

Episode 175: How I manifested my soulmate friends (+ GIVEAWA...

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SPEAKERS

Lauren Eliz Love, Stephanie Bellinger, Dr. Stephanie Burgos, Jen Casey, Ashley Gordon, Kathrin Zenkina



Kathrin Zenkina 00:15

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. Today's episode has been a long time coming. I think I asked you all if you would be interested in an episode all about sisterhood, and how I manifested my sisters whom I go on quarterly spiritual trips with, and exactly what we do on these trips. I asked this question way back in March, so holy moly! It was way overdue. The majority of you said yes. I've had so many of you guys ask me, "Okay, Kathrin, when is the sisterhood episode going to air?" Well, I tried to air it so many times, and when I sat down to plan this episode, it never felt right to me. I would be at a loss for words, and

nothing would come through. It would be so weird because I knew what I wanted to say, but for some reason, it never felt like a complete episode. It only took until my third attempt to realize that five people were missing from this podcast, and I couldn't do this one alone. I really needed my friends to help me out. So, when I share that with the other girls, they said, "Oh my God, Kathrin, I felt the exact same thing." So, introducing the first six-person episode on the Manifestation Babe Podcast; Lauren, Ashley, Stephanie, Stephanie, - yes, there are two Stephanies - Jen, and I came together to answer all your questions, how we met, how we knew that we were meant to be, how we handle healing the sister wound as individuals and as a collective, the advice we have for all the babes out there who have been manifesting aligned friendships but haven't had any luck, and of course, the most important question of all, what exactly we do on all of these trips. Before we dive into this episode, that was so much fun to record; so organic and so much fun. You guys are going to find out in just a second how we converse with each other. We really just made this a conversation. I wanted to announce a very special giveaway that we are doing all together. We are inviting you to come join us - this is what we're giving away - in person for a full day at our next Sisterhood Trip. We're going to pay for two nights of your hotel stay, plus cover an entire day's worth of fun at our next location - COVID pending, of course, in terms of the date and the location. But you're going to be part of our Sisterhood for a day. You're going get spoiled AF, - we like to go all out - connect with us on a much deeper level, do all of the out-there spiritual things that we do, and have a blast as we take you through a day inside of our world. Guys, we are so excited about this giveaway. So, to win this giveaway, we have very specific instructions. I promise they're easy, but they're specific. There's an order to them that I'm going to be posting first and foremost on my Instagram story. If you follow any one of us, then you will see that we're all posting the same Instagram story. So, as long as you follow someone's instructions, you're going to get it right. I'm also going to make this Instagram story a highlight in case you miss it, in case it expires within 24 hours and you're listening to this episode maybe later on in the week. That's okay. It will also be in the show notes as well. So, read those and pay extra close attention. Just follow the steps, follow our Instagrams, and then let us know that you entered. We will be choosing a winner on August 12, which is seven days from this airing. It's not exactly a week from today, but it's a week plus one day. We're so freakin' excited about this and we cannot wait to see who wins. Now, without further ado, let's dive into today's super fun and exciting episode.



Lauren Eliz Love 05:34

Welcome to the Sisterhood Podcast Episode.



Ashley Gordon 05:40

I think it'd be kind of cool if we all introduce ourselves, so everybody listening, no matter what show. There are six different podcasts that this is airing on, so maybe we just take a moment to introduce ourselves so you can hear our voices and know who's talking.

K Kathrin Zenkina 05:53
Lauren, you go first.

L Lauren Eliz Love 05:54
Okay. Hi, I am Lauren Eliz Love. I'm the founder of Business. Babe, and yeah, that's me. Hi.

K Kathrin Zenkina 06:02
Hi, I am Kathrin Zenkina and I am the founder of Manifestation Babe.

A Ashley Gordon 06:10
Hi, I'm Ashley Gordon, and I am the founder of Badass Manifester.

S Stephanie Bellinger 06:15
Hey everyone, I am Stephanie Bellinger, aka The Spiritual Boss Babe.

D Dr. Stephanie Burgos 06:21
Hi everyone, my name is Dr. Stephanie Burgos and I am Healthy ER Doc.

J Jen Casey 06:26
Hey guys, Jen Casey, here; brain-based Business Coach. You can find me at @HeyJenCasey.

L Lauren Eliz Love 06:32
That was solid, you guys.

K Kathrin Zenkina 06:35

For the start, that was perfect.

L Lauren Eliz Love 06:37
So, I think before we begin, we should all just kind of hold space to answer the big question that everybody asks us, which is, "How did you guys meet? Who's known each other the longest?"

K Kathrin Zenkina 06:50
I know. I feel like it's Lauren and Jen.

J Jen Casey 06:53
Yeah.

K Kathrin Zenkina 06:54
Do you guys want to share all the crazy synchronicities of how we met? Starting with just the first individual relationships, and then how we started grouping together? I think that'll be great.

L Lauren Eliz Love 06:54
Yeah. Oh my God, yes. It is very divine. I look back on it and I think, "Spirit was working through us," because that was not planned.

K Kathrin Zenkina 07:16
Yeah.

L Lauren Eliz Love 07:17
Yeah, Jen, you go. You share this story because this is wild.

J Jen Casey 07:21
Okay, so back in 2007, Lauren and I had both just graduated High School and we didn't know each other. But it turned out we had a lot of mutual friends in common. We were

both on the New York City subway with our moms, on our way to audition for a musical theater spot, or whatever it was - the Musical Theater Program at Marymount Manhattan. We're on the subway; my mom is a hyper extrovert. She sees two other random people on the subway who look like us - Long Island Mom who doesn't look foolish on the subway. She says, "Hi, hello. How are you? Are you also going to the audition?" And I am dying inside, thinking, "Oh my God, why are you talking to people? This is so embarrassing." So, the moms ended up becoming friends. It turns out that we are going to the same place, and our last names both started with the letter C, so we were literally sitting next to each other the entire day, for the entire audition process. It turns out that we knew a bunch of the same people and ran in similar circles. I think we became social media friends; that was the early baby days of Facebook.



Lauren Eliz Love 08:32

Yeah, we must have but we didn't really communicate or contact each other after that. I feel like we just kind of followed each other, and that was it, right?



Jen Casey 08:40

Well, I remember reaching out to you and asking you, "Did you get a letter yet? Did you find out?" But after that, we didn't talk for years. Cut to 2015, I had already been dabbling in the world of entrepreneurship - not even dabbling, I was growing a business at that point and had been since 2011. I see mutual friend sharing a picture of this girl who kind of looks like Lauren, but has really short hair with a cool, spiky, cool look -



Lauren Eliz Love 09:08

Yeah, I had a pixie cut back then, okay?



Jen Casey 09:10

Yeah! You rocked it. I remember thinking, "I know that girl. Wait a minute, that's the girl from back in the day." I liked a couple of your posts, started following you at @WhatIsPerfection.



Lauren Eliz Love 09:22

Yep.



Jen Casey 09:22

I remember, I don't know, we were in a couple of weeks of liking and commenting on your stuff. You DM'd me on Facebook and said, "Wait a minute, how do I know you? Why do I know you?" And that became a friendship. We started jumping on calls. I think this is important to mention, because so many people look at where we're at now, or the relationships that we have now and say, "Wow, they must -" No, we were literally random. Nobody's in the online space. We're not making legit money. We barely knew what we were doing. We'd be getting on calls trying to figure out how to set up MailChimp, and we had to YouTube it.



