

# Episode 157: Let's talk ALL THE THINGS #SelfHealing with The...

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## SUMMARY KEYWORDS

people, life, trauma, boundaries, ego, practice, feel, talk, create, space, world, healing, instagram, living, anxiety, triggers, relationships, question, moment, big

## SPEAKERS


Dr. Nicole LePara, Kathrin Zenkina





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 a 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, 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 tools, resources, strategies, and teachings 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. Oh my god, what just happened? I am recording this intro as soon as I got off with my incredible interview with Dr. Nicole LePara, who is also known as the Holistic Psychologist. You guys are in for such a freakin' treat. I'm pretty sure most of you already follow her, but if not, for the 0.0001% of you who are not, the Holistic Psychologist is someone who I somehow found on Instagram back in 2018. She is someone who created such incredible content that just went beyond the traditional scope of psychology, that every time I read any of her posts, it would just hit my soul. It would make so much sense. The way that she would simplify things, share her own personal

healing journey, and share how to implement what she was teaching - it just resonated so much with me. I was like, "Wow, this girl is awesome." I remember following her when she just had 1000 followers. Now today, @the.holistic.psychologist has over two million followers! 2.3 million to be exact. I am so honored and feel so blessed and privileged to have her today on the podcast, because we are diving deep into healing. This is such an incredible interview that I cannot wait to share with you. We will talk all about her journey, what it was like to start her Instagram account as a clinical psychologist, what her journey was like taking the more holistic approach away from the more traditional psychology approach, what it was like to explode her business and her Instagram following, what was like to grow, and all the struggles in between. We bring up the best topics that she speaks on; things like triggers, boundaries, the ego trauma and how we heal it, conscious parenting, and so much other good stuff. I don't even want to make this intro very long because I really want you to dive into it. Especially as you're listening to this, if you can take a screenshot of this episode and tag both of us (@the.holistic.psychologist - Dr. Nicole LePara; and I @ManifestationBabe) and just let me know what your breakthroughs are, because I know that there are so many. I personally learned so much from this episode. There was so much within Nicole's story that I resonated with. It's so incredible what this woman has accomplished and it's absolutely no secret why she has blown up so much in her success and her social media following. What I appreciate most about her is how humble, generous, genuine, and authentic she is. I just can't get enough. In the middle of this podcast, I was like, "I have so many questions. We're going over an hour now. Oh my god, do I keep talking?" I felt my ego kind of kick in. Just the energy that this woman exudes, it's like this conversation could have easily gone for seven hours. So, I am so pleased to announce and introduce this episode to you guys. Please send Nicole all the love for this. She's amazing. With that being said, let's dive right into today's episode. Enjoy. Hello gorgeous souls and welcome back to the Manifestation Babe Podcast. I am personally freaking out right now because guess who is in front of me? Dr. Nicole LePara. Did I pronounce that correctly?

 Dr. Nicole LePara 05:26  
You sure did.

 Kathrin Zenkina 05:28  
You guys may know her as The Holistic Psychologist and I am proud to say that I totally manifested this interview. How the hell are you Nicole?

 Dr. Nicole LePara 05:38

Me too. Winky. I totally hear you. I am great. In all seriousness, Kathrin, we were joking earlier and I feel like you've been a soul that has crossed my path many times. We actually connected on Instagram, I don't even remember, it was pretty early on.

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Kathrin Zenkina 05:53

It was so early on. I am very proud to say, I was actually talking to another one of your followers who is one of my students, and she said, "I've actually been following her since she had 1,000 followers." And I said, "Girl, me too! Nobody believes that." I have no idea how our paths crossed, but I remember sharing some of your stuff. You only had around 1000 followers, maybe even less. And then every time I would go back to your profile, you would gain like 10,000, 20,000, 100,000! It was like you were gaining 100,000 followers every week. I was like, "This girl deserves it, her content is freakin' amazing, and this is so freakin' cool!" I think we officially met on Instagram end of 2018 if I jog my memory correctly, but for the 0.0001% of people who don't know who you are, can you just - without diving too deep, because we're definitely going there, because I'm genuinely curious about that - give a little blurb about who you are, what you do, what you're passionate about, and how you change people's lives?

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Dr. Nicole LePara 07:02

Yeah, absolutely. So, who I am on a personal note, Kathrin. I'm a human who, like many of us, has known a lifetime of anxiety. As long as I can remember being a very little girl, nervous and fearful of the world. So that was just a backdrop of who I was. I'm also someone who was very interested in the mind and what makes people do what they do. So, fast forward many years of schooling and education, I became a clinical psychologist to what I thought was to help people understand themselves and create healing in their lives. After struggling personally, feeling really stuck with my anxiety after trying all the avenues of traditional therapy - laying on the couch, being in my therapy sessions, being medicated - and then watching all of my clients struggling in very similar ways. I mean, "stuck" is the number one word that I think directly and indirectly was coloring my whole life. Then the beginning of this practice that I wanted so badly to have, I didn't feel like I was capable of helping these humans that were paying me to help them. So, long story short, after what many of us now lovingly refer to as our dark night of the soul, my life came crashing down. So, physical symptoms and my anxiety got to a place of being completely out of control. Spiritually, I just felt lost in so many ways. I entertained many fantasies of running far, far away to foreign countries, never to be seen or heard from again. So, I was going through it. As a result of going through that and gathering some information that was largely left out of my schooling and some new tools, incorporating this body that we are gifted with as a human being, really learning about our nervous

system. I came to the conclusion of "This is why we're stuck." We're stuck because, historically, we've been treating humans as separate, as a body that's cared for with all the medical type interventions; our feelings - if we even are allowed to express them - they're taken care of in a different way. So, the short of it is I healed myself through holistic means, through really integrating the mind, the body, and the spirit. In doing so, I saw the light, if you will. As part of my journey, I came online, I started to share my story - and here I am, almost two years later. Still shouting this from the rooftops!

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Kathrin Zenkina 09:30

Yeah, and it's working. People are flocking and people need this kind of stuff. Can we dive a bit deeper into that 'dark night of the soul'? Share your journey, because I'm super curious about when this shift started to happen in your life. Was it shortly after school? Was it in your schooling? Was it after having clients? Was it after having a practice? And then when did you start shifting and sharing this information with your clients? What did you witness seeing within your clients from this kind of information, this new more holistic approach?

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Dr. Nicole LePara 10:06

Yeah, absolutely. So, I mean, for me, like I said, the anxiety was a backdrop for the entirety of my life. I highlight two main periods of time. My 20s was when I met panic; I started have panic attacks, I was living in New York City, so it was very uncomfortable, for those of us that understand the panic. I guess I could say I was in school at the time, so I was understanding that this is why I'm stressed. I have things to be stressed about: I'm living in a stressful city, I'm in graduate school, and at the same time, my mom was starting to have some actual health problems. So, I share that because I was making sense of my symptoms through what I thought were very realistic, understandable outside factors -

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Kathrin Zenkina 10:47

Using logic?

