

Episode 31: Make Sense of the Universe in 45 Minutes (The 12 Universal Laws)

Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a master mindset coach and success strategist for entrepreneurial babes just like you. I absolutely love helping you uplevel your life, your business, your finances, and helping you see the infinite potential within yourself to be, do and have anything that you want. It is my duty and obsession to give you the tools, the resources, strategies and teaching, you need to manifest the reality of your wildest dreams. Think of this podcast is your daily dose of personal development to maximize your impact, your influence and your income. If you're ready to get you're asked to take to the next level then you've come to the right place. I hope you enjoy today's episode. Now let's begin.

Hello gorgeous souls. It is Kathrin from manifestation babe.com and I am here in Los Angeles reporting live in my Facebook group on a live stream from the Mondrian Hotel in Los Angeles. I have an exciting day tomorrow, I'm actually doing a VIP breakthrough day with one of my clients, Mackenzie, and I am just so stoked because the changes that come from breakthrough days are just unbelievable, and I love these one day VIP intensives where you basically come and hang out with me. Well, you do a lot more than hanging out, but you basically hang out with me all day long in a VIP hotel location and I take you out to breakfast, lunch and dinner and basically go to fucking town on your subconscious mind and go to town on your mindset, and help you completely revolutionize a key area in your life. And you guys want to know what the best part about working on any area of your life is? Life is not a bunch of pieces, you do not have little parts of our lives. If you work on an area of your life, you're actually impacting all other areas of your life. If you are getting into alignment in a single area of your life, you're actually starting to get into alignment with another part of your life as well, which is so awesome. And that's kind of the magic that happens on a VIP breakthrough day, but that's not what I'm here to talk about. So I was inspired recently, to do a little bit of digging into the 12 laws of the universe. It's called the 12 immutable laws because these are laws that you cannot turn off. So for instance, these are more of spiritual laws, like the law of attraction. Obviously, I'm not going to talk about the law of gravity and laws of electricity and all that. Sounds like there's so many laws that govern our universe, but anyway these are the ones that directly relate to manifesting a life of your wildest dreams. And so, I am by no means an expert, I have not been studying all the laws as much as I've been studying law of attraction. Me and the law of attraction have known each other for almost a decade now. I would say precisely nine years that I've been obsessively setting the law of attraction, but the thing is I found out that so many people just know the law of attraction and don't know the other 11 laws that coexist with the law of attraction. And the thing is that by not understanding the other laws or not having knowledge of them, or how it really applies to manifestation, what ends up happening is that you actually are led to believe that you can literally sit on this couch, and for those of you listening to podcasts, excuse me if I'm moving around too much, but people think that they can literally sit on the couch and just visualize money, or visualize a car, or visualize an elephant, or whatever it is that they want and that it's going to magically appear in front of them. They are led to believe that if you just think positive thoughts, and you just think positively, just by being positive in general, you're like, yes, yes, money, money, that it's just going to rain on you right where you are because of the law of

