

Episode 138: Proof that you can overcome ANYTHING (Day 3 of Faith Challenge)

Welcome to the Manifestation Babe podcast.

Hey, gorgeous souls and welcome back to the podcast. So the podcast you're 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 is no opt-in. There are no emails. There are no sales, just 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 light worker for yourself and for others. Some of the practices we go into in these next upcoming episodes are best done while following along with me. So if you aren't yet following my Instagram at @manifestationbabe, I have the video recordings in my IGTV section so that you can follow along. I hope that you guys are all staying healthy, staying 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's dive right in.

Hello gorgeous souls. Good morning. Welcome back to the four-day faith challenge. Today we are on day three already. I hope you guys are enjoying this challenge where I come on here every single day. And every morning I wake up, I'm like, "I don't know what I'm going to talk about." But don't worry, I do have something really special for you guys. In fact, I am giving you guys the gift that you guys are going to give to yourselves which is to find the proof in your life right now that you can overcome anything. How does that sound? I'm going to give you guys the most powerful journaling prompts that you could do that I have personally done through many different scenarios where I felt like I was in a dark ass tunnel. I felt like I was never going to make it out. I felt like this situation does not look anything like a previous situation. So therefore, this situation is different. And yet I was able to remind myself of how I've been able to get out of every single situation and how every single situation has taught me incredible things, has brought massive perspective in my life and how I've been able to overcome any challenge that has been thrown my way. Thank you. I see my husband is on here from the bedroom because we've been stuck together for the last five days straight. You know, a great hack, not like you can do anything about it now, but my husband, Brandon and I were separated for about a week before our quarantine, our isolation, our social distancing, our self-quarantine, whatever you want to call it. So when I came home Friday and when we decided to go to the grocery store and kind of hunker down for the next couple of weeks, not knowing what's going to happen, it was really fun and exciting because we haven't seen each other for a week.

So we were like, "Oh my God, we get to spend all this time together and it's uninterrupted and we have the whole place to ourselves and no one's going to come in. No one's coming out, like, this is so cool," and of course, you guys know by day five, you're just kind of like, "All right, can you stop talking, please? I need some silence. Can we have a little separation? I'll be in my office. You will be in the bedroom. We do our own thing and then we can come back together in the evening and talk about what we did all day."

Can anyone else relate? This is especially for young couples who are perhaps working from home together at the same time for the first time, like, you probably feel what Brendon and I have been feeling for the last three years now except we, of course, have been able to leave the home and kind of create separation and create space from each other so that we don't get sick of each other. But now it is different. I feel like all of us are kind of feeling it. Maybe we are sick of our kids. We are sick of our husbands. We are sick of our pets, hopefully not though. Hopefully you're really taking this time to just savor the experience and savor each other and find the beauty in one another and really get this opportunity to learn more about each other and what makes each other tick and what excites each other and all these incredible things. Hopefully you're watching movies together. You are engaging in productive activities like organizing your closet, organizing your kitchen. I don't know. Brendon, actually, yesterday, went through one of our pantries, our supplement pantry and just organized the F out of it. I don't understand this paradox. Can someone please explain this paradox to me? I'm a very neat person. I love cleanliness and orderliness, yet I can't organize for shit. I don't know what goes where. I don't know how to make a bunch of bottles look good together. It just doesn't make sense to me. I just don't have that eye for it. Yet my husband is very messy and will leave things just spread throughout the entire place, yet when it comes to organizing, that man knows how to play Tetris. He knows what goes where, what needs to get rid of, what should stay, how to organize it, how to put it all together, all these incredible skills he has, and I look at him and I'm like, "Why?" I don't understand this paradox. Why do I enjoy the cleanliness so much yet I don't know how to organize? You know how to organize but you are really good at messing it up too. I don't know, someone explain that to me. He is very creative. I've never seen him draw. So I don't know if he's a visual artist. That's so funny. All right.

So guys, how the hell are you feeling today? Are you a little stir crazy? Are you feeling any residual fear? How was the tapping? How was the meditation? I'm seeing a bunch of comments. "I'm your husband." "I'm your husband." Oh my god. What's funny is that my husband is watching me right now. "Josh and I have totally been doing our own thing and coming back together at the end of the day. It's been great so far and very grateful. We just moved into a bigger place." That's amazing, July. Everything happens for a reason. I have friends who have been visiting families and then gotten stuck because the borders of their country have closed down. And I think about it and I'm like, "Wow, it's like the universe already knew." It was like perfect timing to put you together with your family. You can't make it home but you live home alone in that country, and now you're in a country with your family." It's, like, the universe always knows. So it's crazy how this is all happening in perfect timing. If you choose to see this in a positive light, you will create a positive reality for yourself, where in your home, you will be safe.

