

Episode 146: How to know it's time to LET GO, how to navigat...

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SPEAKERS

Kathrin Zenkina, Henry Ammar

K Kathrin Zenkina 00:14

Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a manifestation expert, master mindset coach, and multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies, and teaching that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So, thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls and welcome back to the Manifestation Babe podcast. Today I am featuring one of my really good friends, Henry Ammar, who I'm certain you guys are going to absolutely fall in love with. Before this whole pandemic hit us, Henry and I were originally going to sit down in person and interview each other at my place here in LA. But his life unfolded obviously, we had to do it virtually. And so we decided to, instead of actually doing the old boring interview-style for this episode, Henry and I decided to record a conversation as if you're sitting with us at dinner and we just happen to have a microphone with us. Because it's literally what happens with us every single time we're together I'm like, "Henry, where is

this microphone? This has to be a podcast episode. This has to be a podcast conversation." And so every time we're together, I say, "Okay, we've got to sit down and just record a conversation." If you guys don't know who Henry is, you'll very soon hear how we met at no other place than a Tony Robbins event. Henry literally tapped me on the shoulder and said his sister has been demanding that we get a picture together. And what ended up happening is that Henry very quickly became one of mine and Brennan's best friends super fast. If there is a definition of a lightworker, it's Henry. He is the most uplifting light you will ever talk to. He'll make you feel like a million bucks and be the very first person to call you out when you're simply not acting like one. A little bit more about Henry just to put them into context, Henry Ammar is an International Life Speaker and Entrepreneur who hosts the podcast, "Making It Happen with Henry Ammar." He's a keynote speaker and empowerment coach published in Forbes, he has positively impacted people across the globe speaking to audiences as big as 40,000+ people at a time. In his professional career, Henry began in music and has performed on a Grammy Award-winning album and travels the world sharing the stage with legends. Henry went from creating music to creating businesses growing his Los Angeles based company into an international success. Following the sale of his company, Henry returned to school and graduated Magna Cum Laude from the University of Southern California, Marshall School of Business. Upon graduating, he has put his knowledge to us by overseeing the investment and management of over \$2 billion in real estate. Henry now leverages his successes in music, leadership, and coaching to bring pop culture and practical empowerment together to free the world from fear and limiting beliefs and inspire confidence. That's a mission I can get behind. Henry is an empowerment coach to pop culture celebrities and influencers. He is also the personal development director and US representative of the EXIT Festival (Best Major European Music Festival for the past 3 years). His most recent brainchild, MakeltHappen.Life, with the slogan "Inspiration. Fun. Repeat." was created to give the world inspiring content and empowering experiences that help people lead confident and fulfilling lives. In this incredible episode, Henry and I touch on topics like relationships, creating high-vibe friendships, why keeping your heart soft will always pay off in the end, how to know it's time to make a pivot in your life or end something that's no longer serving you is such a good topic and really tough to learn in the process. But once you know the signs, you know. And navigating that uncomfortable chaotic space between letting go of something that's no longer serving you and receiving something brand new. Because both of us have experienced chaos so we really wanted to talk about that. You guys, it's really Juicy, so get ready. And without further ado, let's dive in.



Henry Ammar 05:04
All right, so hi, Kathrin.

K Kathrin Zenkina 05:06
Hi, Henry.

H Henry Ammar 05:07
So we decided to do this podcast episode. Whenever we have conversations, I leave super fulfilled and super edified. So we decided that we're gonna record a conversation and put it on both of our podcasts.

K Kathrin Zenkina 05:23
Pretty much what you just described is accurate and exactly what we're doing. What you guys don't know about the "Behind the scenes" is literally, we just started this podcast episode and it just felt so awkward. Because we went from having this conversation to saying, "Wait, wait, wait, shut up. This story needs to be in the podcast." And then as soon as I said, "Okay, hi, Henry." We just started laughing for about 20 minutes, literally 20 minutes because really, this is so awkward. We just need to record this conversation and just put it out there and whatever lessons we weave through this conversation. That's for you guys to take home.

H Henry Ammar 06:01
I love it. Can we tell them how we met?

K Kathrin Zenkina 06:03
Yes. So Henry and I met, by the way, the reason why Henry and I decided to do this podcast episode is that every single conversation that we have together, we say, "I wish that we were recording it." And I can't tell you how many times Henry and I have sat at a restaurant or, where have we been? I feel like it's been restaurants or cafes or anywhere. First of all, Henry lives in Salt Lake City, I live in Los Angeles. He used to live in LA, which we'll get into that story. But whenever we meet, it's not as often as you guys would think just from our energy together, we sound like best friends forever. We sound like we've known each other since we were children. But when we meet, it's random cafes, and the stuff that we talk about, it's like you could write a personal development book off of our conversations. And so we really wanted to just put an episode out there. Initially, it was going to be Henry interviews me for his podcast, I interview Henry for my podcast. But why even bother? Why even bother about being like "Henry, what did you want to be when you grow up? And what do you do now? And why do you do it?" And all those things.

So Henry and I met so randomly from my perspective basically. I was at Unleash the Power Within, my third time going there. My first time was the big life breakthrough that I had, my second time going there. Of course, I had to drag my husband who was my boyfriend at the time. I got him thereby showing him what's the documentary I Am Not Your Guru on Netflix. And he was saying, "Whoa, this Tony guy, he knows what he's talking about." Yes, yes, yes, he changed my life. Let's go to UPW for the next one in November. Let's go. So we go there, he has his life entirely changed. And then the third time, we decided to bring 50 people from my audience and just anybody who wants to come. Because a lot of people are very familiar with my Tony Robbins story and how he's been such a huge part of my transformation. And so, after the firewalk, which is what you do at night one of Unleash the Power Within, I am like, first of all, I'm an introvert, Henry's clearly an extrovert. Brennan's an extrovert, my husband. And so for me, after firewalk, I'm done. A lot of people like to hang around and talk about the firewalk and I'm thinking, "No, I'm going to bed."

H

Henry Ammar 08:25
At 2 am.

K

Kathrin Zenkina 08:28
Yes, it's two in the morning. So of course, I feel like any normal person would be like, "Alright, I think it's bedtime, I've been up since eight in the morning at this event." And I'm putting on my shoes and you know, my feet are dirty AF, and I remember putting my socks on, putting my shoes on, I'm so sleepy and someone taps on my shoulder. And I was thinking, "Oh God, I'm not ready for this right now," and I turn around and this guy I've never seen before. This guy with super blonde hair, a huge smile on his face, and he looks so alive, he looks like he just had about three espresso shots and he's ready to go for firewalk number three, four, five, six, and seven. And he said, what did you say again?

H

Henry Ammar 09:06
I said my sister would kill me if I didn't say hello to you and take a picture with you for her.

K

Kathrin Zenkina 09:11
Exactly so I said, "Okay," and so we took a picture, and then for some reason, we just ended up talking for about 30 minutes and we just couldn't stop talking. It was so weird I don't even remember what we talked about. I don't even remember if we even told each other at that time that we used to be neighbors without knowing that we were neighbors.

I feel like that came in a future conversation, two days later, or a day later, the next day or whenever. But yeah, I remember going home and then I don't think we saw each other the next day. But on the third day, Brennan and I saw Henry in the hallway and the third day of UPW, Tony's on stage the entire day, nobody misses the Tony fire. People are like, "Okay, Joseph, cool, he's awesome, but let me go get a snack," when Tony is there, you're glued to him. And I remember going to the bathroom and Brennan went to the bathroom, and then Henry is going to the bathroom. We just met in the hallway, we talked for three hours as if we were, literally, I swear we have past lives together. No doubt about it, we have past lives together. And that's when we found out that we used to be neighbors, literally.

H

Henry Ammar 10:23

It is crazy cause for months my sister's said, "You have to meet Kathrin. Trust me, I just feel like you guys are, I don't know you're so the same but you're not." And I was saying, "Cool. Yeah, we'll meet yeah. One day we'll meet, I'm sure it's great." And then when we were speaking, we for six months lived in the same building literally, one floor apart, three doors down for six months and I think I saw Brennan at the gym, I don't know maybe in that loft, gym area, or whatever. But it is insane and as soon as we met it was just so incredible, it was so funny. And I remember walking before I met you the day of the firewalk, the first day, you were walking to Whole Foods, I think down this bridge and I was walking by I said, "Oh, there's that girl that my sister was talking about," and I just kept walking and I was thinking, "Oh, maybe I'll see her later." And I am so grateful that we connected because honestly, it has been one of the most edifying friendships. And even though we don't see each other all the time, but when we do, we stay till the restaurant closes, then we go to the cafe until that closes, and then we get kicked out and sit outside and keep talking, and I leave and we both leave on this high energy thing. I just dive in, she does the work, first of all, I know you know this if you're listening to her on your podcast, Kathrin is the real deal 100%, not like this person you see on Instagram and you see in real life and they're different. I respect her even more in person, she is who she says, she lives what she preaches, she's always learning, she's always growing positive AF, as she says, and bright as the sun if not brighter. And every time I'm around her, I'm not even saying this to make you feel like it's the truth, if you know me, you know, I will say how I feel, I'm totally blunt, I leave so fulfilled, so edified and feeling like this loving energy and light, so I am so grateful. You're such a real deal and I love it so much.

