

Episode 186: Surviving and THRIVING through GRIEF with Liam ...

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SPEAKERS

Kathrin Zenkina, Liam James Collins

K Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and 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, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with the tools, the resources, the strategies, and 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, my gorgeous souls and welcome back to The Manifestation Babe Podcast. Wow, do I have an episode for you today. If you are anyone who has ever struggled with losing someone close to you that you love, or have gone through an unimaginable adversity, or are currently going through some sort of a challenge that you just don't see the light at the end of the tunnel in sight, today's guest Liam James Collins is going to help you find that light. I get asked all the time, "Kathrin, can I still manifest, even though I'm dealing with immense grief right now? How can I stay positive when this super traumatic thing just happened to me? I don't know if I'll ever be able to get through this, let alone create my dream life." As you'll soon

learn, my guest, Liam, has been through some of the most horrific, unimaginable circumstances. I'm not just talking about childhood stuff here; I'm talking about events that happened just within the last few years. The reason why I brought him on the podcast today is because I can't think of anyone better to share with you the tools to help you pull yourself out of some pretty dark places, whether you are going through a dark period right now, or you know someone else who is, these are awesome tools that will help you gain a better understanding of what they're going through, and how you can better support them. Liam is not only a joy to talk to, but he's truly a walking angel on this planet right now. It is so evident that the reason why he's been through such events is because he's meant to help pull others out of their darkest days. Liam is a master mindset coach, host of a Top 10 podcast, and the owner of a seven-figure online coaching business. If he can go on to create success in his life, I seriously believe that we all can. I'm super proud of you, by the way, for listening to this episode today, because - I will warn you - some of the things we talk about are not, quote-unquote, high vibe, but it is real life. Things like this happen, even to the best of people. Whether you're someone who's going through a dark period, or you're witnessing someone else go through a dark period, or maybe you're just here to learn more about grief, such as I was, Liam is going to rock your world. I'm not going to spoil any more details for you because it's up to Liam to share his story. So, without further ado, let's dive into today's episode. Liam, thank you so much for coming on the podcast and diving deep with us today. I know we're going to go deep. There's so much wisdom and so much juiciness to your story, to what you're all about, and everything that you have to share. So, I'm so grateful that you're here. How are you doing today?



Liam James Collins 04:09

Well, firstly, Kathrin, I've never been described as juicy before. I will take it. I will absolutely take it.



Kathrin Zenkina 04:19

We're gonna get real juicy, guys.





Liam James Collins 04:22


That is the best description of myself. I'm going to take it. I think I'm going to write it on my wall. "Liam James Collins is juicy." This is going to flow through this podcast. I'm doing great, how are you doing?


- K** Kathrin Zenkina 04:35
I am doing amazing. I have a quick question, before we dive in, for you, which is can I have your accent?
- L** Liam James Collins 04:44
Yeah, take it. If I can bottle up my accent and give it to you - do you want to swap for a day? Should we try each other's accents?
- K** Kathrin Zenkina 04:52
I think we should try, maybe not on this podcast. I'm not down to embarrass myself today trying your accent, so we're going to save that for another other day. But thank you, I really appreciate that.
- L** Liam James Collins 05:04
I think what we should do is that one day do a takeover of each other's Instagram accounts, and just do each other's accents on stories for at least a couple of hours. I reckon it would get some traction.
- K** Kathrin Zenkina 05:14
Alright, you guys, take a screenshot right now of this episode. I know you we barely even got in yet, but seriously, tag Liam and I. The Instagrams will be in the description box. I know that I'm going to ask you to share it later. Just let us know if you're down for that because that would be hilarious. Liam, my team recently had a conversation with you that I overheard from a distance. I don't know what was said on that conversation, by the way, but when they were done, they came up to me and they said, "Kathrin, this Liam guy has such an incredible story. You have to hear it. We think it will be a great podcast interview." I heard it for 0.2 seconds because I don't like to do way too much research before bringing on a guest. I was just like floored. My jaw was on the ground, and I said, "Done. Schedule him." Liam, before we dive into that story, can you just share a bit about who you are, what you do, how you help people, and what your mission is at this time?
- L** Liam James Collins 06:09
Yeah, absolutely. First and foremost, thank you for that. I appreciate it. Your team - I sent you a message straight after that, I had to send you a voice note. They are a blessing.


They really are. They're just the sweetest people in the world. I've got a feeling that me and Brennan will become good friends if we hang out a couple of times. Great people. Very, very cool people, and I love it when someone has those people in their team. So, the question. Who am I? I'm one of the cofounders of a company called The Coaching Masters. What we do is we qualify and accredit people who want to become coaches - so mindset coaches, confidence coaches, business coaches. Not only do we qualify to credit them, we then show them how to build a successful coaching business after that. The qualifying and crediting the coaches, that's our bread and butter. That was the mission from day one. That was the thing that was really difficult to achieve. How do we construct a full-blown course that we can get accredited to show that high standard, so that we can help people find freedom? That's really the mission. We say that we give ordinary people extraordinary tools to create freedom for themselves and others. It always makes me think of Mac - you know the makeup brand, Mac?

 Kathrin Zenkina 07:23
Yes.

 Liam James Collins 07:24
I read ages ago that Mac, they don't sell makeup; they sell - what was it? They don't sell makeup; they sell the ability to be a beautiful person. That's the underlying nature of Mac. That's the underlying mission. We said, "We don't sell coaching courses. We don't sell qualifications. We give ordinary people extraordinary tools to create freedom for themselves and for others, and that is the mission of the coaching masters."

 Kathrin Zenkina 07:53
I absolutely love that because one of my mentors, James Wedmore - do you know who he is, by the way?

 Liam James Collins 07:59
No, I've not heard of him.

 Kathrin Zenkina 08:00
incredible guy. You should look into him. He's one of my mentors; he has been for the last two years. Something he keeps reminding me of, and he's sharing with his audience, is that no one's going to buy your fucking course, because nobody wants a course. Nobody

wants a program. What they want is the result of what's on the other side of that program. So, it's like if you ask someone, "Would you rather have freedom, or a coaching program?" Nobody in their right mind is going to say coaching program. So, I love that you recognize that. I think freedom is definitely my top value. It's definitely the thing that I create all of my courses and content around; giving people freedom, whether it's financial freedom, or freedom of self in the way of freedom from your own limitations, and freedom to be able to create anything; time freedom, and all these incredible things. We have very aligned missions, and I love that. So, there has to be a backstory to the whole coaching thing. No one is just born and becomes a coach. I know that you have a story. Feel free to dive into that now. Feel free to go as deep as you want to go. How did you decide that you want to become a coach and help people create that freedom for themselves in their life?



