

# Episode 151: Ayahuasca Aftermath: All the things I didn't ex...


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## SPEAKERS

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Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a manifestation expert, master mindset coach, and 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. You guys, I thought this series was over, but it is not. We are officially on episode number five of the Ayahuasca series and no, I did not expect to make a fifth one, but here we are. So, I know that I have gotten so many questions, first of all, the most amazing feedback, I believe that and I don't know for certain but I'm pretty sure that the Ayahuasca episodes series. Episodes number 116, 120, 121 and 122 have been the highest downloaded podcasts of all time on the Manifestation Babe podcast. And I have received so much incredible feedback. I know I've inspired a lot of you guys to book your ticket to Rythmia and actually go and experience it for yourself. I

know some of you have mentioned how I have shown up in your ceremonies, or like crazy awesome things have happened for you when you were at Rythmia. And I got a lot of questions asking me, would I do it again and how is life six months later and all of that stuff. So I was really thinking about it in the last couple of weeks and I decided to make a fifth episode sharing with you guys all of the things that I did not expect to experience from the moment that I returned from Costa Rica and I shared all those episodes up until now. Now for context, I highly recommend if this is your first of the Ayahuasca series you are missing a lot of context. So for context, please go back and listen to Episodes Number 116, 120, 121 and 122, where essentially I share with you why I'm doing Ayahuasca in the first place, what it is, and what it's known for, and all of that good stuff. And then episode number 120 and 121 are essentially a recap of exactly what happened and as much detail as I could remember at that time, and as much detail as I couldn't make sense of at that time of ceremonies number one, number two, number three, and number four. And then in Episode Number 122 I shared with you lessons that I learned, and things that I was going to take with me from my ceremonies into my everyday life. Now, that was the most transformative and memorable week of my life. And if you have done plant medicine before, you know that it takes your life to a whole new level. I mean reality just does not look the same, it just doesn't look the same, it doesn't feel the same, your consciousness opens up so wide. There's no way that you could ever look at yourself, people in your life, the world, how things work the same ever again. And there are a lot of things, specifically about five topics that I want to discuss with you that I didn't expect. And this applies to all psychedelics that I've done, for instance, all meaning mushrooms and Ayahuasca but more specifically, this is geared towards Ayahuasca because I feel like it's a much stronger and deeper experience at least for me. And it's more specifically, this episode relates more to my most recent Ayahuasca and only Ayahuasca experience, which happened in last December of 2019. Now, I don't know if what I'm about to share with you is common, I know that some themes have showed up for my friends that have gone with me. Now, a lot of it that I'm going to share with you is coming from my personal experience. So again, this is not like saying that, "Hey, if you do this, this is what you're going to experience in the next six months of your life," because every single person's experience is different. And any challenges that might come up from this is going to be completely different from one person to another as well as benefits, some people might benefit more than others. And again, before you go ahead and do something like Ayahuasca make sure you do your research. Make sure you listen to my previous episodes where I tell you essentially like if you're not ready for this, probably you shouldn't do it. If she's not calling, she meaning mother Ayahuasca, probably not a good idea to do it just because it's so intense. I feel like this is something that you have to be called towards and you have to be ready for it. And of course, there are some contrary indications that Rythmia is a medically licenced facility, so of course, they check for all this before they ever serve you the medicine. However, if you plan on going anywhere else, I just want to make sure that you always

