

## Episode #136: How to Transmute Fear into Faith (4-Day Faith Challenge)

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast!

The podcast you are about to listen to today comes from a free challenge that I have decided to host on my Instagram this week.

It is a four-day faith challenge where I am teaching you and encouraging you to transmute your fear into faith during these uncertain times. There are no opt-ins, no emails, no sales; just get pure free content to help you stay grounded, calm, and collected throughout this coronavirus pandemic and beyond because, boy, do we need it.

Though the audio quality may not be the best as I already forgot to plug in my microphone on day one, the content is here to stay on the podcast for as long as you need to really reconnect with yourself. Let go of your fears and worries and come back to the essence of who you truly are: a spiritual, high-vibrational being in human form, a lightworker for yourself and for others.

Some of the practices we will go into in these next upcoming episodes are best done while following along with me. So if you are not yet following my Instagram, @manifestationbabe, I have the video recordings in my IGTV section so that you can follow along. I hope that you are all staying healthy and safe and may you find the peace that you deserve in these next upcoming episodes.

Remember that life is a game and we are playing the game by keeping our vibration high. You get to choose your thoughts. You get to choose your beliefs. You get to choose your feelings. With that, let us dive right in.

I hope you are doing amazing in spite of everything that is happening right now. I hope you are staying safe. I hope you are staying healthy. I hope you are physically socially distancing yourself, staying at home, and doing the best you can with the resources you have.

It is an interesting time right now. I felt very called to come on here and do a four-day challenge for you. This is purely coming from my intuition. I literally do not even know what this challenge is going to look like. It will come tomorrow. (Wednesday, Thursday, and Friday). So I have an idea of what we are going to do today. Every single day, my intention is to share with you a practice, a mindset, and reframe of some sort to really help you transmute any kind of uncertainty or any kind of fear, into faith, into calm, into peace so that you can feel empowered, rather than disempowered.

What I mean by that is that when you put yourself in a place of knowing that you have options, and you can choose to do something about a situation, especially in a situation that is very, very

uncertain, you are going to feel a lot more empowered, rather than just feeling all kinds of panic and fear and chaos.

The best that you can do from that place is really to just lay in bed, put the covers over your head and hide, and cry. This is just like a downward spiral that is not going to create any good in your life.

I am someone who personally always sees the bright side of things. I always see the opportunity and things. I have not always been this way; I had to train myself to be this way. Finally, it is like my training has paid off so that I can help you see the light in the situation, especially if you are a lightworker healer, someone who is doing good work in the world, which I believe is most of us who are on this channel. If you are following me, most likely you are a light worker who has incarnated onto the planet at this time to raise the vibration of the planet. So I really, really appreciate you and I just want to say thank you, thank you, thank you for doing whatever it is that you can to inspire hope in other people and to help other people transmute their fear at this time into faith.

So, before I get started, I just want to see where you are tuning in from. I want to keep this as interactive as possible. I really want to address the issues that you guys are struggling with, especially when we go into one of my favorite, favorite practices that I practice any time that I have anxiety come up or anytime that I am feeling fear. It works so well, almost too well sometimes. So I really want to share this with you guys so that you can have this practice, work through it with me, and then take it with you so that anytime you have a trigger that comes up, you are able to work through whatever it is that you are going through.

Oh, there are the comments. Oh my god, I was stuck at the very top and I thought that nobody is commenting in here. What is going on? London, Beverly Hills. Oh, you are my neighbor, West Virginia, Corona, Germany. As always guys, we are worldwide. Stockholm, Sydney, Australia, Los Angeles, Long Beach.

Some of you have already been mentioning how you are feeling and I just want to remind you that however you are feeling right now is completely okay. I want you to remember that your feelings are valid and you need to feel them.

It is so much better for you to cry if you want to cry, to allow yourself to feel anxious if that is what you feel, instead of numbing it or pretending like it does not exist. Because when you compartmentalize your feelings or you just stuck them down, they are going to come back up at some later time. So I want to share with you how you can work through your feelings in a very, very healthy way. So that you can tap back into the core, true essence of who you are, which is a high-vibrational being, a loving being so constantly surrounded by love and light.