K

Kathrin Zenkina 12:29

I freaking love you, first of all, just everything that you just said, I feel the same about you. And you equally are the real deal and, you know, a lot of people ask me, I know the

questions are going to come on my podcasts because I and my audience, we bounce off each other and I gained a lot of inspiration from them about what to talk about. And I know that one thing that comes up, that I can already feel this conversation is diving into is, "How do I create friendships like this?" A lot of people what I have noticed is that they really want to meet their soulmate friendships. And guys, just a side note, talking about soulmates, you could have many soulmates, at least this is what I believe, you can have many soulmates in the lifetime. And each soulmate is not necessarily your romantic partner, I have a lot of friends that feel like soulmates to me. And soulmates just mean that we've known each other in past lives, we've had some sort of deep connection in a past life and we come to this lifetime, and when we meet each other, and when we see each other, we just know. And that knowing doesn't come as this voice saying, "Hey, Kathrin. Henry is from a past life and you guys are gonna get along in this lifetime," it's just a feeling like the way that you describe how we leave each other feeling so light, uplifted, fulfilled, and excited. And no matter how much time has gone between our meetings together, it feels like we are just continuing one conversation, there is no gap, we don't get offended if we don't text each other back, we don't get offended if we don't call each other back, if you're in LA and I'm not or vice versa, we just are so understanding. And it just feels like this different connection from a lot of these forced friendships that people try to create these friendships but it just doesn't seem to work out, they just don't, they're missing that feeling. And I know that a lot of people are constantly asking me, "Kathrin, how do I find my people?" And I have my ideas but I'm curious to hear what your ideas are, how do you find the people who are 100% in alignment with you and become like your soulmate friends?

H

Henry Ammar 14:42

I love that question because it makes such a difference, right? I know we hear that all the time, "Who you surround yourself with makes difference," but it really does. Because, honestly, even in some of our conversations, I know both of us have messaged each other afterward and said, "Man, this one thing that you said was exactly what I needed and was the catalyst to launch me, to point me in a direction that literally changes the trajectory of my entire life." And that's the kind of the friendships that I look for, I have certain standards in my life, I look at friendships like the target logo, I have the bullseye, and then the ring, and then the outside ring. And the problem in our lives is when we put people that belong in the outside rings in our bullseye, and people in our bullseye in the outside rings.

K

Kathrin Zenkina 15:25

Oh, that's so good.

H

Henry Ammar 15:28

I always tell people that around my bullseye there isn't a wall because if you put a wall up to protect yourself, you also put a wall up to keep out love, right? So I put a fence and I have this bodyguard and he has these certain standards. And I know I seek out truth-seekers, people that have love in their hearts, in my bullseye, people that will tell me the truth no matter what, in the most loving way. And so I have my standards. And how do I attract those people and find those people? First of all, is, am I living congruently with what I want in a friendship? Am I operating in fear or in love? Am I operating because if I'm in fear, I'm in lack, I'm in protection, I'm in myself and granted all of us have fear, but am I living in it or am I just feeling it?

K

Kathrin Zenkina 16:09

Yeah!

H

Henry Ammar 16:10

My first question is, what kind of energy am I putting out? What frequency am I living on? And it's taking ownership and it's okay, so I'm going to preface everything I say with I think it's really important to have loving self-awareness. I think self-awareness by itself, like truth by itself doesn't really make you free. It's love and truth. Because someone could be listening and say, "Oh my God, so am I not living in high frequency?" No, no, don't focus on that. As you say so awesomely, "You have to know where you are but know clearly who you are and what frequency you really live on." So for me, when Kathrin and I met, we were both at a personal development space, both of us had been doing the work for a really long time. And, I think both of our hearts are open and also we're aware of not forcing anything to be what it's not because I don't want something to take up space in my life, like, if my hand is closed, and I have something in my hand, that's not serving my higher purpose, it's not open to receive the thing that is serving my higher purpose. And so I look at my life, and at the things in my life, and what I just need to make internally and then what shall I start to make externally. So that's first, and second thing is, where are you putting yourself? If I want burgers, I don't go to Taco Bell. Do you know what I mean? I don't go to Burger King anyways. So yeah, I think people who are in my community it's like, you attract similar people, like I love your community, I look at your community and how you've created such a beautiful community, there's a synergy in your community that is so incredible. I literally sometimes read your comments and think that this is great, you've created something so magnificent, and everybody adds to it, and I think in those spaces you meet a lot of people, we met at Tony Robbins. So I think first and foremost, where's my frequency? And am I living in love or fear? How do I live in more love and more light and be as service-minded? Self-love and love for other people go together like I can't

love you without loving myself, and I can't love myself without loving you. So a lot of times, I don't want to go look for something to fill a part of me that I haven't filled myself, so building a relationship with myself is crucial, because loved people love other people. And so, if I can build a relationship, and a relationship is that it's you're building a relationship, so if I don't have the best self-talk or the best loving relationship, it's time to start building a real friendship with the person I spend the most time with.

K

Kathrin Zenkina 18:56

Oh my God, those are such great tips. Something I wanted to add was just an addition to everything that you're saying because I agree with everything, and that's exactly what I would have said. And I just wanted to mention, I have had on my vision board for the last five years, I would say consistently, I kept putting this picture of a bunch of girlfriends and guy friends just laughing together, I just always wanted to have a close-knit group of people likes pretty much the bullseye. Now that you're talking about this bullseye, it wasn't like a specific group of people that I wanted in my life, but I could just feel that bullseye, and that bullseye is people who make me feel so uplifted and laugh, and they're also friends that I could literally trust with anything. I could say anything to them, they don't judge me, they say, "Alright, Kathrin, we accept you for who you are, because there are people who accept themselves for who they are," and vice versa. I accept myself for who I am so I'm able to accept them for who they are. And it took me about I would say until last year to really find my close-knit bull's eye friends, and that isn't to say that bull's eye isn't going to evolve, change and more people are going to be added to it. And maybe some people will outgrow each other because the lessons that we're meant to learn together have basically been learned, and there's nothing more to learn, and there are going to be people in the bullseye that stay forever because there are constantly evolving unfolding lessons. But I would say that especially when Henry said, "Doing your work, and then also putting yourself out there, this is like dating," and I loved that you mentioned that you don't put up a wall against people, you have a fence, and then you have a guard for that fence depending on what your values are, what your standards are, and your rules are for friendship. I love that because I have definitely been taken advantage of many times in my life, I have lived with such an open heart, and I wear my heart on my sleeves and I would give, give, give all the livelong day. And you know, after many times being taken advantage of and being hurt, I still refuse to close my heart to people, I still refuse to harden my heart because I know that love is infinite. And so if you're operating from a finite love, that's not true love, that is love that is being covered up in fear, that is love that is what do they say it's like a sheep in wolf's clothing or a wolf in sheep's clothing or whatever it is, that's what you're operating from. And that's not true giving, that's not true love. And so it's important to, of course, it doesn't mean that you shouldn't set boundaries, it shouldn't mean that you should be a doormat to people and

