

Episode 139: Taking back your POWER and finding certainty in the uncertainty (Day 4 of the Faith Challenge)

Welcome to the Manifestation Babe podcast.

Hey, gorgeous souls and welcome back to the podcast. So 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 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.

Hey, beautiful souls and welcome back. We are now on day four, the very last day of the Faith Challenge. How are you guys doing today? Hello, hello, hello, hello lots of hellos. Let me know how you guys are feeling today. Let me know how you guys are doing today. I apologize in advance, my glasses are gonna reflect the light in front of me. I had one of those mornings. I do not know if there are any other contact wearers in here, but I had one of those mornings today where literally my contacts were not going in my own eyes. No matter what I would do, they would bother me and irritate me and I just imagine myself sitting here for half an hour to an hour talking to you guys and with my contacts bothering me and I am just like, fuck it. I'll wear my glasses. Good. "Day three self-quarantine, feeling good." "A bit stressed today." "Much better than yesterday." Good. So we have a nice variation, which is totally normal and totally expected. What did you guys think of the journaling prompts from yesterday? How was that for you? Thank you. Taking the glasses, babe. Thank you, thank you, thank you. I am wearing my "Believe in Miracles" sweatshirt, because that is what this is all about this week. Honestly, it has always been about this and it is going to be about this for the rest of our lives. As long as we are here on planet Earth in human form, it is our duty to believe in miracles and believe that the best is yet to come and that everything is unfolding for the greater good. Everything is unfolding to work out for us and even when we do not see it, when we are in the fog, we have to believe that outside of that and on the other side, and at the end of it, everything is happening for a reason, and there is a divine plan for everything. There is a divine plan for this too.

Okay, so let us just dive into today. You know, I shared some journaling prompts yesterday, and again, I had no idea what I was going to talk about today. But I do have and I feel like this week has turned into a tapping week, which I hope you guys do not mind. We're going to do some more tapping today. Today, what I really wanted to talk about was taking back your power and finding certainty in the uncertainty. Okay, I just have to type that out. So Dr. Wayne Dyer talks about this beautiful metaphor, which I call the orange metaphor. What I wanted to talk about today is really how you guys can all take your power back and find certainty in the uncertainty by reminding yourself what you are in control of rather than constantly focusing on what you are not in control of, and how the coronavirus pandemic is such a powerful opportunity for all of us to really face what has already been inside of us.

Now let me share the metaphor with you guys first before I share with you what I mean by that because when I first heard it, it gave me so much clarity and so much understanding on how we all are, meaning how I am when I am put under pressure and how other people are when they are put under pressure and why when we are put under pressure, this is one of the most prime times for us to really face our inner work and do our inner work because it is hard to see where our inner work is when everything is dandy, everything is good, we are just going through life, everything is normal, just go to work, coming home, getting some dinner, seeing some friends, going to the movies, like, it is hard to kind of understand what is really underlying the surface and what is deep inside of us; the beliefs, the fears, the old outdated thought patterns, the outdated paradigms, the stuff that is actually holding us back from underneath the surface. It is typically hidden in our subconscious minds. When we are put under some sort of pressure, that is when all this shit rises, where we can actually face it, where we can actually look at it and where we can actually do something about it. This is primarily why I am so excited about this time, because all of us get to do our inner work and if we take opportunity of this, and if we come into this with the right mindset, you guys are all going to come out of this in a so much better place than you were before or during.

Okay, so here, I am just going to quote it straight from Dr. Wayne Dyer's blog. He says, and I quote, "I was preparing to speak at an "I can do it" conference and I decided to bring an orange onstage with me as a prop for my lecture. I opened a conversation with a bright young fellow of about 12, who was sitting in the front row. "If I were to squeeze this orange as hard as I could, what would come out?" I asked him. He looked at me like it was a little crazy and said "Juice, of course." "Do you think apple juice would come out?" "No," he laughed. "What about grapefruit juice?" "No." "What would come out of it?" "Orange juice, of course," he says. "Why? Why when you squeeze an orange does orange juice come out?" He may have been getting a little exasperated with me at this point. "Well, it is an orange and that's what is inside." I nodded. Let's assume that this orange is not an orange, but it is you and someone squeezes you, puts pressure on you, says something you do not like, offends you, and out of you comes anger, hatred, bitterness and fear. Why? The answer, as our young friend has told us is because that is what is inside."