When you are able to shed these layers or these energies that are not serving you by feeling through them not by stuffing them back down, you are able to come back up to that higher vibration. I know that all you want to do is eat and sleep, all the way, I know.

Unfortunately, that is the easy thing to do. The hard thing to do is to show up no matter what, is to see the bright side of things, is to see the opportunity, is to help other people if you are in the position to help other people. I hope that that is what you are doing.

This started unfolding around January. So since January and all through February, especially, it took me so long to connect why I have been waking up in the middle of the night panicking. It was not until last week, when I finally made that connection and was able to distinguish between

my emotions and other people's emotions, I was finally able to start sleeping through the entire night and not waking up anxious in the morning.

First of all, I was able to separate between what my feelings are and what other people's feelings are, which right now there are a lot of feelings floating out there. So if you are an empath or if you are a highly sensitive being, you are going to pick up a lot. It is so important that you do protect your energy and learn to distinguish between the two.

The best way to distinguish for me is to ask myself, am I feeling this for a reason or is it kind of coming out of nowhere? I have no real reason right now in my direct environment to feel this way. Usually, if it is something that feels like it is just coming out of nowhere, it is typically someone else's feelings that you picked up, someone else's emotion, or someone else's energy. However, if you have a reason, some sort of valid reason, even if it is a disempowering reason, or even if it is your mind that is creating reasons for you to feel certain things, then that is your emotion and then you are able to work with that emotion and you are able to release that emotion.

Yes, definitely, you may have trouble sleeping and feel constantly drained. I just want to let you know that we are all in this together, whatever you are feeling is valid and whatever you are feeling, you can work through and you can let go of it.

I want you to know that if you are feeling upset or anxious or whatever feelings that you are feeling, just let yourself feel that way. Sometimes what I do (this alone was like the game changer for me and it sounds so ridiculously simple) is to be able to just go to a place I like; for instance, I really like these chairs in my office. So I am not sitting in my usual place right now, I am sitting in my meditation chair because I really like how upright I sit in this meditation chair. It really helps me keep my back straight and it is just very, very comfortable. So I will come here and this will be my place to process things.

So my suggestion for you is to find a place where you can process things, even if it is the bathroom. Now, if you are quarantined or self-quarantined, or you are social distancing, I know that there are not many options of where you can go. I hope you guys are staying home because that is the responsible thing to do right now, especially with people who are immunocompromised or an elderly. If you have a means of staying home, please stay home.

I understand that it is challenging for you to find space, especially if you have a large family. Thankfully, it is just me and my husband here at home and our place is big enough to where I can hide; I can process and then what I will do is I will just allow myself to feel and I will really be present to those feelings. I will remind myself that I have permission to feel this way. The moment you give yourself permission, it is like all the floodgates just open up. The floodgates open up and you are sitting there and you are processing and then you will find that, after 10 to 15 minutes, that emotion just goes away. Because an emotion is just energy in motion and if you allow the energy to move, rather than stay stuck within you, it goes away.

Just doing that alone has given me so much peace and has given me so much freedom.

So should you keep yourself and three kids home? Absolutely yes. Please stay home. This illness is really hard and suppresses immune systems.

When we are feeling uncertain, our brains create all kinds of stories, meanings, and interpretations. Our brains were designed to help us survive; this thing in our heads is not to help us thrive; it is really to help us survive. I believe that our hearts help us thrive. Our brains help us survive.

When you are constantly focused on surviving, you are constantly focusing on what is wrong is going on in the world, and how can I survive and so very easily we feel anxious because we are focusing on the future that has not yet happened. Also, we are also focusing on what it is that we do not want.

It is so important at this time to allow yourself to feel without getting sucked into it. Because getting sucked into it means you cannot do anything about it; you feel disempowered; you feel stuck. Through that stuck energy, are you able to, first of all, help yourself and, second of all, help your family and, third of all, help anybody outside of your family?

I started a thread yesterday just inviting the community to come together and to really help one another if someone needs groceries or bills to pay, or if someone needs someone to talk to or a service or whatever. If you are someone who can help people, whether it is financially, emotionally, in any way, shape, or form, please do that.

The reason why I created that thread, you cannot be in a position to help people if you are getting sucked into the media, into your emotions or into other people's emotions.