consult with a doctor and someone who knows your health history and what Ayahuasca is and can tell you whether you are biologically able to, or not able to take it. So anyway, that's my little disclaimer. The very first thing, let's just dive in, shall we? The very first thing that I didn't expect to experience is number one, this happened instantly. When I came home from Rythmia, those closest to me have said, "Wow, Kathrin, you have changed." And that was really interesting for me to hear because I didn't even understand how I've changed because all I felt was so much closer to my authentic self than I ever have before. So I felt more like myself, I felt actually like the opposite of change. I felt like I would just let go of all the things, all the baggage and the things that didn't serve me. But when I came home what I felt was, I got so clear on my mission, my wants, my needs, and my desires, and I just became relentless in their pursuit. Because I realized after having that experience, "Wow, all of this is an illusion anyway, none of this is real, life is short. Let's do this." Like whatever we got to do, why not just do this? Like screw fear, screw all this, screw imposter syndrome. We just gotta go for it, we don't have time, come on, let's go. And I felt more in alignment with myself than I ever have before. But my husband, for instance, Brennan, for those of you who know him, or have heard episodes on which I brought him on previously, he saw me as a completely changed person, and this is something that first of all terrified him, and also terrified me for different reasons. Number one is my husband, of course, was so nervous about me going there by myself, having this experience, he expressed that he had fear, like Ayahuasca showing him something that basically said, "You need to do this, this and this," and then I would come home, and uproot our entire life and completely change everything. And my fear, on the other hand, which I didn't express in previous episodes, was that I had this fear that we would grow apart, that I would have this intense experience, I'd go to a completely different plane, my spirituality would go so far forward, that I would feel like I'm leaving him behind. And I remember having breakdowns at the lunch table at Rythmia, because there are these big tables and communal tables, and everyone has breakfast, lunch and dinner together. And I am someone who isn't a public crier, I hate crying in public, I hate just drawing attention to me and people being, "Oh no, what's wrong? How can I help you?" I like to process things privately and I just remember being at lunch, talking to some of my friends after night one of the ceremony, which is a very tough ceremony for me, I just broke down crying. I didn't care who saw me, I didn't care what anyone said, I just broke down crying and I sobbed in the lunch table. And I realized that my biggest fear about going back for round two, ceremony number two was that something would happen, I'd go so far, that already my husband and I, we have very different views. I am much more, I wouldn't say spiritually connected, because we're all spiritual beings in human form, that's what I believe. But it's just like my spiritual practices and some of my beliefs are a lot more out there than his and we're already so different in that sense and that's truly what makes us magical is that we can balance each other out. But I was afraid that I would go so far that it would be impossible to find any balance. And so when I came home his nightmare

came true and my nightmare came true too. And a dissonance was really frustrating. And I felt like every single fear that I had, remember how I shared that the shamans talk about Ayahuasca being just half the work? So when you do the work in ceremonies, even though it feels like 10 years of therapy in one night - so multiply that by four ceremonies, it's like, I don't know, I'm not even that old, but 40 years of therapy in four nights, it's a lot of inner work, and then that's only half the work. So when you come home, you're integrating and you are applying everything from Ceremony, and how you apply it is what's going to make the experience stick. Because if you don't apply anything, then it's just something that you did. You just went to Costa Rica or went to Peru or went to somewhere in the Amazon, you did this hallucinogenic brew and you came home and whatever life goes on. And so it's so important to integrate. And the shaman said that things will come up, and things will come up when you come home, old patterns will resurface and it's not to be seen as, "Hey, I'm going backwards now, or I didn't make any progress or oh my God, it didn't work." In fact, it's showing you, "Yes, it worked. Because guess what, now we can heal it." And so when I came home, of course, all my fears and all Brennan's fears were manifesting before our eyes and of course, it terrified us and I felt very misunderstood. The first few months when I came back from Costa Rica, it was something that we really had to work through a lot of tough conversations. And I can admit that as I relentlessly implemented my vision and continue to implement my vision that you guys if you remember, we're around my brand, my business, where we're supposed to live, all of those things. And I can admit that I've been aggressive at times, I'm like, "Brennan, we don't have time we got to move. We got to do this." I'm just like, "Let's go, go, go, go, go. We got to hire these people. We got to do this because I saw it, I saw it in my vision." And of course, can you just imagine walking around, doing things in life, and telling people, "I have to do this because I saw it in a vision. I saw it in my Ayahuasca Ceremony. But it's so true, it's not like Mother Ayahuasca ever shows you anything, and by the way, those of you who ignored my advice of listening to the first four episodes, I'm going to refer to Mother Ayahuasca here because it is believed and I've experienced a motherly goddess spirit that is behind the plant of Ayahuasca. And she is essentially your guide on this trip. And so some people believe that, and there are different beliefs, I'm just gonna refer to her as Mother Ayahuasca, but you could also look at it as your higher self, a conversation with your higher self. And most people really struggle with saying Mother Ayahuasca showed me this because they're like, "No, no, no one's showing you anything. It's always you doing the work." And I totally believe that, I believe that everything is one, everything is the same. But for me, I like to refer to her as a mother goddess spirit. So anyway, it's not like Mother Ayahuasca shows you something that you don't know, or something that isn't already deeply ingrained in your subconscious, like a deep desire for what you're capable of, and what you deserve to create and all this stuff. And so, I was just, "No, we got to do this. There's no time, we have to do this." And it's been a work in progress, and we've come a long way. And even though progress is still to be made here, we've really, really come a