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Dr. Nicole LePara 10:48

Using logic, right. And seriously - and this was part of my story too - everyone I talked to around me was feeling similar. No one had any energy. We're living on coffee; we're living for the weekend; we all kind of hate life as we know it on the day-to-day on some level. So, nothing was really suspect for me in my 20s. I just thought I was saddling up for life as we age, adulting, if you will. And then in my mid-30s, my dark night really started to

amplify. Physical symptoms started to come up; I started to faint; I started to forget my words mid-sentence. At this point, I thought something was physically wrong with me. I wasn't necessarily calling it a 'dark night' at this point where I was making sense of it. "Oh, here's that big bad physical calamity that's finally descending on me!" Personally, I was waiting for this my whole life. I have a lot of health anxiety. So, here we are, unveiling it in my 30s. So, I share this because I think a lot of us go through these rationalizations along the way. If we are seeing those around us struggling in the same ways, as many of us are these days, we don't think anything's wrong, or we just assume this is what life is. So, my awakening didn't really come until I got scared enough to do as a lot of us do; I consulted the big world of the internet. When I was looking for the diagnosis that I wanted to get medical treatment for, I met a whole vast world of research that I wasn't yet familiar with, which is what started my healing journey. At that time, I still had my practice and I was still seeing my clients, week in, week out and doing more of that supportive-based therapy. So, what I would do with them is I really took it on a case-by-case basis. At this point, I'd clock years with some of my clients, so I knew the clients that I could start to introduce to these more holistic methods, or even just this information that was present in the world. I knew that some of them were coming in for the supportive talk-based therapy, and I honored that. I knew that was our arrangement when we began, but in the back of my mind, I was already starting to come to terms with what my reality was becoming that I needed to evolve: my practice, and to start working solely, holistically. So, then over probably a year or so, I ended treatment with pretty much anyone that I was seeing in that old, more supportive. Some I ended up seeing in a more coaching base. So, it was an interesting evolution where some people were evolving along with the practice, and some weren't. They obviously went and found supportive therapists to do the work. So, it was interesting. It was very much on a case-by-case basis.

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Kathrin Zenkina 13:31

I'm curious, what were some of the things that you were discovering for the first time that were really able to help you?

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Dr. Nicole LePara 13:37

I was discovering that we have a body and that the lifestyle choices that we make around this body - such as what are we feeding it? When are we feeding it? How much rest are we giving it? I'm someone who's been athletic my whole life and was somewhat aware of health and my body, but not to this extent. One of the big pieces of information is that our gut - our stomach, where we eat our food - is actually connected to our brain or our mind. The two of them are in communication, back and forth. I'm really simplifying it. Our brain is talking to our gut and our gut is talking to our brain. This is new information. When I was

in school, all we really talked about was the brain. That's where these neurotransmitters - words that we might have heard of. Serotonin, dopamine; when you have diagnoses, usually we're told one of those is off. I either have too much or too little. Again, I'm really simplifying it, but what I came to learn is that we need to pay attention to our gut and the food we're eating because that is actually the house of some of these neurotransmitters. The biggest piece of learning was the whole science of epigenetics. The fact that we have these genetics - they exist, we are coded, we have genes. We now know that our environment - those lifestyle choices that I'm talking about - are actually what's going to affect whether or not we get that thing or we don't get that thing; whether or not that gene turns on or off. That I think was the biggest a-ha! for me, because that gives us all the possibility to change. Historically, I thought I was stuck with anxiety, and my conversation would only be one of, "How do I manage my anxiety?" I never thought that we could engage a conversation about healing anxiety, because that wasn't written into that old model. Now, with this science, it's actually written in. There can become a pathway to healing, because we're not destined, as we once thought we were genetically.

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Kathrin Zenkina 15:40

As you're talking, I just had a flashback to my own - because I have a degree in biology and science, and the only class I liked to be honest... I remember just pulling my hair out and feeling like, "Can I go home and read my self-help books? Because they are way more helpful and interesting to me right now than all of this." But one class that stood out to me - I will never forget. As you're talking about this, I realized, that was the only class I ever was engaged with, which makes sense. I tell people that how I got here and how I started manifestation coaching was that life prepared me. There were things along the way that sparked my curiosity. Though I had no explanation from them at that point, now it's like hindsight, 2020. I look back and I'm like, "That's why." Epigenetics was one of my favorite classes. I remember a lot of the students in the class were so mind blown. They were like, "What? Lifestyle and environment can trigger gene expression, on or off?" For me, it felt like I was remembering something from a past life, similarly to the first time I learned about the Law of Attraction. It was never really something that blew my mind; it was something where when I found it, I was like, "This is what I forgot, and this makes sense and I remember this but I don't know how, but I'm going to apply it because it just makes so much sense." For me, it was epigenetics. How I do my work now is really using the thoughts, the mindset, the beliefs, and the feelings to trigger gene expression, on and off. A lot of the work that I've done with inner work and personal development has really helped me decrease my anxiety levels. I can totally relate with anxiety; I don't remember a single memory in childhood without anxiety. I was always anxious, and I was always in panic. And so, when I learned that I was able to decrease it so much, and it wasn't until I learned about the brain-gut connection, as you're sharing. I drastically - especially with

my explant that I had last year - decreased a lot of the crappy foods, artificial foods, artificial flavors, and sweeteners that I was consuming. I just became super conscious of what I was eating, taking the right probiotic, and doing parasite cleanses - And my God, I feel so much clearer. Why is this not being taught? So, my gratitude for you is the fact that you are talking about these things. There is no question why you grew so fast. There's no question why so many people resonate with you. I'm curious, what inspired you to come online into the beautiful world of the internet and start sharing your content with people? Can you just share with me where that inspiration came from? Take me back to the very first time you created your Instagram account, and what your thinking was behind that?

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Dr. Nicole LePara 18:37

Yeah, absolutely. So, as I'm starting to make sense, and piece all of these new models together - obviously, I was getting a lot of success in my own healing - I was really feeling compelled to speak about this, knowing that at least coming through my program, I had somewhat awareness of other programs; knowing that this might not be information that was widely out there. At the time, I was watching the social media world begin to pick up steam and everyone going virtual. Historically, in my field, we are actually given directives in opposition to anything social media and virtual. I had begun to see other clinicians beginning to use social media for a more professional presence, as opposed to just us hiding our handles and hoping no one finds us online. So, I was starting to watch other people evolve into that space, and my motivation was really twofold. The first motivation was I wanted a space or a platform. I had no idea or any expectation about how big the platform would be, but I just wanted a little nudge to begin to speak this truth to others. Like I said, I had this suspicion that whether or not you're just human or in the clinical field, you probably weren't hearing this truth. I was getting so much success; my partner was getting so much success. She had began healing her own past traumas. I wanted to expand beyond two people. I wanted to say, it was a little bit of a litmus test. A second really big motivator was: I was at the stage of healing, which I think a lot of us go through when we're in our dark night and when we're healing from all of our past of loneliness. I was starting to see a lot of my relationships around me shifting and changing, and I wasn't outside of my partner, who I'm forever grateful that I had her alongside of me on this journey. I didn't really have many other people that understood or that were speaking the same language. So, from a personal perspective, another motivator was "Let me see if I can create a community - without the expectation of how big - where we are all speaking the same language. So, those, my motivations, were backed, these two things in favor of going online. The one backdrop of concern I always had before I went online was "What are my peers going to think?" - knowing that they hadn't heard this stuff, Kathrin. There was a part of me that was wondering, "Am I going to be some crazy person in the field? I mean, here I am talking about the practice of self-healing." I'm not insinuating that



the field is unnecessary - I do not believe that. I think that the field is very necessary. I just know that we need some more consistently used tools outside of our therapy session, but I was also reframing this and wondering what my peers are going to think. So, I was nervous going online. I studied a lot about how to use it; I conceptualized what I want to bring to this space; I did all of my homework. And then I went on, with no expectation. Because one of my motivations was connecting, I spent a lot of time in the community engaging with community members, because that was one of my major poles to go on.