Liam James Collins 09:13

I'll tell you a story of how everything came crashing down on me. I'll tell you that story. When I was younger - and I'm talking not that young. When I was 19, I woke up one day - and bear in mind, I came from this area where everybody followed the crowd. Everybody looked the same; everybody sounded the same; everybody dressed the same. If you ventured away from that, then there was something wrong with you. You were ridiculed, and you were laughed at. I was this 19-year-old young man, just going with the flow, as I always had done. I woke up one morning and I thought, "You know what? I want to be an actor." Just out of nowhere, I thought, "I want to be an actor. I think I could be really good at this. Maybe I could become famous. Maybe I could go to the world's most glamorous parties. Maybe I could be on movie sets. I'm going to become an actor." Literally, the next day, I walk down to my local amateur theater, walked in, and said, "Look, I've never done anything like this before, but I want to become an actor." They said, "We've got an audition tomorrow for this play. Come and audition." I did, and I got the part. A couple of months later, I am taking my first bow after a performance in front of seven people. I shit you not, Kathrin, I felt like a star. There were seven people in the audience, two of them were my mom and my sister, and there are a couple of old ladies sitting in the back, and I felt like a superstar.



Kathrin Zenkina 09:20

That is so cute.



Liam James Collins 10:43

I loved it. A couple of years rolled by, and I sort of did more plays. I got a couple of parts

on television, did a couple of TV shows, did a couple of films. I thought, "This is cool. My acting career is going places." And then the most amazing thing happened. I went to this audition. I was really big at the time; I was really big and bulky. I was into bodybuilding. I walked into this room, and I didn't know what I was auditioning for. My agent wouldn't tell me. When I walked in, I needed to fill out all my physical dimensions on the sheet. Because I was into bodybuilding, I knew them all right down to the last centimeter. I knew my bicep size, my chest, my back, my legs. They took me into this room, and they said, "You're here because your physical dimensions are exactly the same as one of our lead actors, and he needs to body double. We can't tell you the actor. We can't tell you the film, but are you willing to completely shave your head? And are you free for the next six months? All we can tell you is that it's worth it." So, I said yes. I went to another audition, then another audition, then another audition. I didn't know what I was auditioning for. Eventually I went to this one studio in London. I looked around the office, and there are blueprints on the wall. It said, "Gotham City," and "The Batcave." I was like, "It's fucking Batman. No way. I'm auditioning for Batman." Then this guy said to me, "You're going to be Tom Hardy's body double for the next six months in Batman. The next day, I'm on set, getting my head shaved. I'm in full bang costume. I'm having lunch with Morgan Freeman who's fucking given me his life story. Michael Caine is sitting opposite. Anne Hathaway is offering me her cake because her personal trainer won't let her eat it because she's got to wear a catsuit the next day. I'm this 20-year-old actor, and I thought, "This is it. I've made it. I'm going to get more contacts. I'm going to get more parts. I'm going to get a better agent." After that, I did a film with Benedict Cumberbatch, and then I did another good TV series. And out of nowhere, it just completely disappeared. My agent just stopped ringing. There were no more auditions. There were no more parts. Me and my wife who was my girlfriend at the time had just moved into this little apartment in the middle of London. This gorgeous little apartment - little one bed. I couldn't pay the bills, all of a sudden. I had rent to pay, I had bills to pay, and I had no way of paying it because I had no acting work. I thought to myself, "What is the one job that I can do where I can pay my bills, but I can still go to auditions if I need to go to an audition?" I became a mailman, or in in the UK known as a postman. I became a full-time postman. I thought to myself, "It's just temporary until I get another really good audition; until I get another really good part." One week goes by; one month; two months; six months; one year; two years. I'm like, "Oh no, I'm a full-time mailman." You know what? Respect to the mailman because respect for doing that job, but it wasn't me. And I tell you what, Kathrin. I just felt like I really let myself down, big time. I felt like I had a dream, I had a vision, I was working my way towards it, and guess what? I swear to God, I genuinely ended up delivering Tom Hardy's mail, because he lives in an area in London called Richmond, which is where I was a mailman. I had gone from working with him, side by side every day, to delivering his mail. One day, I knocked on his door, and I needed a signature for a package. He didn't even recognize me, and he closed the door after he signed the package. He said, "Cheers, mate. Thanks." He closed the door,

and I thought, "Nah, I've got to do something. I have to do something else." Interestingly enough, I was talking to my mom over the dinner table, and I didn't really even quite comprehend what it was she did, but for the last 15 years, she ran an academy where she taught me how to become coaches; life coaches, confidence coaches, mindset coaches. I said to her, "All I want is to work for myself, so I'm the one who calls the shots, and I want to help people." That's the realization I've had from being an actor, to it all coming crashing down on me. I just want to help people live a life that's fulfilling and meaningful. She said, "Liam, it's been staring you in the face for years. Become a coach." I had actually done a lot of my coaching qualifications and stuff years before just because she needed bums on seats, when she ran courses. I was already a fully-qualified NLP practitioner and a life coach, but I never used any of that stuff because I thought "That's what my mom does." No young man wants to grow up doing what his mom does, but I thought, "I need a way out. I need something fulfilling."

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Kathrin Zenkina 15:54

Were you using those tools during that two-year period when you felt so low? You know what? You have such an interesting question there, Kathrin. I've asked myself this question again and again. I think, inevitably, on some level, I must have been, subconsciously. I think the tools I was using were allowing me to stay focused on the fact that there was something else, and that I am going to do something better. At the same time, because I wasn't consciously thinking about that, I was letting myself get dragged down. Remind me to send you the picture of me when I was a mailman. I was just going to ask. Seriously, I was going to ask if you have a picture of yourself as Tom Hardy's double, and as a mailman. I do, indeed. I will send you those pictures. I swear to God, when you see a picture of me as a mailman, I look like I'm a couple of days away from death. Honestly, I look sick, green, and depressed. My whole face is sunk. You can actually see the physical effects of me being extremely unfulfilled in what it is I'm doing, and feeling trapped as well. I felt really trapped, and I felt like I'd let myself down. That was a really negative emotion I had. Coaching allowed me to transform all of that because it transformed me personally, and I could build a business that actually helps people. So, it pulled me out of a dark time. It really did. So, you got pulled out of a dark time, and you became a coach. The next thing that I want to ask you is you have this incredible story of overcoming adversity. I know that you use these tools in your coaching business, and you help other people overcome challenges, adversity, and grief. The reason I'm so excited to bring you on here is because I get this question a lot from people, and personally, I've never had to overcome something as unimaginable as what you did. I get this question all the time; "Kathrin, I just lost a loved one," or "This huge adversity just happened to me, or happened to someone I love. Will I ever be successful again? Will I ever be happy again? Will I ever be able to manifest again?" I wanted to bring that up to you because I know that you have

completely transformed your life within a period of - what is it, three years? So, the event which you're talking about was October 29, 2018. So, actually not even two years. Less than two years. It's just coming up to two years. So, what happened that day? And remind me, this is after you already started your business, right? Absolutely, yeah. So, I started my business on January 1, 2017. Got it, okay.