Now, I love this metaphor and it is so true because I know that when I am personally put under pressure, or when I am facing some sort of external circumstance that I feel out of control of, I know that whatever is coming to the surface has already been inside. It is not that we have new fears coming our way right now. It is not that we have brand new limiting beliefs. It is not that the scarcity-driven thoughts are coming to us for the first time. It is that they were already inside of us, and we are being squeezed and whatever is coming out of me right now, which could be fear, which could be scarcity thoughts, which could be fears, thoughts around lack, which could be anger, which could be frustration, whatever is coming out of you right now is because it was already inside of you.

The way that I see this pandemic, this quarantine opportunity is for all of us to really face what has already been inside so that we can change what has been inside, put back the good shit and so then, when all of this passes, we are in so much of a better place. Then, the next time that we are under pressure, because guys, diamonds are made under pressure. Challenges are inevitable. This is part of our growth. This is part of our evolution. The next time it comes about, we get to work on some higher level shit because in the last time, we were able to really work away those layers. We are always gonna have something to work on. I like to look at it as peeling layers of an onion. You have probably heard that a million times, but that analogy, that metaphor works so well because it is so true that there are endless amounts of layers and every time we are peeling those layers, and right now, this is an opportunity for you to peel back some layers.

So if you are getting triggered by anything, if you are feeling fearful, if you are feeling stressed, if you are feeling worried, just know that it is totally normal for you to feel that way and there is something that you can do about it. This is an opportunity for you to evolve past that. It is an opportunity for you to choose abundant thoughts, even when you feel scarcity. It is an opportunity for you to choose to think about positive things, even though a ton of negativity is rising to the surface right now. We are not in control of and we never have and we never will be of our external circumstances, the external reality. Now our egos like to feed us the belief that we are in control of our external circumstances. We constantly induce self-suffering by thinking that we are going to be able to control other people's behaviors, other people's decisions, what the government does, what the President does, anybody outside of ourselves, we like to think that we can control them. Oftentimes, we try to manipulate circumstances that are outside of our control, but what that leads us to is unhappiness. It is self-induced suffering. We get frustrated. We get stressed out, because we as much as we want to, and as much as we believe we can, we simply cannot change other people. We cannot change other people's behaviors. We cannot control a virus from coming into our reality and affecting us. But what we are in control of, you guys, and what we are always in control of is how we choose to think, what we choose to believe, how we choose to react, how we choose to respond, how we choose to feel, the actions that we choose to take and our mindsets, which is basically a combination of everything that I have just listed. That is what we are in control of.

When you realize that you actually do have control of a lot of things, like for instance, you can control what you focus on. You can control your breathing. You can control who you surround yourself with. You can control what you put in your mouth. When you sit down and really think about the things that you do have control of and focus on that instead of what you do not have control of, you will find that inner peace in your life where you can just kind of let things roll off your back and be like, "You know what? No matter how hard I try, no matter how much I want to, there is nothing I can do about the world's circumstances right now. There is nothing I can do about my spouse who refuses to stop talking when I really need silence. I cannot change his behavior, but I can choose how to respond to him. I can choose to set boundaries. I can choose to share with him what my needs are. I can choose to share with him what my desires are. I can choose to think about him from a compassionate place where I am like, "Okay, you know, there is an introvert and an extrovert together in the house, and the extrovert needs to talk while the introvert needs silence." I can have compassion for him and be like, "Wow, it is probably really fucking hard to be stuck in a house for a week now.""