do everything that other people want you to do. That's not what I'm saying here. What I'm saying is that you do have that guard, you do have that fence, but you allow people into kind of test the waters, a lot of people won't even have conversations with people. They won't even invite people over to their house, they won't even go to other people's houses or wherever, wherever people meet nowadays. They won't even put themselves out there because they're so afraid of being hurt. But no matter what, what you focus on is what you attract. So if you're constantly focused on getting hurt, over and over again, you will manifest people into your life that will provide you plenty of evidence for why you will get hurt, and so you will get hurt because of that. But if you are understanding that sometimes you'll get hurt, sometimes you won't, and sometimes you're going to hit the jackpot, and just know that that's part of life, and that's part of the lessons that you're meant to learn, you will find those people. It's just like hands down energetically, that's just how it works. When you focus on finding your people without any attachment to being like, "No, Henry has to be my friend and only Henry. And if Henry isn't, I'm going to mold myself, or I'm going to mold him so that we can be friends." Trust me, when you find your soulmate friendships, you will understand and say, "Okay, I get it now. I get it now, I understand that this is something that you cannot plan for, this is something that you cannot force." And this is a conversation that I have with my sisterhood, I have a group of friends, there are six of us together and we travel together. We stay in places as we stayed in Malibu a couple of months ago. And a lot of people ask me and asking all of us, "Kathrin, how did you find each other? How did you form this friendship?" Literally, we could not have predicted this. We literally, what we ended up doing was we just decided, a couple of us, for instance, one of us was best friends with another, I was best friends with one and another was best friends with another, we kind of knew each other in this space. We were all craving this sisterhood environment, but neither of us has had great experiences with friendships. We've had some friendship trauma from the past, especially around being bullied in high school and having girls come on us and all this stuff. And so we all had these wounds and we decided to just do an experiment where we rented a house in Austin, Texas because one of them lived in Austin, and she said Austin's great come and whatever. And so originally it was going to be the Caribbean, but then something happened, so we ended up going to Austin. And we just tried it out, I didn't even know half of the group, half of the group didn't know me, we knew each other. And it's just like, "Alright, we're in this house for a week, what are we going to do?" And when we came out of it, it just felt so effortless, it felt so awesome, we built such a bond and a connection. And when we came out of there, we said, "Let's do it again. That was fun. Let's do it again." We didn't come out of it being like, "And now we're tied together. We're BFFs we have to do everything together," that's not how that worked. It was just, "That was fun. Let's do it again." And so we did it again. And then we said, "Okay, there's something here," and so we did it again and again. We went to Rythmia together, and then we went to Malibu together and that's just how it works. You just have to give space for these

relationships to come in.

H

Henry Ammar 24:56

I love that. What you just said is such an example of trust, when you can live in a space of trust and space of, you know, that everything is going to come to you. As you align yourself and you live in that beautiful space, everything will come to you at the perfect time. So if you try it and it doesn't work out, don't say, "Oh my gosh, it's never gonna happen," you just trust that, "Okay, this is a great lesson, it's gonna build me up." And I don't know who said this, but, in order to even do what we're talking about, you need to believe that it's there, to actually create it. What is that analogy of treasure? You'll never go after a treasure. There are five steps to really make sure you're willing to go out there. One is, you need to believe it's there. Two is, you need to believe that there's a way to get there. Three is, you need to believe that you could take that way to get there, it's possible for you to take it. And that was three. And four, that it's worth it. So if it's worth it, and there's a way to get there, then you'll think, "Cool, what do I do?" So my question is, some people might say, because I think there's a difference between being pleasing out of fear and pleasing out of love, like in friendships, like losing yourself in a sense. And I think it's always good because you always want to exude love because some people might say, "Well, what do I do? Do I just put people out that may need me, do I just not have those kinds of friends?" That's not necessarily what we're talking about, I put a quote yesterday on my Instagram that said, something along the lines of like, "It's time to let go of things that aren't serving your higher purpose," and a couple of people were asking, "Well, how do you even know? What if what's not serving your higher purpose is serving somebody else's the higher purpose?" And I said, "If I'm not in my highest purpose, I'm not serving other people's purposes."

K

Kathrin Zenkina 26:40

I love that you just mentioned this, keep going, but, I have a story around this.

H

Henry Ammar 26:44

I want to hear your story. Go for it, I love it.

K

Kathrin Zenkina 26:46

My quick story is, in terms of romantic relationships, I mean, this can apply to our relationships. I had no idea we're gonna be talking about relationships today, but let's just get into it. You know, all kinds of relationships because really, that's the point of life. I

mean honestly, money's great, things are great, whatever, but at the end of your life, you're going to be thinking about the dogs that you had and the friends that you had and romantic partners that you had. That's what's going to matter at the end of this and the reason why I'm saying dogs is that I am a big dog lover. I just got a puppy 10 days ago that I'm in love with and I can't stop talking about her. So, my thing is that I'm someone who has gone through three divorces. And I'm also someone who at the same time believes that marriages can last a lifetime. How I'm in this space with so much trauma around seeing so many relationships break. That's for me, doing my own inner work and understanding that everything is a choice and what someone else's choice is, is not my choice. And so my life is different from someone else's life and everybody has their own choices to make in life and what's possible for one person and what is possible for another person. But what happened to one person doesn't necessarily have to happen to another person. Including your family. And I have a lot of people say, "Well, Kathrin, my mom could never make that much money. So I can't either," since when did you take on all your mom's beliefs and choices and everything, you're not here destined to live her life, you get to live your own life. So that's just a side tangent, a lot of people are so afraid of breaking off relationships that aren't serving them. And so I had that fear similarly, you know, tying UPW in this conversation, my first UPW, that's where I had this breakthrough that the relationship that I was in, we were together for just under six years, almost six years, or was it almost seven, I don't remember, something along those lines, a long relationship. And I realized that we were together just simply out of comfort. And he was madly in love with me and I pretty much broke his trust two years prior to this event. He broke my trust a year later, and so we were kind of in a rocky relationship, but we did decide to stay together and we knew that we're destined to be together, whatever. But I was really suppressing the fact that we were still together past that first incident because of my guilt, and then probably because of his guilt. But I knew that he really wanted to make things work and I couldn't stop, it was very unconscious daydreaming about what if there's someone else out there for me? What if there are other people and just in that daydreaming alone, that really rose to the surface at Tony Robbins, where I realized that we're together out of comfort and we're together because I feel guilty. And so I broke off the relationship. And again, it was the hardest thing I've ever done. But a week later, I manifested Brennan into my life, who is my husband today and I literally cannot imagine life without him. He is totally my soulmate, my romantic soulmate. And it's just been really awesome, not the easiest relationship but the most fulfilling relationship I've ever had and we have endless lessons for each other like this is the bullseye for life. But anyway, when people ask me for advice, "What if they feel like the relationship isn't for them, but they're afraid of hurting the other person," when I offer my tips and advice for people, a lot of people get offended being like, "Kathrin, why are you encouraging people to end the relationship? That's so bad." And first of all, if you're already thinking about your escape, you know, Tony Robbins literally said, "You're either in a relationship or you're planning

your escape," so you're either happy in the relationship or you're planning your escape. And when he said that, that's when it triggered everything to come up to the surface and be like, "Am I planning my escape?" And so just if one person is unhappy, and the other person is happy. A lot of people think that this person, the unhappy person, needs to be with a happy person, because you are serving their greater purpose, right, exactly what you just said. However, even if this person doesn't know that this person is unhappy, unconsciously, everything is felt, their soul fucking knows, their ego might deny it, their brain might deny it, but their soul knows. And if one person is unhappy, first of all, by staying with the other person you're not only denying yourself, your true soulmate, your true love, your true whatever. Maybe you want to be single for you, who knows, who cares. Whatever is true for you, you're denying yourself that, but also you are denying the other person from finding who is right for them because clearly if you're unhappy you're not right for them. And so by denying that person their soulmate whoever is meant to be with them, there's no greater purpose served here on both ends of the spectrum, even if from the outside looking in and thinking, "Oh, yeah, you should totally stay together. Look how perfect you guys are. Look at how you guys travel around the world. Look at how you guys do this and that. You guys have kids together and dog together." No who cares, because in order to serve the greater purpose, both of you need to be fulfilled, both of you need to be committed to growth, and both of you need to be happy in the relationship. And so that's exactly what unfolded for me and that relationship is that I got to find my soulmate. And then I would say I met Brennan about a week after which is so crazy fast. But that's what happens when your best friend forces you to go on Tinder just for shits and giggles. And you swipe right on this guy who you barely know what he even looks, you barely even know he had the worst pictures. He had the kinds of pictures that a guy would show another guy to make him look cool. Do you know what I mean? There are pictures of him running in rugby with a mouthguard in his mouth. There's another picture of him cooking some big elaborate piece of steak or something and I'm just thinking, "Okay, cool," but my intuition knew to swipe right on him. And so that was crazy. It's like I finally created space for something amazing to come into my life, and then he ended up finding his wife now who is pregnant right now, she's about to deliver a baby in two months. So he was able to find his wife and his happy family whatever, and now we're both happy. So there is no right or wrong, I always like to tell people what is serving you and what is not serving you, what is empowering you and what is not empowering you and that's how you need to look at life. It is not judging what's wrong, what's right, what is Sally gonna think? What is Bob gonna think? Oh my God, are my parents gonna disown me? Oh my God, whatever my children are gonna think, whatever runs through your mind. Most people are really worried about strangers on the internet. And so what is this handle gonna think of me, some random person on Instagram? It's not about that, guys. At the end of your life, you're not gonna be worried about what this Instagram handle or what Sally thought of you when you were 27 years old, it's just going to be what did you decide on and choose