You will be protected. You will be guided and you will find incredible opportunities from the time and the space that you now have to just kind of hunker down, self-reflect, do some yoga, do some working out, maybe this is the time to get in great shape. Maybe this is the time to build some muscle. I don't know, whatever you're into. Maybe this is the time to write a book, read a book, start a course, create a course, help people, get to know people. I don't know. There's so many things that you can do. I made a post yesterday, listing 25 things that you can do if you're quarantined at home. So go ahead and dive into that list and don't say you're bored until you've done that whole list. Prioritize presence, spend quality time and proximity and find space when you need to miss them a bit more. I've been taking walks, as well as jogs with my husband.

So, I know, personally, for me, I was feeling very anxious for the first two weeks and lately, I've just been feeling... You know, it's totally normal. I have fear thoughts that come in around my business, around my team. I have fear thoughts that come in around the timing of certain programs and events that we had to postpone and how this is going to work out in the future and what the second half of the year is going to look like, how long this is going to last, like, we are all human beings.

I bet you, not a single one of us is having any unique thought that no one else is having. So it's completely normal to have these thoughts. However, I have chosen to stay incredibly focused on the opportunities that are in front of me. So I get to look at these two projects that I was like, "I don't think I'm going to have time for that this year." Whereas now I'm like, "Okay, I already postponed a project to the second half of the year. Now I have three months in front of me with literally nothing really going on." So now I can put those projects in front of me and I can work on them, which is so exciting. I also, as I told you guys, enrolled in a certification, a coaching certification yesterday, that is about a year long. It's going to take up a lot of my time. Now I have time to dive into it. I'm already ahead of my class. I already read all the pre-work and I'm looking for more things to do. This is so cool, you guys. So because of the thoughts that I choose to tune into, I then feel good and those good feelings are then translating into good actions and those good actions are translating into good results. Now, it doesn't mean that we can necessarily predict the future. We don't know what the future holds. There's still uncertainty for all of us. However, we are living in a subjective reality. So subjectively, you can create whatever reality it is that you want to experience simply by starting with the thoughts that you choose to tune into and that you choose to think and then that determines how you choose to feel, what actions you choose to take and then the results that come from that.

This is a prime time to also learn how to manifest, guys. If you don't have a vision board, if you don't have affirmations written down somewhere, there's a lot of time right now to set goals because again, as I mentioned, this too shall pass and how you use the time right now is going to dramatically affect the time when this is all over. I love that you mentioned, @healthymadewell "Honor your feelings. All of them are valid." Absolutely. Do not suppress anything. If you feel like you need to process emotions, go ahead and process your emotions. Don't hold anything back. Just understand that you are the creator of your own life and if you need to do something in order to process something, even if someone else tells you it's wrong,

or someone else is going through a different experience or someone else is really happy around you, but you feel sad, don't let that affect you. Just find your space and your time to go ahead and process that.

Yeah, right now is the perfect time to manifest healing around the world. Okay, so today, guys, I don't want to take up a lot of time, because I want to give you guys a journaling prompt. This journaling prompt is kind of long. I mean, it has a bunch of parts to it, but if you commit the time to it, which guess what? You now have. So please commit the time to it. It should take no longer than like 20-30 minutes to really sit down and write down about how you're going to feel afterwards. I'm going to ask you tomorrow, and I want you to come back and I want you to report how it made you feel and I really want to hear some of your stories too of other times in your life when you felt like you wouldn't make it through something, like you had a situation or a scenario or a circumstance or event that happened where you thought it was the end of the world and how you were able to be stronger than that and how you gained the strength, how you gained the compassion, how you gained the resourcefulness in order to come out of it, and now looking back, what are the lessons that you learned? What are you grateful for learning? Stuff like that. So I want to hear that from you guys tomorrow.