attraction. Now the law of attraction on its own attracts right? Positive energies are attracted to positive energy and negative energies are attracted to negative energy. However, if you only have knowledge of the law of attraction, and you think that the entire universe only works with the law of attraction, then you're never going to manifest shit because the law of attraction on its own coexists with these other laws. You got what I'm talking about? Do you get where I'm going with this? So let's dive into what are the other 11 laws and how can I apply them to my life. How do they relate to manifesting? This is the manifestation babe podcast. This is a manifestation babe group, and so of course we're going to relate it to manifesting and I want to help you guys. I want to help you understand why visualizing on its own, just sitting on the couch and just picturing what you want on its own is not going to bring shit into your life. And I know that so many of us know that because we are the ones who have given up on the law of attraction. The ones who are consistently led to just think positive. Think positive ass shit doesn't work. Think positive shit doesn't work or think law of attraction and say I tried it, it doesn't work for me. Bla bla bla - it's because they don't have knowledge of the other laws. "Just got a few books in this to understand more" - Amy. That's so awesome! It's so good to understand. I feel like the more perspectives we get on the law of attraction, the much stronger manifesters we're going to become and this is something I actually think teaches these laws. I legit didn't even realize it, but I teach all these laws in my rich babe course, especially in week six, because what ends up happening is that when you start to raise your vibration around money, when you start to do the inner work around money, sometimes you attract situations that create polarity in your life. And through that polarity, you start to figure out what is really limiting you and what is holding you back. So by getting what I don't want, I now know what I do want. By getting what I don't want, the polar opposite, which is one of the laws that I'll get into, I am actually given more clarity to get even stronger on aligning with what I do want. And without the polarity, that opposite wouldn't exist. You would not even understand what you actually do want because you need that opposite. You need that polarity. And so in week six, I talked about how the universe is always rearranging things, and it's always creating space for you and it's doing all these amazing things to bring to you the money through law of attraction, but you must understand that there are these other things that are happening at the same time. And if you are only a believer in the law of attraction and you only live your life by law of attraction, you're going to miss out and you're going to give up so much faster than if you realize that there's other laws that are working for you, always working for you. And if you just had a little bit more patience and more persistence, you would stop giving up. And it's only when you give up do you drop the ball on your manifestation. It's only when you give up do you change your vibration from a positive to a negative one. And if we could just, and I know I mentioned a couple times now I am writing a book all about the entrepreneurial roller coaster aimed at female entrepreneurs in their very first year of business kind of experiencing their first low and all the stuff that I've learned from my personal lows and entrepreneurship, and what I want people to understand is that as long as you are on the damn rollercoaster, and you don't get off, you're going to win. As long as you are persistent, and you stay on that damn roller coaster, whereas many people reach their first low and they get off the damn thing. And the thing is that your destination, your success, everything they ever wanted, your freedom, everything is at the end point of the roller coaster. But if you never get to the end point, then you're never really going to succeed, right? So I feel like I've already blogged on and on about - Oh, no, I was never recording this. My microphone

was never recording this, so I'm just going to take the audio off of my phone. So if the audio is not that perfect this time, I apologize.

So what are the 12 laws, right? So the 12 laws, obviously law of attraction is one of them. So law of attraction. Let's go into that one first, just so we can get it out of the way. So the law of attraction means positive energies attract positive energies and negative energies attract negative energies. Basically, whatever you are focusing on is what you're going to bring into your life. If you are holding a positive vibration, you are going to bring things that are also vibrating on that positive frequency. If you are constantly thinking negative thoughts feeling negative emotions, and just being in a negative state, you're going to attract more of that negativity into your life. There's no other way around, this attracts that. So positive attracts positive, negative attracts negative. And this law obviously is the most popular one. It's the one that's been talked about in the secret and I'm pretty sure you guys already know this law. So the other laws - number two I have on here is the law of oneness. The law of oneness basically states that we are all one and we are all one with God and so on. Why I love this law, and it's so important to understand this, is that a lot of people think that they are separate entities from each other. People think that they're separate entities from source, that they're separate entities from God, that there's no responsibility for what they say to others or what they do to others or how they behave with others. We think that we're just this separate entity that's fending for ourselves, not understanding how much we can actually positively impact the world by first positively impacting ourselves, and also positively impacting ourselves by positively impacting other people. This law is also why I never gossip and this law is why I never freak out or get jealous anymore when someone else has my desire. When someone else has my desire or is living my dream life or is achieving things that I've wanted for a really long time, instead of getting jealous, I now get extremely excited because I know that by that thing that they have coming into my reality, means that I'm one step closer to manifesting. Maybe not directly manifest into my reality yet, but it's still there. I am vibrating on that frequency and as long as I don't get jealous, and I actually get excited for the other person, and I actually get excited for myself, again, the law of oneness means that something that someone else has, you can have too. Something that someone else has achieved, you can achieve too. We are not separate entities and this is why it's so important to send everyone love and what you say about someone else, you're actually saying about yourself. What you wish upon someone else, you're actually wishing upon yourself, so super important. Also, the other thing that I like about the law of oneness is how we are one with God. And so a lot of people think that it's us over here, tiny little people, and then it's God up in the sky, when in fact, we actually are all God, you're all one with God. And this is important to know because you really do have the power to create a life of your wildest dreams. You really do have the power to manifest. You really are in control of your circumstances. And I think that's a beautiful thing because as soon as we realize how much power we actually do have, we start to ask differently. We start to pray differently. We start to receive differently. We start to feel different. We start to feel better, because once we know how to tap into all the laws of the universe, knowing that we have God within us already, we have this divineness about us and we are already divinely perfect. We deserve everything and anything that we could ever ask for. As soon as we understand that to our very core, it's like, BAM! All of a sudden you take so much responsibility for yourself. You start to wish well for others. It's like your whole energy changes as soon as you understand that the law of oneness.