for your own life? Because it's your own fucking life that we're talking about here. I love that. You know what, two things you said that really kind of spawned some thoughts in my head was one when you said, first of all, going back to the beliefs in the family relationships that we've dealt with before. We don't have to take on, the fact is, we're free to live our own lives. And the second thing to add to that really cool is, just because you lived a certain way in the past doesn't mean you have to live that way in the future unless you choose to live that way. Every moment is another chance to reset every freaking moment, right now, if you wanted to. If you think, "I'm not really happy in the space," reset, boom, I get a free choice right now to decide whether that is what I want. Every moment is another chance to get it right and every day is another chance to get it right. So just because Henry was insecure and passive, and his nickname was Passive years ago, that's not Henry right now because he decided that's not how serving my higher purpose of what I was born to do. So there's power in that choice, the power of choice is one of the greatest gifts that we have and we give it away so easily to fear, to what people think, to my comfort zone, to this, and to that. The choice is the most beautiful thing and right now everybody who's listening, or watching or whatever you're doing, you have this beautiful choice right now you could decide. You know, what? Let someone live my life and everything will change. I cannot imagine you passive first of all. You've told me these stories of you. First of all, I think we're so subconsciously linked right now because I will get a topic in my head being like, "Oh my God, I need to ask that. I need to ask Henry that." And then you will start leading yourself into it. And I'm just like, wow, we're just leading each other into what we want to talk about, this is so freaking cool. I love that you mentioned that you can pivot at any point in time. And I know that privately before this, we had a conversation around some of my pivots and some things that I'm feeling and how I'm kind of in-between things right now, where I know that I've reached a certain level of mastery at the level that I'm currently at. I haven't yet hopped up to the next level. It's like I'm right in between. I'm just so bored with this level and so tired of this level. And so, whatever has been there, I've done that, and then this level is so exciting, but I don't know what does that level look like. And so I'm excited by the unknown. And you have had, and you've shared these stories I remember specifically sitting at this Greek restaurant in North Hollywood, I had the Bama salads ever, you and I were just sitting there for four hours eating the salad and then talking. And I just actually learned your life story and your life story was so inspiring for me. And it really went to show me how, at any moment in time, you can pivot. And so can you please share some of your pivots? And just some of the things that you've had, you've lived so many different lives and how you were able to just say, "No, that's not serving me anymore." Share some of those transitions. And then can you please share how you were able to, because I can already imagine people think, "But how Henry, but how do you just do that? How do you just do that?" And you've done it so many times. I would see you as the master, so please teach us.

H

Henry Ammar 37:02

That's so nice. I look at my life and I think, "Whoa, I've learned so many different hats in my life, holy cow." It's funny, I was doing this podcast episode, and this lady was interviewing me for the podcast, and she met me when I think I was 18, or 19, or whatever. And she said in the middle of Episode 6, "Do you remember how insecure and self-conscious you were about everybody?" I go, "Tell me, you're one of the only people, please tell everybody because people don't believe me." Because, yeah, I'll go on stage in front of 30+ thousand people just freaking just going nuts.

K

Kathrin Zenkina 37:37

I just want to say that 30,000+ people, this man has been on stage, 30,000+, okay, keep going.

H

Henry Ammar 37:47

It's been awesome. But that same guy, you would have gone back to the 18-year-old. So she's like, "We're on a bus going to Jessica Simpson's birthday party. And you were so insecure. And we got there and the news won an interview, you're like, Oh, no, what people are going to think of me?" She said, "You literally said what are people gonna think of me?" And so my nickname used to be Passive because I would never state my opinion because I cared too much. If I say my opinion, people may not like me, I was a total people pleaser, smiling on the outside and being like, "Yeah," but inside, you're like, "Do I belong in this room?" And so, one of my biggest values in life is freedom. I don't want to feel enslaved, I don't want to feel caged, I want to be the best version of this guy you're seeing. And I want to know that when I look back, I put it on the table. And I said, "I gave it all back." Not like, I stayed in a box because I was afraid of failing, I was afraid. And I realized early on, someone put a book in front of me. And it started asking questions, and all of a sudden, I realized, "Whoa, we could change, why is that person confident? Why is that person happy? Why is that person successful?" And I got really sort of obsessed with freedom and confidence. And so I would literally, muster up the courage, because courage becomes confidence too, right? So I'd go to somebody and say, "Excuse me, I know that sounds really weird, but why are you confident? What makes you walk in the room so this?" Everyone was looking at me like I was crazy, but I was thinking, "I will learn this, I will learn this," because I think, Tommy Lee says, "Humans are the ultimate adaptation machine." So I believe we could become, I could choose to become whoever, I could become more confident, more bold, whatever it is. But I was starting from the resistance, way back, right? So I got super obsessed, literally. I mean, Kathrin, I talked about books all the time, whatever book I could read, or go into seminars, Tony, or learning NLP from all these different companies too. And the last one we did was the same company you and I

went to, but I've done it. Everything I could possibly do, my main premise was if it's fear-based, it doesn't belong in my life. And so I became super obsessed with how the subconscious mind works, how the conscious mind works. And I became this mad scientist, I would go and Kathrin, I know you're the same way because we've talked about this, we'll go and you'll learn something and you'll apply it yourself. And if it works, you'll teach other people. And if it works, you're like, cool. This works. And so for me, it just became an obsession. And shortly after I started learning it, I got into the music industry, and I do music, and I wrote the music and stuff like that. And I mean, it was a consistent workout, because you're sitting there in front of people. And you're sitting there getting interviewed and all the thoughts in your head, and you have this part and you're seeing a solo. So I just did more and more of the work and it works. Going back to understanding our beliefs, our identities we give ourselves, all the things that we give ourselves are just stuff that was passed on when we were little kids or generation or whatever you want, whatever it is, and there are ways to change that. And I'm telling you after that lady told me, I'm going to describe to you, no one ever understands when I say, "If I could do it, anybody could do it" because I truly believe that. I know how I used to feel, I know how caged I felt and I know now when I get in my zone, it's like "Oh man, we're about to tear this thing up in the most loving way." And I'll say this, I think it's a couple of things, and you mentioned this earlier, and I think it ties into the relationship and you said, it's knowing who you really are, past the limitations, past the limiting beliefs. It is knowing who you are, you're like, spiritual identity in your core in your heart. There is a being inside each one of us. That is the chooser, you are not your thoughts. You are not your mind, your mind is a tool, right? And when you learn how to maneuver the mind, the body, the spirit, the emotions, all that stuff, now I get to decide, and the first decision I've ever made in my life that had the biggest pivot was the decision to be the decider of my life. To cut the strings, I don't want to be a puppet, I'm not going to live like a robot. So what do I really want? And this is really cool. And I know we've talked about this as well Kathrin if I see something and somebody else would absolutely love. If you spot it, you got it.

K

Kathrin Zenkina 42:02

I love that you made it rhyme. Oh my God.

H

Henry Ammar 42:04

I'm a musician. I remember seeing someone speak with so much confidence on stage, I was thinking, "How cool would that be?" And then you sit down and I mean I'm really grateful it's my gift now to get up on stage and just freaking boom and it's so awesome and shifts and stuff. And so for me, I spotted that because I had it inside of me. So if you're watching Kathrin or anybody else and you're like, "Man, it's so cool how Kathrin's story is