Lauren Eliz Love 10:01

Remember when we did a marketing email strategy with fucking post-its on a poster board? That was ridiculous.



Jen Casey 10:03

It was crappy as hell. We would get on Zoom calls once or twice a week, and just brainstorm and teach each other what we were learning. It was really beautiful. I remember at one point, you ended up coming out to where I used to live on the island, and we met up at a coffee shop. And then another time you came over, and we did a whole photo shoot. So, it was just this evolution over time of us really showing up and supporting each other, when we were exhausted, hustling, and had no idea what the hell we were doing.



Lauren Eliz Love 10:38

Yeah. It was wild. And we've just been friends, helping and supporting each other ever since. And then we were at a Mastermind, or something. Where were we? We were at Tony Robbins', and we met Kathrin and Steph. Can you guys share how you connected? Because I don't even know if I know that story.



Kathrin Zenkina 10:56

I think that that's the second-longest relationship, because that's been - what, almost seven years, Stephanie? I was once in college and I was scrolling on Instagram. Actually, how I found Stephanie initially was through some other account that I was following. The account shouted her out, saying "Follow this inspirational Emergency Medicine doctor, who's also all about fitness." I was studying to become a doctor at the time, and I

remember thinking, "Oh my God, I have no excuses. I found someone else who's doing what I want to do. Now I have to get fit, go to medical school, and do all these amazing things, because look at her." And so, I remember following Stephanie. I think your Instagram handle has been the same.

D

Dr. Stephanie Burgos 11:45

It's been the same from the beginning - @HealthyERDoc.

K

Kathrin Zenkina 11:47

Yeah, so I followed you and then you made a post, one day, sharing about this business opportunity. I was a broke college student who was obsessed with fitness, and I have heard of Beachbody programs before, like P90X, T25, and some of the programs that you were doing and talking about. I was like, "Oh, she's doing these at-home programs." And then, one day, you put a call out, looking for coaches. I sent you an email and you sent me information back. I just went, "Oh, no, this is not for me." I remember freaking out for a split second and waiting a couple of days. And then, one day, in the middle of the night, I just couldn't stop thinking about it. I kept telling myself, "Kathrin, you have to sign up for this." So, I finally signed up for it. Stephanie became my upline, and then she became my mentor. I basically did everything Stephanie would tell me to do to grow my Beachbody business and to really introduce me. She's the one who introduced me to the world of entrepreneurship. We officially met at the very first summit after I signed up, and then I met Luke there, you there, and we've been close ever since. Stephanie's been the one person who believed in me when nobody else believed in me. She was the one who said, "You have to go to this guy named Tony Robbins. You have to go to his event." And so, she started me on that journey. We ended up going to a couple of Tony Robbins' events together, where we then met Jen and Laura for the first time, but we knew of each other online at the same time. So, that was our official first meeting, at Date With Destiny.

L

Lauren Eliz Love 13:34

I remember because we had to split up in different sections, you and Jen were close to each other in the same area. When I went to talk to Jen, you were just sitting behind her. I said, "Oh wait, I know you! You're that girl who runs that other group." It was just really synchronistic and beautiful. That was freakin' cool. I think, too, Stephanie, you and I, when we connected - Stephanie Bellinger - it was because we identified each other by Facebook groups, right? I think that was really a big part of that.

S Stephanie Bellinger 14:03
Yeah, I think I actually knew Kathrin before you. I knew Kathrin from a different group. We were in all the groups, me and Kathrin - were in all the freakin' groups. I think we were all freakin' Beachbody Coaches, pretty much all of us. But I remember meeting Kathrin in one of the Facebook groups, because we both did Beachbody. We were also trying to grow our coaching business. I'll never forget that conversation we had on Facebook Messenger, where we were both talking about, "Oh, I want to make a manifestation course, but I also still wanted to do the Beachbody, and I don't know how to do both of the things." I don't know, we just had this conversation, but we kept following each other and kind of watching each other do our thing, but we didn't meet yet until a lot later - actually, until I was with you, Lauren, I think that was the first time -

L Lauren Eliz Love 14:54
At the Tony Robbin's event.

S Stephanie Bellinger 14:55
Yeah, at Tony Robbins'.

K Kathrin Zenkina 14:56
Of course it's Tony!

S Stephanie Bellinger 14:58
It was crazy. And then Lauren, I met you online. I feel like I messaged you to talk about having you on something in my group. I wanted to have you on one of the little videos - I did these little interviews in my group a long time ago. I don't know. We got in a car, and we started - I don't even remember, really, but I feel like we clicked pretty quickly.

L Lauren Eliz Love 15:21
We did, yeah, we clicked really quickly. Not everybody knows this, but Stephanie can make me laugh until I cry. There's just something about her energy when she gets this one unique state of her own personality, where I'm fucking dying. I just love that about you. I was like, "I need this girl around all the time." Remember when we were in NLP?

- K** Kathrin Zenkina 15:44
Oh my God, yes.
- S** Stephanie Bellinger 15:47
So, we were in California, where marijuana -
- K** Kathrin Zenkina 15:49
In the car dancing?
- S** Stephanie Bellinger 15:51
It was too much! And this guy in the car was wearing a wig. Did we tell you guys this? Wig man?
- K** Kathrin Zenkina 15:58
It was ridiculous.
- L** Lauren Eliz Love 15:59
Oh my God. Okay, that's a story for another day, but basically, Stephanie made me almost pee my pants in the middle of the lobby. I was laughing so hard. So, yes, we were at NLP. Speaking of NLP, Ashley, you met -
- A** Ashley Gordon 16:12
That's where I came in!
- J** Jen Casey 16:14
Oh yeah, that's where we all met.
- A** Ashley Gordon 16:17
Well, Jen and I met first. Jen and I ended up at the same NLP training - Prac-training - and it was interesting because I've followed every single one of you before I ever met you. So, I am a really fucking amazing manifester. Because - hello! So, Jen, I listened to all the

time and I followed her on Instagram. She posted that she was going to this NLP training, and I messaged her, asking, "Are you going to the one in Philly?" And she's like, "Yes."

J Jen Casey 16:57
Wait, before that we were on Instagram Live.

A Ashley Gordon 17:00
Oh my God, I forgot! Yeah, you were live, and you said, "Who has business questions?" And I was like, "Screw it, I'll just join her on the screen." So, I joined her on the screen and we had this really high vibe interaction. She blew my mind, and then I saw that we were going to the same training.

J Jen Casey 17:19
I was posting about, saying, "Cramming and trying to get these 40 hours of training in before I go to the live!" You messaged me and said, "Wait, are you going to the one in Philly?" I said, "Yeah."

A Ashley Gordon 17:31
I was bugging out. I was like, "Oh my God, I'm going to meet Jen, this is crazy!" And we just hit it off right away. As soon as we met, we were just super connected.

J Jen Casey 17:43
And so you guys understand how bizarre this is? There were 10 people in the class. Or was it eight?

A Ashley Gordon 17:52
It was small.