Now, the next law. So that's two laws down. The third law is the law of vibration. Okay, what I wrote down here and I have a little journal next to me, just to keep me on track and remind me what I'm talking about. The law of vibration says that basically everything has a vibration and everything is energy. Match the energy of what you want to attract by aligning with it through feeling good about it. So the law of vibration basically states that everything has a vibration and if you ever take a look at basically anything under a microscope, strong enough to see every single atom of that thing, you will notice that all those atoms are vibrating. And actually something really interesting to bring it back to the law of oneness. When scientists were able to break down molecules to their smallest sizes and put them literally miles apart. Don't quote me on the exact experiment or the exact distance, but I remember reading about the system. Scientists took these atoms, and they literally split them apart like, hundreds of miles, and what ended up happening is that they noticed that what they did to one atom or molecule, the other one responded. So it's as if you did it to both of them. And so I think that's so crazy because the way that makes me feel is it blows my mind because it's what you literally wish upon others, you're literally wishing upon yourself. What you do with yourself you're doing to others. What you're doing to others, you're doing to yourself, it's crazy. So anyway, going back to the law of vibration, everything is vibrating. Everything has a frequency, you are constantly transferring and transmuting and sending out and processing and receiving all these different frequencies. You're always emitting a frequency and so in order to manifest what you want, you must match the frequency of whatever it is that you desire. You do that through feeling good about it. As long as you think about your desires, so whatever it might be; It might be a car, it might be a house, it might be a vacation, it might be an article of clothing, it might be an experience, it might be a soulmate, whatever it is, as long as you feel good about it, that means you're in vibrational alignment with it. If you feel bad about it, or there's some part of you that's telling you I don't think I can have it, and so you are not an energetic match to it. And so the way to get yourself to be an energetic match to it, is to start to feel good about it. And so everything is energy. Everything has a vibration and it's all about frequencies. It's all about becoming an energetic match to everything. That's the law of vibration.

Now the law of action. So this one, is a freaking key to the law of attraction. The law of action states that you must take physical action to create the physical manifestation of whatever it is that you want. You guys know that many, many books and audios and many courses and seminars teach you how to manifest your dream life, they all miss the law of action. It's when we're led to believe that all we have to do is sit on our couch and visualize the thing that we want to bring into our life and feel good about it and that's it, the work is done, the steps are done. But there's a law literally that states that in order to see that car, the money, the clients, the business, the hotel, the travel, the whatever it is that you want, the soul mate, the love, the experiences, whatever it is that you want to manifest, you must take some sort of physical action to bring that from an energy into a physical manifestation. So taking it out of your mind and knowing that your thoughts are just energy, and actually bringing it into something that you can feel, touch, taste, smell, hear, whatever your senses tell you, that it's actual physical manifestation. And so if you're not taking action, then it's not going to come. And the thing about action is a lot of people ask, how do you know what action to take. And that's where I bring in inspired action. And inspired action is an action that feels really easy, feels natural and feels really good to you. What I mean by this is, sometimes you'll have an idea popped in your mind.

And like, you're just going to be inspired to do something. You're going to be inspired to give someone a phone call. You're going to be inspired to bring something up to a stranger. You're going to be inspired to take a different route to work. You're going to be inspired to create a course, or write a book, or just do something, or take on a new job opportunity, or quit your job, or whatever it is, whatever that inspiration or that nudge, that feeling and that kind of energy that comes, that gut feeling of just that feeling like the next thing I should be doing. That feels like the next right action. And when you take that action, it's not hard work at all. It feels super easy. It feels like the next step, right? So that's why it's inspired action rather than random ass action or hard action or grueling action or just action in general, you always want to focus, of course, on inspired action, just because inspired action plays in with the law of vibration, right? You have to feel good about it, you have to meet a certain frequency. If you don't feel good about your action, it's probably not the right action. If you feel really good about it, that means you're in vibrational alignment with the thing that this action is going to bring to you. Am I making any sense here? I hope I am.