freaking awesome. How she went from being on her grandma's couch and feeling like this, to creating a company, and serving so many people and helping so many people create a life they love and a life that's expansive and a life that they give back. It's like this ripple effect," if you see that in her and you love it, that's because that's in you as well. It takes doing the work and going back to what you said in relationships. I think the beautiful part about it is how you said "Brennan and I have so many lessons to learn from each other." And I think there's an energetic understanding, there's so much love between each other. And love is a foundation, not fear. And for me in my life, if I'm in a relationship, and I understand it's fear-based. I need to ask myself, have we done all the work? Did I really? If I leave this, and not all the work side because people will stay in it for the rest of their life saying "Oh, it's me, I have work to do." Being really honest with yourself, I was in a really long relationship. And I remember looking at her, and I was leading a meditation in Bali. And literally, as I'm leading this meditation, and we got to talk about this, spirit or intuition if you want to call it said, "The world is ready to hear your message. You need to go home and clean up your house." And then I realized that almost doesn't count. Almost truth is still not the truth. Almost joy is still no joy. Almost fulfillment is still not fulfillment. So what is my almost? What am I tolerating, and where am I in my comfort zone? Because growth never happens in your comfort zone. But by definition, if I step out of my comfort zone, it's uncomfortable, so I don't want to step out of it, but where the beauty is, that's where the magic is. And I look at Kathrin, I look at you and I realize, you're constantly stepping out of your comfort zone and challenging yourself. I don't go to the gym and get pissed off at the weights because they're resisting, and my muscles are getting bigger. That's life, resistance happens, and I divert from my conversation, but there are so much beauty and understanding. As Kathrin said, we have this choice, and right now you could decide, "This is how I'm showing up. This is who I really am." In my life, I can hit a reset and I could live out my purpose because I did a music video for my song called Tomorrow where I was made into an old man, this makeup artist made me as an old man and I got really into character. And it was really weird because for a second, I'm sitting on a rocking chair with Kelsey Hightower, and she's dressed as an old woman. And I'm sitting there and I didn't know the cameras are rolling, but I'm still talking to her like this. And I'm with a baby in our life, and this is what we did. And I really got into the character and I was thinking, "Holy cow, one day I will be sitting, when I'm older, if I make it that long on a rocking chair if they even have them." What am I really going to say that I did with my life? What am I really going to say? What do I want to say I did with my life. And who do I want to say I showed up as and what kind of love did I show up, and who did I become? And I think when we could answer that question, and know that from where you are now to where you want to be. There's a gap of discomfort, and quote-unquote failures, which just means you're growing, and all these other things like that's where life gets beautiful. Kathrin always says, "Man, I'm doing this one thing and I decided to learn this other thing." I freakin love you. And I love that you do that all the time. So I don't know if I diverted and answered the

question.

K

Kathrin Zenkina 46:00

I think that you and I talk and think so similarly because when I talk, I go on 17 tangents and I could see the tangents opening. And I'm like Kathrin, stay on this path and I'm like, "Oh, fuck, I gotta go on this path. Okay, fine. We're on this path now." And then as you're talking, my mind is splitting into 17 directions of what I can ask you like to dive deeper into. Because everything that you're saying is such freaking gold. One thing that I do want to touch on real quick because you just said that you can touch on this a little bit more, something that was so good, was the concept and I don't know, I don't remember exactly how you said this because I can't rewind a lifetime. Oh, Brennan brought me more coffee. Sorry, guys. Quick interruption, my husband brought me some more Matcha, he doesn't realize we're recording right now. Anyway, so the way that you said that, in many instances, a lot of people in a relationship think that "Oh, it's all me. I just have more work to do." And at one point it is no longer your work. At what point Henry is, and I'm almost answering it sort of from my take, the fact that you have to realize that your work might be in leaving the relationship or your work might be in choosing something different for yourself?

H

Henry Ammar 47:15

I think, for me when I was in that space to really be honest with myself of like "Okay." So we looked at each other, and I was thinking, "Okay, we've done counseling, we've done stuff like that," and we just weren't a really good match. We were like friends in a romantic relationship that should have just been friends. And you know, you and I could talk about polarity and a bunch of stuff, we can go on and on right? And how fear goes into relationships, and I said, "You know what, I just want to have my conscious clear, I'm gonna set. Okay, we're going to do this thing for this much time. We're both going to dive in. Are you willing to do the work with me?" We dove in, we sat in the car and at the end of it all, we're like, "Okay, now what?" And I went into an honest place in my heart and said, "If I'm living in the highest form of love and the highest form of self-worth and worth for the other person. Because like you said earlier, if I'm forcing something that's not supposed to be, it's just unhealthy for everybody. And it's a scary thing because I get it, trust me feelings are tough to deal with sometimes. But I remember looking at her and it was tough, we both in tears said, "I think that this is what we need to let go of." And it's really interesting for me, but I can honestly say that I did what I needed to do I checked in with myself, I prayed. I meditated and did all the work and I got on lovingly honest with myself and with the other person. And I had to decide if I stay in this I know where it's gonna go, is this the life that I really, really truly want? Is this really going to help me fulfill my

mission, purpose, and calling on this earth? You know, for example, I look at you and Brennan and we were talking, I love seeing the synergy between you. You literally are boosting each other up, helping each other magnify the calling that you have in this life and the purpose. And because of that relationship, you're going to look back one day and say, "Oh my Gosh, look what we've created," right? And we're not living in survival, we're living in creation mode because you can only live in one or the other. And so I looked at her and I got in tune and went away and I got into a meditative space. So then it's so funny Kathrin because I got really honest with myself, it was really hard in tears, really, really tough. Because we were together for almost nine years.

K Kathrin Zenkina 49:34
Oh, wow. I didn't know that.

H Henry Ammar 49:37
So for me, we're both lovers. We're like givers like we jump in. I don't know how to dip my toe in the water. I jump in the deep water.

K Kathrin Zenkina 49:44
Henry and I argue over like "No, you tell me when you need something," "No, what can I do for you?" No, no, no, fuck me. What can I do for you?

H Henry Ammar 49:57
It's crazy because the morning I decided to let that go Kathrin, this is a really really good thought. I remember it said, "The world is ready to hear a voice." And then I got honest with myself, I gave myself the work. What do I honestly want to say is, I did my part and realized the day I let it go. I paused my podcast, I paused launching my podcast, I got a call from my really good friend who's a huge musician, like massive. Billions and billions of streams, views and stuff, "Henry," okay, literally that morning we decided we're not going to stay in it, that afternoon I got a call "Henry, what are you doing? I wanted to come to meet with my management." Two weeks later, we launched my podcast, and all sudden, I don't know what happened energetically, but it launches. The music festival calls me, "Hey, Henry, we want you to come to our music festival," I ended up speaking, I wasn't even planning on speaking there. That was the first time I spoke there, I've spoken three times in front of 30+ thousand people and perform. "We want you to speak in front of Martin, between Martin Garrix and David Guetta," and I'm like, "I freaking love those guys." The second I honored what I knew was right in my heart and my spirit and didn't

give in to fear but stepped in to love and presence and truth, everything began to align and I look back, and I'm grateful for the lessons I learned. However, I know that if I was in that relationship, I would not be where I'm at today.

K

Kathrin Zenkina 51:18

Yes. Oh my God, I again, subconsciously linked because I was gonna ask you and then what happened, Henry, after you let go what happened in your life? Blah, blah, blah, so amazing.

H

Henry Ammar 51:30

One interesting thought too. And this is a twist on all this and I want to hear your thoughts on this because this is really gonna flip it. Okay, sometimes you're the one that has to do the work. Maybe you're the one that isn't in the space to have that relationship. And it's okay to recognize that because whatever we hang on to in our lives, that frequency that I think lives in us, even if we suppress it. And sometimes I'm running unhealthy patterns in relationships because I am coping in a way that may be unhealthy or I'm living in fear. And therefore I'm avoidant, or therefore I'm aggressive, or therefore I'm actually feminine-essence, but I'm acting masculine, or I'm masculine-essence acting like a pleaser, feminine and fear, therefore, I'm not ever attracting the polarity that I need in a relationship. And so what are your thoughts on that aspect of it?

K

Kathrin Zenkina 52:21

Repeat your question one more time because my mind went on 16 tangents as you're talking about this. And I'm just like, "Oh my God, oh my God, and this and this." So yeah, ask me the question again.

H

Henry Ammar 52:32

I want to bounce up with that? I guess my thought was, because it goes back to our question earlier, and you said it so beautifully. When you said, you know what, you're doing the work, you met Brennan while you were doing the work, while you were honest with yourself because you were removing those frequencies that were holding you down, the frequency of fear and comfort. Whereas, sometimes I just need to be doing the work in myself lovingly, like knowing I'm awesome, but doing the work to where when I release that frequency, now I have space to create the polarity in the love that I have. Do you have any thoughts on that? I know it's not really a question.