Liam James Collins 18:57

I've been a coach for nearly two years, at this point. Aw man, I'll tell you the story of that day. It was just the worst day of my life. One of the lessons that will absolutely come out of this is the answer to the question that you get a lot from your community that have experienced grief. "Will I ever be able to manifest again? Will I ever be able to be successful?" The answer is absolutely, yes. I will show you as to why I'm living proof of that, but just know, before I tell you this story, that the answer is yes. There will be moments through this story where you'll think, "Surely not. This has got to be the end. It can't get as bad as this." I know there are going to be people in your community who have experienced something similar. On October 29, 2018, I was at home. It was a nice day. The sun was shining. It had that kind of crisp Autumn feel in the air. You know when it's a sunny day, but it's a cold day? I love that. That's one of my favorite experiences, when you're outside and it's cold, but it's sunny at the same time. It was one of them days. It was such an amazing morning. I was on the phone with my mom at the time, and everything felt really good. Me and my mom have had a bit of an unusual relationship throughout the years with ups and downs. It is what it is, but it was a good day, and it was a good conversation. We were having fun talking to each other on the phone. I had seen my parents a couple of days before. Life was moving forward - let's put it that way. Life was just happening. And then when I was on the phone with my mom, we were talking about business, life, and all sorts of stuff. Then her doorbell rang. I just assumed it was Amazon because she just orders a ridiculous number of things of Amazon, so I thought it must be Amazon, of course. She even said, "I think the postman is here, so I'll call you back in two minutes." She then hung up the phone, and she didn't call me back for about 30 minutes, which is really unusual, but I didn't think anything of it because I was really busy. And then she called me, and she was crying so much that I assumed the phone was breaking up. I assumed the line was breaking up, and I said, "Mom, I can't hear you. Go into another room. The line's really bad, I can't hear you." It just sounded like it was getting worse and worse. Then this big, booming female Scottish voice came on the phone and said, "Liam, this is police officer X, Y, and Z." I can't remember her surname. It's just something that hasn't ever stuck in my mind. "This is officer -" whatever her name was. She said, "You need to get to your mom's house." I said, "Why?" She said, "I can't explain, but you need to get your wife and you need to drive to your mom's house." I just said, "Look, you have to tell me why my mom's quite clearly really upset, and you're telling me with quite a stern,

direct manner that I need to get to my mom's house. Something's obviously happened." She said, "Well, you need to come to your mom's house because your dad has jumped in front of a train." And I swear to God, Kathrin, if you ever met my dad, the most wonderful, funny, generous, charming man you'd ever meet. My dad was such a hero. He was my hero. He was the older version of me; loves life, loves laughing, loves the people around him; he loves his dogs, his wife, and his home. He's so enthusiastic. That's my dad. My dad is the one who lights up the room when everybody else is in a bad mood. If people asked me to scale every person I'd ever met in my life, from the least likely to most likely to kill themselves, he would be right down here on the bottom. So, I didn't believe it, initially. I said, "How do you know if my dad's jumped in front of a train?" She said, "Well, someone has jumped in front of a train, and your dad's car is parked in the car park, and this person had your dad's wallet and car keys in his pocket, and his glasses." I swear to God, it was more feasible in my head that my dad had been mugged, someone had stolen his car, took his wallet, keys, and glasses, drove to the train station, parked up, and jumped in front of a train. I thought that no way was it my dad. It just doesn't make any sense whatsoever. So, I was in a total state of shock. I completely numb. I was scared, I was shocked, but I was numb. That's the thing. My wife walked through the door. She opened the door and she said, "Have you heard?" I said, "Yeah, dad killed himself." She broke down because she thought that my mom had gotten into trouble for some parking thing. She said, "No, the traffic police are at your mom's house. She's obviously done something, like she's been speeding or something." I said, "No, they're there because dad killed himself." My wife and my dad were like best friends; they were so close. She just completely collapsed. Immediately, I thought, "I need a shower. I haven't had a shower today. I need a shower because I'm going to go and drive to my mom's house." I'm just having a shower, completely numb and not even thinking anything. I get to my mom's house, and it's just awful. It's dark devastation. My sister is on the floor. She can't hold herself together, and my mom's there. The next day, they allowed us to see my dad's hand. His hand is just like - I'll tell you in a moment how I get through this because I get through this in a really specific way, and it's a coaching technique that I teach people. Focus, Liam. My dad had these really distinctive hands - like, big dad hands. He was a plumber his whole life; his hands and nails were all bashed up. I would recognize my dad's hands from a mile away, and my dad's hand was the only thing that was left. There wasn't another part of him left. They allowed us to see his hand, and that was the moment I knew that it had happened. Because it was him. It was his hand. It was my dad's hand. I knew it was him. The days and weeks after that, as you can imagine, were just pure devastation. There wasn't an explanation. There wasn't a letter. There wasn't sense. There was no sense. There was no logic. It was like, that's my dad. I know that people listening to this on the podcast won't get to see this, but I want to show you something, Kathrin.



Kathrin Zenkina 26:32

Yeah.



Liam James Collins 26:33

This is a picture of my dad when he was about my age. I keep this with me. I've got this picture in my wallet. This man is my hero, and I love him dearly, and I will see him again one day. The days and weeks after that were dark. I really hated myself for a period of time. I didn't allow that to last long. I used to say to myself, "You think you're so fucking cool, don't you? You think you're cool? You think you're successful? You think you can help people? You couldn't even help your own dad." I really beat myself up for a long time after that. I got to a point where I knew that my focus needed to shift. I had something similar - not as severe, but similar - a couple of years earlier when me and my wife experienced a really horrific terror attack. I knew my mind needed to shift for the people around me. My mindset needed to shift for my wife. My wife is the person I need to protect. My mindset needed to shift for my mom, my sister, and those around me because I was going to be the one that was going to slowly start to infect other people with either looking to the future and looking for gratitude - which, personally, I believe is the most powerful thing a human being can grab hold of, - or I'm going to fucking beat myself up, I'm going to hate myself, and I'm going to feel like I've let my dad down, and I'm going to think that I should have saved him, when I didn't. I've got two choices. There are two pathways that I'm going to venture down. There's that pathway of hating myself, or there's latching on to gratitude; latching on to it, not letting go, and consciously realizing, and eventually subconsciously, that all the things I have in my life - which I like to refer to as "not wrong." There are lots of things in my life and everybody's life that are not wrong, but we don't often think about them. We often focus on things that are not going right; the things we don't like; how we don't like to feel; the places we don't like to go; the people we don't like to talk to. Yet, always on a constant basis, there are things that are not wrong. I'll give you a simple example; right now, I don't have a migraine. That's amazing! You know when you get an ulcer on your tongue, and you think back on what life was like when you didn't have this ulcer on your tongue? You think, "That was amazing. I could talk, drink, and eat. I took my life for granted when I didn't have this ulcer on my tongue," or "I took life for granted when I didn't have this migraine." When you're sick, or when something's wrong, all you want is for that thing to go away so you can go back to the life you were living before. People then very quickly, once again, fall into the trap of not focusing on the things that are not wrong. People focus on those things that are wrong - and constantly wrong. So, I knew that I needed to make a really strong point of focusing on all the things in my life that weren't happening. Whereas if they were to happen, my life would be even worse. I'm not locked in a cage. There are people on this planet, right now, locked in a cage. I'm not one of them, and that is a blessing. In my life and in my head, that's a blessing. There are