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Kathrin Zenkina 21:53

I would say that's very similar for me; no expectation whatsoever. It's like it comes from this genuine desire for connection and just finding your people. I just want to commend you for your bravery of going for it anyway, even if you were afraid. I want to talk a bit about this as well: I know it wasn't easy, and I know you've expressed some things throughout your journey - I've been following you very closely - where you have had things come up from people in your field that were really tough for you. What have been some of the struggles? First of all, what is it like to explode that fast? I know that a lot of people have a similar question with me. My business, financially, really exploded within a year. I went from \$9,000 a year to 600K the next year. For so many people they're like, "What did that feel like?" So, I'm curious with you in terms of your following, going from 1000 to your first million in just a year - was it just a year?

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Dr. Nicole LePara 22:58

Within a year.

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Kathrin Zenkina 22:59

So fast! What was that like? And then what are some of your struggles, the good stuff and the tough stuff?

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Dr. Nicole LePara 23:08

It was completely unexpected, is the first thing. When I say I was not expecting it, what I came to realize very soon early on is, yes, I am the one that creates the content, I show up each and every day. However, I don't take full onus on "I did this and I built this." I think I'm just putting out there a very universally needed language right now, speaking to people who are very much feeling lonely, disconnected, stuck, frustrated, and all the things that are needing and wanting this. So, that's how I really attribute. I take ownership to the extent that I am the one putting the work out there. I see this as being reflective of the



readiness of the collective. So, when I was able to step back and see that readiness, then I was able to understand why that growth was happening so quickly, and also anticipate that it might continue. That doesn't mean that it hasn't been anything less than a whirlwind. I mean, I sit here and speak to you now from the other side of the country than I was this time last year. I'm trying to think, was it this time last year? So many things happen to me that first year, from me shutting down my old practice, to going virtually in a new practice, one-on-one work to that evolving out of one-on-one work, to membership work - all within about a year. A whirlwind. My professional world was restructuring and changing. Emotionally, it was a lot for me. If you follow my work, I talk a lot about one of my inner child wounds feeling not really feeling seen. In childhood, it's considered coming from a really emotionally unavailable and overwhelmed family. The entirety of the family was in that state. So, on the one hand, that which I desperately want - see me, hear me - is also that which is the most uncomfortable place. So, as those numbers grow, there's a very real part of my inner child that does want to run away; that does want to hold up something in front of her face and say, "Oh, I'm not that important. Stop listening to me." So, it's really been a challenge. I share that because it's been a challenge in my own healing, to come to a platform of this size, see the size of it, and hear the good, the bad, and the ugly in terms of the feedback. As the numbers increase, so do all the opinions about the work.



Kathrin Zenkina 25:29

What would you say have been your best tools for handling that? Handling the growth; handling any criticism that you have. Of course, you have so much love and great feedback. But I'm curious, because this is a question I get so often and I wanted to ask you as someone with such a large following: what are your favorite tools? When triggers come up? Like let's talk a little bit about triggers, like what are they? Where do they come from? How do they come up and how can we handle them? How can we deal with them? How can we heal them?



Dr. Nicole LePara 26:02

Yeah, absolutely. So, I'm going to start with the first question and then wrap back around.



Kathrin Zenkina 26:06

Sure, I ask a lot of questions all at once, I'm sorry.



Dr. Nicole LePara 26:09

I love it, I got it. The tool - and I'm going to explain how this connects to triggers and emotional aggravation. So, the tool that I'm always talking about - and this is on both ends, with the positive feedback and the negative feedback. What I call it is depersonalization. So, I went on that whole spiel about how it's not just me that everyone's celebrating this 2.5 million, I mean that. So, when I say when something positive comes in, I try to create a space where I don't wear it as my badge of honor that I've done this. So, I don't take it as personally. A lot of people do very personally say that I've changed their life. I always make it a point to reframe that and say "You've changed your life." I mean that when I say that. I depersonalize the positive; I don't take it all as what I've done. I know it's not actually all about me. Same thing with the negative; when I hear nice feedback, I work very hard to separate myself from that, and understand the context where it is not about me. So, what is a trigger? We all carry the remnants of really painful past experiences. Whether or not that's the big "T" trauma. A lot of us universally have known trauma to be the abuse - the sexual and physical abuse - that grew neglect. You'll also hear me talking about little "t" trauma. A more expanded definition: I believe we're all carrying some wounding from our very early experiences, so what happens is that we're living our life day-to-day and the way we feel about something happening in our current environment is very similar to how we felt in the past. And that's what a trigger is. So, what's happening in our "now" for many of us is we're having a really big feeling about something present in our environment. The question though becomes, "Am I reacting to what's actually happening in this moment? Or is this a remnant of some past experience?" For most of us, it's the latter. So, what I'm able to do when the negative commentary comes - when I feel myself being triggered - creating that space. That sometimes means stepping away from the comment or the conversation, so that I can regulate myself; because once I'm having an emotional experience - I'm human, I don't love some of the things that get said to me - my emotions start to get activated. Sometimes I'll go and do some deep belly breathing and try to regulate myself before I re-engage that conversation. If I'm triggered, it's going to come across in my language. Same thing on the other end: when I see someone else reacting emotionally to something I've said or what they believe I've said, I try to hold that space for them as well. Understanding that they might be reacting to something in this moment Now, that maybe I precipitated the thing I said. But then it might not actually be about me at all. So, I don't have to take ownership of it. This doesn't apply, of course, to all situations. I do think it's important to take feedback and to try it on for size, like I say. But we don't have to let all the feedback in, because sometimes it's not about us, and it's not about what's happening now.

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Kathrin Zenkina 29:20

What does it look like to hold space? For example, in the context of an online world you can take some time away and decompress. You have the choice and free will to put your

phone down and separate yourself from it. But what about situations that arise right in front of your face? Like having a conversation with a loved one, a stranger, or whoever it is, where you can't necessarily just put your phone down because you're so in the moment. Is there a way that we can be more conscious and hold space for other people, as we're interacting with them within the moment?

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Dr. Nicole LePara 29:59

Absolutely. So, consciousness. You said one of the biggest things I'm always talking about. We have to cultivate consciousness. So many of us are living in that autopilot where we tune in, quite literally. I know I've lived many moments where I'm shameful after I just did some screaming and yelling, and I wasn't even really tuned in that moment. I say that because consciousness is something we have to practice consistently. We can't just wait for those moments where I'm having that hard conversation and expect me to use a new tool. I talk about this often, because I'm human too. I wish that to be the case, if I'm honest, I wish to only use things as needed, and I've come to learn the very hard way, that that's not how this works; that we have to practice - whether it's consciousness - consistently enough that I can maintain consciousness in that moment. So, even if I'm being triggered internally, I can choose a new response in that moment. Same thing with breathwork. I talk a lot about regulating our nervous system and the importance of that. If you you're going to wait for the argument to do some deep belly breathing, it's probably not going to be so successful. First of all, you probably won't remember, and your body's not going to be regulated enough from doing it one moment in time. So again, we have to practice things consistently, so that when we really need to, we can hold space in the moment. So, that means daily practice of navigating your own triggers. When you're not in the context of being with another human, we are still being triggered all day long. So, this is the time to practice allowing that internal world to be activated. You're still going to hear all the things and feel all the things in terms of the trigger - that's going to be there. But as you create more and more space, so that when I am in front of you, Kathrin, and you're saying something to me that I'm not pleased with, internally I might be rolling my eyes and retorting that thing I want to say back to you. But I can still maintain my consciousness enough to possibly elicit a new response. That sometimes might mean, if I'm really feeling overactivated, ending the conversation before it gets to a point of no return. So, it might mean putting a pin on it. "Hey, I'm really sorry, I can see this conversation is very important and very necessary. I also know that having a conversation when we're both emotionally upset is probably not going to be helpful to either of us. Any chance we can circle back to this at a time when we're both in a clear space?" So, sometimes putting a pin in it is our best chance at avoiding the old reactions.