long way. But however, this is something that we're still working through. And just having deep conversations and being honest with each other and anytime I'm being way too aggressive about implementing my vision, Brennan will definitely let me know. And anytime I gain patience around the fact that we're not going fast enough, of course, I will let him know as well. And really when I look at it now, it's just been a healing process. It's not like it brought up anything that wasn't there, it was just bringing up old patterns between us as two human beings in a marriage together, living together, spending 24/7 together, it's like, this is being highlighted as our biggest differences. And if we can get through these differences, and we are essentially like, my favourite word unfuckwithable, we have an unfuckwithable relationship. So it's been beautiful, even though challenging, and sometimes we struggle and we're not perfect, but this is definitely something where I say, "What do you mean I've changed? I haven't changed at all. What are you talking about? I'm more of myself than ever before, I have not changed at all." And those closest to you, when you do this, you might come home and they might say, "Yo, you're completely different now. Who are you? What happened?" And it could lead to some confusion, at least that's what happened in my experience. The second thing is probably the scariest one, to be honest, at least it scared me for the first three weeks that this happened. I was thinking, "Oh my God, am I not back in reality? What is happening?" So the first three weeks post Ayahuasca I felt like I was tripping every single night and sometimes during the day, and this was admittedly freaking me out at first because I'm like, "What is going on? I should be back now." And it's apparently a common occurrence. I remember asking some of the people that were in my group through WhatsApp, because we have this group Tech Strain. And something that's very common is that you will often have very, very vivid dreams, and sometimes you'll feel like you're floating away. I remember having experiences where I'm literally questioning my reality, which sounds super scary and at times was for me temporarily. It never lasted more than like 20 or 30 minutes. But I just remember I'd be in my mom's house and she's talking to me, this is a couple of days later guys, and she'll be talking to me and as she's talking to me, I can't help but start floating off. And I'd be like, telling myself like, I'd be asking myself, "Is this real? Am I dreaming this? Is this happening? Is this not happening?" And I could just feel like the constructs of my reality drifting apart and floating apart and then I would feel really terrified because I try to anchor myself back into my body and I can't and I'm like, "What is happening?" And I remember many nights around like two, three in the morning, I'd wake up and I would literally feel like I'm still in Ceremony. Some mornings I'd wake up, and I would have a hard time grounding myself. You know, there's this common grounding exercise that you can do anytime you feel anxiety, or you feel like you need to ground yourself back into your body, which is listing out something that you can see, something that you can hear, something that you can taste, something that you can touch. And I would do these practices and I would vision these deep roots coming from my feet and anchoring myself back into earth. And only when I would do that, then I would kind of

come back into this reality. And of course, that begs the question, "What is reality anyway?" It is a construct, it is an illusion, but to see that with your bare eyes can get a little freaky, especially when you're so used to being in this dense material world where you knock on my table when it's solid, but is it really solid? It's not, it's a bunch of vibrating molecules, a bunch of vibrating atoms which are 99.999% space. And when you're in that dimension, when you're doing something like a psychedelic, it basically opens up your third eye and it melts away 3D reality and it lifts the veil between the material and the spiritual world and you're seeing things that literally no human being normally sees. So when mother Ayahuasca stays in your system, so this is why it's happening, she or the drink or whatever stays in your system for about three weeks after. And so the effects and the connection with you and mother Ayah is the strongest and then according to shamans, Mother Ayahuasca actually stays in your consciousness for the rest of your life. Which at first you're like, "Wait a second, am I going to be tripping for the rest of my life? What's going on?" No, it's just that you have her as a spirit guide and it's pretty cool because I can feel her. And I know when she's guiding me and I know when she's there, and I can always call upon that connection, which I think is really awesome. And then after three weeks, once I did something called The Bitter & Sweet Baths, and I just basically sat with it, I just let it happen, I accepted it. I didn't resist it, because at first I was resisting it. And then I didn't resist it, I'm like, "You know what, Kathrin? If you really want to float off in space, just let yourself float off in space, it's okay." And the moment I would give myself permission to do that, I would just come back in and I would feel myself again and I'd feel safe in my body again. So after three weeks, this completely went away. I finally grounded back into myself and it never happened again until, this is just a side note, my mom went to Rythmia in February right before quarantine. Basically, she was one of the last weeks before they shut down Costa Rica. And when she was at Rythmia, cause my mom and I are so connected, every night she was in ceremony, I was in ceremony, I would go to bed because I'd go to bed around the time when her ceremony would start and in the middle of the night, I would wake up, and I am in the maloca. I can smell it, I can see a snake slithering around, which is how mother Ayah shows up to me as, and I would hear the music, I'm experiencing this like in 3D reality as if it's actually happening. I knew I would wake up and I'd be like, "I'm not asleep right now. But I feel like I'm tripping and I'd feel really drunk." And then I tell myself, "Kathrin just go back to bed, and let it pass," and I'd fall back asleep in a couple hours and wake up again. And I go to the bathroom and I'm like, "I can't," because I'm literally hallucinating, what is happening? And I realized that it's because my mom is in ceremony. So after she left from Costa Rica, which she had the most incredible experience, for anyone who's curious, my mom received so many incredible healings. In fact, she is someone who dealt with chronic migraines for over 40 years and she, knock on wood, has not had a single migraine since she returned and this is like three or four months. And she used to have migraines at least once a week for a few days. And it would be bad, really bad she had to take really strong pharmaceuticals to