people - God bless them - with illnesses that I don't have. There are people with impairments that I don't have. There are people experiencing elements of life that are horrific, and people could look at me and my story of losing my dad, and think, "Well, that's one of them -" and it is one of them, but there are loads of others. There are many more as well that I'm not experiencing, and that is a blessing. So, it's a shift of focus. When people are experiencing grief and they come to and they say, "Am I ever gonna get through this?" They can get through it, but what they need to consciously do is they need to consciously shift their focus onto the things that are not wrong. That's the key. That's the trick, because it creates this sense of gratitude like you wouldn't believe. It's interesting, Kathrin. You are 100 percent the person that - I've always wanted to ask this question to someone who is - you are manifestation, right? That is you. And so, I've always wanted to ask you this question. I do this thing - and I'd love your opinion on it - and I find it helps me a lot, but there is a little element in the back of my mind where I'm a little bit fearful of it because I think, "Could I potentially manifest horrible things?" But I do this thing where I focus on things that I really am very scared of. What I find it does, is I find it fills me with gratitude. Because, say, for instance, I'll think about my wife. My wife means everything to me. I'll think about her, and not having her for various different reasons, whether it's an illness, or something. It's a horrible thing to think about, but then if I think about it long enough, I then sort of feel this rush of gratitude. But actually, she's in the other room. I then realized that what I need to do is just go and give her a big hug, give her a kiss, and tell her I love her because I've actively thought about the things that I don't want. What's your viewpoint on that in the world of manifestation?

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Kathrin Zenkina 32:17

I love that I'm interviewing you, and you asked me a question that's brilliant and amazing. First of all, I just wanted to say, thank you so much for so openly and vulnerably sharing the story. If you guys are watching my face, I'm going through waves of emotion. The next sentence that you say, I'm like, "Oh my God, oh my God, oh, my god." I can't even imagine what you went through. I love the perspective shifts that you took on through your journey. I love the "not wrong" method - that's what I'm going to call it - because it's so true. Something that I teach is that there's a law of attraction, which pretty much every single person who talks about manifestation is familiar with, but then there are also laws in the universe that most people don't talk about, that can interact and interfere with the law of attraction. It really explains why, quote-unquote, bad things happen, or how sometimes we don't get what we want within the timing that we want. There are other laws that are mixing with the law of attraction. If you just understand all the laws, and specifically the 12 laws of manifestation that I teach, you'll understand that there's a lot more going on; that if you understand what's going on, you can then create this patience for yourself, patience for what you're going through, and patience for overcoming things like trauma and grief.

One of the laws that keeps coming up for me that you are practicing to help yourself raise your vibration, per se, which is the law of relativity. It's basically saying how every single soul comes here contracted to experience obstacles, challenges, and quote-unquote, problems. Us even calling them obstacles, problems, and challenges is our own interpretation of what it is. It's relative. It's all relative. No matter how bad you have it, there is someone out there who is having it worse. And so, finding that perspective and that gratitude for the fact that yes, this happened, but thank God that this other thing didn't happen. We can feel grateful that your wife is still here, and that your wife is pregnant and you're expecting a baby. There are so many incredible things that you can think about, so I love that. Immediately, I was like, "Oh my God, he's practicing the law of relativity -" which is something that I teach. Now, are you going to manifest thinking worst case scenarios? Here's what I have discovered, Liam, in the last couple of years. Growing up, I was never allowed to feel bad emotions. Basically, I was taught through my experience of my childhood to constantly suppress things like sadness, grief, anger, and any negative emotions that my parents didn't want me to see or have in front of them. I was taught, "No, no, no, you have to be happy all the time. Be grateful. You're so spoiled." And so, I had a lot of this shit bottled up. It wasn't until I turned 21 or 22 when I started my first online business, where business really brings up a lot of inner work to the surface, because you're really putting yourself out there. You're putting yourself out there to all your fears, like fear of rejection, fear of failure, and fear of everything - sometimes fear of success for a lot of people, too. Through starting my online business, I started to experience anxiety around money, and that's where a lot of my shit around money came up. I started having panic attacks for the first time in my life. I know I struggled with some panic attacks and lots of anxiety in Middle School when I was getting bullied, but this was a whole other level. Things finally rose up to the surface, where if I didn't open the lid, the fucking pot would blow up. I learned through that experience - this is something I was so afraid to do, because in the manifestation world and the law of attraction world, a lot of people are taught to bypass emotion, grief, and negative things because they're low vibe, and that if you think about low vibe, things are going to manifest, and that's what we're taught. I was so afraid of feeling negative emotion - and, again, that's our own interpretation. That's a label that we're giving it - "negative." Who says they're negative? It's just an emotion that we're supposed to feel and that we have to feel in order for us to process it. And so, in the midst of an anxiety attack, I remember hearing this voice saying, "Kathrin, grab a journal, go to this place -" it was about 20 minutes from my house. It was in this place called Fox Island at the very end of where I lived in Gig Harbor, Washington. I drove to this pier, dock, or whatever you want to call it, sat on a bench, and just wrote out every shitty thought I ever had about myself in my entire life. I was basically - and this is so funny, I still have this journal to this day, and I'm probably going to read it out loud in a podcast because I want to share with people that we all have these thoughts and fears. This is completely normal. It doesn't matter how much money you're making. It doesn't