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Kathrin Zenkina 32:31

It's like forming a habit. If it isn't a daily practice, you are making it an unconscious practice where, even though you're a human being - challenges and obstacles will come up - there'll be times where you still act out of fear, scarcity and some sort of past experience. Even the most woke people still do it. So, within your daily practice, you're practicing to where when that situation arises, your nervous system automatically goes to however you trained it to be. I love that you mentioned breath work. I'm the biggest fan of breath work right now, it's like a newfound discovery for me. It's ridiculously powerful. You talked about nervous System regulation. Besides deep belly breaths and breathwork - I saw you made a post the other day with a nice list of things that you can do - what are other things that we can do in our daily practice to keep our nervous system calm, so that we don't go into that anxiety, panic, or fear and just stay there? Not that it's not okay to go there sometimes, because we're human beings. But I feel like staying there is what creates chaos in our life.

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Dr. Nicole LePara 33:42

100 percent. I lived there, and I think a lot of us do. I lived in that. So, that anxiety that you and I both attested to having from childhood, what I've come to understand is that my whole family was living in fight or flight their whole lives; meaning my nervous system was activated as if there was a threat around every corner, because that's what it truly felt like. This just continues to exacerbate the perception of threats around every corner. That makes us hypervigilant and on edge, and the little things are the straw that breaks the camel's back, because we just don't have any bandwidth; we don't shut off from that activation state. Even though I went to a program that was trauma-informed, and we did work on trauma - again, this was over a decade ago, plus that I was in school, so maybe it's changed - but never once was the nervous system and nervous system regulatory tools really talked about. So, you'll hear me talk about a particular nerve - and I think this is probably the post you're referring to - called our vagus nerve. So, to keep it simple our vagus nerve is really the switch that kind of helps us regain that flexibility in our nervous system. So essentially to turn it off - if you're like me, it's always turned on. So just to think about it like this, or vagus nerve connects our brains to all of our internal organs. The tip of it is up here at our throat, which is why I bring this up: singing, gargling, chanting. Anything where we're manually stimulating the tip of that nerve can go a long way. I actually have an incredible community member whose journey started with creating a habit. Her habit started with one glass of water. That has evolved into pretty much a top to bottom life change, including that she's returned to singing in particular to stimulate her vagus nerves so that she can regain that flexibility. So, if we have singers out there, singing in the shower, and people who chant. Gargling; if you don't like any of those things and you brush your teeth, then gargle. Anything that we're stimulating can build that tone back

into that vagus nerve. Breathwork I always shout out because we're breathing all day. It doesn't even have to look like a sitting practice where I carve out my time, like, "I have to go do my breathwork practice." The way I practiced was that I just taught myself how to breathe from my belly, all day long. No one saw me doing it; I would be sitting in there with clients just practicing that deep belly breath. Again, belly in particular, because now you're going to stimulate the bottom of the vagus nerve. So, it's not just a shallow chest, race breath, but I share this because some of us feel really overwhelmed by a practice where we have to carve time away, sit in a quiet room, and do the thing. Practically, approaching some of these tools is more successful for some of us.

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Kathrin Zenkina 36:45

That is such an important point. I recently got a question - I invited my audience to submit a video Q&A's - was one of my past students. She's said, "When I was doing your course, I carved out time every single day, like an hour or two, to do the work. And then, now that it's over, as I started my business and my business started growing, I stopped carving out that time. Now I'm having trouble manifesting." A lot of people think that manifesting is something that you do within a specific timeframe, not realizing that the law of attraction is like the law of gravity. It's like saying "This morning the law of gravity was on, and now it's turn off," or "Oh wait, I forgot to use the law of gravity, so hold on, I need to focus on it again and turn it on." No, manifestation happens 24/7, the same way that we as human beings are expressing ourselves in this human form 24/7. The work of manifesting lies in you incorporating it and integrating it into every freakin' second, every waking conscious second. So, I love that you say to do these practices and that it doesn't have to be like a seated thing, like meditation. A lot of people think that meditation is this long, drawn out thing where you have to sit there, chant, and breathe. For me, in the beginning when I started meditating, it was me lying in bed half napping and half awake. I was just checking it out. I hated the whole seated practice, it had to be lying down. And then as I got used to it, and as it resonated with me, and as I enjoyed it, I was able to actually sit and then do some mudras, chant some things, do some affirmations, and maybe some visualization. But it was such an evolution. And then it's all about just carving out two minutes, five minutes, 10 minutes. If you make it this thing, how are you ever going to make it a habit? The only way it's ever going to become a habit is if you simplify it. I love that you just simplify everything. It's one of your greatest gifts, and I think that that's why you resonate with so many people; it's that you attribute your success to being a channel to this like universal truth. I would say that the thing that is so incredible about you is that you are such a clear channel, that you're able to take these complex things that would take someone with a PhD to have to understand sometimes, with all the scientific language behind it. And you're just like, "Yo, listen, this is how you can apply it in your every single day life" - which is I think is so amazing. I really appreciate that you define trauma with a

big "T" and a little "t." Typically, in the traditional sense of psychology, we think of trauma as being the violence - like the sexual trauma or the really big stuff. But what I've been seeing lately is some other awesome psychologists that I follow; they say that traumas is anything that felt traumatic to you. I really appreciate that because I've always questioned where this anxiety comes from. The first time I ever discovered that I do have some big "T" trauma that I was very unconscious of.... I only thought I had little "t" trauma. We all have trauma, whether it's big "T" or little "t." But I remember going up to my mom one day, because I just couldn't take it anymore. I remember going through an uncomfortable process in my business, and it just felt like someone was about to rip the rug out from underneath me - it felt like my entire foundation was about to crack - and I was sick of feeling that way. I felt like I was living in that place of constantly expecting something to fall through and the other shoe to drop. So, I approached my mom one day and asked her, "Why am I so anxious? Why do I always feel like my foundation is about to crack and fall, like I'm about to lose everything? What happened in my childhood?" And so she just opened up the floodgates that I didn't even know. I didn't even think I was ready for it. I was like, "Okay, that makes sense. That's why I don't have any conscious memories before the age of nine. Oh my God, that's what that was? I thought that was a dream, was that an actual thing?" And then, of course, doing Regression Therapy, like hypnotic regression. And then, of course, ayahuasca. Ayahuasca does not hold back when she shows you things. So, I've seen some stuff, and it makes sense. It's been such an amazing part of my healing journey to get some understanding. I want to take this into two directions: for people who just intuitively know that there has been some trauma, because they're obviously experiencing these triggers today, what can people do to heal that, so that they can live their adult lives in more of that relaxed, peaceful, and conscious place? And then for people who have gone through something enormous, what are some recommendations you have for them? What are some things that they can do? How can they create a life where their trauma no longer holds them back? I know I just dumped like a whole -