There are just so many different scenarios that we can bring up here and we can look at and really ask ourselves, what are we in control of and what are we not in control of? So yes, breathing is so important and you can control it, the exercise that you give to yourself. You can go out on a jog, of course, avoiding people. You can do an exercise program. I actually decided to dive right back into my old Beachbody videos. I am actually starting a program today. I think it is called the 80-day something. I know it is an Autumn Calabrese program. Autumn Calabrese also created 21 Day Fix, 21 Day Fix Extreme. When I was in my Beachbody days, those were like the big programs. Oh yeah, it is called 80-Day Obsession. So I decided that I am going to take the opportunity of this to do my own inner work, to help as many people as possible, to get in incredible shape, to get lots of sleep and work on these projects that I have put on the backburner up until this point. So I am really, really, really, really, really focusing on and that's what is bringing me inner peace right now is what I can control versus what I can't control. That is awesome. "I am a Beachbody coach." Cool.

"Once we change ourselves and work on ourselves, I feel like a domino effect will happen with the other people around us." Yes, absolutely. There is actually a universal law that states that it is the law of perpetual transmutation of energy, and it states that positively charged or high vibrational energy will always overcome lower vibration energy, and how you can literally recreate yourself and create something out of nothing and energy is constantly being transmuted. You can transmute energy into something else. You know how they say "Energy cannot be created or destroyed." However, it can be transmuted. So that is one of the laws of manifestation, which is the law of perpetual transmutation of energy. Now, how I've used that law in my life is to remind myself that by me being the leader, my high vibrational energy will eventually be contagious to other people and will influence those people around me because that high vibrational energy will always overcome the lower vibrational energy. So anyway, just something to think about, you guys.

Yeah, every law is in effect right now. The law of rhythm, law of gender, law of attraction, law of vibration, law of cause and effect, law of compensation. They're all in effect right now. They're all in effect 24/7. It is like asking yourself the question, "Hmm, is the law of gravity in fact right now?" Yes. Definitely in effect. We can check it. Let's see. I have a bottle of my Sage spray, which I always spray myself with. Is it gonna fall? Yes, still falling. Law of gravity, so on. So all the universal laws are in full effect. Yeah.

"My partner is having an intense reaction to our current situation and I am pretty calm. How do I handle his anxiety?" Yeah, I mean, ultimately, Mario, it is up to him to release that anxiety. However, you can hold space for him. To feel whatever it is that he needs to feel, you can offer some suggestions, you can offer some tips, you can offer some things that he can do like tapping, breathing, meditating, whatever. But ultimately, it comes down to you leading as an example and holding space for him. Hopefully, by him seeing how calm you are, and how you are doing your work and seeing the bright side of things and looking at all the opportunities that are available to us, he will eventually come around. In the meantime, it is just about being there for him or her. I did not mean to assume if your partner is male or female, sorry about that. But whoever it is, just holding space for them and just being there for them and showing them that they will be okay, and that you are there for them and they are there and we are all present and they are safe, and they are grounded and just like reminding them of those things. That is what my husband always does for me whenever I feel anxious or whenever I... I tend to be more anxious than him, which is so funny because you would think it is the other way around. But whenever I am struggling, he is just there for me. He just holds space for me, and just knowing that his presence is there for me whenever I need him and I can ask him anything, I can request anything of him always makes me feel better.

Okay, guys, I want to tap. All right, so I want to tap on this illusion that we are in control or we feel like we are out of control, because both are illusions because we are actually in control of ourselves and really releasing this fear of uncertainty and finding certainty. Okay, so, I am going to take my glasses off because I do not want to tap on my glasses. I got to tap on my points. So if you are wearing glasses, probably take them off as well. Hopefully, you can still see me. I can barely see you guys. So I am just going to assume that everyone remembers how to tap. If you do not know how to tap, go back to video one and then that way you are going to remember and you are going to stay in the loop of how we tap on every single day so that you are not going to feel lost and be like, "What the hell is she doing?" You know exactly what I am doing and you can finally get the benefits of it too. So karate chop point. For the karate chop point, let me just remember what I wanted to tap on. Okay, yes. All right, karate chop point, just repeat after me.

Even though I am feeling out of control, I deeply and completely love and accept myself.

Even though I feel out of control, I deeply and completely love and accept myself.

Even though I feel out of control, I deeply and completely love and accept myself.