Kathrin Zenkina 53:14

Yeah, no, I mean, what keeps coming up for me is, how I'm perceiving this conversation, especially the tangent that we went on is the balance between being in a relationship and doing your work because the other person is triggering something that is unhealed within you. And you are ultimately fulfilled with this person, I don't ever see relationships like you're 100% happy all the time. And if that one day you're not happy, you're not meant for each other. No, fulfillment and happiness, I don't think necessarily go hand in hand all the time, I think happiness is an emotion that you feel and fulfillment is like an overarching journey. That's at least how I process it. Happiness can go in and out, but fulfillment is when there is growth, happiness, and challenges, and in our work to be done, and it's easy all at the same time, it's waves, and that's what makes it fulfilling. It's like you're not just reaching a destination, you're not just putting a ring on it. Woohoo, we're done here, happy for life, right? No, it's an ever-unfolding journey. And so it's finding the balance between understanding that you're in this relationship. And ultimately, the two of you are fulfilled and you just have work to do like Brennan and I still have work to do. Or you are just feeling this underlying dread. And that's how I describe anything that doesn't fulfill me anymore, or when I feel like I need a pivot or I feel like you need a shift. And a lot of people think that they just, it's hard to describe because a question that I had for you that I wanted to touch on was, how do you get rid of the mind for just a moment, so that you can hear your intuition so that you can hear what your heart says? And for every single person, this is different. For me, my newest, latest, most amazing thing that I'm obsessed with, that I've said a million times in my podcasts since the first time I did it at Rythmia that is just as powerful as Ayahuasca, in my opinion, is breathwork. And for me, when I do breathwork, and I do it every single morning and I will not record a podcast now, I will not make a post, I will not do anything that's required of my creativity and of my true essence, my true truth until I've done breathwork. Because breathwork has been such a professional way of me just it's never not worked like. It's almost like a formula for me now even though I don't believe in formulas, that's how it's manifested for me lately, where I do breathwork for at least 20 to 30 minutes a day. And I'm just so in my zone, I don't hear my thoughts anymore. I just have this knowing, it's this knowing that something is right for me or something's not right for me, or something is serving me or isn't serving me or exactly whatever message I want to hear. As soon as I come out of breathwork, I'm able to make a post of what's truly on my heart. And whenever I do that people say, "Kathrin, it is the best post I've ever read, wow, different energy is here," and I just know it's because hello, I created this from a space of just knowing, I created this from a space of trust, I created this from a space of truth. And so now I take all of my life decisions to my breath through practice, where I'm like, "Should we launch this course, should we not launch this course?" And you know, throughout the day, I will get intuitive hits. But you know, as a human being, it'll get muddled with the ego. You're kind of hearing two voices and at any given time, sometimes you'll hear one at a time, it's just your ego or just your higher self.

Sometimes you're gonna hear to where it's like, "Do it, don't do it, do it, don't do it, do it." Do you know what I mean? You know, that battle of should I do it, should I not do it? And so those are just the two different voices, that's your ego and your higher self, that's the way that I see it. And so when you go into that practice as you said, I meditated, I did the breathwork or, for me, I did the breathwork or whatever it is, and you just have this knowing that the work now isn't in just continuing this relationship and forcing things like it feels a force. Whenever I feel like I need to force something, and I don't know about you Henry, when you tell me that I have to do something that I really don't want to do underlying, I feel dread. I know when I feel dread. That means I'm not meant to do it, that means that's not what's for my highest purpose. That means I will not serve myself nor the world doing that thing, even if it's the most profitable thing in the world, even if you tell me I'll get a billion dollars after I do it. I just can't do it. I just know that this feeling of dread is coming from me going against my intuition. And so when I look at relationships or business ideas or anything like that if I feel that underlying dread even after I've done the breathwork, even after I've done the meditation or whatever it is, then I know that now the work is in letting go. And letting go is the work in a lot of instances if you are no longer fulfilled in a relationship or a business or whatever it is. Letting go is the next work. It's not more work to be done and something you've already mastered because now that you've mastered that the work is now in letting go. And something I wanted to touch on like another tangent I was coming through as you were talking was the fact that people hear stories around letting go. And we make it sound so good because for me letting go resulted in my soulmate relationship. Letting go resulted in me creating Manifestation Babe, before that when I went to that first event, this wasn't a thing. And so this became a thing because I created space for it. I manifested my dream relationship, I manifested my dream business, I moved to LA, just so many amazing things happened. And then when people hear your story, it's like the next day, the producer's call or whatever, you got all these phone calls and all these opportunities, and one thing that I feel like not enough people talk about which I have experienced, and I actually learned this lesson from a psychic. And I tell this story on stage, and every time I tell it, people laugh, the whole audience laughs because I talk about how, after I did the letting go part, my life fucking fell apart. It actually got way worse than it was before, that made me question, "Why did I do that? Did I make the wrong decision?" It's because when you step out of your comfort zone, your ego does everything in its power to try to reel you back in. And there are two ways of looking at it. It could be your ego, trying to mess things up to get you to question what you did, or it could be your higher self shattering your reality to rebuild it into what it is that you want. So there are two sides, there are always two sides working on it. And you have to focus on the side that's serving you because a side that is serving you is coming from your higher self. And so there was chaos in my life, and I remember and I say on stage all the time, and I did what any normal rational person would do when they're in chaos, I consulted with a psychic. And so I called the psychic up, and she was teaching me

one of the greatest lessons that I've ever learned that I now teach to everybody, and I credit her to this. It's a simple lesson, but just the way that she said it, I just have to credit her and I remember I had a consultation with her, actually, before I moved to LA. And she was telling me, she was painting this picture Henry of rainbows and butterflies when I move to LA. And so I moved to LA and everything fell apart, I live in my grandma's couch, blah, blah, blah. And I called her up again because I trusted her because a lot of things that she said did come true, a lot of things that she predicted for my mom. And that's a whole other side story around how psychics work but I definitely do believe that people are connected. They cannot predict your future for facts because your future can always change. But if you like what a psychic is telling you and you continue down the path it will most likely manifest. And so a lot of things that she said manifest and I was thinking, "Okay, trust her, but I really need to call her up and be like, what the hell happened? Hello, My life is in shambles, chaos, what is going on?" And she said this. She said, "But Kathrin, don't you know that chaos always means that you're on the right path. Because you cannot build a new reality unless you shatter the old one first. And that's exactly what's going on and everything that you're seeing means you're on the right path." And that just I don't know how, but it instantly downloaded into my subconscious because that became my program. That became the thing that kept me going. And every day I would think about it. There are two things that got me through that hard time which is chaos means you're on the right path. So I'm no longer afraid of chaos to this day when things are chaotic. I'm on the right path. Things are coming together. Because I know my intentions are always at work. I know that the universe is always rearranging things for my favor. And so I'm like, "Oh, cool, everything fell apart. Awesome. What's next?" Right? Something really good is coming. And another thing is my success is inevitable. And I'm always on the right path which stems from that. And that was really inspired by a quote that I read from Tony Robbins, which was basically, "Live as though your prayers have already been answered." And I remember praying a lot at that time, out of confusion and desperation and saying, "Oh my God, God, please guide me, whoever you are, you guided me to make these decisions. And now I feel lost, please guide me." And I scrolled past literally, instantly I scrolled past that, that post that said, live as though your prayers have already been answered. And that's what opened up this whole experiment. For me, I call it my one year experiment where I just went through life as though my success is inevitable. As if everything is happening for me. I was saying, "What do I have to lose? If this doesn't work? If this new belief system that I'm trying on right now doesn't work, guess what? I will just come back to my grandma's couch." I'm already living the worst-case scenario so what am I actually going to lose? And I really don't know if I have something to gain but maybe I do. Let me try, let me actually try to believe not try but actually do believe that manifestation is 100% real. My intentions will manifest, everything that I want is happening in my favor, bla bla bla. And then, you know, from that I really started to just follow my intuition, I would get all these nudges and I'm like, I don't know what I'm doing