matter how successful you are. We all have these thoughts. And so, I just wrote out, "I'm such a failure, I'm afraid this isn't going to work." And then I wrote out in this journal, something I used to be so afraid of doing because I was afraid I was going to manifest those things, my deepest, darkest fears. As soon as I was done with this, Liam, it was like a weight just lifted off my shoulders. For the first time ever, I felt like I could breathe. I felt like I could think. I felt like I created space to think about something different to shift my focus. I thought, "Why is that? That's so weird. I just basically focus on all these negative things, but I feel better. How does this make sense?" I learned through that experience that when we suppress, repress, and hold on to negative emotions, no matter how much we want to immediately shift our focus, or "focus on the positive," or "No, you can't think about that. Clear, cancel, delete!" A lot of this bypassing stuff that we do is great and serves a purpose, and when you're in a different place, and when you have processed some of those emotions, you can totally do that. But what I've learned, especially through my plant medicine experiences, is a phrase that keeps coming out at me. It's, "Don't numb it; just love it." Don't numb your emotions; love them, and feel them. What I realized is that all of this crap stays in your energetic field. So, even though they're not affecting your mind - you can't think the thought right now, and the thought has kind of been overlapped with something else, or whatever, and nothing in your life is directly affecting you to have those thoughts or feel those emotions - this vibration is still in your energetic field, and it's going to be attracting things to you that are an energetic match to what's in your energetic field. So, even though today you're like, "I'm happy!" and pretending to be happy, when really, inside, you feel unfulfilled or trapped, that's what you're going to actually attract. And so, in order for you to release that, you really have to feel through it. You really have to address it. You have to give voice to your fears. You have to speak them. There are different techniques and stuff - we don't have to go into it right now, but there are things that you can do to process those things. The moment you process them, you let the vibration leave you, and then you've created space for you to formally think, "Now, what is it that I do want?" So, I don't think there's anything wrong with your technique because how I see it is that you're allowing yourself to go to the worst case scenario to voice that fear, process it, and release it. You're immediately creating that space, and then immediately focusing afterwards. For example, you're thinking about your wife, "What if she's not here?" But then you're like, "Oh shit, that's a real fear. I have to process that and address it." Let it go, and then be like, "But she's here, and I'm so grateful for her." In my personal opinion, I think that's a beautiful practice, and that's something that I practice as well. To be honest, you guys, I don't think I've shared this ever publicly on the podcast, or with anyone except for the shaman I'm working with, and my husband. I was having these crazy thoughts, Liam. I live in a penthouse. It's not THE penthouse. The penthouse in my building is \$65,000 a month, which maybe sometime in the future, but not right now. But they're all penthouses. They all have these incredible floor-to-ceiling windows. You feel like you're in your penthouse. I would have these crazy thoughts. I'm sitting on my couch,

and I would think to myself, "Go jump off the balcony." And I'd be like, "What the fuck? Where did that thought come from?" It was crazy. I started envisioning myself killing myself - and I'm not suicidal. Honest to God, not suicidal. I have been in the past, but not right now, and not for a long time. I was like, "Oh my god, what is happening to me? What is wrong with me?" I started shaming myself so much for it, thinking, "What is this? What is wrong with me? What is happening to me?" This carried on for about a week. I had this obsession with these thoughts on a loop, over and over again, I didn't have any emotional attachment to them, but I they were just running. I would have dreams about this, thinking, "What the fuck is happening?" And so, using this technique, I finally let myself sit with it, really felt it, really thought it through, really envisioned it happening, and gave myself the space to go to the worst case scenario. After doing that for just five minutes - because before, I was avoiding it. I was like, "No, no, I can't think about that. Can't do it." After five minutes of really sitting with it, it finally left me for good. I never had that thought again; it went away, I dealt with it, I uncovered it, I replaced it with something else, and we're good again. I love what you're saying there about the law of relativity, as well. I'm so happy. What we do, again, that our paths are crossing - the things that we're doing that overlap. I love hearing that because I have not heard of the law of relativity until you've just explained it. But it makes perfect sense in relation to what I'm doing. I take a lot of my clients through this process as well, especially clients who have experienced grief, clients who have got their mindset firmly focused on things that are going wrong and things they don't like; their reasons for not wanting to be alive, or their reasons for not wanting to get up in the morning, go to work, and see their loved ones; you know when you're really in that dark place? The truth is, in October 2018 I lost my dad. I could have lost my mom, my dad, my sister, and my wife, possibly, let's say in a car accident. That's happened to people. Totally.



Liam James Collins 43:14

That's fucking happened to people in their lives. Now, it seemed almost incomprehensible that you will lose your dad to suicide, unexpectedly, and not only think about that being the worst thing on earth. You know what? It's very easy to have the mindset that that is the worst thing that will ever happen to you, that life will never be the same again, that everything's going to be crap, and that nothing's worth anything. But I always have to come back to my own coaching, and within the realm of coaching, we always say, "It doesn't matter if something is good or bad, right or wrong, true or false. It's whether it is useful or not useful." That could be a very blunt way of looking at things, but you know what? It's a lifesaver.



Kathrin Zenkina 44:03

I say, "What is serving me, and what is not serving me?" Very similar. Precisely. What is serving me, and what is not serving me? Now, me making the decision that I'm going to crawl into a hole, that I'm going to realize that life is never going to be the same again - I've lost my best friend, my role model, and my hero - and everything at this point forward is going to be crap, and what's the purpose of any of the things that we're doing? It would have been very easy to have done that. Would it have served me? Would it have been useful? Absolutely not, not in any way, shape, or form. Would it have been a lot more useful for me to have got myself into the mindset of being grateful, that that day on October 29, 2018, I didn't lose my dad, my mom, my sister, and my wife? That is a hell of a lot more useful. So, I can get myself into that mindset, and I can realize all the things that I have. I mean, it sounds so cliché, doesn't it? It sounds so easy; "Just focus on the things you've got, instead of the things you don't." But what you've got to do is you've got to really go to that place. And that's what you're talking about, Kathrin. You're talking about going to that place, putting your mindset in that dark place to understand it, learn from it, take the lessons, and get the gratitude. I do this technique that I call the Time Machine. When I get people that come to me when they just are so dragged down, and they've got this negative mindset, this technique - this is not for the faint-hearted, and I warn my clients about it. I tell them, "You gotta be prepped to dive into the time machine. Don't come to me saying, 'this is shit' about your life, and 'that's crap, and this is crap,' because I'm going to take you on this journey and I will help you, but you have to be prepared for it because we're going to go to a couple of dark places." The clients that are prepared for it get great results, and I do it to myself. The Time Machine is where I and - I'll give it to you from my perspective because I coach myself on this, and I have done every day since losing my dad. The key is to fully and vulnerably allow yourself to understand what your deepest, darkest nightmare is. And I'm not talking about "I'm scared of spiders and snakes." I'm talking about horrific circumstances that you as a human being could find yourself in, then going on a process of deep visualization; incorporating massive elements of NLP; what we see, what we hear, and what we feel; going on a journey of visualization - seeing it, hearing it, and feeling it - and in your head, going to that place and spending some time in that place. And then when you get yourself to the point where you are fully absorbed in that nightmarish place, look at what you had to deal with before that you considered to be bad - what you consider to be a bad day - and getting yourself to the point where you realize that if you were actually living this nightmare, and you rub the magic lamp and a genie pops out, and the genie says, "I'll grant you one wish, but there's only one, and I determine the wish. The wish is that I will allow you to go back to the life you used to have before this nightmare began. The only thing that you need to deal with is the thing that you were dealing with previously that you thought was really fucking awful and terrible." You have to get yourself to the point where the thing that you're dealing with, in another reality and another realm that you can visualize, becomes something you would wish for. That's where you have to get yourself. As screwed up as it

may sound, on October 29, 2018, if I had lost my mom, my dad, my sister, and my wife, as opposed to just losing my dad, just losing my dad would be the reality that I would wish for out of those two scenarios, if I only had a choice of those two scenarios. You have to get yourself to a place where the thing that you're experiencing and the grief that you're experiencing; you have to get yourself to a place where you realize that in another alternative reality, it could very well possibly exist. That is something that you would wish for. That's where you have to get yourself, because then you click your fingers, wake up one day, and realize, "I didn't lose my mom, my sister, or my wife. They're still here. I am living the reality I prefer." You mentioned the panic attacks, as well. Mm-hmm (affirmative).