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Dr. Nicole LePara 41:55

No, no, I love it. I want to thank you for sharing. I want to illustrate this personally and why I'm so passionate about continuing to include little "t" trauma, and I will always talk about it. Looking back, I learned, just like a lot of us, that these are the big bad things to look for. When I looked back, I didn't really see and I didn't have an intuition that those "big bad things" happened to me. Yet I continued to see myself struggle in many ways, with many symptoms, in my relationships, and generally overall. So, I didn't know. I was confused for a very long time, and that's why I will always maintain that as part of my definition. I think a lot of us are confused, and we assign labels of defectiveness, brokenness, or that "something is wrong with me," when we can't make sense of why we're struggling as we

are. And the reason why we're struggling as we are, like I said, there are a lot of pathways to wounding that could continue to color our experiences of life. So, what do we do? I also have people that ask me a lot, because I have very few memories; my memories are very accident for a large majority of my life. So, a lot of times I will get people who - I thought, again, that this was something wrong with my brain that caused me to not have memories. I now understand what causes a lot of us to have lacking memories. So, when I talk about it - points of relation it's spread in and resonates with. The most question I get is, "Well, can we still heal? What do I do if I don't know what happened to me? If I don't have that screen to go back to?" or "If I don't go and take the ayahuasca, or have the regression, I can't have it revealed to me? Can I still feel?" And my answer is always the same: Absolutely. Because we are still living. We're living the conditioning, the patterning, those wounds, and all the ways we've had our best attempts at coping with those painful parts of our life, day in and day out. So, what do we do to heal? We start where we're at. We practice observation. We watch our habits in our day-to-day life, because we are very habitual. We see what we do with our physical bodies; we see what our emotional worlds look like; we see our go to coping mechanisms - we all have them; we see for ourselves. Once we practice that self-observation, then we can begin to create change. We can begin to show up differently in our relationships. One of the things that we're probably going to want to do if we sit on any spectrum of the trauma, if we notice that nervous system activation that's always on edge, we definitely want to incorporate some of those body-regulation techniques; to build safety, to send a signal - that probably wasn't there in childhood when these painful things happened - to our body that we're safe now. If we don't do that - and this is why I don't believe the traditional model of keeping the mind separate - we just talk about what's wrong. That won't work because - and this is something I wanted to say earlier too. The importance of habits. When we do something for one hour - a really impactful therapy session, or practicing meditation for one 20-minute period of my day - my question always is the same. What does the rest of your day look like? What do you do 95 percent of the time outside of that one hour or that one practice? And if your answer is, "I don't know," or "I go back to my autopilot," then that's why these things aren't as effective. So, we practice self-observation. Some of us might need to engage in those body regulation tools. Changing our lifestyle, incorporating some of that polyvagal work, breathwork, or gargling to build that system of safety into our body. If we don't, then no amount of logic or reasoning is going to shift and change our emotional reactions in those really pivotal moments. If you're someone who has - I just want to highlight this too, because there are some traumas that live in our brain where we have flashbacks, or where nightmares are carved. There are somatic therapies out there that are very helpful. You go in, you get a supportive therapist; you can do something like EMDR; there's a bunch of different modalities now that are aware of that component of the bodywork, in and of itself. A lot of us house trauma in our physical bodies, in our musculature, and tightness in our nerves. So, there's a whole world now of therapies that



are beyond "Oh, I just go and talk about it." Someone who experiences this trauma might want to incorporate, because they can really go a long way as well.

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Kathrin Zenkina 46:40

Can I just ask tangibly, because my audience loves tangible examples? I try to brainstorm as much as possible questions that may come up. What does it actually look like to observe? I know I understand what you mean, but some people are going to ask, "What do you mean 'observe'?" What does that tangibly look like? Do you have an example? Or a scenario of what you would do inside your own mind and say, "Why the F did I just do that? Why am I thinking that way?" That's how I see it, so, I'm just curious what you would say.

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Dr. Nicole LePara 47:08

I love that, and I appreciate that you asked that to clarify, Kathrin. So, what do we want to observe? Just observe your behavior. Spend a week or two weeks where the thing you're observing is what you do. What do you do first thing when you wake up? What does your general day look like? What are those behavioral habits? We might be surprised by some of them, because we might think we're doing things differently or living in a different way than we actually are. So, some of it is just observing your daily habits. What I've had people do is just dedicate two weeks to keeping a little journal or putting in their phone of their self-observations. Know what your morning habits are. What are your habits around eating? We tend to take our meals in the same sort of habitual way.

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Kathrin Zenkina 47:50

So unconscious.

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Dr. Nicole LePara 47:51

Yes, and we're unconscious. This might sound so simple to listeners, like, "That's my step? Just go watch what I do?" But for a lot of us, this is going to be very informing because what we think we're doing might look different than what we do, especially around time. A lot of us think we have much more scarcity around time, that if we were to observe ourselves for two weeks, we might see a lot of time being spent in places that we weren't realizing how much time was spent in. So, observe behavioral habits. Something else that could be really helpful to observe: your mental world. A lot of us are completely consumed with what's going on in our mind. For the most part, most of us are narrating our day, from the time we wake up until the time we go to bed. So the other thing could be

uncomfortable, so maybe practice watching yourself externally first. And then tune into your thoughts. Same thing: spend a couple of weeks observing your thoughts throughout the day. You're going to notice how repetitive they are; how you tell yourself the same stories; how all narratives somehow lead back to the same themes that color my day. And then what you'll come to realize is those narratives are very much mapping on to how you feel. When I made something stressful in my mind, I'm going to have that stress response in my body. So, we want to begin to observe our internal world as well.

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Kathrin Zenkina 49:18

Actually, my coach challenged me to attend a silent retreat last year. It was a silent meditation of - I forgot what the specific name, do you know what I'm talking about? When I looked it up, I was like, "Are you freakin' kidding me, Jim?" My coach last year was Jim Forte, and I freakin' love the guy. I realized, that was exactly what I needed. He told me, "Kathrin, you're just so overthinking things sometimes are so in your head, and you just allow your ego to narrate these stories that aren't even real. Your true identity is that you are a soul. That is it. You are a soul, you came here, you're a healer, you're helping the world, and you're doing all these incredible things. Everything else is a story." I love that you speak about the ego. I want to talk a little bit about the ego. For you, what is the definition of the ego? Why is it important to know ego versus higher-self? And is that narrator in our heads in the mental world coming typically from our ego?

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Dr. Nicole LePara 50:22

I talk a lot about the ego because one myth that I want to dispel about the ego is that it's not bad, or any other negative thing that we call it.

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Kathrin Zenkina 50:32

Thank you for sharing that truth, because I think the same thing.

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Dr. Nicole LePara 50:35

Of course. Furthermore, our goal is not necessarily - I've heard language - to "kill" it, "eradicate" it, "remove" it, "stop" it, or "silence" it.

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Kathrin Zenkina 50:45

That's how it comes back with vengeance, it's when you try to kill it, because nobody wants to die.

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Dr. Nicole LePara 50:51

Yes, absolutely. And in my opinion, it sets us up for something unattainable. Getting to the place where our ego isn't protecting us; that's what I believe it is, and that's why I don't think it's about "killing" it. It has a protective function. Again, it was formed based on accumulated past experiences, and the simplest definition I give, it's the story of us that we narrate to ourselves all day long about who we think we are, our place in the world, what it is, what it isn't, what we determine our, quote-unquote, personality to be. I put those in quotes because I define personality as just an accumulation of conditioned habits, most of which - if not, all of which - can be changed. But that's what our ego is: it's who we've come to believe ourselves to be, that we feel on some level we do have to defend. That's why it has a protective function. That's why when someone expresses an alternate opinion than us, we do feel up in arms. A lot of us feel like we have to defend our opinion, because in that moment, what we feel we're defending is ourselves, not realizing that that's not who we are. That we are the expansive being, the observer of all of these stories, the soul behind it, the consciousness, whatever you want to call it. That is the beautifulness of a human. However, we're so distracted, and we are giving our ego so much power. So, what our real goal is not to off it, but to learn how to integrate it knowing that there's going to be a large portion of time where it's still going to be there, attempting to what it thinks is keeping us safe; but that we're the person - and to empower ourselves as that person - who gets to ultimately choose. Something I hear a lot too: we learn about ego, and we maybe identify it in our life, and now we want to turn that switch and shut it off. The point you and I are both making, too, is that they're going to come sometimes I know for myself that I still react from ego, and I still let my ego call the shots. We don't just turn that switch off and the ego becomes very nicely integrated. We get to choose from our higher-self; that's where all of this consistent practice comes into play. So, we can cultivate enough repetitive responses and consistency in our higher-self, that becomes our resting state.