I feel out of control.

I feel out of control.

I do not like this feeling.

It feels very scary.

It feels very uncertain.

By the way, before we move on, something I forgot, of course, is write yourself right now, on a scale of 1 to 10, what are you feeling? I know we've already tapped a little bit but just take note on a scale of 1 to 10, how intense are you feeling out of control or how intense is your anxiety, how intense is whatever feeling it is that you are working through? Okay.

I feel out of control and I really, really, really do not like this feeling.

It feels uncertain.

It feels terrifying to not know what is ultimately going to happen.

I feel out of control.

The world feels out of control and it is stressing me out that I feel out of control.

It is stressful but I know that these are old fears that are coming up right now.

I know that these are old thoughts that are coming through right now.

I know that these are old fear-based beliefs coming through right now.

I also know that fear can't hurt me.

Uncertainty can't hurt me.

Worry can't hurt me.

Stress can't hurt me.

These are just feelings and emotions.

And all they really are vibrations in the body.

It is just energy surging through me and it is just my subconscious sending me a signal, reminding me to stop focusing on what I do not want and start focusing on what I do want.

It is okay to feel my feelings and I remind myself that this is just energy, and it is energy shifting through me.

It is energy moving through me.

In actuality, there is a lot that I am in control of.

There is actually a lot that I can feel certain of.

Even though I can't control everything, I can control what matters most.

I can choose to take my power back.

I can choose to find certainty in the uncertainty.

I am in control of my thoughts.

I am in control of the thoughts I choose to tune into.

I am in control of what I focus on.

I am in control of my breathing.

I am in control of what I choose to watch and listen to and who I surround myself with in the coming weeks.

There is a lot that I am actually in control of.

I am in control of my mindset.

I am in control of my breathing.

I am in control of my thoughts and beliefs.

I am in control of what matters most.

I choose to feel comfort in discomfort.

I choose to feel certainty in the uncertainty.

I choose to strongly believe that all as well.

All as well.

All as well.

There is a higher purpose behind all this and so it is.

Three deep breaths at your own pace.

Shake it out. Shake it out. Shake it out.

Okay, on a scale of 1 to 10, how do you guys feel? A couple of things I saw. "Just watching you calms me." I hope you are actually doing it too. Do not just watch me. I promise. Participate. it is worth it. Yay. Then, you can actually tap with your dominant or dominant hand. You can tap on either side. Sometimes you can tap on both sides, whatever it is, because it is just the points that you are hitting on. So both sides have points. "I was a three. I am a one." "Six to two" Wow, you guys. Holy shit. Four days of tapping adds up.

"Five out of ten to two out of ten. Racing thoughts are gone." Absolutely. You guys. This is how you take back your power. This is how you find certainty in the uncertainty. You get to choose your mindset at this time and there is no better time than to work on what is inside of you so that as you are squeezed, you just have goodness that comes out of you. You have love that comes out of you. You have compassion that comes out of you. You have empathy that comes out of you. You have brilliance that comes out of you.

When you are under pressure, even when someone triggers you, or something scary happens or the news says something, when you get squeezed like that orange, you can have more love come out of you. It does not have to be anger. It does not have to be fear. It does not have to be scarcity-based limiting beliefs. It does not have to be the old paradigm that comes up to the surface. It can be something new and whatever you choose to do in the next coming days and the next coming weeks, as more things unfold, and guys it is going to be uncertain. Every day, it is a different day. Every day, it changes. You never know what is going to happen next. But has life ever been any different? The situation that we are facing right now is a situation that we are facing on a global level, which is why we are all feeling it. However, just being a human being, being a spiritual being in a human form, being here on planet Earth, there is always uncertainty. there is always something that can happen, right? I am not saying this to scare you. I am not saying this to make you feel like you know what? Might as well just give up. "Just given up, do not want to be here anymore." No, that is the beauty of being here is that you do not know what is going to happen. Because if you knew everything that was going to happen, and everything that will happen, every conversation that you are going to have, everything that you are going to do every day, if you knew how everything would unfold, you would be bored out of your fucking mind.