numb the pain and it would just be horrible. She would get nauseous, she would have to lay in bed for most of the day and so, knock on wood, she literally has not experienced any migraine since coming home so it's been really really amazing. So ever since she came back I have not felt this where I have floated away, question my reality, I feel pretty grounded and back. Now next time I do Ayahuasca, is this going to happen again? I don't know I don't know if this happens to everyone. It didn't happen to everyone from my group. It only happened to a few people but just so you guys are warned in case it does happen, prepare for three weeks of being like wtf is happening. The third thing that I didn't expect, well actually I kind of expected but it's just much more heightened than I expected, which is I have been initiated into the spiritual world like I never would have expected. Ayahuasca opened up my psychic senses and really heightened them. I have opened up clairvoyance and I have always been told I am claircognizant, that's my strongest claire, which is essentially the psychic sense of knowing, it's a deep inner knowing and you just know things. You don't really see anything, you don't really hear anything there. It's not like visuals come to you, it's just that, you know, the knowing just comes to you. And clairvoyance is seeing things with your third eye. And so clairvoyance has really opened up for me and I'm seeing visuals and I'm having premonitions and really cool stuff is happening. It's not as strong as I thought it would be. But it's so much stronger than it was before. My intuition has become this 10 times stronger. Another thing that's happened is my tolerance for anything less than what's serving me has decreased immensely. When I hold on to something that doesn't serve me on a soul level, I literally feel mayhem inside of my soul. It's almost like an immediate depression, I'll feel like I'll just feel so low, so frustrated and so aggravated, until I have clear that thing, or learn the lesson that this thing has brought with it. And so my tolerance - my soul is so unaccepting. And anytime something comes into my life, where it's like, this clearly doesn't serve me, I have to let it go. I just have to, otherwise I do not feel like myself, which I think is so interesting because if you think about it, a lot of people and me previously in the past, we have this tolerance to things that don't serve us, and we just hold on and we think that life is supposed to be that way. And when you do something like plant medicine, it's like the wisdom that comes in and the knowings and the breakthroughs that you have, it's like your standards go up. And you realize that you really are a soul having a human experience, and your soul is divine love, and divine love deserves the best. Divine love deserves divine love. Right? And when you unconditionally love yourself, you don't stand for anything less than the highest standards for yourself. And I've just recognized that literally my soul, my body just rejects things, straight up rejects, "Nope." Another thing that's happened is I now see spirits with my bare naked eyes. I literally will see them in houses, I'll see them lurking in corners, sitting in hallways, hanging on the streets, like no big deal. I have had the sensation of spirits before, I could feel them, I can feel when a corner of a house just doesn't feel right. But now I straight up see things, and it's been really interesting. What I'm going to do with that information, I don't know. But just a little

