's not up to us to figure this out right now; it's not up to us to figure out the perfect reasons and the perfect things to do. We're all doing the best that we can with the resources that we have, so it's not about being perfect, it's not about being a savior, and it's not about taking all the burdens of the entire planet on your own shoulders. This is about us leveling up and helping each other level up, too. It's an opportunity to become certain in our purpose, and certain in why we are here, and share that certainty with others, especially those who need it most. Remind others that certainty comes from within - it always has and always will - and this is absolutely no exception. And that's it. That's what I'm doing. That's my message to share with you guys, that I just want to remind you to keep doing your work; keep tapping into your mindset work; keep tapping into your belief work; keep tapping into your spiritual work, and especially your emotional work. Somethings that you can do is prayer; you can also meditate. I highly recommend Emotional Freedom Technique. If you're someone who's having anxiety right now, I know I've been tapping a lot. If you don't know how to do that, there are some great YouTube channels and books on it. I will also be doing that in my free challenge that I'm going to be doing; I'm going to lead you guys through a tapping session. I'm never going to take these recordings down, so if you go to my IGTV, you will find the recordings and anything, just in case this podcast episode comes out after I start the challenge, which it might. I think I'm going to start on Monday and I'm recording this on Saturday. Just so you guys have that as a resource, you can always come back to it, and you can apply it to anything in your life. Please stay safe; take care of yourselves and your health. I love you guys so much. I'm sending you so much love, and just remember that you are divinely loved, protected, guided, and you have a light within you that is going to help you heal yourself and the entire planet. I will catch you guys in the next episode. Until then, mwah! I love you guys so much. 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 can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.