So uncertainty is part of the bigger plan. It is the part that infuses surprise and fun into life. It is the thing that helps us evolve and grow and get stronger and learn new things about ourselves and how the world works. Life is always going to be uncertain and what you can always be certain of is that there will be uncertainty, and what else you can always be certain of is that

there are things that you can control, which is your internal state and how you respond to uncertainty.

That's beautiful. "Life is not about waiting for the storm to pass. It is about learning to dance in the rain." Yes, things are shifting. "Mother Earth is taking back over her place." Absolutely. Yeah. "We all have to remain in the strong because it is the five minutes before the break through, holding on, embracing things in a different way, but mostly with love and faith." I absolutely love surrounding myself with you guys. You are all such beautiful souls. I tell my podcast listeners, which I am assuming is most of you guys on here as well, that you are my favorite people. You are the people that I surround myself with.

When people talk about that quote by Jim Rohn that you are the average of the five people you spend the most time with. So I choose to spend the most time with you guys, because you are amazing. And I know that I attract good-hearted, kind, compassionate, giving souls. I believe that good, kind-hearted, compassionate giving souls deserve to have the biggest platforms. They deserve to make the most amount of money because they are going to do great things for the world. We cannot dim our lights anymore. If you have a light that's shining within you, turn it on as big and bright as possible because there are people out there who are looking to give themselves permission to turn on their light too. They are looking for the leaders and they are looking for someone else to go first and you get to be that person, that soul, that light that goes first that helps all of these other souls turn on their lights too.

You guys are freaking awesome. Yeah, "Mother Earth put us in a timeout. It is time to learn how to play nice with ourselves." Absolutely. I do have some journaling prompts that I am going to leave you with, which is essentially this, all of this happening right now, what are you going to do about it? This is the opportunity for us to take inspired action. We are not just talking about being the light anymore. We are actually being the light now. How are you going to respond and how are you going to take your power back? What action steps are you going to take to be the light for yourself and others? What are you committed to using this precious time for? Is it to uplift humanity? Is it to invent an invention that you know that we all need? Is it to write a book? Is it to host a challenge for your audience? Is it to start your podcast? Is it to teach your kids something, a new skill that you've never had the time to teach them? Because now that they are not in school and they are at home, now you have the opportunity to learn more about your kids and really get to appreciate them and teach them new skills and teach them something, how to Cook. I do not know. I do not have kids yet. So my creativity here is limited. I have a husband, no dog yet, no kids yet.

Is it time to take a course you guys? Right now is the best time to invest in yourself. I know that that sounds so counter fucking intuitive. "When there is so much uncertainty in the economy and Kathrin, the economy is crashing and you know, blah, blah, blah, blah, blah, blah, blah, blah." I still want to remind you that money is just energy and how you utilize your money right now, reminding yourself that money is just a river. It is constantly flowing. The only way that you stop the flow in your life is by hoarding it, thinking that you need to hoard it. That's coming from a scarcity program. You need to still circulate that money and let it flow and one of the best ways

to do this that benefits you in such a great way is to invest in yourself. So right now is the time to purchase that course. It is the time to hire that coach, especially now is the time to hire a coach.

If you've been thinking about hiring a coach, please hire a coach right now, because you definitely probably need them. It is such a great time to have that support. Now is the time to buy that book. Take advantage of everything that you can find on the internet because I know that Amazon is backed up so do not even bother ordering books right now, but you can always download something onto your Kindle. Kindle has an app for your smartphone, since I am assuming all of you guys are watching me on a smartphone, you can just actually download the Kindle app and turn your smartphone into a Kindle. I always hear people saying, "Kathrin, I do not have a Kindle. So how do I read your book on Kindle?" No, no, no. If you have a smartphone, you got a Kindle. Just download the app. It is free. Why not go through 21 days of Unleash your Inner Money Babe? Right? Why not go through a course? Why not join a mastermind, an online mastermind? Why not find your sisters and brothers and form of brotherhood or sisterhood, a community of people that you can get on a Zoom call with or that you can join a texturing with or that you can do a DM stream. I do not know. I know that for me and my friends right now, what we are doing with each other, with the current situation with my sisterhood is that we are constantly sending each other memes, like, funny memes to uplift each other's spirits and guys, there is so many hilarious memes out there right now. It has just been really helping us, and then also supporting one another and anything that has been coming up, I know something came up for me last night. So I have been able to talk to them about it and they have just been offering me support. Today something is coming up for another one and we are offering her support. So there is just so many things that we can do guys, like, what are you committed to using this precious time for?