Next law. So this is already 1, 2, 3, 4, 5, fifth law is the law of correspondence. Your outer world reflects your inner world. To change something on the outside, you must first change it on the inside. This is all about mindset, right? This is why mindset is so important. This is why you can have all the strategy. You can be taking all the action, right? So even if you're applying the law of action, you're taking all the right action, making the phone calls, doing the strategies, hiring the people, doing all these things, whatever it is, that's required for you to bring your manifestation to reality. You know, signing up for the courses, hiring the coaches, whatever it is. But if you're in a world that states that you can't be successful, if you're in a world that states that life sucks, or life is hard, or I can't do it, I'll never amount to anything or I suck or whatever the self talk that's going on, whatever the belief systems that are going on, whatever's going on in your mind, that is always going to be reflected in your outside world. And so no matter how hard you work, and no matter how many hours you put in and no matter what you do, what your strategy is, no matter what your technique or tactic is, if your inner world does not match up to what you want to manifest in your outer world, it's never going to manifest the way that you want it. And so that's also like saying, subconsciously, you don't believe it's possible, but on a conscious level, you really, really want it bad and so therefore never really manifest because there's that conflict on a subconscious unconscious level. So this is why mindset is so important. Believing you can do it and believing you can have it, believing it's possible, this is why it's so important because your outer world is only going to reflect what's inside. And also, I think that this law personally for me, gives me a lot of responsibility to check in with myself on a consistent basis and ask myself, how am I a cause for this manifestation? Especially when I get something that I don't want, or I see a consistent pattern of something that doesn't make me feel good or something that manifests into my reality that I think I didn't ask for or, you know, I manifested an unwanted thing, the law of correspondence allows me to check in with myself and ask myself how did my inner world manifest this? What did I believe to be true about life in order to manifest this? Or what inner work I need to do in order to clear this energy and change it and pick something new and set a new intention and believe something differently and take a different action. So it gives me a lot of responsibility and I like that. Personally, I like to be a cause for everything in my life because it gives me that sense of control. If I don't like something in my life, I can change that and it gives me a lot of power. The next law is the law of cause and

effect. Law of cause and effect is what you sow, you will reap. There are no accidents. This is also known as the law of karma. And so basically, what you do to others again, it kind of relates to the law of oneness or the law of attraction and basically all the laws are pretty much the same. Not the same, but they all work together, they all coexist together. And so, whatever you send out into the universe, you will always receive like the law of attraction. And so what you sow, you will reap. So whatever you do to other people, whatever you put out there, the energy that you put out there, the actions that you put out there, the things that you say, you will always reap whatever seeds you plant in the ground. The ground does not care what kind of seeds you plant, it will grow whatever you plant and so, if you plant seeds of hope, if you plant seeds of inspiration and motivation and positivity and believing in yourself and seeds of success and seeds of a phenomenal money mindset and just whatever seeds that you plant, the ground doesn't care, right? The universe doesn't really care what you are putting out there because it's always saying yes, and it's always going to give you and return the vibration that you have emitted. And so this is also known as karma. So for those of you who know the law of karma, it's also the law of cause and effect. Every single thing has a cause and every cause has an effect, also known as what goes around comes back around.

Next is the law of compensation. So this actually relates to the cause and effect law, what you sow, you will reap. But the law of compensation is like the law of cause and effect but relating to blessings, and by blessing that means money or material goods or anything that relates to compensation. And so it says, give what you want to receive, but give it freely and without expectations and you will be majorly blessed in return. So this is awesome because, you know, I always talk about giving and giving to the people, especially business, it's all about love and relationships. It's all about giving and it's all about contribution. And so the law of compensation states that as long as you give freely and you give your love freely, and you are just giving and a very kind person with no expectations or return, if you do something kind for someone, you don't expect it to come back from that specific person, but you just know that the law of compensation is going to bring all that back into your life. That's basically what the law of compensation is about. Also, the way I've heard it before, is that if you are leading other people to a positive life, if you are leading others to an abundant life, if you are inspiring other people, motivating people adding to their life, being a great addition to their life, you will be infinitely be blessed in return. So that's another way of how I've learned from other spiritual teachers of how the law of compensation works.