L Liam James Collins 48:33
I'd love to just tell you this brief story.

K Kathrin Zenkina 48:36
Yeah.

L Liam James Collins 48:37
One of the most horrific things I've ever seen, and my wife has ever seen. It caused her to have really awful panic attacks. I'll never forget the day. Dates really stick into my head when something significant has happened. This was June 3, 2017. So, I'd only been a coach for a few months at this point. This was the moment that I knew for a fact that what I teach people works. This was the moment I knew. This was the thing that proved it to me. June 3, 2017 was a really gorgeous summer evening. Me and my wife had this tiny little apartment right in the middle of an area in London called Borough Market. Anyone that knows Borough Market, it's hustling, bustling, fun, and vibrant. It's right at the foot of London Bridge. We had these huge bay windows, even though it was a tiny flat. One evening, we were just leaning out of the window, watching the world go by. There was a fight that broke out. I should say that we lived above this pub - a proper, classic, English, London pub, as traditional as pubs get. It's the pub, and then it's us. We lived the first floor above the pub. So, you can imagine Friday nights - Thursday, Friday, and Saturday nights. We couldn't even hear the television because the music's going "Boom! boom! boom!" and the people are laughing. But you know what? I loved it. I actually loved it because I felt like I was a part of something.

K Kathrin Zenkina 50:08

Aww.

L

Liam James Collins 50:08

I just loved that place so much. So many significant things happened in that place. We got engaged in that apartment. That's where we got married. I lost my dad in that apartment. I lost other family members. I started my business. The five years we spent in that place were so significant, but this night was quite possibly the most significant night. I'll never forget it. So, this fight breaks out. The police turn up, it's nothing to worry about. "You go that way, you go that way," and they broke up the fight. But me and my wife were being really nosy, so we just carried on watching the world go by. We were leaning out the window. It's warm summer's evening. Everyone's laughing, having a good time, and we were just watching the world go by. And then out of nowhere, just like something out of a horror movie. I see people getting stabbed. Just out of nowhere. People getting stabbed in the back, in the face, in the chest, just one after another. People getting stabbed. And this happened so quickly.

K

Kathrin Zenkina 51:11

That sounds like a movie, like you are in the matrix and this is fake. I can't even imagine seeing that with my eyes. Yeah, and I had been on so many movie sets. There was a split second where I thought, "Is this a movie? Have they just not told us that they're filming?" But logically, I knew that wasn't the case. In my subconscious, I'm thinking, "Is this a film?" because that's exactly what it looks like. But I'll tell you what; the sound of pure fear is something that cannot be replicated. I've heard it tried to be replicated in films. It cannot be replicated. The sound of terror is almost like a combination of nails on a blackboard, mixed with sickness. That's what it sounds like. It's like scratching a blackboard and sickness at the same time. We heard that. We just hear the sound of terror, because people are getting killed. And we're just looking at it. "What's happening?" We're staring at this thing unfold within seconds. People just started running; people are running down alleyways, they're hiding under cars, they're running down into the underground. One after another, there are these men, and they're just stabbing people. They're just walking up to them, and killing. All these police cars were driving past, and going right past the scene. What happened was these three attackers had drove a white van down London Bridge, and they were running people over in this van. They crashed the van at the top of the bridge, and all three of them got out the van walked down to where I lived, and were just killing people on the way. The police thought that it was all happening at the van, so they were all driving right past the attack. And there was this one man - and I swear to God, I've never seen anyone so brave in all my life - he grabbed a metal chair from one of the restaurants, and he was fighting off the attackers almost like some sort of crazy lion

tamer. He was trying to keep them at bay. He ran out into the middle of the road, he flagged down one of the police cars, and he was pointing into the market. This one police car sort of realized what he was saying, screeched around the corner, and then the police and the attackers were out of sight. I couldn't see them; they were around the corner. I just heard all these gunshots. So, I just slammed the window shut. All I want to do is protect my wife. I want to make sure she's okay. She's the love of my life. I would be nothing without my wife. I just need to make sure she's okay. She's terrified. She's crying. Then I go to close one of the other windows, and this police officer shouts up - it's like a UK version of a SWAT team. He says, "You need to leave your apartment because we think there's a bomb in the pub." And I'm talking, it's the pub, and then it's us, and the only thing separating us is this paper thin floor. A bomb had gone off in Manchester about two weeks earlier, and everybody was thinking about it. I was, "If a bomb goes off in that pub, me and my wife are gone. That's bad news." So then, I'm like, "Right, well, we gotta leave." Then the second police officer shouts up and says, "Don't leave your apartment. There are people being killed down here! You can't come down here!" One after the other. I swear to God, Kathrin, I felt like I was staring down the barrel of a gun for about 30 minutes. That went on for about 30 minutes. And I'm thinking, "What's going to have the least impact? Is it the bed? Is it the couch? Is it the kitchen counter?" And then eventually, the first police officer was like, "No, no, no, this is it, now. You have to go because we think there's a bomb in the pub. You have to get out." So, me and my wife left the apartment. I'm creeping through the hallways thinking there might be an attacker in the hallway. We get out onto the street, and there are people lying dead in the street. People bleeding dead. This one ambulance turned up and they were so scared. These two ambulance workers were sitting in the ambulance, and they didn't know what to do. They were shaking, and people are just dying on the street. And then the police officer said, "Just run. Run, and don't stop running." And we ran. We must have ran for about a quarter of a mile, or something like that. It felt like we were running for ages. There were all these people in the street. And then eventually, we were in this crowd of about thousand people, and that was the worst bit. I was thinking, "I don't know if someone else is going to pull out a knife, or if people are going to start getting attacked." There are all these rumors of, "There's another attack in Westminster. I think there's going to be an attack here." So, I've just got my wife by my side, thinking I've just got to make sure she's okay. She's the same. She just wants to look after me. We were back-to-back. She said, "Look, let's go back-to-back and then we'll be able to see if there's an attacker." I said, "Yeah, good idea." Eventually, this one guy lets us stay at his apartment, and we were okay. I tell you what; seeing the panic attacks that my wife was having after that. Imagine how easy it would have been for me to have developed a mindset of hatred, fear, judgment, persecution, and anger. It's not only easy, but understandable. People have said to me, "It would be understandable for you to have developed that mindset." When I see my wife having panic attacks, they're so bad that I have to call an ambulance because she can't breathe. I know it's because of the things