This is the time to be opportunistic as fuck. If you choose to go against the grain, right now, if you choose to do what everyone else is not doing, you are going to be massively rewarded for it. In fact, I had a deep meditative experience, about a week ago now, were a massive download that I got was "Kathrin, dance to the beat of your own drum and you will be massively fucking rewarded for it." That's the message that I have for you. I want you to create your own beat. I want you to dance to the beat of your own drum and I want you to know that the universe rewards courage and bravery, and courage and bravery does not mean that you are fearless. It actually means that you feel fear and you act in spite of it. It means that you feel fear and you choose yourself in spite of it. You choose to rise above it and you choose to elevate yourself above it.

So you have a plethora of options. In fact, if you guys want to join me, the Beachbody On Demand program that I am doing because that is my only option is an online workout right now, they actually have a 14-day trial. I am going to post that link a little bit later today when I do my workout. If you guys want to sign up, it is 14-days free and then if you want to choose to keep your membership, it is literally like \$99 for the year, or that turns out to be like \$8 and 25 cents for the month, which is so cheap for how many programs you get and let us get fit together. Let us stay in shape together. Let us get the endorphins running through our systems that we feel

good about ourselves. If we feel good about ourselves, we are also going to feel good about our lives. If we feel good about our lives, we are going to spread that energy to our communities, to those who follow us, to our families, to everyone around us. So there are so many options that you can do. I really want you guys for this last day of the challenge before I leave you to sit down and make some commitments to yourself and reflect on the opportunities that are in front of you. Maybe you have been thinking about changing your job anyway. So have you been let go of your job? Has your company shut down? A lot of people right now are kind of out of work, because things are closing down. Well, what an awesome opportunity if you did not even love your job in the first place anyway, what an awesome, awesome opportunity to sit down and to get crystal clear on what it is that you do you want to do, because all bets are off, guys. I mean, I do not even know if that is the right phrase. This is the opportunity. This is the opportunity for you to plan out what you do want to do with your life. Maybe you want to start a business. Maybe you want to create a product and right now, it is time for you to go to the drawing board and be like, okay, I have all these opportunities in front of me, what is it that I want to do now? "What kind of exercises in Beachbody?" Beachbody is any kind of exercise. There is like, I do not know, Beachbody coaches... Remind me. It has been a while for me. I think there is like at least 30 to 40 programs on Beachbody On Demand. With the membership, you have access to all of them. If you guys are interested in the podcast as well, I am just going to post the link in the show notes as well just so you have like that direct link, and then let me know what workout you are committed to doing. Maybe it is not Beachbody On Demand. Maybe you just want to go outside for a run or you want to do your own thing at home. Whatever it is, I highly recommend you do move your body because that's also going to help you move energy. "Start a business, more goals of wealth and abundance so I can provide for my son and make his dreams come true too." Absolutely. Oh, wow, there are 75 programs, holy shit. "This just happened to me. I ended up putting in my two weeks at my job and I likely did not have to truly finish out my last two weeks because of the shutdown, but I feel like an opportunity is coming." Yes, you guys are all on the right path. You are all on the right path and I am so proud of you. Okay. I am going to let you now take action. You have been listening and tapping with me. You have been journaling. You have been meditating. You have been doing incredible things these past four days. Now, is the opportunity for you to put it all into practice. So go out there. Go take action. Spread the light. Spread the love. I love you guys so freaking much. You are incredible people and please share your love. Share your wisdom. Share your positivity with those around you because right now is the time that it matters. All right. Bye.

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.