J Jen Casey 17:53
It was like eight or 10 people, including us, in this teeny, tiny random place in Philly; this random hotel room with no windows. We had the most interesting, eclectic group. It was us and maybe one other person who was around our age and kind of in the same circles as us. Everybody else was just kind of doing it for fun, as opposed to really doing it to grow

a business.

- A** Ashley Gordon 18:21
I just felt like the universe - obviously, the universe wanted us to be connected and be friends. And so, we both signed up for Master Prac, which is a two-week training. And so, we flew to LA together. We had an Airbnb for two weeks. The day that we got there, Lauren and Steph Bellinger were finishing their regular prac. Who else were you with?
- S** Stephanie Bellinger 18:49
With Dianna. And we did Karaoke.
- A** Ashley Gordon 18:51
Cassidy was there too!
- S** Stephanie Bellinger 18:53
Oh my God, so weird.
- A** Ashley Gordon 18:55
Shout out Dianna, shout out Cassidy! So, I met everyone. I met you guys that night, and then we went to karaoke and I sang in front of all of you.
- S** Stephanie Bellinger 19:05
Yeah, we all sang!
- L** Lauren Eliz Love 19:07
Ashley, you were my favorite. I wanted to tell you.
- A** Ashley Gordon 19:11
If you guys want to know what I sang, I sang Valerie.



Lauren Eliz Love 19:16

It was just how fully you play it. I watched you in awe not give a shit what anybody thought of it. You were like, "Vaaaa-lerieeee!" You were just owning it, going back and forth. I was so there for every part of it.



Ashley Gordon 19:32

Well, that was your first impression, but are you really surprised, now that you know me?



Lauren Eliz Love 19:36

Well, my first impression, I was really resistant to you. There was a whole - Ashley and I had a conversation about it when I saw her the next time. I said, "I gotta tell you, I'm so sorry if I was not appropriate." I had wounds around sisterhood, and when Jen entered her chapter of business and started socializing with this other girl, I felt like she wasn't going to be friends with me anymore. And so, Jen was friends with Ashley, and I thought that she's not going to be friends with me anymore. I was so scared of that, and I fearfully put a wall up with you. But after Valerie, my heart was open.



Kathrin Zenkina 20:14

I love this girl. I was just going to say, before we dive into talking more about the sister wound and what we do together, we just shared how we all met individually, but how the frick did we come together, the six of us? A lot of people are asking what that decision factor was, and how we knew it was the six of us. I feel like a lot of people think that this was all so pre-planned, that we just chose each other and said "This person is in, this person isn't in," when in reality, we ended up going to Austin as our first girls' trip. It was really a trial run. It wasn't like we decided that we are going to stick together, and that this is the Sisterhood and that we are going to go on these quarterly trips forever on forward that we have done since. I just want to speak into the magic of putting ourselves out there and just giving it a try. I also want to get into our histories, if anyone has a personal history of doing this before and things maybe not working out, or things working out, and how things can evolve into what we have today. Does anyone have anything to share about that?



Lauren Eliz Love 21:34

As you were mentioning that, I have to be honest, my mind's really blurry. I don't remember how that decision came; all I know is that I really wanted friends.

D Dr. Stephanie Burgos 21:49
I do remember. I remember that what happened - and I can't remember how you and I, Lauren, connected outside of Tony Robbins', but we had connected. I remember we talked about coming together with Kathrin in a girl's trip. From there, I remember putting it out there and then nothing happened. And then, I said "Hello, are we going to get together again?" Because we all have such full schedules, and so just really setting the intention and staying on top of it. And then we finally decided we were going to meet. We decided it was going to be Austin. I remember, Lauren, you asked me - because I think at the time, it was supposed to initially be myself, Lauren, Kathrin, and I think Jen. Someone then said, "Can we invite Ashley and Steph Bellinger?"

S Stephanie Bellinger 22:42
And also, me, Lauren, and Kathrin were planning on something too, before that as well, way back in the day.

K Kathrin Zenkina 22:48
And it didn't work out.

L Lauren Eliz Love 22:49
And Jen and I were planning something as well.

K Kathrin Zenkina 22:52
So, we were all planning it.

D Dr. Stephanie Burgos 22:54
So, finally we were all able to connect, and I think that's when we decided on Austin.

L Lauren Eliz Love 22:58
And we did it, with detachment, like Kathrin said. We were like, "Our souls are calling us to have more sisterhood. Let's all get together and let's see if it works."

S Stephanie Bellinger 23:09

It was perfect. It was so aligned. Seriously, when you guys came to Austin, I was like, "Oh my God, you guys are finally here. I've been waiting for you." It just felt so natural, like we all just melted into this awesome sisterhood and bonding. It literally felt like we were in some freakin' vortex or portal.

 Kathrin Zenkina 23:37
Yeah.

 Stephanie Bellinger 23:37
We are.

 Kathrin Zenkina 23:38
We've never had to push things. We've always been pulled together. For anybody listening, I think that's something to look out for. If there is a group of people that you feel pulled toward, put yourself out there. Like we said, we have invited each other to multiple things and things didn't work out, but we didn't give up. We just kept being pulled towards one another, and that's how this whole thing came about; just listening to that call, and all six of us agreeing to seeing what could come out of this. Austin was obviously a hit - it was a success. And we've gone on how many trips since then? How many trips has it been since Austin?

 Jen Casey 24:21
Four, or three?

 Stephanie Bellinger 24:23
Three, for you guys; I think it was two for me.

 Kathrin Zenkina 24:26
What I can't believe is that it's only been a year.

 Lauren Eliz Love 24:30
I know! Hold on, Kathrin, can you just go back and say "Great success" in the Borat voice?

K Kathrin Zenkina 24:36
Oh my God. "Grrreat success!"

J Jen Casey 24:41
I was going to also add that Austin was, in a sense, our trial run of it; but we had all of us in different combinations come together and rooms for different events. Ashley and I had done the NLP stuff together; Lauren and I were always going to the different Tony events together.

A Ashley Gordon 25:00
Lauren and I did a lot.

J Jen Casey 25:01
You guys did events, and then we would run into Kathrin who was with Stephanie at the events. So, we kept seeing each other. I think me and Kathrin, especially, for four events in a row we came together. I think you, Lauren, were there for some of them, and then Kathrin and I spoke to you. I was seeing you every couple of months, and we really only met on social media. Well, I had taken a screenshot of your Instagram in 2015, which is a whole other crazy story.

K Kathrin Zenkina 25:34
And we joke about it every time we do something like Ayahuasca or Kambo. We look at each other and say, "Did you ever think that day that you took a screenshot of my Instagram, when I had less than 1000 followers, that three years later this is what we'd be doing together? Puking in a bucket and looking at each other?"

J Jen Casey 25:56
I actually forgot that I took this screenshot. It was back when I was in Beachbody. I think it was 2015 or 2016. I was in Cancun, and none of my team members from Beachbody were there. I was just looking up #Cancun2015 and I see this girl, Manifestation Babe, who had 980-something followers. I loved her posts and said, "I'm just going to take a screenshot of it." I didn't take a screenshot of anybody else's; I completely forgot about it. After Kathrin came on my podcast in December 2017, or maybe it was 2016, I had an issue with my computer where I couldn't open my photos. I was really pissed because I wanted to access

my picture, so I went to the Apple store, and they said, "We're going to have to re-upload the new app for you." When they uploaded or created iPhotos 2, it re-imported all of my photos, but in a different order. In the top row of the pictures scrambled out of order is a picture of Kathrin's Instagram. I was like, "Whaaat?"