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Kathrin Zenkina 53:06

I always say like, I talk to my ego like it's my BFF. I would just talk to and say, "Yo, ego, listen up. First of all, we are safe. Second of all, things are so good. And you know what? I am so grateful for you; thank you so much for protecting me; thank you so much for keeping me alive; thank you so much for bringing me to earth, because I know I wouldn't be anchored here in this 3D physical world without you. So, thank you." The moment I have this conversation, with my ego, out whatever BS story it's trying to tell me - BS according to my higher self - because according to the ego, it's just trying to do its job. It's just trying to protect me. Everything that it is seeing, its responses are "This is the truth. You're in danger. You can't afford this. You can't do this. This is a repeating pattern from your childhood, we have to protect," and so on. So, I just learned to converse with it like it's

my best friend. Sometimes, in any relationship, people act out. So, sometimes your ego is going to act out. You just have to forgive it and be like, "I completely get it and I can see how you're threatened. But I just want to let you know, ego, that I will lead us to our dream life together." It's just such a beautiful thing. It's a beautiful partnership. Would you say that the observer is the higher-self?

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Dr. Nicole LePara 54:24

That's what I kind of conceptualize. I love what you're offering, and I just kind of want to emphasize. Gratitude: a lot of us can really be helped by that reframe; by acknowledging it there; by working to befriend it; by appreciating that it believes for so long - and that we did need that for so long; we needed that story to keep us in the safest place as possible, and I love that. I offer a suggestion to name it for a similar reason; to name it as if it is a friend that is inside of you. Sometimes you're at odds with what one should do in life, and ultimately, you'd want to just practice making the decisions from that highest-self.

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Kathrin Zenkina 55:06

I want to talk about a hot topic that I would say the majority of the questions that I got from my audience for you are around boundaries. Things have come up a lot in quarantine, as people are stuck together in a house. First of all, what are boundaries? Why are they important? And how do we create them? For me - and I'm pretty sure it's for all of us or most of us - my conditioning is that, this is not something that we learned in school. I didn't have boundaries or the concept of boundaries until a couple of years ago, when I realized that I'm continuously allowing people to take advantage of me and that it's coming from this little people pleaser inside me. My need to please people comes from childhood, because I always had to please my parents, friends, and teachers. So, why are boundaries important? How do we develop boundaries? Take the floor and talk about boundaries.

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Dr. Nicole LePara 56:13

You're not alone, Kathrin. I had no idea what the hell a boundary was; never heard of it; never learned of it; came from a family where they were non-existent. So, I know for a lot of us, this is new language.

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Kathrin Zenkina 56:23

We're conditioned to think that boundaries are us being rude -

- or selfish. That's another word that we love to say, "They're selfish." So, what a 'boundary' is really short and simple: it's a limit. It's a limit that we place on ourselves, around maybe our physical body and the comfort in terms of physical space and physical touch. What are the limits that I am most comfortable with existing to keep my body feeling safe? They differ for all people. Emotional boundaries also exist, which is really quite simply creating a space where I can allow myself to have a feeling that's separate from another human being. Those of us that are people pleasers, typically, this is what it looks like in adulthood; we don't have that. Our feelings are really contingent - particularly for us people pleasers - on how someone else is responding to us. So, in those moments, it's not really about how we're feeling about what's happening; we're more attuned to how they're feeling that's going to dictate how we're feeling. So, in that really simple example, there is no space. We're all sharing a feeling, in a sense. So, creating a space where I can tolerate having a separate emotional experience - from even the people that I love and spend the most time with - that's a boundary. So, it's a limit, and they're different. As far as I see it, there are three really simple steps, though very not simple if you're someone like myself who has never had a boundary. First step is, identify the need for boundaries in your life. If you are a people pleaser, chances are we need some boundaries. So, where are the areas that we need boundaries? That would be the first step. This is an individual process. This doesn't mean pow-wowing with the person that you're struggling with, and asking them what they think. Chances are you're going to be at odds with that recommendation. So, internally - and, of course, this means that probably what the urge is going to be when you're trying to decide that, "Maybe I do need a little less time with this person" or "Maybe I need to be a little less available over here in this relationship, because it drains me." Probably our tendency, in this moment where I'm doing my self-exploration, is going to play the tape and wonder how that's going to affect that other person. So, it's much more complicated, but the goal of this step is ideally, "What do you need to change in your relationships, OR around the way you carry your person, to make you feel most comfortable and most safe? Once you've come with the areas that you need to shift or tighten - usually the things that come up for many of us is, "I want to be a little less available to this person," "I have that friend - for me it was my sister - who's always calling me for the latest stressful thing you know, and that stresses me out." A lot of times that's a boundary. Around time, a lot of us need time boundaries. I feel like I have to be on call for everyone in my life. So, when that friend texts, even if I don't really feel like seeing that friend today, if they're available then I'm available. Those are two really common boundaries. So, I've done my internal work, I've explored, and I've identified these two areas that I want to switch. The next step is to enact the boundary. Important caveat here. This is not the place where we say, "Kathrin, I need you to stop calling me every time you're upset." No, we tell Kathrin, "Kathrin, you know I love you and I care about you. I have a lot going on in my world. I'm not going to be able to be available to your phone

calls that happen after 9pm because I need to get some sleep. I will call you the next day, if, and when, you need me." So, Kathrin might still call at 9:05. That means that Nicole has to not pick up the phone. When I enact the boundaries, I'm emphasizing that this is about me doing something different to create the change in our relationship; not me looking, pointing the finger, and wanting this other person to change, as many of us do. Often that is the result, because as we start to do things differently, the person has a choice: honor the boundary or the relationship shifts. So, I've identified, now I've enacted it, so when you do call, I don't respond - and the third step is I have to maintain it. This means I have to be very consistent. This, for someone like me and probably for a people pleaser like you, is probably really hard. For me this is when I'm plagued with what I call the "feel bad." All of the panic and reasons why I should pick up that phone, "What is this person going to think? Oh my gosh, they're going to think I don't love them." This is where a lot of our work then is internal. So, I've identified, I put the boundary up, and then it is my job to maintain that boundary; because if we take it down, or when you say "we're just kidding" or we become available again, then we're sending a mixed message to another person.

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Kathrin Zenkina 61:00

I love that So, it's easy to have someone not call you and pick up the phone. But what if you live with them? That's the biggest question that I get, especially in my courses, for instance. It's typically women who invest in my academies and their husbands usually say, "What the hell is this? What is manifestation, why would you do this? Is this like a real MBA? Are you getting a business degree? Or what the hell is MBA?" And then they have to explain it, and it's a whole stress point for them of how do we maintain those boundaries, especially around people that we love and that we live with? That it's not like I can just shut the door on them and say, "You go to your place, I stay in my place." What if it's your husband, kid, roommate, or anything like that?