that she's seen. Yet, I knew that I needed to develop a mindset of forgiveness, love, acceptance, and understanding, or I needed to avoid the generalizations, and instead see the event for what it was. This was the London Bridge terror attack. It was an awful terror attack that happened - one of the worst in London. I coached myself, and I have continued to coach myself every single day since the terror attack, and since losing my dad. That's how I know coaching works. That's how I know. I don't do it because it's a nice thing to do, or because it's a career. I do it because it fucking saved me, Kathrin. It saved my life. I coached my wife through that, and I've coached my wife through losing my dad as well. We've been able to survive through it, and we're able to thrive through it as well, because we're focused on the things that we've got. And you know what? December 11 is when my little baby girl is due, and I just couldn't be happier. In terms of focusing on the things that are not wrong, in terms of focusing on the things that we have in our life opposed to the things we don't; my wife, who I've been together with for 11 years, the love of my life, the other half of my being and my heart, the person I couldn't be without; we're going to have our first child on December 11. And we recently found out that it's a little girl. Aww, congratulations. Oh my god, that is huge. Liam, seriously, you are such an incredible human. I just want you to know that. It's very clear that through all of the shit, challenges, obstacles, and the sheer terror that you've been through, that you've been put on this planet to help people overcome that as well. I just don't think that you were put through those trials and tribulations to just experience it for no reason. You absolutely were born to do what it is that you're doing. It's incredible that you were able to go through it, but also develop techniques to help yourself, and then use those techniques to help other people. I just wanted to thank you so much for existing. Thank you so much for sharing your stories, and thank you so much for being so open, vulnerable, and transparent. For anybody who has recently gone through something like this - a huge adversity like a terror terrorist attack, or a death of a loved one, someone super close to them. Maybe it happened a couple of days ago, maybe it happened today, maybe it happened a couple of weeks ago as they're listening to this, are there any tips that you can share with them that would help them at this time right now of where they're at currently? Definitely. I'm so glad you asked me that, Kathrin. And by the way, this podcast has already given me two firsts. The first one is no one's ever thanked me for existing. So, that's the nicest thing I think anyone's ever said to me. Secondly, no one's ever called me juicy. So, it's a double whammy, isn't it? It's double whammy! I love it. But yeah, great question. There are three things that people have to focus on, and these are the three things that have allowed me to survive through the terror attack, and through losing my dad, and thrive through it. I have to focus on these three things on a daily basis, at some point throughout the day. These three things dictate our state; they dictate how we feel. The reason that is so important - and I'm going to uncover what these three things are - is because our state of how we feel determines how we act and our behavior, and our behavior determines the results we get in life. Like you said a moment ago, if there's anyone listening to this who may have lost a loved one,

who may be experiencing grief, who may have experienced something just awful that they can't get out of their heads, they're having a hard time. Anybody that's listening to this podcast is having a tough time. What you're currently experiencing are results that you don't want. That's what you're experiencing. You're currently getting results that don't serve you. You don't like them; you don't want them. So, what we have to do is work backwards. You're getting the results that you don't want at the moment, because of the way in which you are reacting to your state. You are in a particular state right now, and trust us, don't beat yourself up. You are allowed to be in that state. If you found yourself in a state of anxiety or depression, or just the state of feeling worthless or hopeless, just recognize that's the state you're in, but it's only a state. It's not your personality trait; it's not who you are; it's not what you're born to be. Do not ever let anyone fucking tell you that you are depressed, anxious, this, or that. You are experiencing a natural state that you can get yourself out of. You can do it. The way that you do it is by focusing on these three things. First and foremost, be consciously aware of the images that you've conjured up inside your head. Do not ever forget the power of imagination. If you find yourself in a state in which you do not want to be in - let's say it's a state of anxiety, depression, or worthlessness - that state is being created, partly because of the things that you're thinking about; because of the images that you've conjured up inside your head. You need to be very protective over what images are inside of that mind. The second thing is your internal dialogue. Literally, the voice inside your head and the things that you are saying to yourself. Little trick, little tip, little cheat sheet: If you wouldn't say it to a friend, don't say it to yourself. If you wouldn't say to a friend, "You're so fucking worthless. You're awful. You're a loser. You couldn't save your own dad. You couldn't protect your own wife." If you're saying those things to yourself, but you wouldn't say them to a friend or to someone that you love, that you want to comfort and help, then do not say them to yourself. Just don't say it to yourself. So, what have we got? We've got our internal images, we've got our internal dialogue, and then there is your body posture. Never underestimate the power of biofeedback. Exactly, Kathrin. That power stance; that warrior stance. Don't underestimate it because that thing is triggering something called biofeedback. Your body is sending messages to your brain, and it's telling your brain how to feel. Now, it's very difficult to control the images in our head. It's very difficult to control the voice inside our head. However, our body posture, there's no excuse for that. That is something that you have complete conscious control over. So, what I would recommend is to start with that. Ask yourself the question. So, first, step number one: realize what state you're in that you don't want to be in. "I'm currently in a state of depression. I don't want to be in a state of depression." That's step number one. Step number two: ask yourself, "What state do I want to be in?" It's one thing saying, "I don't want to be depressed," but that's useless. That's like going to an airport and saying, "I don't want to go to Paris. One ticket please!" And they're like, "Well, fucking hell. I know you don't want to go to Paris, but you've got hundreds of other options. Where do you want to go?" It's like the equivalent of trying to do your