Now the next law is the law of perpetual transmutation of energy and let me say that one again, the law of perpetual transmutation of energy. So this law states that you have the power to change your life. High vibe energy consumes low vibe energy. Get into high vibration and things will fall into place. Also we have the power to manifest things out of nothing. Now why I love this law the most is because I get a ton of women who come in and say, there are so many negative people around me, all my friends are negative, my family's so negative, my husband's negative, so what do I do about this because I want to improve my life, but I feel like these people are driving me down. And this law states high vibe energy consumes low vibe energy and I always tell people to keep your vibration high. If you keep your vibration high enough, and you're a great role model and you just do the work and you're consistent and you don't allow others to affect your mood, or affect your belief system, or affect what's going on in your life or affect your reality, that high vibration energy that you emit is eventually going to consume that low vibration

energy. And I see that time and time and time again in my life without even knowing this law. I just know it because of how many experiences I've had with just understanding that I have way more power being in a high vibration state than I do in low vibration, and I have way more power of being in a high vibration state and not allowing other people to drag me down because I've always given myself this responsibility that I'm responsible for inspiring and motivating and just being a great role model to other people. Especially in the online space right on my Instagram, Facebook, you guys in the Facebook group, you guys on the podcast, I've always given myself that responsibility to just be an example and to be a good role model and stay high vibration. And anytime I have a bad day, I just think about you guys and I just think about inspiring you. And anytime I have any resistance or feel like there's inner work to be done, I'll sit there with my journal and I will always practice what I preach because I just feel like I have this responsibility, right? I want to be able to empower you guys to inspire you guys. And if I'm not doing the work, then who the hell is going to do the work right? And so I know that eventually anything low vibration around me will be consumed by my high vibration. So I really like this law and also, we have the power to manifest things out of nothing, basically stating that you literally can never predict how. You can never predict the when. You can never predict the details because the universe is so fucking amazing. You can literally take something in your mind out of nothing and manifest it into physical reality. This is the truth. Transmutation of energy. This is the movement of energy. This is the ability to be able to create magic. This is alchemy, at its finest disruption. This law describes alchemy and magic and all that amazing stuff of literally being able to create miracles right? I also want to call it the law of miracles. So the law of perpetual transmutation of energy.

We got four more laws you guys, are you liking this? Are you liking this stuff? Give me some emojis and some comments. Let me know if you guys are liking learning about this. These 12 laws. Yay! Thank you. Okay, let's move on. The law of relativity. Okay. This is our eight law I think. We're on the law of relativity states. Every soul will face challenges, but it's all relative depending on your perspective. Also, I would call this the law of perspective. "Perspective", is that even a word? The law of having perspective states that nothing is as bad as it seems and life is always happening for you. So this is the law I believe that comes from Tony always saying life is happening for you not to you. The law of relativity is reminding us that whenever we face challenges, whenever we are facing hardships or hard times to keep the relative right to have, shift your perspective of it. Know that nothing is really as bad as it seems. We, as human beings, like complexity, and we like to overcomplicate everything. We like to make everything seem so much bigger than it really is. We like to make everything seem so much worse than it really is and how nothing has meaning, like everything is meaningless except for the meaning that we give it and so it's our choice to understand that every soul will face challenges, but it just depends on our perspective of how bad it actually is. And also, and I don't really vibe with this, but the way the law of relativity is also explained is, whenever you're facing a challenge or problem, go find someone else who's facing a worse challenge or problem and compare your challenges and problems. I don't really like to do that and that doesn't feel good to me that doesn't feel high vibe, but it's basically saying understand and be grateful for your challenges, because they're always serving you, and that there's probably someone in the world who's experiencing worse than you. And so you really don't have it that bad and life is always happening for you. The law of polarity. This is the one where basically when Abraham Hicks