There is really nothing that you can do about your circumstances when you find yourself in that position. So it is so important. The reason why I created this challenge is to transmute that fear into faith.

Now, everyday I want to give you a practice. Today's practice is called *Emotional Freedom Technique* (also known as EFT and as tapping). Maybe you are not familiar with it; maybe you are familiar with it.

It is a practice that I do anytime I feel anxiety, anytime I feel an emotion that I need to pass, or anytime I have a limiting belief that I need to work through. It is just so magical how it works.

I will explain a little bit more about how it works and then we are going to get into it.

Today is about you releasing what you are feeling. I want to transition this challenge into global healing. I want us to meditate. I want us to send unconditional love to the entire planet, to those who really need healing, to those who are struggling.

I want us all to come together and really be the light for other people. However, until we get there, we have to be the light for ourselves. So if you are not taking care of yourself right now, if you are not elevating your own mindset and doing your own inner work right now, and doing your own self-care, then you cannot help other people. You have got to fill up your cup first.

Now there is chaos, fear, and all of the things happening in the world. I like to focus on the bright side of things, and I just want to give you encouragement and just inspire you to see the opportunity in what is happening around the world right now, as well.

I do not have to even tell you about all the scary shit that you are already familiar with because all you have to do is go on Facebook or Instagram, or check the news and you are just inundated with this fear, with this panic, and with chaos. However, I have been doing some

reflecting myself, as we all are, and I have made a list of some opportunities that really help me shift my focus personally.

I want to share these opportunities with you as well so that you can start seeing the silver lining because out of every single dark tunnel comes a light. Our world nature and the nature of this third dimension that we are in the 3D physical reality, the reality that we can see, taste, touch, feel, and hear is that there are opposites. There is light and there is dark; there is sadness and there is joy; there is hatred and there is love. That is just the duality of it. With every challenge, with every obstacle does come an opportunity.

This really comes down to a game of focus. The biggest opportunity, the first opportunity that I see in this is all of our spiritual, mental, and emotional work that we have been doing as lightworkers, especially if you have been following me for the last few years then you are definitely one of those people.

I have been basically leading this community into doing this work. This work in the beginning starts with doing the work for yourself. After some time, you are then in this position to be able to help other people. All of this work that we have been doing has led to this very moment where we are now able to be the light for other people, and we are able to keep our vibration high, even when it is so easy to get it back down. It is so easy to get sucked back down. It is so easy to have negative thoughts. It is so easy to have negative emotions.

That is all easy and that is what most of the world is doing. We, who have been doing this work, are in this very, very privileged position where we can help people. We can bring light to people and we can inspire people and all of this mental, emotional, and spiritual inner work that we have been doing is finally going to pay off. This is what it is here for.

Tony Robbins says this quote that I really, really love, which is, "The secret to living is giving." That is so true; we are here to give. It feels so good for us to give. Once we have been able to give to ourselves, we can now give to others. A few more opportunities: I see this as a time for global self-reflection, global meditation, and global prayer. I see this as a time to really self-reflect on how we take care of ourselves, how we take care of others, how we treat ourselves, and how we treat others.

Then, something that has really been coming to me, especially people who have been finding themselves in financial hardship right now, is that perhaps this is a time to really reflect on how we take care of our finances and how we relate to money. Though things might be hard for a while, when we come out of this, perhaps this is a push for all of us to really elevate our relationships with ourselves, with other people, with money, and with the physical world.

There are so many beautiful things that are coming to light right now. If you are someone who maybe did not save enough money, or maybe did not invest enough money, perhaps this is a time to really look at your finances: anything can happen in the world. Any kind of uncertainty can come about. It is not just a global virus; it could be, God forbid, some other challenge that happens in your life.

If you are mentally and financially prepared for it, you can come out of anything. So perhaps this is just shining the light on places in your life where perhaps you may have neglected or overlooked and so now it is an opportunity needing to really plan for the future.

So it feels so hard to think about the future because we do not even know what is going to happen tomorrow. We do not even know what is going to happen next week. If we can just elevate above that and look past that for just a moment, perhaps this is preparing us for beauty in the future.