L Lauren Eliz Love 27:01

How freakin' divinely guided have you been through this entire freakin' process?

J Jen Casey 27:06

And then I didn't know if I should send it to you because it felt really crazy. It took me three months of us continuing to be friendly, and chat here and there, for me to finally send it to you and realize, "She probably would want this. It's pretty cool to have a screenshot when it was so early on." You had just created a Manifestation Babe and were stepping into it.

K Kathrin Zenkina 27:31

That's my own personal little motivator. I think I ask you to send it to me every six months, because you just have it. I somehow keep losing it, and you just consistently have it. Lauren, what you just mentioned, how divinely guided it's been this entire time, I think as I'm hearing more and more of these stories, as we're putting them in one place, I realize, holy shit, this has been conspiring for so long.

L Lauren Eliz Love 27:57

In our favor.

S Stephanie Bellinger 27:59

Seriously, it's really interesting. I even remember a conversation that Kathrin, Lauren, and I had when we were planning to do an event together. A lot of things came up around different conversations in that. It was definitely meant to be for all of us. It's still fascinating.

L Lauren Eliz Love 28:23

I feel really blessed. I feel super blessed. I didn't meet Kathrin or Steph Burgos at all until Austin, so it was really cool that you guys just welcomed me in. It was amazing.

K Kathrin Zenkina 28:44
Yeah, that was the first time I met you, Steph, too.

S Stephanie Bellinger 28:46
Yeah, in Austin.

K Kathrin Zenkina 28:50
We all clicked.

A Ashley Gordon 28:52
So, Lauren started a group chat before the Austin trip, which was our first trip. She was in the group chat saying, "You guys, this is going to be life-changing! We're going to have the best time ever. We're going to be best friends!" I was thinking, "Whoa, that's aggressive."

L Lauren Eliz Love 29:11
I just kind of knew.

A Ashley Gordon 29:14
She was right! A couple of days in, we were saying, "Lauren, how did you know?"

L Lauren Eliz Love 29:24
I just forced it.

D Dr. Stephanie Burgos 29:28
Yeah, I'd like to share just because I feel like for me, I had a really unique experience coming into the first Austin trip. I felt like I had a lot of just apprehension, fear, and self-doubt coming into this Austin trip just because I admired all of you. When Ashley was talking about meeting us and saying that she manifested all of us, I admired all of you and just didn't see what - I share this especially for people who are out there looking for like-minded individuals, sometimes you may look at other individuals and feel like you don't measure up or like you don't have anything to offer. I remember thinking that. Here I am as a successful physician and having a successful business, but it was nowhere near to the

success of you ladies. I remember that being a total challenge for me and my mindset. I felt like I didn't have anything to offer to you ladies. I had a lot of fear coming in and not feeling like I belonged. At that time, I think I was valuing how much money I was making, and it wasn't what the things that I was valuing at that time. I just want to thank you guys because you were with open arms. I'll never forget it; I can't remember who said it, but someone said that it wasn't about how much money you make; it wasn't about your success level; it really was about almost how open you were to expanding your consciousness to growth. I think that is priceless. I remember, one time, I went to a medium about this; here I am, a Western Doc, totally hyped on going to mediums, and I'm talking to all these other types of individuals and alternative medicines. We talked about this, and she said, "You have to realize that when you are working on yourself, and your spirit is vibing so high, and you're really running at that high frequency, your spirit is putting out a frequency ahead of you, before your mind or your ego." Our ego is where we have our limiting beliefs, and so our spirit is putting out that frequency. I know that my spirit put out that frequency, which attracted you beautiful ladies. And so, just for those listening, realize that as you're working on yourself and developing yourself, your spirit is ahead of you, trusting in your higher-self and trusting in what you're putting out there; knowing that if you have certain people that are crossing your path, and they're amazing, and you're just like, "Wow, how am I even in this group?" I want to encourage you to see yourself worthy of that group. Because you're there for a reason.

L

Lauren Eliz Love 32:18

There's a point I just want to add to this. In our journey of ascension or growth, we have our body, mind, and spirit. Our process of waking up is really about moving out of the body, into the mind, and then eventually, into the spirit. I think when you're in the body, your ability to have a seat at the table is based on how much money you make and how successful you are. When we move beyond that, all of us came together at a time where we were in our spiritual - we were ready for, what you said, conscious expansion. We were ready to expand our consciousness, tap into something bigger, look at our shadows, and do the work. That seat at the table is just about being willing, and being able to support one another, see each other, and hold space for one another in the process. I think that's really what's so beautiful about our group. Any of us could be making a dollar, and I would still say, "Get your fucking ass to our next trip." It has nothing to do with that. I love you, it has nothing to do with that."

S

Stephanie Bellinger 33:20

I also think that a big part of the reason why we've come even closer and closer, aside from the willingness to show up and do the work on ourselves and our own growth, is the

actual work that we're doing, with the breath work, the plant medicine, and the this and that. Being there for each other doing and that sacred work literally weaves such a powerful container. I knew from the first trip that we were literally going to be freakin' soul sisters. The level of the depth of the work that we're doing - and the fun, obviously, it's not just work, it's also fun - that we're having together just tightens that container so much more. We all come together, and our energy and aura amplify each other's. Every time we get together, it's like we're in this vortex. We're doing this work. We're freakin' puking into buckets and shit; we're dancing and having fun. We then have all of this new fresh insight and totally new vibration, where you literally go home in a different reality. It's like quantum leap status because of our collective energy, intentions, and the work. It's so cool. I'm so grateful.

K

Kathrin Zenkina 34:40

What I wanted to add to that is that we've really popularized masterminds up until this point. You always hear about mastermind; everyone's joining a mastermind. I think masterminds are awesome, but they're really based on what Lauren said - at least most of them, which is how much money you have, how much money you want to make, what your audience size is, where you are in business, and what your business goal is. What's so funny about our group is that I've learned that there's a difference between a Mastermind and a Sisterhood. It has nothing to do with gender because I can see guys doing this; I could see boys and girls doing this together. It has nothing to do with gender. So, when I say sisterhood, it just means a community of like-minded souls that are ready for expansion together. I really learned what this is truly about, just based off of the fact that we never even talk about business when we're together, when a lot of people think that's what we do; that when we come together, we're brainstorming, talking about business, and helping with business growth. But I have never come to the group expecting us to talk about business. We never talk about business. What ends up happening is that we end up doing this inner work; we end up holding space for each other; we end up doing the plant medicine, the breath work, the "just sitting around, lounging around, and eating snacks." Or we go to the crystal shops, or we go to get tea, or whatever it is; that's all that we're doing. But because we're holding space for each other and for ourselves to do the spiritual growth, I have seen that directly correlate with my business, that when I come home, I'm so much more rejuvenated and energized. I have more ideas, and I put so much more back into my business. And I didn't even have to talk about business at all. I just wanted to speak on that, because I know that some of us have gotten DMs from people asking, "What are the qualifications to get into this group?" We don't even know the qualifications. It's not something that you can qualify. This is just a group that came together that wants to expand their consciousness in a place that feels safe, and a place that's growth-minded, and a place that is filled with love. That is a Sisterhood.