talks about how you get what you don't want so that you know what you do want, this is where it comes from. The law of polarity means that opposites exist so we can exercise our focus. The reason why opposites exist in the universe, and I'm spilling coffee all over myself over here, the reason why the law of polarity exists is so that we have choice in our focus so that we can exercise our focus, we can get better at manifesting because of the law of polarity, we can actually use the law of attraction in a much more effective way because we are forced to exercise our focus. You know how they say what you focus on expands and you attract what you focus on? Well, the law of polarity makes us pretty much exercise that muscle that keeps us focused on the things that we do want versus the things that we don't want and sometimes we have to receive things that we don't want like an unexpected bill in the mail. Or you know, we're trying to manifest a soulmate, we manifest like the wrong person for us, or maybe we have a bad experience in business or maybe we experience just any bad experience, anything that we don't want. The reason why we experience it is so that we can gain clarity on what we actually do want. And sometimes you get what you do want, so you also know what you don't want, right? Like, "Oh my God, that's really nice. I like this. I'm so happy with it. Now I know that I don't want the opposite." And so you can use these two opposites to help you manifest. It's not a bad thing. Sometimes when you get what you don't want, it's not a bad thing. Sometimes when you have negative thoughts, it's not a bad thing. Sometimes when you are upset or sad or a little bit depressed or feeling a little bit low, because if it wasn't for sadness, you wouldn't appreciate joy. If it weren't for being broke, you would not appreciate having money. If it weren't for debt, you would not appreciate financial freedom if it were not for "insert anything", right? Like any opposites. If it was not for the opposite, you wouldn't have as much gratitude for the positive opposite. Does that make sense to you guys? So that's the law of polarity and then two more laws, the law of rhythm. So this law basically states nature is seasonal and cyclical. Learn to appreciate the cycles and work when you're okay. So this is my take. So basically it's saying nature's seasonal, and cyclical. Learn to appreciate all the cycles. Okay? Here's my take on it. This is directly relating to me and all in my book for entrepreneurs and all entrepreneurs in this group and on this podcast. This is basically why you must work when you're inspired. And rest when you're tired. Don't ever force anything. You have to understand that if you're ever feeling tired or uninspired or your creativity ran dry, which I did a podcast episode on not too long ago I think last weekend, don't force it. It's just one of nature's cycles. You're going through a cycle of rest. If you were to never rest, like imagine if Winter never came. Imagine if we only had one season and it was Summer or Fall or Spring or just Winter, right? Imagine if we just had Winter and never a Summer, Spring or Fall? Like how fucked up would the world be? Imagine if we never had rain, or we never had sun, or we never had cold or we never had heat. You have to have these different cycles and seasons because, think about it, think about a plant or a tree or a farm, right? You plant in the spring, the summer is when basically nothing happens, then the plant starts to grow and then the Fall is when the harvest is and then the Winter is when all the seeds get dormant and then they're basically underground kind of waiting for perfect conditions. And then they come up in the spring and or you plant in the spring. And then nothing really happens in the Summer. Summer is kind of like that waiting period and then the Fall hits and all of a sudden you're like Oh my God, there's harvest! Look at how much abundance there is right? And we tend to look in our lives at Winter as being non abundant, and Fall as being very abundant. And that's just all about the law of relativity, that's just perspective, you have to

understand that in Winter things are resting, things need to recharge, you have to sleep. Sometimes you have to take your time on things, you have to do some soul searching, go take a vacation, go read a book, go sleep, go take a nap. Like those things are necessary so that you have your energy when the season of work and creativity and inspiration comes around. And so if you're forcing things imagine trying to force a plant to bloom in winter in like the middle of January, that would make no sense, right? Imagine trying to keep the plant underground during Summer or Fall, that just doesn't work. That's not how nature intended for things to work. That's just not going to happen and so by forcing it, you're never going to fuck with these laws. These laws are immutable. You can't do anything about them. They exist. This is how the universe is pretty much programmed to run so that things are running smoothly, according to how our Creator wanted them to run, according how the universe wants things to run. And so all you do when you force is, you are just exerting all your energy, you're getting exhausted, you're getting tired, you're getting depleted. And no matter how hard you try, there are no results, like nothing's happening. It's because it's fucking Winter, so let it be winter, and why not recharge, and rest and enjoy yourself and take a vacation, and how much better does a vacation sound, than working your ass off for no results, right? Until there's a purpose behind everything. And this law is obviously the lesson that I'm currently learning. And sometimes I do force and I do struggle and that's just me being a human being because we're all human beings, and every now and then we're going to go against these laws and we're going to realize that there's nothing we can do to change them. There's nothing that we can do about them. And so it's better to understand them and see how we can use each law to be able to manifest our dream life to be able to create a better life for ourselves.