This is an opportunity to get time to work on things in your life that you have been praying for, meaning, there might be a project that you have been putting on the back burner; maybe it is building a website, getting crystal clear on your packages that you want to offer to people, or writing a book but keeping telling yourself you do not have the time, or energy, or space.

Well, guess what? We got time now. We got time to work on projects. We got time to create. We got time to finally do the things that are so important to us but we keep convincing ourselves that they are not important. So personally, I am going to start working on a couple projects that I have been putting on the back burner where now everything is canceled, all my travel has been canceled until like June or July. Unfortunately, our Bali retreat got postponed, our live events postponed, every single event that I have been speaking at has gotten postponed. So I am literally here at home and I think to myself, "Well shit, now I have all this time. So why not utilize this time to really bounce back from this?" It is going to create some challenges in your life, I get it, but there is going to come a time where it is going to pass and what you choose to do right now will pay off in the future. Also, something really interesting, I was reflecting on how this is an opportunity to lead Mother Earth brief. What I mean by that is, think about it; we are all at home, we are not traveling, we are not driving our cars, factories are closed. There are a lot of things that are closed right now. So perhaps maybe this is a break. Maybe this happened because Mother Earth thought, "You have taken global warming way too far. So now it is time for me to breathe. I need a breather; we need to get all the smog out of the atmosphere." However, it works. We need to get this out. I need a breather. We need to stay clean. So maybe that is why this is happening. Just another idea: I mean, I do not know; you do not know; none of us know. However, if you can start to create these reasons in your head, of why it might be happening in a way where you can look at it and feel empowered, you are going to feel a lot better. You are going to feel less anxious, less stressed, and less afraid.

This is an opportunity to surround ourselves with love and really take inventory of all the incredible relationships that we have. Look around! Call your loved ones. This is an opportunity to really connect with people. Maybe it is time to text that person that you have not talked to in a while and check in on them. Maybe it is time to call your family. Maybe you are stuck at home with your family, so why not get to know your family really well and just surround yourself with this love and remind yourself how much love there is around you. Maybe it is an opportunity to support our brothers and sisters and really restore faith in humanity. Maybe it is a time and an opportunity to show each other whether we know each other or we are strangers to one another that we have not yet met; show that we fucking care and human beings are beautiful creatures because we are all spiritual beings in human form. We all, at the very core of our essence, are really good human beings. I believe that we can make shitty decisions. I believe that we can be misguided and do horrible things or whatever, or do the unforgivable Whatever, whatever. However, at the core of who we truly are, we are spiritual beings in human form. We are all good; we have good inside of us. We do have good inside of us. So perhaps this is a time to

restore faith in humanity. I already mentioned this, but I will mention it again: it is time to put our mindset and spiritual inner work to action. It is not just about visualization and meditation. Now, it is about really putting it into action. It is not just something that sounds nice. It is not like "Kathrin, if I have an extra 10 minutes in my day to meditate, maybe I will." Now, you have the time. There is no excuse; the world really needs it. We need to elevate the vibration of this planet. So you've got to do what you've got to do. It is time to take action in any way, shape, or form that you can take action in. Maybe you have a service-based business and you offer your services to people who really need it right now. Maybe you have a product that you can share with people. I am not saying to necessarily make everything in your business be free and just offer it as a free for all for people because we all still have to make money. Everyone still needs finances in order to get through this time. However, what I am asking you to do is to get creative on how you can help people. Maybe there is some sort of low-cost or free offer that you can offer to people so that they can bring hope into their lives. This is really what we have been preparing for. I see this beyond the darkness; I see the light through this and I encourage you all, if my reasons are not resonating for you, to create your own interpretations to create your own meanings, to create your own reasons.

Your brain is automatically going to create meanings and interpretations and reasons for why this is happening. So you might as well be the one to guide your brain to find ones that are ones that are empowering you. Okay, yeah, absolutely save this. This is gonna be a forever recording. This is all I am going to go on the podcast, which reminds me I should have plugged in my microphone. Why was I not thinking? Again, I am coming on here with no plan; I am just coming on here to serve in any way, shape, or form that I can.

I am doing what I can to bring hope and love and faith to as many people that want to tune in and want to watch me. I believe that all of us coming together is going to raise the vibration of the planet. Yes, choose the story that you tell yourself.