weekly shopping at Whole Foods, and instead of having a list of foods that you do want, you have a list of food that you don't want. Totally pointless. So, you need to know what state you do want to be in. When you know what state you do want to be in, ask yourself, "What does my body do normally when I'm in that state? I don't want to be in a state of depression. Instead, I want to be in a state of joyfulness. When I am in a state of joyfulness, what does my body tend to do? What do my shoulders do? What does my back do? What does my chin do? What does my chest do? When I'm in a state of joyfulness, what do I tend to imagine? What do I tend to think of? When I'm in a state of joyfulness, what do I tend to say to myself?" Do that stuff. At first, it's going to feel like you're pretending, and that's fine. It doesn't matter because eventually, that subconscious part of your brain is just going to play ball. If your conscious part of your brain is going, "This is fucking pretending. This isn't going to work because I'm feeling really depressed." Just do it. Just start with the body posture, change that first, then allow that to change the internal images, and allow that to change the internal dialogue, and eventually, your subconscious just won't know the difference. There are two parts of your brain: that part that's the conscious thought, and that part that's the unconscious thought. They're very close, and they spill over. That part of you that, first of all, consciously pretends, eventually, subconsciously that just becomes a genuine emotion. As long as you're feeling joyful, who's to say whether that's genuine or not? That's an emotion that you're feeling. If you create that joyfulness through actively changing your body posture, your internal images, and your internal dialogue, that is a genuine emotion, and you've created that motion. So, use that and utilize those three things, those three legs of the tripod to change your state. I have to say that shit really works. I've never had to use it for something like grief, but when I was working my nine to five job, I was completely broke and starting my business. I remember the whole posture thing. It really does work. I remember coming into my office and I worked as a receptionist for a home health agency. It was actually my mom's best friend's company from college. I was looking for a job at the time - this is in 2016 - that would take over some of my income from the business that I don't want to be in anymore. It's kind of like the postman thing for you. It was a transitional career. I knew that there were people who would completely understand that I'm not going to be there forever - "I'm not your forever receptionist, but I will be here for a year." That's what I gave myself. I'd be the first one in the office, and it's so funny because I also speak Russian and 99% of their patients were Russian. So, I'm so grateful to that job because I got really good on the phone, and my Russian skills freshened up so well. I was completely fluent. I'm no longer fluent. I would say I'm about 90% but I understand everything. Speaking is a little slower. So, I remember coming in, and before I would turn the phone on from the nurse - the night nurse - to meet the person answering the phone during the daytime from nine to six, I would come in and I would disarm the alarm, I would turn on the lights, start booting up my computer, put my shit down, I go make some coffee in the kitchen - it's a small office - and I come back to my office. And I would immediately, before I would do anything,

because I called my business Manifestation Babe a lunch break business because I really built it on my lunch breaks at this office. I would stand in Wonder Woman pose. That's the first thing I would do. I would stand in Wonder Woman pose, and I would stare at my vision board that I put right in front of my computer. Actually, no, I had a bunch of checks and affirmations behind my computer, but I have my vision board as a desktop. My boss's computer that he bought for everybody to have at the office, I just took over. I said, "It's gonna be my vision board on here. I don't care what you guys think." I would stand in Wonder Woman pose, and I would just feel super powerful. I would feel like the version of myself who was already living that reality. I would say my affirmations out loud and do the whole self-talk thing. I would visualize me having a successful business, traveling the world, seeing my clients, seeing people's transform, happy faces; I would see my PayPal going off, I would see DMs coming into my Instagram being like, "Kathrin, your program changed my life!" I just saw it all, I said it all, and I stood there in my power for even just that 10-minute period. I can't tell you enough what that shifted for me because that was a time in my life when I felt the least motivated to do those things, when they felt the most fake; when they felt like a pipe dream; when they felt like something that is just something you read in a manifestation book, but they don't actually work. That's when it felt the most fake for me, but that's the thing that convinced my subconscious mind, "No, this is real. You are shifting right now. You are transforming right now. Do this with enough repetition. You will believe it, and once you believe it, it's going to come." I was then able to quit my job literally - it was so funny - the day... So, the day I got hired and the day I finally went full-time in my business were exactly a year apart. So, I'm always like, "I should have said six months, or I should have said I'm just going to be here for three months. Why did I say a year? And thank God I never said five years, two years, three years, or 10 years." So, that shit really does work. Thank you so much for offering your tips and being so generous with your value, your wisdom, and everything that you're offering. I cannot wait to publish this podcast. I know this is weird because you guys are listening right now, but I can just see this helping so many people, and I'm so freaking excited to put it out there. Liam, for anyone who wants to dive in even deeper with you, can you share where we can find you, or how we can work with you? You train coaches, right? So, if someone wants to become a coach, how can they do that? Yes, that's a great question. So, if someone wants to become a coach, then the Coaching Masters are your guys right - we're the guys. But I think one excellent place would be to listen to our podcast because of course, everybody listening to this naturally likes podcasts. We've got a podcast called The Coaching Masters Podcast, which is on Spotify and iTunes, as well. So, check out The Coaching Masters Podcast. Also, TheCoachingMasters.com. Just come and check us out and have a look at the website. I'm on Instagram at @Liam.James.Collins - don't forget the dots. If you forget the dots, it's not me. Whoever you're following without the dots, it's not me. We are going to link all of that. So, we will spell that all out for you. We're going to link all that in the show notes. All you have to do is swipe up if you're on iTunes, and then I

think it's "See more" or something like that on Spotify. You guys, please take a screenshot right now. I know we told you to do that in the beginning with the whole accent thing, but for real. Take a screenshot right now, tag both Liam and I - I'll post all the handles in the show notes - and let us know what you loved most about this episode, how it helped you, what your biggest a-ha! moments were, your breakthroughs, and all that good stuff, and send all your love to Liam. Liam, thank you so much for coming on here. I appreciate you so much. This has been so juicy, and I cannot wait to have you back. I can't wait to be back. And you know what? For those listening to the podcast, they won't be able to see this, but Kathrin, I have to show you something. Please.



Liam James Collins 1:12:25

This absolutely melts my heart. So, we've purchased our little girl a little Christmas outfit. I just think that this is the cutest thing in the world. Check out her little Christmas outfit.



Kathrin Zenkina 1:12:42

Oh, shut up. Oh my goodness, because she's going to be tiny by Christmas! Oh my goodness. Yeah, exactly. She's going to be 14 days old on Christmas. It's just a little Christmas outfit. For those on the podcast, you won't get to see that, but I was like, "I've got to show Kathrin this Christmas outfit." You've shown me so many things. I think next time it needs to be a video podcast so we can clip all the cool things that you're showing me behind you. Definitely. It's been a pleasure, Kathrin. Thank you for the invite. I hope that it's been valuable. I hope that there's been things to learn from the stories. There's always more to uncover. There are always more tools, techniques, methods, frameworks, stories, and realizations. But I mean, if people can just go away from this one podcast, and something you said a moment ago actually really resonated. In those moments where you were doing your Wonder Woman stance, and you were visualizing and were trying to control your internal dialogue, you said, "It felt really fake." I'll tell you what; when you're trying to do that stuff in the face of grief, it feels ridiculously fake, faker than you could ever imagine, but please do it. Because that's the thing; people don't do it in the face of grief because they assume nothing can overcome that grief. They assume it won't be strong or powerful enough, but I promise you, when you're in those moments where you feel like doing it the least, that is when you need it the most. That is when you absolutely need it the most. So, please just change your body posture, try to control that internal dialogue, try to control those internal images, even if you're faced with grief. That's when you need it the most. So, even if you think it's not going to work, please just give it a shot. Please just try control those three things. Love it. Thank you, Liam. Thank you everyone for listening, and I'll catch you guys in the next episode. Mwah. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to

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