And so the last law is the law of gender. And this also i'm going to relate it to, what this has to do with us and what this has to do with entrepreneurship, and what this has to do with manifestation. So the law of gender basically says that everything has both masculine and feminine energies. It's a balance. So it's all about balancing the masculine and feminine energies and how this law manifests in nature is obviously sexes, we have males, and we have females. And we all know that even as females, we still have masculine energy and trust me, I tap into my masculine energy way more than I should. And as males, we can also have feminine energy. And as you guys see, it can manifest in so many different ways. I'm sure you've met very masculine females before and I'm sure you've met very feminine males before and there's no right or wrong. It just says look, nature is literally saying look, everything has both energies. And so utilizing both these energies is extremely important because let's take it out of the sexes and put it into something more applicable. So it's a balance of taking action and allowing so in terms of the law of rhythm, right? It's having that patience. And also persistence, is being able to and I don't like to use this word, but this is the only way you can think of describing it, it's being able to hustle while also being in alignment. So doing the work, but also being open and ready to receive. It's having that balance and knowing that sometimes you have to dance between the two energies. Sometimes you are in your masculine energy and you are focusing on you doing the work. You've got to do the work. Sales, hustle, grind, workout, basically anything that has to do with action that's more masculine and then sometimes, you know this can happen throughout the day, and then you're dancing. So okay, now I must surrender, and I must trust. I must allow and I must receive, right? So then you're dancing there, but if you dance there too long, again, you're missing the action piece. So you got to dance back

to the law of action, and then you're dancing back to receiving and dancing back to a law of action. So this nice dance and understanding that you're going to be playing around with both energies and understanding that everything has both energies, you are able to be a little bit more patient and a little bit more persistent than you might have been otherwise. Does that make sense to you guys?

So those are all the 12 laws that I just went through and as you guys can tell, isn't it amazing how we know this stuff on an intuitive level? It makes sense, right? The first time you ever heard about the law of attraction or manifestation, it's almost like you are remembering something that you forgot. It's almost like you came onto this planet, knowing that this is how things work, but somehow through societal conditioning, through programming, through learning, we learned otherwise. And as you dig deeper into your spirituality and as you dig deeper into these laws and as you read about them you're like, "Oh my God yeah, this totally makes sense because I've had experience with the law of oneness I've had experience with the law of vibration. I totally have experienced the law of action. Hell yeah, the law of correspondence makes sense." You know, you're all about mindset, law of cause and effect. We all hear about karma and every single religion entails that what you sow, you will reap, law of attraction obviously, law of compensation, law of perpetual transmutation of energy, like we've all experienced this stuff, law of relativity, law of polarity, law of rhythm, law of gender, but it's like when you are conscious of them, you can finally begin to not just know them on a subconscious level, or know them intuitively or know them like in the back of your mind, but you can actually use them, bring them forward and apply them. And you can go way beyond the law of attraction. And with this, I believe that we will learn to have more patience, we will learn to be kinder to others, right? The law of oneness, what you do to others you do to yourself, will actually stop being so afraid of action. We are always paralyzed from taking action. We're always hesitating from taking action, but understanding that there's a law that states you must take action, maybe we're gonna put a fire under our ass a little bit more.

I can go on and on about this, but that's all I wanted to share with you guys. I hope you enjoyed this little class about the laws of the universe. I did want to mention a couple things, I actually want to make a PDF of these 12 laws to where I write the law and then a little description and put it up in my freebie library. So that's something that's on my project list for this weekend. I can't make any promises just because I have VIP day. I have two VIP days next week and I have a lot of stuff going on between, but that will go on my freebie library so if you want to have a nice compiled list of these 12 laws and just the very basic tips that I shared during this live stream then that will be available in my freebie library. If you go to manifestation babe.com and you go under the freebies tab you'll be able to subscribe to my freebie library and get access to everything in there. Currently you'll get the password, but then when the guide goes live, you will already have the password to be able to access it. Also, for those of you who are in my VIP tribe, I'm going to be creating a full masterclass teaching you how to master these 12 laws, how to live your life according to these 12 laws and how to literally manifest a miraculous life according to these 12 laws. So if you want to become more of a master through a masterclass those of you who are in my VIP tribe, you will get access to this if you're not in the VIP tribe, go to the VIP, literally the VIP tribe.com and sign up to become a VIP member. And you will not only get monthly group coaching calls and all the master classes and the guided meditations and all the goodies that I have in there, but you will also as soon as it's live get the master class