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Dr. Nicole LePara 61:56

Yeah, that's obviously much complicated, especially in terms of physical space. I know quarantine and COVID, a lot of us are living in that pressure cooker of not having the other room to go to, or the office to be at for 40+ hours a week. We're also a bit restricted, in terms of even going for a walk and things like that. Obviously, outside of quarantine and COVID, those things are important - creating the space, whether it's in another side of your home, you having your little area - it can even be a corner of the home where you go and do your thing; if you're someone who's interested in being out of the home, then going on walks. So, creating space, because it can become a pressure cooker. So, we might need to get a little creative. For me, this was part of it. I had a family who didn't spend time - this might sound crazy - in separate rooms. We mostly spent time in the same room

together. We were not really interacting, we were just around each other.

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Kathrin Zenkina 62:53

I'm out, I'm done, I'm out of here.

D

Dr. Nicole LePara 62:56

You know what I mean? So, for me, as silly as it seems, I had to get comfortable with being in a separate area of my home that's not big - that's very small - with my own partner. I would kind of buzz around her. So now, this is tough work, but I can be outside reading and she can be in the bedroom. We're now separate and sharing the space in a new way. So, those of us that are meshed might understand this a bit more than someone else listening to this, but that's what it might mean. Actually, just creating different flows in the home where we can feel like we're a bit more separate. Obviously, with quarantine, we have to get a little more creative during these times. But that's important. And that's difficult for so many of us, especially if you're like me, where you were seeing modeling or where you did participate in the same things with partners historically. It's okay to be on a different flow. There are many mornings where I wake up either having energy and wanting to have a bit more active of a day, and Lolly, my partner, feels the opposite and she's having a low energy day. So, in those moments, a boundary can mean honoring where I am. So, I'm going to go and do something a bit more active today, and she can have a low-key day at home; as opposed to us trying to fight, argue, or figure out whose need gets met. Sometimes it's about flowing differently in the home with our partners.

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Kathrin Zenkina 64:16

That's such a huge distinction. I can speak from experience, like how you mentioned "get creative." That is exactly what I had to do when I lived with my grandma on her couch. First, it was when I told my parents that I'm not going to go into medical school; I still had to live with them and figure out my life, so I created the most sacred space in my bedroom. My bedroom had the best vibes, because I saged the shit out of it, I palo santoed the shit out of it; I had crystals and everything; it was my secret sanctuary. When I moved in with my grandma on her couch, I was like, "Alright, what is my corner? Clearly everyone's in the living room; the TV is blasting Russian propaganda news 24/7; this is driving me crazy, I can't handle this. So, I created a sacred sanctuary out of my car. My car is where I went to listen to personal development and read books, I treated it like my own personal lounge chair and just kept crystals in there and some good smelling stuff to just create an environment. And it worked, Nicole. It was exactly what I needed to stay sane. I tell people all the time as well, "Listen, with a lot of things in life, you just have to get



creative. Creativity is what creates an expansive mind, and an expansive mind is what creates an expansive life - so start with a small shit." So, how do you get creative around your space? Start there and then you'll figure out bigger things in life, like "How do we get creative around making more money? How do we get creative in our business? How do we get creative?" It goes from there, but you have to start really small. I want to talk about two more topics. One of them is actually with boundaries. This is huge, you talk about this a lot, and I think we have very similar stories. There's a controversial topic around cutting out family members, right? Some people have the belief that the inner work is done with keeping those people in your life and you just have to figure it out. And there's another school of thought that says, "No, forgiveness and inner work has nothing to do with them; it has everything to do with you." Personally, I am someone who has cut out my father out of my life; that is a boundary that I needed. I had to go to the extremes, and I've never been happier. It was in this decision that I was finally able to forgive him. Now I can finally see my father in a much brighter light. When he was in my life and constantly leaking my energy, even from just like an energetic standpoint of him having access to me, I would just constantly think about him and I would have so much resentment and frustration towards him. When I finally made the decision of changing my phone number and not giving him my phone number, it felt like we were BFFs and then I just cut him off. It was bound to happen anyway, so I don't think he's surprised at all. But just me creating this boundary in my life has brought me so much peace, to where I am finally able to see him for who he is, which is another human being. What is your take on this? And for anyone struggling with this - like maybe feeling guilty for cutting someone out of their life, or planning to - can you talk a bit about this and how this relates to boundaries? What is your take on the quote "Family is everything"? When we have this conditioning that family is everything, and you have to do everything for family? I know you have some shit to say about this.

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Dr. Nicole LePara 67:48

It's funny, someone actually titled a podcast of an episode that I was on "Family ISN'T everything" because I talk a lot about this. So, I want to wrap in a response to what you were saying. about creativity as well. Sometimes it's a little bit complicated for us. It's not just like, "Oh, let me get creative and create my space over here." On some deep level, some of us might be assigning those words that you and I referenced earlier - selfish. "It might be selfish for me to do something for just myself;" "Making a decision about boundaries within my family might be selfish." So, I just want to acknowledge that it is about creating the space for us - whether it's in our most immediate family relationships or in our homes with my own space - that it can be a bit more complicated, because we might be operating with these deeper held beliefs that doing so is selfish, isn't appropriate, or isn't what moms do. I'm not a mother, but playing out. "Moms don't take 20 minutes of

the day for themselves." Well, I can make an argument that moms do and that if moms DO do that, they can then be more present for their child. So, that's just a piggy back into this topic, because a lot of us are made to believe with family messaging. A family mantra in my home was "Family is everything;" it might as well have been hung up on a wall, and we all paid homage to it. My background with my family - coming from an enmeshed family - part of my work became identifying and putting some new boundaries in place. So, I got to the place two July's ago - right around when I launched my Instagram - where I made a very painful and difficult decision to go no-contact with my family. When I say family, who I'm referencing mainly is my mom, my dad, and my sister. I have two siblings, a sister and a brother. My sister is 15 years older than me, my brother is 18. He and I have always been a bit more disconnected. So when I say family, I mean my mom, my dad and my sister. So I went no contact with them. And I heard a lot about that decision from a lot of different people, them included. I heard all the reasons why I was selfish for putting up these boundaries, which concluded in a hard stop of a relationship. I felt, at that point of my healing though, that I think I'm hearing you feel with your father, that it was necessary; that I wasn't able to create this space and focus on myself after a lifetime of focusing on that family; that "Family is everything" mantra. So, for a lot of people, I know it can be - I know, for me, it was the most difficult decision I've ever made in my life. I didn't wish that to be the case. I wished a way to find how to navigate relations with them through the healing journey. But for me, I just couldn't. So, I think a lot of us struggle in terms of our family. I'm not in disagreement that healing can happen within families. We are interpersonal creatures; we heal in relationships, absolutely. However, only us as individuals can know if, and when, we actually need some space from specific relationships, to either be able to engage a later time and/or to not. Even if those people are determined or deemed family members.

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Kathrin Zenkina 71:07

I love it, it all comes down to personal choice. There's no right or wrong answer, and you have to use your intuition on what's right for you. There is no right or wrong; it's just what's serving me and what's not serving me. That's the framework I choose to see it from. Such a beautiful answer you just gave, I know it's going to give people a lot of guidance, especially with this coming up. Speaking of family, I have two moms on my team, and I have a lot of moms asking, "We're healing shit from our childhood as adults, and a lot of us are parents. And then we have our kids, and we're so afraid to pass down all of our traumas, patterns and behaviors onto them, because we don't want to, quote-unquote, mess them up." Because we're working so hard on healing, it's like, God forbid, my child has to do this because of things and conditioning that I passed down to them. It's no known that between the ages of zero and seven, children are basically in a theta brainwave state. They're walking subconscious minds, and they absorb everything around

them, which is how we got here. I know that you're not a parent - I'm not either - but I know that this comes up a lot, especially since I have a lot of moms following me and I know you do, too. What can parents do to simultaneously self-heal or embark on a healing journey, and then also not necessarily pass that on to their kids? Is there something that they can do? Any advice that you have?