side note, I also have developed discernment between beings of light and beings of shadows. And I think that this is major, especially when it comes to channelling and especially when it comes to calling in spirits to help you, to assist you, like ancestors and spirit guides. To always make sure that they are beings of light, and not beings of shadows. I don't like to say evil, I don't like to say bad or good or bad. I just like to discern between being of light and being of a shadow. I've also had a crazy experience with a dark spirit. Again, I'm refusing to call it a demon, even though my old self would totally have called it a demon. I've had a crazy, crazy experience that I'm more than happy to share with you guys, if you're into that kind of stuff, if you're open to that kind of stuff. In fact, I have been feeling really called and pulled to open up more about this very spiritual, esoteric side of me and information that I have and I don't know, how to connect with your spirit guides, how to channel, how to do all this stuff. I'm more than happy to share this with you. And the previous version of myself, especially the version of myself before Ayahuasca, has been walking on eggshells. When it comes to this kind of stuff and kind of tiptoeing around it, and thinking that "Oh my God, if I share this stuff, people are gonna think I'm crazy." But you know what? We're all a little crazy. So I'm more than happy to share that episode. Let me let me know what you guys think. Let me know if you're interested. I've told pretty much every single person that I know in person, and I'm friends with, and they all say, "Oh my God Kathrin that sounds insane." So I feel like I've been initiated straight up into the spiritual world like never before. Number four is, I've been tested a few times in regards to the vision that I saw in my ceremonies. So first of all, you probably have noticed the Manifestation Babe brand, the branding has changed since I got home, and it's continuing to evolve, and there's still so much in progress. But it's literally the same vision that I had, the same colours, the same feel, the same vibe as to what I saw in my ceremonies. But I've also run into a million roadblocks around my living situation. Remember when I shared with you guys the home of my dreams and I've been tuning into whether it's a house, or a condo, or apartment or what is it, and the more I tune in, the more I get the word home, which home can apply to anything. Home is anything that feels like home to you. However, the most important part is manifesting that home with the view of LA that I cannot shake. And I'm still in progress of shifting things in my life to match what was in my vision. And I know that a lot of what I'm receiving right now, a lot of these roadblocks is part of my training around, how bad do you want it Kathrin? It is essentially the question I get. And so I just keep persevering, trusting, and surrendering and knowing that everything that I saw on that vision that makes me so happy and brings me so much fulfilment is going to absolutely manifest. And I trust that I'll figure it all out, and once I do, it's going to be perfectly in alignment. I also in the last six months feel like I'm on the precipice of some huge shifts in my life, and I can't pinpoint what they are. I just know that there are shifts happening and there's something huge around the corner and I've had a couple of psychics and healers that I've worked with in the last couple of months confirm this, where they're all like, "Kathrin, you better buckle up



because things are about to take off." And I say, "Okay, when?" And they say "Soon like, it's already happening." And I'm like, "Okay, but I'm not seeing anything, but I can feel it, but I can't see it. What the hell is going on?" And it's been pretty much like this since I drank Ayahuasca. The fifth thing and the last thing that I didn't expect, this one, especially, and now that I've been talking with you guys, especially in the beginning of the episode I shared like half the work is done after Ayahuasca. This makes sense. I don't know why I put this on this list. This should have been just something that it's like, "Oh, Kathrin, you should have remembered this." But you know what? The level to which I've been experiencing this I didn't expect. So old patterns have totally come back up. In this quarantine especially I feel like I'm going through spirit school again, and a lot of things have intensified for me on an emotional mental level for my healing process. I feel like I'm back at square one with a lot of things, a lot of old patterns, even things that I thought that I already worked through with Ayahuasca, and I came home and I was like, "Yeah, I got this. This is amazing. I feel like it's cleared." And then what I realized is what Ayahuasca does is essentially, uproots everything, clears a lot of stuff that then gives you stuff to clear yourself. Because without you doing that clearing and integrating, that clearing back into your everyday 3D life, like here on the material plane, instead of out there in the astral plane, like it's not going to stick because you don't have wisdom. It's the difference between winning the lottery and earning a million dollars. Let's say that same amount of money you can either win \$10 million in the lottery or or earn \$10 million in a year or two or whatever. You don't gain any wisdom with winning the money. But you gain so much wisdom with earning the money, with manifesting the money that you then if let's say that you spent all the money, or you lost it, or something happened, you know how to do it again. But to win it, there's not a strategy behind that. It's like you're expecting external circumstances to shift in your favour in order for you to receive money rather than knowing that all of the external circumstances are based on your internal circumstances. It's based on your energy, it's based on your thoughts and beliefs and actions that you take. And it's just a completely different experience. And I always say that money without wisdom doesn't stick. And so it's the same thing. You could have all these breakthroughs with Ayahuasca or plant medicine, but if you don't integrate them, and you don't recognize that patterns, old patterns are going to come back up in you're everyday life for you to learn how to apply them, so that you can have that wisdom, then you're gonna have a really tough time. And this is a great reminder for me that healing is not linear. And that this is the opportunity for me to clear everything that's been coming up. And it also goes to show you that Ayahuasca is not a quick fix, it's not a quick fix that's gonna solve all your problems. It will uproot old wounds and trauma so that you can finally heal them. So, a lot of people have been asking me, "Kathrin are you going to do it again? Are you ever gonna do this experience again?" No. Initially, I would have probably said I don't know. In fact, for the first month afterwards, especially the first three weeks where I'm drifting off into space and having a hard time grounding myself and really