Faith does not really even matter unless it looks like it is not happening. There is no such thing as faith, if there is no such thing as fear. It is when we feel the most fear and when it looks the darkest outside that faith is most important. Faith is not just a word that you kind of throw around on social media: "Yes, tough faith." Most people really need faith in the darkness of time.

Though it is not easy, it is most crucial and most necessary right now. So I want to take you into a practice, into a tapping practice because I want to give you guys something tangible to work through. I am praying for all of you and everybody. We are going to do some prayers. This week, we are going to do some meditation. However, right now, we need to take care of ourselves.

So EFT is a practice that I have fallen in love with and have used for the last couple of years. What we will do is that we are going to be tapping on our body. We are going to be using two fingers. You could use two fingers or one. I recommend two because then you have more surface area covered. Essentially, there are these acupressure points along our meridians in our bodies. What EFT basically is is psychological acupressure. If you have ever heard of acupuncture, it is kind of similar in the way that it works, but you do not need needles. You can do it to yourself which is really cool. The belief behind EFT is that any energy disruption in the

body is what creates negative emotions and pain. So what EFT does is it brings the meridians, the energy flowing through your body, back into balance so that you can release negative emotions and EFT is used for pain too. I have used it for back pain and for headaches, so you can use it too and also for migraines, etc. It is just a beautiful way for you to release energy that is no longer serving you and bring your body back into balance. When you tap on these certain points. What you are also doing is you are actually sending a signal to your brain to help your body calm down so it is literally sending a signal to the part of your brain that controls stress. It does reduce your anxiety and stress.

Fun fact: there is actually a study that was done in 2013, where they took veterans and active military personnel through EFT for a month or two or something along the lines of that.

These veterans and active military personnel, who have PTSD, after just like a month or two of doing EFT, more than half of them did not even fit the criteria for PTSD or did not even qualify for PTSD by the end of the period. This is so mind-blowing and so cool.

It just shows you how effective it is. So it's really effective for anxiety and for PTSD.

That happens because it massively reduces your psychological stress. So in these times, this is a great practice that you can come back to. You can do it yourself and I am going to teach you the very basics. I am going to lead you through a script. However, even if you do not know how to do it, you can still do it. Meaning, I am going to give you the basic outline of how it works, and then throughout the day, you can literally do it to yourself and you can always come back to this recording and you can always repeat it over and over again.

I really should have plugged in my microphone, but now I am thinking that those on the podcast or listening to me probably need to come watch this recording anyway, because you guys can actually watch me doing it. I want you to top along with me. You can always get back to the recording if you are driving (we should not be driving anywhere) or if you are doing some activity.

Hopefully you are at home and hopefully you are present and you are not doing something as I really want your attention when you are doing it. So if you cannot do it right now, at least listen to me and at least watch me and then come back to the recording and go through this process.

So let us start. We are going to do this together. The very first thing I want all of you to do is to name the feeling or the emotion that you are feeling right now the most. Is it fear? Is it stress? Is it anxiety? Is it worry? What is it? I want you to name it and it is so important to name it when it comes to EFT because when you name something, you start the process of letting it go. You start the process of it no longer overpowering you.

I am looking at the comments and will choose the ones that are going to appear the most so we can work with them through the script that I am going to give you. Whatever word resonates most with you, I want you to use it. So even if I am saying something out loud, that is not resonating, I want you to literally just talk over me and just flip it to what does.

Anxious, afraid, and worried, those are the three emotions that I am going to work with at least in this demo that I want to share with you.

The scale is from one to 10, with one being “it does not really bother me at all, not really feeling it, and not feeling it at all” and 10 being “it is driving me insane; I feel it so much that I literally cannot focus on anything in my daily life right now.” So from one to 10 on that scale, how are you feeling? How intense are those emotions? Then, I want you to write it down. It is so important that you write it down because sometimes this process is so effective that by the end of it, your brain might actually deny that you were even feeling anything from the beginning. So sometimes people who might come into this practice or into this process feeling a 10, when they come out of it, they feel one and they forget that they felt a 10. They deny its effectiveness. So I want to show you the effectiveness of this because I want you to see your number literally going down. So I can see some comments of 5s, 7s, 8s, and 10s. That is perfectly normal. I do not want you to be embarrassed that you feel that way even if you are someone who is looking at the brighter side of things. It is okay to feel things too. It is okay to go through an emotional roller coaster. It is okay to be really high up one day and really low the next day. So give yourself that grace and give yourself that compassion and do not judge yourself for it. There are some comments of 1s. Good.