J

Jen Casey 36:53

One of the questions that we've gotten a lot is, "How do you attract sisterhood?" Anytime we share pictures of us on Instagram, we get questions like, "Where do you find it? How do I get that? How do I create that?" I can't necessarily speak to the strategic part, as you heard all of us sharing, we don't really know; we manifested in. But I will say, from an energetic standpoint, growing up, I personally had a lot of wounds around women and around sisterhood. I highly rejected the concept of being in a room with more women-to-men ratio. In High School, all my closest friends were guys; I got burned a lot. It wasn't until I was actually in Network Marketing, I remember reading a Jensen Cero book, and she was talking about her rejection of this divine feminine. That was when it clicked for me. "Oh, you're trying to build a network marketing team of women, and you're scared of women. No wonder this isn't working." It seems very obvious now. And so, I've done so much work over the last couple of years, just around healing those wounds and really finding and connecting with, and manifesting friendships; some had similar wounds and we've helped each other heal in many ways, and some never experienced that, and they also showed me an example of what healthy relationships look like in a different way. I know 1,000 percent that those wounds are healed, or almost completely healed compared to how they were. People say, "Well, how do you know that?" Based on this group; based on the other people that I have in my community, and the other women that I'm connected to. I would not manifest such loving, healthy, abundant female relationships, if that were still in my vibration. And so, if you're in a place listening to this, where you've maybe got some stuff that you haven't really been processing and dealing with, and you're not attracting the types of relationships in any facet that you're that you're wanting, that really is the first step. Through the process of going inward and healing those relationships, that was when I started going to Tony Robbins', and that was when I was hanging out with Lauren, and meeting Kathrin and Stephanie in person, and going to NLP training, and meeting everybody. It came together and all of those things manifested because I took action on the desires that I had. The desire started from healing myself; from doing the work on myself; and through that process of releasing all of the old stories, you guys were right there doing your own individual work, but right alongside me, and it all just came together.

K

Kathrin Zenkina 39:28

So, we want to speak on our individual - or just whoever can speak on this - what our own wound healing looked like. I know some people are going to ask for tangibles, like "What is a tangible thing that I can do to help me heal this sister wound?" I've been sharing with you guys my download and breakthrough around the witch wound. I bought this book called Witch, and in this book, it talks about how in the Medieval European times, women were basically being killed and prosecuted for being witches. There are huge witch trials

happening all across Europe. Something where the sister wound really comes from, if you want to look at it from that perspective, is the fact that women were given protection if they were to out other witches. And so, women were starting to turn on each other. Mothers would out their daughters, daughters would out their mothers, sisters would out each other, and neighbors would out each other. It just created this distrust that has manifested for centuries and centuries - they say up to 3,000 years now. And so, this wound exists in all of us, and it runs so deep, but I think that - as Jen said - we're proof that it can heal. This sisterhood is proof that it can heal. It can be healed, and we can manifest the relationships that we absolutely deserve because when the Divine Feminine comes Together, magic happens. What are some of the things that you guys did to help you heal this?

A

Ashley Gordon 41:07

I just wanted to add to everything that you guys are saying, before I get into that, and that is - just to go back to what Lauren was saying. My journey was a little bit different. When Lauren first met me, she was very resistant to me. And then when we were at Jen's engagement party - her surprise engagement party - we sat down at the table, and she just came out and said it. She said, "Hey, listen. I just want you to know -" she said it in front of everybody at the table, which was perfectly fine. I love you for that.

L

Lauren Eliz Love 41:37

I'm so sorry!

A

Ashley Gordon 41:38

No, it was great! She said, "I just want you to know that I was super resistant to you." She just went on and on about it. She said, "I didn't like you when I first met you," and she told me why. She was trying to protect Jen. I spoke my piece, and I said, "Listen, thank you for letting me know that. I would never do anything to hurt her. I'm a good person." And you said to me at the table, "I grew up with not having any girlfriend, and that wound was really strong for me." I was the polar opposite, where I grew up with really deep, good connections. I had good females in my life, and I still have them in my life. But the way that it shows up for me is that just because I have sisters that have always been in my life, it doesn't mean that they always understand me, or that we have the same belief systems. We have very different belief systems, but I still consider them my best friends. And so, my desire and energy were crying out, "I want sisters that fully understand me and fully see me for who I am." And it doesn't mean that my other friends don't, but it's just different. Sisterhood is one thing, and then there's Like-minded Sisterhood. That's another thing for

me that I've been really thinking about. So, I just wanted to put that in the space. As you're listening, you might identify with our stories in different ways of the wound, and how it can affect you. For me, it was very much the belief system of, "I just want people to understand me," and maybe that's the same room that you guys have, too, but it shows up differently for me.



Lauren Eliz Love 43:25

I love that. I think one of the things I admire most about you, Ashley, with your relationship dynamics is that when we go out and there's another woman in our environment - whether it's a mom waiting in line with us at a coffee shop or whatever - when you talk to her, you're so open. Your heart is just cracked open. It's very cool for me to watch because I'm not like that with women. You put a dude in front of me in the coffee line, no problem, but a girl? I get very scared right and uncomfortable. Ashley is so open, that for me, I didn't know how to receive that, too. That's also part of it. I thought, "Okay, I could be like that? Wow, I didn't know that was possible." For me, my sister wounds ran really deep when I was in Grade School. This boy who was dating a popular girl; the popular girl went on vacation, and he kissed me at the water fountain. And so, I was a slut, right? This is where my wounds around being sexual are so deep with the whole conversation. All of the girls in school who were in that social circle wrote me letters, and on the next day of school, they each handed them to me individually saying that they were breaking up with me, and that I wasn't allowed to be friends with them anymore. Overnight, I went from being somebody who had a good group of people around her, to having absolutely nothing and sitting at the cafeteria table alone, and not having anything to do at recess. It was really challenging. In High School, I had a lot of situations where girls would talk behind my back, or my boyfriend cheated on me with my best friend. Stuff like that kind of piled on to this belief of "You can't trust women. They're never honest with you, but they're honest about how they feel behind your back. And it's never nice. So, you can't be friends with women." That was this belief that I kept building on. Again, what Jen said, in my business when I tried to land sales with people, and I was trying to make them feel safe; meanwhile, I didn't feel safe being open with other women. It was nearly impossible for me. So, I knew early on that was work I had to do, but I didn't do it. I did it from a space of, "I'm the coach, and here's my heart, and you're the person coming in." There was a bit of a different dynamic with that, but with friendships, I started to do it around the time that you guys showed up. One tangible thing - I have to find the journal, it's somewhere. I actually wrote out a list of all the qualities I wanted in friends. I wrote, "I'm ready for sisterhood. I want women who are open in how they feel, and they communicate directly. I want women who are ready to do the work in their personal development. I want them to be successful. I don't want them to gossip -" that was a big one. I don't ever want that in my life. We've attracted this group that is just so sacred, where I don't think we'll ever do

that. We just love each other so much. I got really clear with the universe in specific on the qualities of the person I wanted to attract, and also the qualities in the relationship. Do I want that person to text me, 24/7? No, I don't really care about that. I do want somebody that if they call me and say, "I need help," that they're there for me. And so, the dialogue, the conversations, the way that we interact - I got clear on that, too. So, for anybody listening, get out your notebook and just start dreaming up that beautiful friend that you want to attract.