but again, I have nothing to lose, right? My intuition is pointing me in this direction so I'm just going to trust them and trust that it's all gonna work out, and that was really really tough the first six months. What ended up happening is that by the end of that year, soon after that about six months after the psychic was like chaos means you're on the right path. I started a Manifestation Babe that year and Manifestation Babe really did not start as a thing where I was like, "I'm gonna teach the world how to manifest." It was really about me sharing stuff that I was teaching myself, stuff that I was reminding myself, and my platform really started as me just sharing quotes, a lot of quotes around manifestation. And over time as I started sharing more and more of my story and what I'm manifesting, people wanted to learn more. And so I was like, "Okay, let me create a course, let me create this, let me create that." And a lot of it stemmed from my Beachbody days as well when I was a Beachbody coach, I also was doing a lot of my team calls. I was literally doing Manifestation Babe way back then because I remember on my team calls, teaching my team how to build a vision board, and how to say their affirmations. So I've been doing this a long time, but I didn't really take it seriously until my life was in chaos. And so at the end of that year, Manifestation Babe brought in about \$9,000 or \$8,000, or whatever it was. Then the next year was this huge Quantum Leap because I called him my one year experiment. It's so funny that it did take a year, I should have said three months, but it did take a year. And then at the end of the year mark on December 31, 2016. I remember making \$5,000 in one weekend. I've never even seen \$5,000 in a month. So I was like, what is going on? What is happening right now? And then I pretty much quantum leaped in my business from \$9,000, that whole year of 2016 to 600k the next year. And then from then on, I've quantum leaped into the multi-millions the following year. And it just happened so fast. This is my point coming back to it, it is because I A) let go of what no longer serves me and B) I did not come back to it when chaos happened. Because most people will let go of a relationship or let go of a business, and then the universe will come in and kind of, I don't like to call it testing because I don't see parents as testing their children, parents are teaching their children, they're training their children to be independent adults who live an amazing life or whatever, at least that's my intention for my children. And so I don't see parents as testing them. So I never like to call the universe is testing you, but the universe is kind of training you and throwing a little candy in front of you. And I see a lot of people who will leave a relationship and then that person will buy them flowers and do this grandiose, "I'm so sorry. Let's try again." And then the other person would be like, "Wow, they're so amazing. Maybe I should give it another chance," even though they know already within their heart that it's not right for them. Or, for instance, quitting your job to pursue your dream business. When you quit your job, your boss is going to come back to you and offer you a juicy raise, that's going to make it look really good, right? So they're going to make it look amazing, everything you've ever wanted in that job they're going to offer to you. But if you come back, you're not going to learn the lesson. If you come back, nothing's actually going to change. So you really have

to let go and completely cut the ties, allow it to be hard in the beginning. And I'm not saying that it's going to be hard in the beginning all the time. I know there's plenty of instances for you and for me by also where we've let go of something and literally the next day, it's like boom, amazing this and that. So it's just being prepared for the fact that there could be chaos and knowing that no matter what, you have to stay on the path you have. If you do not, you guys are not going to get the juicy gold at the end of the rainbow that totally exists. Every single intention that you have for your life totally exists in the end, but you have to make it to the end, you have to walk through this dark forest to make it to the end.

H

Henry Ammar 67:27

A freaking man, what that quote reminds me of is the same feeling you make the commitment in is not going to be there when you're required to keep that commitment.

K

Kathrin Zenkina 67:41

Oh my god, that's so good.

H

Henry Ammar 67:43

So it's interesting. So you said that I don't know if you know this, but I was a director in investments for a \$2 billion real estate development company. I had the 16th-floor Oceanview office at the sexy title, I was making money. And I decided I was like, "You know what? I know I'm supposed to quit. I'm supposed to start this thing and use my gifts to change the world. I've been studying this for 20 years. But now I want to just go all in." So I decided to quit my job. And it's kind of a longer story, and it's a crazy story, but I ended up, and as soon as I shot an email to everybody, "Hey everybody, I'm leaving this job. Here's my personal email," I got an email back from a guy that says, "What are you doing? We need to go for a run on Friday." My last day of the job was August 5th, I think, and the next day, I was going to go away to this NLP month-long immersion, I think it was 2016. And that Friday, we're running in Beverly Hills, and he's very successful. Let's just say in two years, he built a \$2 billion worth of assets. We're running and I'm telling him my story and blah, blah, and then all sudden, he goes, "F" he said just "F." And I was like, "Why are you upset?" And he said, "Okay, I know you're doing what you need to be doing and I'm not going to convince you otherwise. But I wanted to offer you a partner position at my company. We're going to be doubling in the next two years. You'll get equity in my company."

K Kathrin Zenkina 69:02
That's juicy Henry.

H Henry Ammar 69:05
And I said, "Hold on a second. You mean my kids and their kids would never have to work. That's like a legitimate offer, right?" And even to the point where I think at one point, he was like, "Hey, man, you sign the bonus, the assignment check, whatever you want. It's yours." And for somebody that's leaving a job, that's sexy already because that's the ocean view office that says, "You know what, I could take this job for 10 years and make gazillions of dollars and be fine," but I knew in my heart that I was supposed to go on this path. And so I said, "Thank you so much, but I have to pass." And you know, I was thinking that I'll be successful. It's not for me, it's not a matter if it's a matter of when. It's done, it's gonna happen. And if it doesn't happen in the way I think it is, it's gonna be better than what I think it is. That's a crazy story. And I will come back to this because this is really good. So I went on the spiritual journey, and Kathrin and I talk about our spiritual journeys all the time. And speaking of chaos, I dove in and I was okay, praying, and I found this journey, this path, and all of a sudden I dove into it, and everything fell apart. It felt like every single thing fell apart. So I'm sitting there, I love reading and I love reading scriptures too, and I was sitting there praying and I'm saying, "Okay, God, I thought things are gonna get easier the second I decide to do the right thing, to follow what I know is right. But everything feels like it got worse."

K Kathrin Zenkina 70:32
God laughs in those moments, God is laughing.

H Henry Ammar 70:35
You have no idea what's coming. So I open up and I promise you it is so weird. It felt like this light was hitting this one verse. And it says, "All things work together for good, to those who have gotten a call for service," and do you think it's my answer? Yeah, all things work together for good. If I'm on the path, whatever. I close it, I don't even think anything of it. I get on this train. And I'm on this train and the sky is walking right towards me looking me in the eye and I'm like, "Okay, this is obvious, he's coming to talk to me. He's not making it." And he looks at me and I thought, "Is he gonna ask you for money? What is he gonna say? He looks like he's on crutches." He says, "Hey," I said, "Hey," he goes, "When God says all things he means all things. He didn't say some things. He didn't say almost everything and say a little bit of things. Every single thing will work together for your good, stay on

the path." I'm like, what the F!

K

Kathrin Zenkina 71:23

You can't see my mouth fell, like my jaws are on the floor.

H

Henry Ammar 71:27

It was insane. And it was like everything you said, stay on the path. Do what you know is right. Walk in love, walk in alignment, stay on the path. All things work together for your good. And I realized that in my life. And that was something, I was like, "Okay, that's either a phrase or I believe it." You can believe in it, or you could believe it. They're not the same thing. And so I went on that path. And so when I quit that job and the guy offered, I was like, "Nope, it's gonna work out." And it's funny because I started making it happen, that life and I was like, "I'm gonna have millions of followers right away. I'm gonna add so much value to people it's gonna be crazy." And plus I feel like it's the right thing to do so, of course, it's gonna work out. For six months 395 followers, three likes, something's not working, right? This isn't quite what I thought it was going to be.

K

Kathrin Zenkina 72:23

Expectations will fuck you up.

H

Henry Ammar 72:25

Exactly. So I was like, "You know what, pivot, grow, learn, pivot, grow, learn. Okay, what's next? What's next? What's next?" I had this vision, I had this thought that said, Music Festival 2019. First of all, I never performed at the festival, never through a festival, I don't know what the hell anything is. 2019 I'm in Croatia with one of the biggest music festivals, the best major European festival with the founder and his people leading a workshop, helping them facilitate something on how to change their festivals to be a conscious revolution. And we're doing something really cool together. If I would have retreated because things are harder because it didn't work out the way I thought it would, and if I wouldn't have stayed in line and said, I'm not saying I'm perfect at it, but as soon as you find out, you're off the path, get on it right away. And I wouldn't have been on stage and have the impact, I'm working on a really cool project right now that I've been thinking about for years. We just had our first meeting yesterday, it's insane. I'm so excited about it. I just retreated because of the chaos or because of the uncertainty in your minds and be like, what are you doing to survive? This isn't working. But being true to yourself and being true to what you believe, whether God, universe whatever it is, is calling you to do, it has

been the most uncomfortable. I remember sitting in New York, I just left Yoko Ono's apartment, John Lennon's apartment, we had a meeting with her. We're doing this project and I'm sitting there, and I'm thinking that if people knew how many times I stepped out of my comfort zone, they would think I was a psycho. Yeah. But it's me stepping out of my comfort zone that I had one of the most epic experiences with a freaking legend.