struggling with that and feeling like I'm tripping in my sleep. And in my dreams, I was like, "There's no way in hell I'm ever going to do this because it already messed me up." Even though it did, it is just in that time of fear, I think, "Oh my god, did I screw up my brain? What did I do? Oh my God." And then I thought, "Oh my god, what if I, you know, I'm feeling this way. And I'm telling people to do this and what if they experienced the same thing? What's happening?" Etc. I got all these fears come up. And of course, about a month and a half later, I was in breathwork. And during my breathwork class at the very end, because breathwork is my favourite healing modality of tapping into my intuition, it helps me tap in so so quickly. So when I tapped in, after breathwork, I heard a voice and the voice said, "End of year 2020 see you again," and I knew this is mother Ayahuasca talking to me, and I was like, "Oh my god, okay." And it just felt so right. And I felt excited to do it again. And I realized in that moment how many gifts that I have received, that even though this entire process to be honest intimidates me, I totally will do it again. And I realized that if one week gave me so much clarity in my life, I can only imagine the lessons that are going to come through the next time I sit with the medicine. And at least now, I just know that it's not like I thought of it this way before. But I just have wisdom, more wisdom around this, that this isn't child's play, this is not a recreational thing, this is not fun. This is a serious initiation to deep inner spiritual work. And I've actually talked to a couple of friends who weren't so spiritual. In fact, it's so interesting, there are a lot of scientists that come to Rythmia. A lot of doctors, scientists, and astronauts even who come and do it, and they leave completely opened up. Where they're no longer denying that there's something out there, that's so much more than what we can see and what we can feel, taste and touch and prove using the scientific method. There are so much more out there that we just are unable to explain. And it's really cool to hear from them how they just don't have any doubt. I have no doubt that God exists. I've no doubt that the universe exists. I have no doubt that we're all connected. I'm no longer a skeptic to this, it is real. And it's so cool because and then, especially the people who are already pretty much initiated and into the spiritual world and are kind of opening up that connection and remembering where they came from and remembering that their spiritual being in human form. It just opens up so much more for you. It's like you already know it's existed, but to actually see it, experience it, and feel it as if it's happening here in 3D is really freaking cool. And I felt like, to kind of conclude this, over the last six months, I felt like I've been going through a spiritual awakening on a whole different level. My initial spiritual awakening was in 2015 at a Tony Robbins event Go Figure. And this has been this drawn out process where it's been both intimidating and fraying at the exact same time. And this would just be my biggest warning for anyone who has been inspired by my Ayahuasca episodes that in my experience, at least again, every single person's experience is different. But I just know that one consistent theme that will come up from at least what I've heard from everybody I know who's done it is that you got to be ready for what this uproots in your life beyond the ceremony. You got to be ready to do the integration work