K

Kathrin Zenkina 47:04

Can I add to what you shared, Lauren? Because we have very similar stories. The whole thing in High School; I used to be called a slut; I created so much drama with so many boyfriends, by not doing anything and just being me. It was very confusing. I literally did not do a damn thing, you guys. Way before I lost my virginity, there were rumors being spread that I'm sleeping with all the guys in the class. They were just crazy stories, although I didn't do anything. It was very confusing for me. I think that very similarly to you in creating a list, I have had a picture of these women laughing together on my vision board since my first vision board at 16, so that's been very consistent, on all my vision boards. I think my last vision board still had it; it no longer has it because I live that in real life now. Something else that I wanted to add to what you shared is that you list all the qualities, but then here's the risky part: You have to be those qualities, first. So, if you want women to trust you, you have to trust them. If you want women to love you unconditionally, you have to learn to love them unconditionally first. And so, it comes with the action that you're going to take, and guess what? Through that action is risk. You might get burned again, but you have to be willing to change that belief system by taking that action first. You're not going to get the evidence until you do it. Once you do it, and keep doing it, and keep working on that belief that you do deserve this sisterhood and these relationships, and that you deserve to have this unconditional love between you and other women, then it's going to shift. Only then is it going to show up in your reality.

D

Dr. Stephanie Burgos 48:53

Yeah, I would add, just because it's so funny that we all have similar High School experiences. I had the worst High School experience, going to an all-girls Catholic High School. The girls were so mean; very similar. By the end of my fourth year, I was literally eating lunch by myself in the computer room, thinking everybody was always talking about me. It was really bad. So, I also had that wound of not trusting women, not feeling worthy, and not feeling accepted as I am. One thing I just want to add to that, in terms of being intentional about, yes, if you want women to trust you, you have to trust women; but another layer I want to also add is that for me, personally, my biggest breakthroughs

have come through the personal work; it has come through me really embodying self-love, and me embodying self-acceptance. That's a journey I'll continue on, and as we've all been on this journey, but it's part of it. I would say, it's the pillar of the work that you do on yourself. I think we've all been so open and willing to look inward. If you want a certain vibe around you, or if you want certain women or people around you, it truly does start with the work that you do within. And so, if you're someone who has a lot of these wounds, you could look inward and ask, "How much do you love yourself? How much do you accept yourself? How much are you looking for external validation from other people, when you need to look at it?" You need to receive that validation from yourself first. When you stand as that pillar and you have that self-acceptance, you're going to attract. That's when you're then going to attract everything that you've been wanting. So, I just want to say, it's focusing as well. For me, it's just been all the personal growth and all the personal development.

K

Kathrin Zenkina 50:54

So good.

S

Stephanie Bellinger 50:55

So, for me, I can relate to all of you guys. Seriously. Oh my God, I've had freakin' deep wounds around sisterhood. When I was growing up, I was super shy, quiet, and basically mute. I switched schools a bunch of times, and I only ever had a couple of girlfriends at a time. I don't know what happened, but they stopped talking to me - kind of like how you were saying, Lauren. They were just like, "Oh, we're not your friend anymore." Girls were really mean, and so, I just literally became a hermit and didn't talk to anyone. I sat by myself and was really quiet. A lot of betrayal stuff with women happened for me. I even had - I never shared this before publicly - two cousins that were like sisters to me. Literal sisters, and they both slept with one of my exes, both of them, while we were together. And so, yeah, it's really deep. That was one of the deepest wounds I think I've ever experienced as far as sisters and betrayal go. It wasn't until several years ago that I met my friend Cole, who is another soul sister of mine. She's literally the first female friend I ever had that actually showed me love; what love really feels like from a friend and a woman. I think because of that, and because of the work that I was doing on myself - at the time, I was very much into personal development. I had friends before that, but the depth wasn't there. She introduced me to the depth that a friendship can go; being open, loving, and all that stuff. But I set my intention before that. I think she opened me up to being able to receive other friendships in that manner, but I still had a lot of work to do around it. It's still an intention that I have to deepen my connections. This is actually intention that I recently set a lot in the last few months; it is to really deepen. I can

personally give people - all my friends - so much love, affection, and attention, but it's not always easy for me to let them see all of me. My closest friends do. But anyway, around that time, something I did that inspired me to create my Spiritual Boss Babes group, actually. I was like, "Oh my God, I know there are other women out there like me who have all these big dreams and they're on this journey of growth, and they must feel lonely at times, or just on their own, hustling and doing the thing. I want to create this group and bring them together." That's actually literally one of the things that inspired my whole freakin' business; bringing women together to empower each other. I would go into other different Facebook groups before I started my own, and I literally just wanted to give, spread love, and just create that. So, tangibles. I laugh because I'm so - but tangibles, for me, it was literally just setting the intention of wanting more connection and wanting to empower other people. I believe that the more that we can empower and give to other people, it's also empowering ourselves too. So, for me, that was huge. By me empowering other people, I was also empowering myself. I was giving back to myself as well, just like how you help people with things that you've struggled with. In doing that, you're helping yourself. And so, I would say set the intention. Put yourself out there in the form of complimenting other people, or genuinely connecting with people and telling people what you love and appreciate or admire about them. That's a great way to start making connections. Who doesn't like a freakin' genuine compliment? If you're following someone, or you're connecting with someone online and you really love the stuff that they're sharing, tell them; send them a message. I don't think that can ever get old for anyone. So, that's something that I would definitely start with, along with the intention and just putting yourself out there; even posting on Facebook communities, or whatever, is a great way. There are so many places where women like this, who are on a path of growth and expansion, come together. So, making a post that says, "I'm on this path and I want to connect with more like-minded people." Everyone's looking for it.



Lauren Eliz Love 56:26

Steph, what I'm hearing you say is that you literally created what you wish existed.



Stephanie Bellinger 56:32

Yeah, basically.



Lauren Eliz Love 56:33

That's literally what you did, which is so powerful.

- S** Stephanie Bellinger 56:37
That's so cool.
- K** Kathrin Zenkina 56:40
Do we want to talk about what we actually do on our trips? Do we want to share the BTS?
- S** Stephanie Bellinger 56:48
Behind the Sisterhood.
- L** Lauren Eliz Love 56:54
Disclaimer to everybody: On that Austin trip, I don't think we really had an itinerary. I think we just kind of -
- K** Kathrin Zenkina 57:03
Not at all.
- S** Stephanie Bellinger 57:04
We should have, though, because I want you guys to see more of Austin next time. There's so much that you have to see.
- L** Lauren Eliz Love 57:10
Stephanie wants us all to move there.
- K** Kathrin Zenkina 57:12
I do.
- A** Ashley Gordon 57:13
We chilled so hard.
- K** Kathrin Zenkina 57:15

We chilled in Lauren's house.