K

Kathrin Zenkina 74:03

Yeah. Like total psycho. Isn't it funny? I was doing a podcast episode with my friend Paul Fishman and he was saying something and then I said something and I was like, "Isn't that crazy?" And he's like, "Isn't it crazy that we have to think that that's crazy." So that just reminded me, isn't it crazy to think that stepping outside of your comfort zone so many times is psycho when it should be the most normal thing in the world? That's what should be normalized, it should be crazy to not. But we are so accustomed to just shrinking ourselves down and say, "What are they gonna think, and what if it doesn't work?" And then, multiply that by nine years and then you're still on a rocking chirping like, "Oh my God, what if it doesn't work?" And it's one point to you to just realize that the psycho thing is not living your dream life, not going after something that's important to you. And dream life looks so different for all of us. For some of us, it's raising a family, for some of us, it is building a billion-dollar company. For some of us, it is revolutionizing the music industry. For some of us, it's helping women manifest their best lives, whatever the hell it is. It doesn't matter. It doesn't matter what you call, it doesn't matter what label you put on it, it's whatever fulfills you and makes you the most alive is how to describe it. Because again, happiness is a great goal to have, but it's also just an emotion that you can tap into at any point in time. You don't need to actually achieve something to be happy. You get to be happy right now, just because you have your basic needs met. The fact that you can hear us, the fact that you have technology and internet connection and all this stuff. It's really just about that fulfillment and aliveness that you feel when you are giving it your all. And whether or not you actually succeed in whatever it is the goal, whatever destination is, whether or not you actually achieve it because you never know, life can throw you a tangent as I like to call them where you're like, "Whoa, I actually want to explore this for a couple of years." And then you find yourself coming back to the original path. It doesn't matter what it looks like. But in that pursuit of the destination, that's where all of that aliveness comes from, but you cannot pursue it unless you walk towards it. And I think the biggest mistake that people make is that they wait for the universe to do its part before they do their part. And the thing is that as you mentioned, you were talking about choice. You talked a lot about choice and how we have so many choices and the greatest gift that we were ever given. I see that as the same thing as free will and how free will is here to give us these choices. And life is always waiting for us to make a decision before it acts in our favor. And a lot of people say, "Well, when I get the clients, then I'll put myself out

there." No, no, the universe is waiting on you to put yourself out there and then it'll give you the clients right? First I will manifest the money, and then I will donate some money or then I'll invest it into what I care about. Or then I will buy XYZ, then I'll reinvest into my business or whatever it is. And no, money is just an energetic byproduct. First and foremost, money is never the end goal. Money's such a byproduct. That's why going after something that just makes money never actually works. And it leads you down this path of ultimate unfulfillment. Because money is a byproduct, it is 100% a side effect. And a lot of people don't know that. And trust me, I didn't know that either until I started making multiple millions of dollars where I'm like, wow, if I were to just sell something, just to make money, it would never sell. If I were to start a business just because it's a great business for money purposes, it would never work. Because people, first of all, can sense that. And second of all, it's byproduct energy and you can't actually directly pursue it. It has to come as a separate thing aside from your money aside, aside from your business, aside from your job. Money doesn't come from other people, money doesn't come from you. It comes from a source and nothing can ever get in the way of your connection with source. And the source will always reward you for you following your path. And I see that we're talking a lot about following your path, whatever that path might be. I see that that is the true alignment with your channel of abundance. And the way I see it is like as long as I'm following this path, wherever it's taking me knowing that I'm going to XYZ destination that truly fulfills me, I'm aligning myself with that abundance and abundance is going to flow. But when I pursue something outside of that, that isn't fulfilling me, that's making me feel dread, it's no wonder the money ain't coming, the clients aren't coming, right? So, I already tangent it off of that. My point was, is that free will? The universe is always waiting for you to make that decision first. And then it'll gather all your spirit guides, all your angels, all your ancestors will come together and be like, "Here you go. Here's the next step."

H

Henry Ammar 79:22

I love it. You know one thing I love, I just I freaking love you, first of all. I do every time you talk. Everybody listening or watching, please take this in, the reason Kathrin says these things and I say these things is because you specifically have a purpose, a mission, talents, experiences, strengths that the world needs. They need you and your most authentic, highest self. And you need you in your most authentic self, your family if you have kids or whatever that looks like, you will do us all a favor by stepping into that, and we completely believe in you and whatever it is. Because it's just the laws, this is how things work. And the very fact that you're listening to this is no coincidence. It's no coincidence at all that you're ready. It's time for you to step into that and choose and use your freewill as Kathrin just said, to say, what does that look like? And how do I create it right now? And expecting the resistance, expecting the chaos and saying, "Please, please, quote-unquote, shatter it," so you can put it back together in the most perfect way possible. And just know

that your spirit, your core can never really be shattered, it's all the things that don't even serve you by anyway. So, we just send so much belief and love to you listening because it's not a coincidence, and it's not a coincidence that we're sitting here on this day having this call at this moment. And I'm just so grateful to see you living out your purpose because we talk about this all the time. And there's a constant expansion with you. And I love that, every time I see you energetically, even today, I was like, "Whoa." I don't know what it is. But I like it. And of course, he starts out with, "I'm having this really cool thing of experience in life where I'm growing and blah, blah." And I'm like, "of course." But the more she's expanded who she is, she's living out her mission. And I see people's lives being completely changed, including mine. And I think there's beauty in that and just know that where you are now doesn't mean that's where you're always going to be, but love the freaking heck out of yourself where you are, and get really excited about where you're going. And we just say it with so much belief and certainty because both of us have worked with so many people to see it over and over.

K

Kathrin Zenkina 81:50

At some point, you cannot deny the pattern, at some point, you just can't unsee it anymore. And I thank you for everything, all the amazing things that you've said to me, I just want to honor you and just share how grateful I am for our friendship. I could see how someone could easily get triggered by you and be like, "Oh, wow." Just because you are so radiant, that you shine a light on people's shadows, and you force people to grow, you force people to expand because you are so expansive. That in your presence in your energy, you cannot help but look at all the places in your life where you need to grow, and then see what is possible for you. Because when I see you it's like you're constantly showing people what's possible for them, and I think that's the greatest gift, that's the greatest ripple effect that we could ever give to other people. It's not like, "I'm the guru. Listen to me, I'm on stage. I'm on a pedestal." No, you are reflecting that light back on them and being like, "No, no, no, no. Look at you. Look at how amazing you are." And I feel like we do that for each other which is why these conversations we could talk for about 16 hours. And at the beginning of this conversation before we record, with all the things changing in the world and all the things that I'm learning about, like behind the scenes with certain industries, you've always told me that your mission is to completely revolutionize and bring consciousness into the music industry and your music is awesome. By the way, you guys need to check it out. You're on Spotify, right? Because I believe I listened to you on Spotify.

H

Henry Ammar 83:32

A song is coming on May 1st. I'm so excited about it.

K Kathrin Zenkina 83:35
Amazing. Henry Ammar, is how you can find him. And did I spell that right?

H Henry Ammar 83:42
Yeah, you did.

K Kathrin Zenkina 83:43
Okay, thank God, I was like, "Wait a second. I gotta think about that for just a moment."
But, your mission is just so incredible. And I just honor you for it. And I'm so grateful for our friendship. For those of you who want to learn more about Henry, where can they stalk you, find you, and learn more about your mission and get some more good stuff from me? I know, I'm going to be on your podcast and this is gonna be on my podcast but, for those who say my podcast, what is your podcast?

H Henry Ammar 84:09
My podcast is called Making it Happen With Henry Ammar. I want to hear all of your stuff, so you can just follow me at Henry Ammar or on Instagram or you know any of those things. So, yeah, I'm so grateful. Can you tell everybody that's listening from my end, where they can be blessed to find you?

K Kathrin Zenkina 84:26
I'm gonna call you out for a second, you just glazed over that so quickly. You need a loud and proud share where people can find you. That's what friends do.

H Henry Ammar 84:40
I love it. So it's @Henryammar on Instagram or Henry Ammar on Facebook. Those are my two primary things on my podcast is Making it Happen, or you could find me on Spotify or Apple Music or your local music place.

K Kathrin Zenkina 84:57
Perfect. Okay, so I'm gonna link that all in my show note. And then where you can find me is I am @manifestationbabe on Instagram. I am manifestationbabe.com, that's really my hub. You can find my Instagram and everything from there. But I love to hang out on

Instagram and I also love hanging out on my podcast. My podcast is called The Manifestation Babe podcast. I keep it very, very simple as this, Henry. And yeah, come find us. Come chat with us and if you guys resonated with this podcast episode and if there's anything that stuck out to you. Any takeaways, breakthroughs that you had, I'm sure there's plenty because I was getting breakthroughs through talking with you. Take a screenshot and tag both of us, please let us know so that we can create more magic together.



Henry Ammar 85:44

I love that. Thank you so much for this awesome morning.



Kathrin Zenkina 85:47

Thank you, mwah. Bye.



Henry Ammar 85:49

Bye guys.



Kathrin Zenkina 85:51

Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @manifestationbabe, or visiting my website at manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.