and how this is not an easy quick fix. And this is not something that's just gonna give you everything you need in one night, or a few nights, or however many ceremonies you plan on sitting in, you actually have to come back into your life and the work is in how do you take these spiritual principles and these breakthroughs and actually put them into the 3D world. And if you think about it, the whole purpose of you being a human being here on planet Earth, is for you to learn, experience, and enjoy the material physical plane. Okay, because when you die, you're already going to go back up into the astral plane, and you are already going to transcend everything that you're working so hard on transcending as part of your spiritual journey here on planet Earth. And what I am constantly reminded of is that the spiritual journey lies in our bodies, it lies in our minds, it lies here on planet Earth. Right? This is part of the curriculum, this is part of the lesson, this is part of the point. The point is to play here. The point is to express ourselves here, we're essentially God expressing itself in human form. And we are learning lessons, just to experience them. Because if you think about it, when you die and you ascend to the spiritual plane, you don't have any emotions anymore. You don't have feelings. You don't have thoughts, you can't touch anything, you don't have polarity, polarity only exists here on planet Earth. And so if you are like, let's say that you're a soul floating in an astral plane, you have no concept of what forgiveness is, you have no concept of pain, you have no concept of suffering, you have no concept of making a mistake, you have no concept of feeling shame, feeling embarrassment, feeling like a failure, feeling like you're not enough. There is no concept of it because there is no polarity. It just is it's all high vibrational energy. It's all unconditional love. And so part of you coming here is for you to experience that polarity and be like, "Oh, wow, now I can really appreciate love. Now I can appreciate pleasure. Now I can appreciate joy. Now I can appreciate all of these things because I know what it's like to have the opposite." And now I have people to forgive, now I have situations to forgive, now I have myself to forgive, now I have pain to learn from. And it's not like saying that the point of coming here is to suffer enough so that you can learn enough lessons because I think that that's also an old paradigm that came to my attention with Ayahuasca is that a lot of us have this belief that the only way to learn is to suffer, and to have pain. And we hear so many stories about people who write best selling books because of a car accident that they were in, and they broke their back, and they were paralysed from the waist down, and then they healed themselves, and now they're famous for this healing. And it's not like undermining what they've done and it's nothing against them. It's just that we have created this paradigm where we think that we need to suffer in order to receive happiness, joy and all these incredible things. And that's the only way that we can learn our lessons. And I just don't see it that way anymore. And something that Jerry talked about at Rythmia is that we're no longer here to operate from the wounded healer. We're here to operate from the happy healer, we're here to live our best lives and to inspire other people to live their best lives too. And the only polarity that we should be engaging in is getting what we don't want in exchange for what we do want,

so that we can receive clarity on what we do want. And polarity is just here to be like, "Ah, I don't like that. Oh, yes, I love that. That's what I want. That's what I want to experience." It just helps us play the game. And it makes the game more interesting. It's like playing a game with no levels, playing a game with no obstacles, no challenges, playing the game with no opponents that are trying to win the game before you, or keep you from winning the game. We're here to play a game and that's what that is. Anyway, so I digress. It's exciting, it's intimidating and guaranteed with Ayahuasca, you will never feel the same way about reality ever, ever again. I am curious if I've inspired you to go on a plant medicine journey, or if you've already been on a journey for a while, I want to know how it was for you. And if you can relate with what I'm sharing here, can you relate with any of this? And maybe you are someone who's listened to my series who has no interest ever to do anything like this, but has been enjoying my episodes. I'm curious to hear what you guys have learned just from my experience, and the lessons that I've shared because I've also heard from you guys, especially for those of you who have never done this, don't intend on doing this, but still learn a lot from the episodes and it's helped you so much in integrating some lessons that you've been learning. I'm super curious to hear your thoughts. Take a screenshot of this episode, post it on your Insta story. Let me know your takeaways, your breakthroughs, anything that you want to share with me, let me know, I'm super curious. And for those of you who have not yet downloaded my free meditation hypnosis that I'm giving away to every single person who leaves a review on this podcast, you can do that by simply swiping up, I think, or no, don't take me up on this, go to my main podcast page on iTunes. Scroll all the way down, when you hit "See all episodes" and you should see a section that has the reviews, and you'll see a button that says "Write a review," you click on that, you write your review. And I just appreciate an honest review, I'm not asking only for five stars, but if you genuinely want to leave me a five star I definitely appreciate that as well. Take a screenshot before you submit it, then submit it, just because when you do submit it, it has to go through an approval process and so oftentimes you might lose, and it doesn't even go up in order so you might completely lose your review unless you go and dig for it amongst the other reviews. So you want to screenshot it before, then submit it, then send your screenshot to [hello@manifestationbabe.com](mailto:hello@manifestationbabe.com). And what we're going to do is in return, we're going to give you a free Manifestation Hypnosis which hypnosis is one of my favourite modalities on rewiring your subconscious mind to help you manifest on autopilot by rewiring old thought patterns and old beliefs that do not serve you, and replacing them with ones that do serve you, and will help you manifest all of your desires so much faster, easier, and with more joy. So anyway, I love you guys so much. I hope you enjoyed this episode and I will catch you in the next one. Mwah, bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by

following @manifestationbabe, or visiting my website at manifestationbabe.com. I love and adore you so much. I can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.