as well. And the last thing I wanted to mention is my quiz. If you have not yet taken my fun little quiz, where basically you find out what type of manifestor you are. So there's five basically when I thought about it, over the last 10 years of studying manifestation, I found that by the people I came across in my personal experiences with manifesting that there are five types of manifestors and I created a quiz so you can find out which type you are. And I also found out just from studying other people and having so much experience with coaching around this topic and reading about this topic, and my friends who are into this topic and just seeing all the different types that have manifested in my life, created a guide where you can read more about your type as well as find out your strengths, find out your weaknesses where you need to improve and then how you can improve for each type and even if you are the manifestation babe which is a natural manifestor, there is still a weakness there that if you work on it you'll be able to continue to be the the manifestation babe for example, the manifestation babe is someone who doesn't quite know what her secret sauce is. And so she's conscious of her secret sauce and creates a system based off of something that she's been living her whole life and manifesting so easily and effortlessly her whole life, and all of a sudden she'll never lose that secret sauce because she's not conscious of it. So just examples and tips like that. Go to manifestationbabe.com/quiz, take the quiz and then leave me a comment if you're listening to the podcast right now. Go to my post at [manifestationbabes](#) to my Instagram account and comment underneath that post which type you are. If you're in the Facebook group, leave me a comment on this livestream which type you are because I do want to know, it's been so fascinating. I actually have stats and percentages of the different types. And it's just fascinating because it's just awesome. I like the stats. And it's fun and it's cool. And the feedback that I've gotten about how accurate the description was is really cool for me too, because it was more like something I was playing around with. And I was like, I have a feeling that this is true. There's no research that I did, it's not like I went out and studied people, but it was just made based off of my expertise, my experience, the people that I've met the people that have come across my clients, people who I've worked with, and so I created this quiz. And yeah, quizzes are fun. Yay, I see some manifestation babes, that's awesome. I'm actually an enthusiastic messenger. So I'm someone who is very enthusiastic about the law of attraction and manifestation spirituality, I love to talk about it, but actually I'm no longer a really enthusiastic messenger in terms of like weaknesses, I've really worked on the weaknesses, but enthusiastic messenger is someone who typically talks a lot, but doesn't necessarily walk the walk, they don't really apply the principles into their life. They know them on an intellectual level, but they don't really know it on the physical emotional level, because they just don't apply. It's not something that they know, on that subconscious. Kind of like I've lived through it, I walk the walk kind of level. And so that's definitely something to work on and focus on. And I have started to really apply the law of attraction and manifestation the last two to three years of my life. And so I've kind of mastered and put those weaknesses into my strengths. So this guide can help you a ton if you are interested in taking the quiz.

All right, you guys I feel like I've talked on for hours now. I've shared all my 12 laws and shared where you can find more. And so I think it's time for me to go because I have some notes to take. Some things to study and some things to prepare for my VIP day. So I'm going to go ahead and do that. And I hope you guys have a phenomenal night and a phenomenal Wednesday. And if you're not yet subscribed to my podcast, go ahead, go to iTunes. And make

sure you subscribe so you don't miss an episode. And if you really love this episode, make sure to leave me a five star review. And also it'd be so helpful to hear some feedback so actually writing a review's so appreciated as well. And I really, really love when you guys tag me on Instagram, when you take a screenshot on my podcast and tag me, that makes me really happy as well and I try to repost as many of those as possible. So anyway, have a great night, guys. I love you so much. Bye.

Thank you so much for tuning in today's episode. If you absolutely love what you heard today, be sure to share it with me by leaving a review on iTunes. Keep the good stuff coming. If you aren't already following me on social media come soak up some extra inspiration. Instagram by searching at manifestation babe 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.