I would say for me personally, right now I am also one. In the past week, I have been a ten, so it can range. I also tapped before I went live, so that is probably why I feel one. So you got your number; I want you to write it down. Do not just try to remember it; I want you to actually write it down so that you have it in front of you. Once you write it down, I just want to give you the points real quick. You have the karate chop point, which is going to be our setup point. We are really only going to use this point in the very beginning. All I want you to do is you do not have to remember anything; you just got to watch me and you got to follow along and you just got to repeat after me.

I am going to take care of you and I am going to take care of everything that you need to say in order for this to be effective. What is most effective is for you to just feel through it. So even if you are not paying attention to what I am saying, even if you are getting distracted or whatever, just as long as you are feeling through the process, it will be very effective for you.

Again, this is a karate chop point. This is the eyebrow point right here. This is the side of the eye. This is the under eye. This is the under nose. This is the chin. This is the collarbone. I recommend hitting the meaty part. So this is bone and this is muscle right underneath your collarbone. With this point, I recommend using four fingers just because you get maximum exposure. So again, the points are here, but sometimes when we use too small of a finger, we do not necessarily hit it. So when you use more fingers, more surface area is covered, then you will actually be able to really get on to the point. Then you have your underarm over here, which is basically, if you are a woman and you wear a bra, it is your bra strap zone and if you are a man just hit right parallel to your chest, but on the side of your arm underneath your armpit. Then you have the top of the head. By the way, if this thing kicks me off, if it has been an hour, I will come back and we will finish off whatever we are doing, but I think that will take no longer than 10 minutes.

So those are the points. Now I want you to just keep in mind how you are feeling. I am going to work with being anxious, afraid, and worried. Just repeat after me as you are tapping. It does

not matter which hand you use or which side of the face. You can even do two sometimes and I am going for it. I am using both sides at the same time. I do not want you to hit yourself too hard. I do not want you to just jam your fingers into your face. I also do not want you to be too light because you need to feel yourself hitting these points.

So let us start this. How many times have you hit a few people like this before? Okay. So on the karate chop point.

Repeat after me, “Even though I am feeling anxious, worried, and afraid, I deeply and completely love and accept myself. Even though I am feeling worried, anxious, and afraid, I deeply and completely love and accept myself. Even though I feel anxious, worried, and afraid, I deeply and completely love and accept myself.” “I am feeling afraid. I am feeling anxious. I am feeling worried. I am feeling out of control. I am feeling the feelings and emotions of this entire world, feeling out of control. It feels so chaotic right now. I feel so worried. I feel so uncertain. I do not know what is going to happen. None of us know what is going to happen, and that uncertainty really scares me. None of us know what is going to happen. For that, I feel free. I am afraid. I am worried. I am anxious. I am having a hard time processing these feelings. I feel so worried about what is going to happen, what is going to happen to me, what is going to happen to my family, what is gonna happen to my loved ones. Because I do not know, I find myself feeling afraid. It is challenging right now. However, I trust. I choose to believe that there is a greater reason behind all of this. I trust. I choose to believe there is a higher purpose within this. I trust. I choose to believe that there is an opportunity within this. I allow myself to let go. I allow myself to release. I give myself permission to really honor and take care of myself. I choose to look at the bright side of things. I choose to have faith. I choose to be the light. I choose to have faith. I choose to release myself of all negative emotions. I choose to release myself and relieve myself from all anxiety, all fear, and all worries. I choose to come back into my body. I choose to reconnect with myself. I choose to feel grounded. I choose to connect with Source. I choose to reconnect with my heart. I choose to be the light. I choose to be the light and so it is.” Take a nice deep breath in and release. Take two more deep breaths in and release and in again out. Then, just shake yourself out.