D

Dr. Nicole LePara 72:42

Well, this is where parents hate me, when I respond with my honest answer. The answer I always give - because I get very specific parenting questions: How do I avoid or navigate this difficult moment? There are amazing emotion regulation-based child Family Therapists out there on the internet giving you those concrete tools. I will always refer to those practitioners for that level of advice. My answer is always the same, which is to model healing; to heal yourself first. A lot of us very well intentionally want to avoid passing on the pain that we were caused to our children. But children see and learn most from what they see. That old moniker, "Do as I say, not as I do." Well, actually, quite the opposite is what really happens. Children are seeing and are more imprinted and affected by what they're seeing, what is being modeled to them, or what they're experiencing in the relationships with these people. So, your relationship with yourself is going to impact your children. Even if you're trying your very best to show up as its parent, if you're not feeling yourself, that's what's going to translate to the child. So, my answer is always twofold: model healing to yourself, and - this is the other part that they hate - I don't actually think it's a bad thing to fuck your kid up a little bit. I think it's actually a natural thing that's going to happen with all of us, because we're separate humans raising separate humans.

K

Kathrin Zenkina 74:05

Totally.

D

Dr. Nicole LePara 74:07

To be totally attuned to another creature is incredibly difficult. So at some point, a child's need is going to go unmet in some way. That's just it. I could go ahead and make an argument that this is what helps the child develop resilience and ability to cope with that thing, especially if they have an attentive parent on the other side that can help them through, a little fuck up isn't a bad thing. What also isn't a good thing is overcompensation. If I try to raise a bubble kid, as so many of us do when we don't want to cause our children pain, chances are that might become a child that then goes out into the world that's not a bubble, and has no idea how to navigate the harder things. So, neither extreme is helpful. A little distress for our children isn't a bad thing, as long as we're

holding space and modeling for them how to work through difficult feelings.

K

Kathrin Zenkina 75:02

So freakin' good. I love that answer because it's so true. We cannot possibly be perfect, and so we cannot possibly raise perfect children. And that's not the point of life anyway. If we're trying to raise perfect children, then what are they going to grow through? Like we are souls that incarnated here. They're little souls who incarnated here to grow, evolve, explore and experience challenges for the sake of growth. If you're taking that all away from them, then what's the point? First of all, that's impossible. And second of all, why are they here? I love that answer. I have one final question for you, just because my audience kept asking this over and over again. This the Manifestation Babe Podcast, so I'm just curious: what is your take on manifestation and the law of attraction? Where do you bring that into your life? I know you're a powerful manifester - I just know. What is your take on it? And how has it helped you in your life personally?

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Dr. Nicole LePara 76:06

Yeah, well, when I was joking earlier, I kind of acknowledged that I, too, manifested having this chat with you. I mean, in my opinion, I manifested this space I'm living in here in Venice - being here. So, my relationship with manifestation; if you would have asked me a decade or so ago, whenever *The Secret* first came out, and I was delivered this opportunity to think of a million dollars and it's at my door. I read it, I watched it, or what have you. And I decided it silly, it was definitely farfetched. I really began to understand what manifestation is when I really began to understand the quantum world, energetics, and all of that. The little scientist in me, when I was able to map on what I think they were trying to say and explain onto what it actually is that they're saying and explaining, then I was really able to embrace it and begin to play around with it in my life. So, I love how you said earlier too, it's a daily thing. I have a morning ritual, and a lot of times I will spend some time meditating in the morning. If I have something coming up or if I want to have something coming up, I will do that more structured way we think of manifesting. However, I always I also, like you, try to live my life as a walking, waking manifestation. That just means being aware of what I'm thinking and what I'm engaging in, in terms of my thought. The more negative it is, the more I know it's going to affect my vibration. I also know, for me, it's very tempting to engage these negative thoughts. A lot of times, I have to talk myself out of wanting to indulge, as I call it, my sadness or my irritation. I have a lot of days where I don't want it. I want to replay the thing that's bothering me, over and over again, so that I'm nice and upset, and I don't want to vibrate differently, thank you very much. But I pay attention to that now, because I know the longer I indulge in that state, I'm not being fully present and I'm not embodying the energetics that I want

to embody to create a new future. So, I very much am, in my opinion, working to cultivate a living act of manifesting. For me, that involves being present, being energetically attuned to my system, and trying not to do myself a disservice by my mind. Of course, we all have to honor our low feelings. When low vibrations come up, I'm not saying ignore it or think your way out of it. I'm just saying that I know, for me, I do a lot more indulging than is helpful.

K

Kathrin Zenkina 78:32

Yes. Well, thank you for that honest answer. I love watching your journey. I remember when you first said, "I'm planning on this move to LA." We talked about how people have these stories saying, "Why would you move to LA? It's so expensive." And I remember us going back and forth in DMs, saying, "Who cares? We're going to do it anyway!" It's so exciting. We were supposed to do this podcast interview in person, and I kept pushing it. I kept saying, "Let's push it two more weeks, maybe things will open back up. I really want to meet her in person. She's here in LA, this makes sense." And then, of course, we're doing it virtually, but I know that we're going hang out in person as soon as quarantine is done. I just freakin' love you. I just want you to know that I just freaking love you. So, thank you so much for sharing your time and energy so generously, so genuinely, and so authentically. You are such an incredible soul doing such amazing work. For the point 000.1% of people who aren't yet following you, where can they find you? Where can they learn more about your beautiful work? Where do you spend most time on the internet? I keep hearing incredible things about your future self journal, so where can people find that?

D

Dr. Nicole LePara 79:48

Absolutely. Thank you for all those kind words, Kathrin. The love goes right back to you, and I look forward to the day where we can meet in actual human form. So, most of my time is spent on Instagram on @the.holistic.psychologist. Everything that I'm doing, anything that I'm up to, I usually filter through there. So, that's where I shout out. I do have a YouTube channel; I release videos on Sundays. Again, you'll see that coming through the Instagram. Also, in a link tree there, is the future self journal. If you sign up for my email list, a couple of journal prompts will come to your inbox to get you practicing thinking toward a future that's different and creating that future. I think it's very much in alignment with the work of your community.

K

Kathrin Zenkina 80:29

Totally.

D

Dr. Nicole LePara 80:31

So, come check me out. I'm on Instagram pretty much daily, either putting out content or talking about my own healing journey. And all the fun stuff that comes will definitely be shouted from the Instagram rooftop.

K

Kathrin Zenkina 80:40

Yes. If this episode spoke to you guys, then go ahead and take a screenshot right now. First of all, anything that has been brought up - any resources or anything like that, and especially her Instagram - will be put in the show notes. You can get that just by swiping up, if you're listening on iTunes. If you're listening and you enjoyed this, take a screenshot; add this to your story; tag both of us (@the.holistic.psychologist and @ManifestationBabe). Just let us know and send all your love to Nicole for being here today and sharing so generously. This has been such an incredible interview and I am so grateful for you. Thank you so much for your time and energy. This has been so amazing, and I just love you. I can't stop saying that. You are doing such incredible work.

D

Dr. Nicole LePara 81:33

I say the same and I mean the same right back at you, Kathrin. Watching you embody your power has really helped that scared little girl inside of me begin to step into divine as well. So, thank you, I truly mean that, and I love you too.

K

Kathrin Zenkina 81:47

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 up 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 searching @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.