Today is the day that you're going to do this journaling prompt and then I want to do a little bit more tapping towards the end. So today is about proof that you can overcome anything. This is a powerful journaling prompt to help you gain perspective in any challenge that you currently face and obviously, we're all facing a similar challenge. So this is the challenge that I want you to gain perspective in. Now, I will write the journaling prompts on the replay. I will also put them in the show notes. If you're listening to the podcast, if you just swipe up, I think. If you're on the podcast and you swipe up, the show notes should show up and then if you're on IGTV, I'll put them in the description box so that you have like a written place. You don't have to worry about hearing me correctly and then writing it down. I just want you guys to listen to me.

So I want you to think back right now and perhaps even share with me right now just a word or a phrase or a sentence. I want you to think back right now to any moment in your past; a past event, a past circumstance, a past situation that was very, very dark for you, very, very hard, a huge challenge and you felt like you were never ever going to come out of it. In that moment, you felt like you were in a tunnel and you could not see the light.

Just go ahead and comment something. I know for me, and I don't share this very often but one of my darkest, most interesting times that led to one of my happiest times, and that happiness still goes on because I'm now married to my soulmate, was a time in my life where I felt extremely lonely and I felt very disconnected from my ex when we were dating at the time (we were together for about four years), and I cheated on him. And the reason why I share this is because that was a moment in my life that taught me so much in a very short amount of time. It was a very dark moment for me because I had so much guilt that I had to live with and I felt so unworthy of love and I felt so unworthy of respect and I felt so unworthy of just being here, being a human being. I felt like I was just the shittiest person to walk the face of the earth. I thought that we would end the relationship. However, my parents were very involved and we went to the

same college, took the same exact classes and he lived with me, which made it a very, very tough situation. I basically had to live with that guilt for about six to eight months until we kind of could work out our issues. During that time, I remember being incredibly suicidal. I remember having the worst freaking thoughts about myself. I remember feeling like this would never end. I couldn't get over this until we essentially graduated from college, which was another two years away. So I couldn't imagine just living in this dark ass tunnel for two years and I just wanted it to end. What ended up happening from that situation was actually around that time, one of the greatest gifts in my life came to be, which is I discovered the MLM world. I discovered the online business world and I used all of this pent up energy and all of these things that I was working through. I basically dove into learning how to build an online business and learning the power of personal development because part of growing that online business, we were huge on personal development, my up line who is now my best friend, Stephanie. Shout out to Stephanie. She's an emergency medicine doctor. I already brought her up a couple days ago, and she's currently on the field helping people right now and so I have her in my heart and my prayers every single day that she's safe and she's such a beautiful soul and she's the reason why I'm in online business. At that time, I really gave myself the opportunity to dive into personal development and personal development, reading books, listening to podcasts, watching YouTube videos, and really diving into something that was so good for me, allowed me to work through that guilt. Then me and my partner at the time we decided to practice a lot of forgiveness. I betrayed him. About a year later, he betrayed me in the same way that I betrayed him. So it was just like a very rocky relationship at that point and if it weren't for the personal development, if it weren't for the online business that I came into, I would just never make it through. I don't know how I would make it through. It was like my light at the time. It was the thing that kept me going. Then, about a year after that, I went to an event called Unleash the Power Within and at that event, I realized that I cannot be with someone just because I feel guilty and that the reason why I committed those actions is because I subconsciously was looking for a way out. And unfortunately, the way out isn't to hurt somebody but that's me doing the best I could with the resources that I had at that time. So I realized I can't be with someone out of guilt and I wasn't actually very happy and he's not happy because he hurt me back and it was just such a mess. So at that event, I decided to end that relationship. We were together for about six years at that time. I also decided not to go to medical school. So that came out of that and then I decided to move back to Los Angeles and about a week later guys, just one week later, I met my soulmate who I'm married to today. So if it wasn't for that situation, if it wasn't for me even sabotaging the relationship and hurting that person, even though there's so many different ways that it could have gone, my path had to come from me hurting that person, me learning a lot about myself, learning a lot about relationships, learning a lot about forgiveness, learning a lot about processing guilt, learning a lot of stuff then making all these decisions, having kind of like this grand moment of clarity in my life of like, "Oh my God, this is not for me," and then meeting my soulmate who I'm now married to and love so much and because I learned those lessons.