Right after doing that, I like to envision a red light around my root chakra and I like to see this red light extending down into the middle of the earth and pulling up mother earth energy through my body and bringing it up to my crown chakra. Then I like to see the light way up above and the heavens and the Universe. However, wherever you like to connect, and bring it right through your crown chakra and bring it down to your feet so that you feel connected from both sides so that you can bring this energy within you so that you can feel grounded. Because when you feel grounded, you are able to help other people ground too. Good. I was not even feeling anxious, but I feel so ridiculously calm, relaxed, and uplifted. My body feels like a really stagnant energy. Now I want you guys to rate yourself. Rate yourself on the same scale of one to 10. Before you comment, I want you to share what your number was before and what it is now just so that you can see the power that this healing modality has that is free to use. You can do it to yourself. It is just so magical. It does not matter which side you do. I can see someone commented that I got them kind of emotional. That is good. That is good. That is emotions.

They are leaving. They are moving. They are processing. Other comments: "I feel more connected;" "Seven to three;" "I feel like I got a big hug from Mother Earth." Good. Other comments "Six to three;" "Seven to three;" "Eight before two." Perfect. "I was a six and I feel like a one." Good, good.

If you do not feel 100% just because I do not want to take up all your time and do this for a while but typically with my clients, especially if I am working on a one-on-one setting or with my students, I will make sure that they go all the way down to one. How this process works is that you go through the karate chop point, you list out the problem, the feelings that you are feeling, the limiting belief that you have, whatever it is that is frustrating you, and you say, "Even though blank," I deeply and completely love and accept myself." You do that three times. Then what you do is you go through the process listing and voicing out how you are feeling, what your fears are, what your limiting beliefs are. Whatever it is, just let it go. Let it go; let it go. It is just a verbal release. Do that while you are tapping because, again, the tapping is sending signals to your brain to help you calm down. Those are triggers that you are listing out. So the next time you feel that trigger, you are actually going to feel much calmer because you have told your brain that when I feel this trigger, I am going to be calm through it.

When you feel yourself shifting, you then start voicing out, rephrase, so you just flip things and it is so easy. You say, "Even though I am feeling this way, I choose to feel otherwise." "I choose." "I choose" is such a powerful refrain because even if you do not yet believe in what you are saying, at least you are choosing to believe it. That is going to help you bring that wall of resistance down so that you can start to believe those refrains, again, while tapping. You are basically anchoring in those feelings. This is why this is so powerful, and this is why I use this and this is why I love to share it.

Back to comments: "My girlfriend brought me here; love her for this." Oh, beautiful, such beautiful things. "I feel liberated." "I cried." Good. Good. Good.

So, it is a tool that you can use every single day. I encourage you to come back to this. If you feel anything come up through this whole week and you feel like you need to ground yourself back in, you need to pull yourself back in, just come back to this practice.

Now, I want to share some more suggestions before I go. Because there is more coming tomorrow and the next day and the next day. Every day, I will bring you something. I do my best to tune in and tap into what the collective needs. Today, I got the message that you need to tap this shit through. So, I want to tell you about this hack I have been using because my husband, for instance, is very neutral when he watches the news or he stays informed around issues that are going on globally. He is very neutral; he does not get sucked into it, which I think is such an awesome skill to have. However, if you are someone who feels other people's emotions or gets sucked into other people's fears very easily because you are empathic, I suggest not to watch the news. Do not read any articles. Do not even go on or even follow social media accounts that are sharing things that are not very positive right now. Have someone that you trust, whether it is a spouse or a friend or a cousin or a family member, to be the ones to stay informed and then share with you information in a very neutral way. I do believe it is important to stay informed

right now because you got to know what to do in these situations. However, I suggest you not get sucked in. I also suggest that you stay off for the most part of social media.

Now social media is important because this is how we are connecting so that we do not feel isolated. This is a great way for us to stay in touch with one another. What I am referring to is that aimless scrolling, just a scroll, scroll, scroll on the Explore page. Then, "Oh shit, I am 20 accounts deep now." It is so easy for you to feel anxious when your energy is just sporadic and just spread all over the place, especially when it comes to social media. So, please, what I suggest for you is to find two to three to four maximum accounts that are keeping you elevated and uplifted at this time and just ignore the rest during this time.