L

Lauren Eliz Love 57:16

It wasn't my house, you guys, but at one point in ceremony, I thought it was. I think we honor the inner child when we are together. I think that's a really big clear indication for me; there are so many different moments throughout our trips where we're laughing, playing, dancing, and being silly. We also honor our need to chill. I almost feel like there's a part of our trips that are very retreat-like because we're disconnecting from our day-to-day routine of work, and we're separating ourselves from our home computers, and we're being present. That makes a huge difference for me, coming back from our trips. We also don't force anything when we're together. When I look at our journey of exploring the medicines that we've been working with, we've really let that kind of unfold. I know, in Austin, in ceremony, we said, "We should totally go do Ayahuasca in Costa Rica." That was where we were talking after prayer. We said, "Yeah, we have to go do this." But everything just kind of unfolds based on what we're calling in and what we're interested in. So yeah, I just want to be clear with people who are wondering about that. Whoever would like to go next and share some of the details of our trip.

K

Kathrin Zenkina 58:35

As you were talking, all I could remember was Melinda in the UFO tour.

L

Lauren Eliz Love 58:42

I gotta send James Wedmore a bill for that because that was rough. "Here's my hourly rate, please pay me for my time." No, she was quirky AF.

K

Kathrin Zenkina 58:54

We just do whatever we feel like doing. If we're in Sedona, we go to the UFO tour; we go to the crystal shops; we go hiking; and we really do honor the chill. I have to say, the best chills I've ever had was with you guys, just all on the couch, lying down, talking, eating, and not doing anything. I think that's why I come back so rejuvenated. We don't make it this thing where, even though we love, honor, and ask for an itinerary from Lauren, and she makes us these itineraries, we also know that it's subject to change. We don't make it this masculine thing of, "We have to do all the things, we have to check it off. We have to be here at this time, and that time." I think we really honor the feminine when we're together, and that's what I appreciate the most. We really honor the flow. We sit in that flow and make decisions from that flow. The coolest things come out of it. For instance, our Kambo

Ceremony was not on the itinerary. It was the highlight - for me, at least - from our Sedona trip, of going through that ceremony together; going from not even knowing that we were connected, to the person who connected us to the Practitioner. We didn't even know she was there, and how we met her randomly. Cassidy at ChocolaTree, and how that manifested into, "Wait a second, she knows the person who does Kambo that Stephanie was telling me about earlier, that she knows somebody who can do Kambo in Sedona," and just how that came about. And that, of course, it was an eight-hour long thing that we just put in into this itinerary that was not there earlier. Every time I come home, I'm almost ready for more structure and support; I'm ready to go back into more of the masculine things because I've honored my feminine, and I can bring my feminine back into my business, and then balance it out with masculine. That's how I have these crazy business breakthroughs that come from a sisterhood trip that has nothing to do with business. So much magic comes out of it, it's crazy.



Ashley Gordon 1:00:56

And now Steph Burgos is back in Sedona doing more Kambo, having more ceremonies, and having this massive expansion. And so is Kathrin's - oh, can I say that? - Kathrin's mom.



Kathrin Zenkina 1:01:09

Yes.



Ashley Gordon 1:01:10

Your mom! That all happened. All of that is now transpiring because we were in the flow. We were in that divine feminine flow. We were meeting the right people at the right place at the right time. The ripple effect of that is exponential. Mind-blowing.



Kathrin Zenkina 1:01:29

Are there any questions you had, Lauren?



Lauren Eliz Love 1:01:33

Well, you guys really covered everything. I went back, because, for those of you listening, we actually held space on our IG platforms to ask you guys what questions you really wanted answered by us. I think we've done a really good job of speaking to that. I think one thing that people were asking is how can you feel safe around females. I think we've

done a good job of covering that one. I'm just wondering if any of you have feedback on that one as well.

A

Ashley Gordon 1:02:02

I'll just hop in there, and not so much on the safety, but more of in the realm of comparison, and how we don't compare ourselves to each other. But we actually see the beauty, the genius, and the brilliance in each and every one of us. And so, for me - and I'm sure for you guys too - this is what Anahata said, and it really resonated with me. She said, "Download each other's energy; the parts of each other that are more feminine, that you want to embody. Embody that by being in that energy. The parts of each other that are strong and confident, embody that by being in that energy." And so, each and every one of you has gifted me with your unique, energetic blueprint that I get to take home with me. And so, instead of comparing myself to each and every one of you, I can say, "Wow, I see her beauty, and I can honor and celebrate that." That's a big shift.

L

Lauren Eliz Love 1:03:09

I will speak, too, to that comment. I think it wasn't that I didn't ever feel safe with you guys. I think when you find your person, you know that you're destined to be in that energy. But there are a lot of wounds that resurface for me in our times together, that I have to pause and really look at. There was one - I think this was in Costa Rica with Stephanie Burgos - where I was trying to make a decision. I think I said to you, "Are you going to come back?" Because we were going to a hotel next door for a couple of days afterwards. I said to Stephanie, "I'm feeling really called to come back here in the morning to get my juices because I'm feeling so healthy. I want to honor this plan. I want it to continue to grow." I said, "Do you feel called to do that?" And she said, "No." I said, "That's fine. That's totally cool." But then she followed it up with, "Being healthy isn't just about greens and juices. You can have a balanced diet." I got so triggered by that; I got so upset, because I was thinking, "Oh my God, you don't think I'm being healthy. You think I'm doing something wrong for my body." And my mom used to be that way with me all the time. She used to always criticized what I ate, how I was listening to my body, and what I was doing. I felt sad, and I started to cry. Do you remember that moment? I was crying. There was another moment in Malibu where I felt like I was not able to speak my truth. I got uncomfortable and started to cry. I think one of the things - I don't know if you girls do this directly, and I don't know if this is just a perspective that I have in my head - but you allow me to slip up in the journey of having my shit together with you guys. There are moments for me where I have to pause and look at myself and say, "Why am I upset right now? What is this really teaching me? Why is this a wound for me?" Because the truth is, I should be able to receive that and say, "Okay, that's your belief. This is mine. I'm going to do my thing with my food

and my body." That moment was a great learning lesson for me, to just learn how to be in my power. And so, sometimes in friendships, you will have your shadow come up. It's really an opportunity for you to rewrite a story. The reason it's coming up, Stephanie was my healer in that moment. She was healing me; she was giving me a chance to rewrite something that has been programmed in me for a long time. So, those shadow experiences, you don't have to run from them; they're not something to be afraid of. They're opportunities to transform yourself.

D

Dr. Stephanie Burgos 1:05:47

I think the beautiful thing is that we all offer a space of no judgment. I think that's what I would encourage those listening. When it comes to safety, if you're feeling you want more safety, I encourage you to add into your practice the intention of not judging others, and just really embodying that, not judging yourself, and not judging others. You're right; in this container, we serve as mirrors for each other. Lauren, I remember that specific time in Costa Rica, because it took a lot for me to tell you "No." Usually, I'd say, "I don't really want to go, but I'll go with the group," but then I'm not in integrity with myself. And so, I think what's beautiful about all of us and all our beautiful experiences is that we are serving as mirrors for each other; we're holding that safe space where we can really learn from the triggers that at times may come up. At different times amongst our several trips, all of us have had certain things come up, where we needed the support of the group - or just the support of one of us - to really look at ourselves.