Guys, I would never hurt my current soulmate like that ever. I also promised to myself at that time that I would never be with someone just because it's comfortable, just because I feel guilty, just because it's safe, just because we're already best friends, just because we're in the

relationship too deep. It did not matter to me, I made this commitment that even if I was married to someone, even if we already had kids, that if we are not happy, we are not going to be together. It's just not going to happen because it's not worth it and if it weren't for that situation, I could be in a different relationship right now, but the relationship I'm in right now is just everything to me. He is my light. He is my angel. He is my coach. If you guys think that I'm a great manifestation coach, just wait until you meet Brendan. He's the one who coaches me on my own shit. He uses all my tools back on me and so I have such a grounding presence in my life and I'm so happy and amazing, incredible things came out of that situation. However, during that situation, did I feel that it was ever going to end? No. So anytime I'm going through something currently in my life, I always go back to that situation and I remember literally looking out my window and thinking, "I need to end my life. I have no purpose. I have no worth. I'm fucking useless. This is the end of the world. I don't ever see this getting better," and how the universe planted these incredible things right in front of me to essentially uplift me and remind me of who the fuck I actually was. Every time I have a challenge, or any kind of situation that is like really bumming me out or really scaring me or is lowering my vibration or causing me to get sucked down into fear or giving me anxiety, I always go back to these moments and that's just one moment guys, right? I have many other moments that I can go to. That I would say is the most recent kind of, like, rock bottom where I really felt like I was not going to come out of it. Actually, that's not true. There's one more that's more recent, which I have shared on the podcast, which was around my whole team. Essentially, I let go of two team members and a third team member left, and then it was just me and Brendan to run the business. That was incredibly scary at that time because the business had grown so much that it was physically impossible for Brendan and I to literally manage the entire business ourselves and we ended up doubling our revenue with the two of us than with five people, which was another great lesson in itself of hiring the right people, not just having people just for the sake of having people.

So the journaling prompts. Now that you've thought back to a circumstance, now that you've thought back to a situation, I want you to go back to that moment and remember how at that point, you had all the very similar feelings and similar thoughts that you have right now about the current pandemic. So I want you to find an event where you can really relate the fears and the anxieties and the dread or the uncertainty that you might feel right now, and I want you to journal out in your journal, how did you overcome it? Just make a list. See what comes through. Just write down the first things that come to you. How did you overcome it? What ended up happening? How does it feel now looking back at that moment, knowing that you made it through? And I'm reading this because I have it written down and I'll share this with you guys. What did you learn from that experience? What are some things that you can be grateful for that came out of that experience? How did that experience make you stronger? What did you learn from that experience? I think I just doubled that one. Hold on, let me delete that. We already went through "What do we learn from that experience?" Then what I want you to do after that is to list all the reasons why you're going to be 100% okay through this current challenge.

What are some reminders that you can give yourself? Are there any affirmations or mantras to really help you ground in that you can repeat yourself? "I thought I was going to die. Faith got me through. Not giving up." I love that. I love that. I love that.

So some affirmations that I want to share with you guys that I have been using, which may be helpful for you and I'll have these written as well, so don't worry about remembering them. However, I do want us to tap on them. So similar to how we tap to release negative emotions, we then tapped in order to anchor in gratitude. Today, I want us to tap on these affirmations and really ground these affirmations into our bodies. You guys want to type these out to kind of like remind yourselves or just say them out loud as I'm saying them, whatever it is works. We will tap through them together. It's very simple.

I am safe. I am here. I am grounded. I am protected. I am surrounded by light and I will come out of this stronger than ever before.

So again, I am safe. I am here. I am grounded. I am protected. I am surrounded by light, and I will come out of this stronger than ever before.

If you're having a hard time believing this or really feeling like it's true, I always recommend saying "I am choosing to believe that I am safe. I am choosing to believe that I am here. I am choosing to believe that I am grounded." Or you can also say, "I'm in the process of believing," because you want to give yourself an affirmation that you believe so that your mind doesn't just reject it right away. So a hack that I've discovered through many, many years of this work is to give yourself a nice pre frame to it, which is true. So you are in the process and you are choosing to believe and then eventually once you have convinced yourself and really grounded in that you are choosing to believe this you can then omit that and then you can just leave the affirmation itself.