Also you can use social media to chat with your friends and stay connected and look for people to talk to, but what I am talking about is that aimless distracted kind of usage of social media. Spend and use this time to self-reflect and to meditate. Use this time for self-care. I know all of us, women, have a face mask in our bathrooms that we have not yet used. I know that we can google how to create all these awesome self-care products like a DIY mask or a DIY bath bomb or dry scrub or something. Do something very, very nice for yourself and really indulge in self-care, really indulge in self-reflection practices, do some EFT, do some meditation and really dive into some projects that you have been putting on the back burner for a while now. Look at this as your opportunity to dive into that. Use this time to also give back to other people, especially if you are in a position to help people in any way, shape, or form; whether it is to hold space for people or financially help them or however might be, please do so. Because when you are giving, it feels really good and that is going to really help you stay grounded through this whole process. As anything that comes up for you, please tap on it and just release it because in order for you to show up for other people, you first have to show up for yourself.

Comments again: "I cooked today, lol; that is big for me." Good, good. Oh, some pet therapy. That sounds amazing.

There are some great accounts there that you can follow. I really like *Upworthy* right now, which is constantly posting very positive news and very, very encouraging and inspiring and uplifting content. I really suggest them. Then, of course, a lot of the spiritual entrepreneurs that you have already been following, I am sure, posting a lot of great stuff. So just keep following them. Keep staying connected to them. Do not follow *Your Aunt Betty* that is just down in the dumps right now and posting all kinds of panic and fear and chaos and things like "Oh, my god, what are we going to do?" Do not follow those kinds of people right now. You do not need more of that. You do not need more of that fear to enter into your space.

That is it for day one.

I will be bringing you tomorrow a beautiful meditation that we are all going to do together so that we can send in unconditional love into ourselves, and then send that unconditional love out into the world. My goal, by the end of this, is for you to take all of your fear and transmute it into faith and have faith that everything is happening for the highest good. Everything is happening for a higher reason. This too shall pass; we might as well do our best while it is still passing. So be

the best version of yourself and encourage other people around you to be the best versions of themselves too.

I got a comment about how family members can be a major source of anxiety; I agree. I just encourage you to be above that. I encourage you to be the leaders; do not let them lead. You be the leader. Because your high-vibrational energy is what is going to pull them out. However, if you look at it the opposite way, their low-vibrational energy is what is going to pull you down. I would rather you pull people up with you than be pulled out into other people because your gift, your light, is so needed by the world right now. So, you have to be the leader, you've got to be the trailblazer. It is not going to be easy, but that is why we have each other. We have each other so that we can help one another to stay uplifted and inspired so we can help more people.

I love you guys so much. Also, get some exercise and it is a really great way to move the energy; you can do workouts at home. You can go on YouTube; you can sign up for memberships. I know there are awesome memberships out there that offer at-home workouts that you can do with your bodyweight. You do not need any weights. You do not need any equipment. You need to have your body. I know Brennan and I have been going on jogs every single day, obviously avoiding people, going to places that have absolutely no people in the streets. We have been running around and then coming back to a room and doing some workouts at home as well. This is very, very important. Also feed yourself well. If you do have anxiety I also suggest you stay away from coffee at this time because coffee can be an amplifier. Caffeine in general can be an amplifier of these negative emotions.

Shamans use shaking and dancing with energy. My girl Sahara Rose, I think her handle is *I Am Sahara Rose*, does some awesome shamanic dancing and I know she is going to do some stuff around that this week. So put on some music, dance it off and shake it off. Do your best to move the energy and, guys, we all have each other. I got you. We are going to get through this and this will pass.

Another comment: "No, not the coffee." I have been coffee-free for three months now. It is not that bad. I promise you.

I love you guys so much. Have an awesome, awesome day and I will post the recording in just a bit.

Thank you so much for reading this episode. Thank you for sharing. Thank you for tagging me on Instagram. Thank you for leaving a review on iTunes and I hope you are enjoying the free manifestation hypnosis that you get when you leave a review. Just screenshot it and email it to my team at [hello@manifestationbabe.com](mailto:hello@manifestationbabe.com) and I will see you in the next episode.

I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.