K

Kathrin Zenkina 1:07:07

We've definitely had councils. I remember a council in Malibu about certain topics. I'm so happy we're speaking on this, because I don't want people to think like it's all rainbows and butterflies, 24/7. No, we're doing healing work together, and that includes the shadow aspect. I remember things coming up; for instance, for me in the first trip in Austin, I was healing this aspect of me that didn't feel like it belonged. I felt like I was being placed on a pedestal that I didn't want to be on, and how that manifested, and how certain things were talked out; things would come up in future trips that would mimic something coming up from a past trip, and then us being able to recognize, "Wait a second, this is a pattern; this needs to be healed." I think what's important to know is that things are going to come up in the relationships; things are going to come up in action; and you don't know how they're going to come up until you're in action, until you're with these people, until they come up. And then you have to honor the fact that it's your own work to do. There's something being reflected; however you feel in this relationship, if you feel unsafe, that means there's something within you that is unhealed, where you need to feel safe with yourself, first and foremost, in order for that then to be reflected with safety, within the

relationship; and how these things are coming up for such a beautiful reason. I think that, together, we have healed so many incredible things that we wouldn't have even thought of healing if we were never to go on these trips; if we were just to keep going on our own individual journeys, isolating ourselves, and not forming the sisterhood. I really just wanted to speak on that; the fact that the shadow does come up, and that it's so beautiful when it comes up. We have this agreement with one another that we're not going to judge each other. I know that I was talking to Jen, when Jen and I stayed for the Mastermind in Sedona, we were at one of the cafes, I think it's ChocolaTree where we were co-working. I was talking to her in a stream of consciousness, just processing all these things, and telling her a lot of these things that I've healed through these relationships. One of the things is that for the longest time, I felt so uncomfortable - similar to you, Stephanie, how it took a lot of you to say no, and be like, "No, I don't want to do these things." I really honor the way Lauren, when she wants to go to bed, she fucking goes to bed. "Guys, I'm over it. I'm done. I'm going to bed. Good night, you guys figure it out." I really honor that because for the longest time, I was always the person who was like, "I'm just going to go with what the group wants to do," and whatever. Sometimes I am so easygoing that I, honest to God, just want to go with the flow; I don't care what the decision is, I'm going to go with whatever it is. And sometimes I want to say, "No, I don't want to do that," or "Yes, I do want to do that," or "No, we should do that." That's something that I've really healed with you guys that I wanted to speak on; you guys have given me the beautiful lesson of being able to say what I want to say, when I want to say it, and not be judged for it. It's been so incredible because now I've been able to translate this into my other relationships, into my business, and into my personal life. It's made a world of a difference for me, so I just want to thank you guys for that.



Jen Casey 1:10:28

And just to kind of add to that, like what Stephanie was saying before, we are all mirrors for each other. In doing such deep inner healing, of course, things are going to come up. Even recently, when we did Kambo, the facilitators were saying, "Things are continuing to release, and so things may come up the rest of day." When we did ayahuasca together in Costa Rica, I remember being there and getting triggered by things. But that was part of my healing journey; you guys were all connecting with all these other people, and I was like, "I don't want to talk to anybody. I don't have to even talk to people." I was being such a little baby about it. Just fucking talk to people, Jen! I was getting so frustrated with myself. It was interesting, especially this last time together. I felt a different energy in myself, and through that, I felt a different energy from all of you; where it was like something dropped in, for me, where there was not even a thread; there was not a single thought at any point in time of, "Did I say something wrong? Was that stupid? Should we do this? Should I do that? Do I look weird? Should I have worn this?" In the past, I had little

bits and pieces of those things come through. I share that with you guys because I want you to know that there's nothing wrong with you if that's happening; that was just part of, "Why does this continuously come up? Why am I still feeling other? Why am I separating myself?" And so, this last time together, it was really just such a beautiful experience. I also think when you find a group people who you can be that vulnerable around - and by "that vulnerable," I mean, talking about all the stuff under the hood, and then puking next to each other in buckets, sweating, crying, pooping your pants, and having all this crazy shit happen. You get to a point where you're like, "Okay, I'm pretty sure they'll love me no matter what," and you just have to receive that. I think that's a part of it too; being willing to receive that it's okay, and it's safe to allow these people in. To be in that space of receiving. If you're still not feeling worthy because of old wounds, that's going to create resistance around you fully being able to step into the space, and fully receive, and fully being able to give, show up, and hold space for other people. Even when people reach out asking, "How do I get into this group?" It's not about being exclusive, because that's something I feel very strongly against. No, it's really not about that. It's just that for us to feel safe - and for you, as you go on to create your containers - you want to find those people that you can continue to do the work with, so that you can all grow through this process together. It really is just a very specific space energetic container that we've built together over time through slowly peeling back these layers, doing this work together, and just building that trust in each other.

K

Kathrin Zenkina 1:13:26

In each trip, I feel like it builds and builds, where we get closer and stronger. It really does become this sacred relationship, where it's like we're all married and our marriage is evolving. That's how I feel, like we're growing in a marriage.

A

Ashley Gordon 1:13:46

I just want to say, before we wrap up, that if you're listening to this and you are thinking, "Wow, this is awesome. This is inspiring. This is my goal." Put these tangible tools in place; journal it out, like Lauren said; create what you wish existed, like Steph said. I can't remember what everybody said, but really do that. Also, if you don't have your sisterhood just yet, and you don't see where those mirrors are popping up, where those wounds are popping up for you, but you're looking at your life and looking back on everything that showed up over time, really start to identify what the belief is that's holding you back from connecting with people. Start there, if you can pinpoint that belief, and ask yourself how it's protecting you. Really get clear on that.



Jen Casey 1:14:35

I love how you just bring it all home, Ash.



Ashley Gordon 1:14:42

Thank you.



Lauren Eliz Love 1:14:42

Before we go, for anybody listening on any of the podcast platforms, maybe if you have a moment in your day, and there was a really big beautiful takeaway that you received from this episode, and you want to honor it, take a screenshot, share it on Instagram, and just post it. What is your big powerful a-ha! moment for this? Because here's the thing too; we, as women, have a responsibility to remove this veil that we have put in front of one another. We have a responsibility to say that it's safe to be seen in front of other women, and that we can love each other. That step further is really what's going to heal the planet. So, by you doing something as simple as saying, "I'm ready for sisterhood. This is what I learned from this episode," you're inviting your platform and your audience to also consume that breakthrough. You may very well attract someone who's like, "Yeah, I want sisterhood too! Who are you? Let's connect!" So, I want to ask you guys to do that. Take away your most valuable shot; you can tag us all. We'll put all of our Instagram handles in the show notes, but just say what your big takeaway from this is, and hold space for yourself to receive those friends.



Kathrin Zenkina 1:15:40

I also wanted to say that based on our example, I love that we introduced how we met each other because it was so freakin' random. All of you listening, you don't even know; what if the people already in your life are the people that you're going to form friendship with? You just never freakin' know. You don't know what's going to happen, even tonight, tomorrow, or let alone a week from today. You just never know. I also wanted to mention, besides handles, let's also put each other's podcasts in the show notes. That way you guys can go subscribe and learn from all of us sisters together. Please let us know what your feedback, thoughts, takeaways, breakthroughs, and a-ha! moments are, because we love getting tagged on the Instagram and hearing from you guys.



Stephanie Bellinger 1:16:43

Thank you guys. Thank you for being here. This is awesome.



Jen Casey 1:16:48

This was awesome. Yeah, it was great.



Stephanie Bellinger 1:16:51

Love you guys, thank you for being here.



Kathrin Zenkina 1:16:53

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 following @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. Love you.