So you guys, let's tap through this. You know what to do. If you've been sticking with me all three days, I just wanted to say thank you for being here. Thank you so much for showing up for yourself so that you can show up for others. You're a beautiful light, you are exactly what everybody needs. So keep spreading your light. If you're totally confused about what I'm about to do, just go back to day one of the challenge and I'll give you a rundown of exactly what this tapping thing is. I saw some people come on being like, "Why is she tapping on her face? What's going on here?" But it seemed like the majority of you have been sticking with me for the last three days. So let's just dive into this. So let's do the karate chop point. Let's just stick with our affirmation. So this is another way that you can use this and you would change the sequence in the beginning to be, like,

"I am choosing to believe these affirmations and I deeply and completely love and accept myself. I am choosing to believe these affirmations and I deeply and completely love and accept myself."

Again just repeat after me as you're tapping.

"I am choosing to believe these affirmations and I deeply and completely love and accept myself."

Oh I love that. "My husband knows this is my special time to center myself." That's awesome.

Okay, let's start the sequence.

"I am safe. I am here. I am grounded. I am protected. I am surrounded by light and I will come out of this stronger than ever before."

"I am safe. I am here. I am grounded. I am protected. I am surrounded by light and I will come out of this stronger than ever before."

"I am safe. I am here. I am grounded. I am protected. I am surrounded by light and I will come out of this stronger than ever before."

"I am safe. I am here. I am grounded. I am protected. I am surrounded by light and I will come out of this stronger than ever before."

"I am safe. I am safe and so it is."

Now just to give you guys a quick reminder, usually when you do this process, you rate yourself from a scale of one to 10 of intensity, but that's for the general process. I've been customizing the process just based off of what other ways that you can use tapping for. Generally, the process, just a reminder, is to rate yourself, set yourself up with what you're feeling and then despite that, I choose to... I am struggling with XYZ and I deeply and completely love and accept myself and then you go through and you process the negativity and you speak it out loud so that... Oh my god I'm so mumble jumbled right now. ... so that it no longer holds this power over you and then when you feel it kind of subsiding, you then go into the positive affirmations, positive affirmations, positive affirmations and then you rate yourself but because yesterday we did gratitude, today we did affirmations, you don't necessarily have to rate yourself on the scale of 1 to 10.

However, I'm super curious how you feel right now. Yeah, you should be drinking a lot of water in general. That should be a general rule of advice. Do people even say rule of advice? I don't even know if that makes sense. But anyway, generally that should always be a rule, which is to drink water. But yes, whenever you're doing meditation, breath work, tapping, moving energy around, you should always be drinking water so that it can help you process that faster and then essentially pee out that energy. "Good, safe, grounded, at peace, calm." "Rule of thumb." Thank you. Like what? Rule of advice? Sometimes I don't know where my head goes. Good, good, good, good, good. You guys are so awesome. "Doing this work, feeling lifted and grounded and grateful."

"How many times a day should I tap?" As much as needed, beautiful soul. So I like to tap whenever I feel like I need to tap. So if I feel triggered by something, if I feel emotions coming up, anytime I know I need to process something without numbing it, without letting it go out of control, because letting it go out of control is just as bad as numbing it and numbing it is just as bad as letting it go out of control. So that's why I am a big, big, big, big, big fan of processing your emotions.

Good. "I love these little challenges. They help me hold myself accountable to do this work." Awesome.

So now that you guys feel amazing. Okay, now that you have a beautiful, powerful tool in your toolbox, in your toolkit, which is tapping, which is the meditation from yesterday. Now I want you guys to dive into the journaling prompts. So I'm going to go ahead and write them out in the description. If you're listening to the podcast, just swipe up on the show notes. If you are watching me on IGTV right now because it's the recording, go ahead and look in the description box and for those of you listening, just know that when it's uploaded, you guys can come back and look at the journaling prompts and please do them because I want to check in tomorrow.

Okay, I am not going to have the things that I said while tapping written somewhere just because I always tap on whatever is authentically coming through. So it's better for you to also tap on whatever is authentically coming through you at this time and since we're all feeling different things, I don't want to give you guys like a template and I want you to be genuine with how you're feeling and genuine with what you need to hear for yourself in order for you to process the emotion.

The name of my podcast is Manifestation Babe. Keep it simple. All right, you guys, tomorrow is our last day and I'm going to give you guys more good stuff coming your way. Until then, go through the journaling prompts. Let me know what you find. Let me know how you feel after them. I'm super curious. I want to stay connected with you guys. Please stay connected with each other. Stay connected with me. We will make it through this. We will come out stronger on the other side. Remember that we're all safe. We're all grounded. We're all centered. We are all here. We are Lights and our presence has power.

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 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.