

Episode 68: Why You're AFRAID of Success

Sat, 7/18 1:01AM 39:26

SUMMARY KEYWORDS

subconscious mind, success, hypnosis, life, successful, practice, unfamiliar, thinking, literally, comfort zone, afraid, first class cabin, podcast, people, desires, nice, world, freakin, embodying, surrounded

SPEAKERS

Kathrin Zenkina



Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls, and welcome back to The Manifestation Babe Podcast. My name is Kathrin Zenkina, and I am so grateful that you chose to push 'Play' today and download this episode. I hope you're having an incredible Monday. I'm actually getting ready for an entire month of travel. So, it is now October 2, tomorrow's October 3, and I leave the country from all the way from October 3 to October 30. I don't think I've ever been gone for this long. That's around 27 or 28 days. I am just packing and doing all kinds of things in my apartment. I wanted to make sure I got an episode out to you before I officially left - and don't worry, while I'm in Costa

Rica, there will be more episodes coming your way because I can guarantee Wi-Fi there. I've been to the hotel before. I'm going on a mother-daughter trip - me and my mom. And so, I'm going to have plenty of downtime to read, work on my own book, work on some content, and gear up for the next launch of Manifestation Babe Academy in November - I'm so excited for that launch. I'm just so excited to get another group into that course. That course has become my favorite project of 2018. I think that course just encompasses everything that I stand behind, everything that's helped me transform my life, and everything that makes sense about manifestation and how to apply it to your life. How do you take it from the spiritual world and bring it down to earth? You can actually apply it in your home, your career, or your business. It's not just these theoretical concepts, but it's actually something you can take action on. So, while I get ready to launch that, I'll be doing that in Costa Rica. I'll be recording a couple of more podcast episodes, and then, just so you guys know, I might be a little MIA while I'm in the United Arab Emirates - so, that's Dubai and Abu Dhabi, all the way in the Middle East. No guarantees on the Wi-Fi situation there, even though I know it's going to be great Wi-Fi - because, duh, it's freakin' Dubai. Dubai is so advanced. But I'm going on a spiritual trip with Tony Robbins and the rest of the Platinum Partners. We're doing five nights in Abu Dhabi and one night in India; and then Brennan and I are extending our trip in India for another four or five nights. We're going to stay in Delhi, and we're going to see Jaipur. I don't know if I'm pronouncing these cities correctly because I've never been to India, but it's always been on my bucket list. We're also spending a night in Varanasi with other Plats. So, I am actually going to take some time off from the online world - or podcasting, at least - because I don't know about the noise or Wi-Fi situation, and all that good stuff. So, I might take a little break, just so you know. But up until then, you can expect content. And, of course, when I get back and I get ready to launch MBA, you guys will get a lot more manifestation-gear content in preparation for that. So, lots of exciting things ahead. I'm super excited to dig even deeper into my spirituality, connect with the divine on a whole other level, and hopefully bring you some of the content that I learn from Tony and the other Platinums and what we experienced. I have no idea what to expect, but I just assume there's going to be a lot of meditating and connecting, so it will give you a bit of that spiritual twist into my content, aside from the sciency mindset - "This is how the mind works, blah, blah, blah," - I can kind of bring you some of that spirituality as well. So, anyway, long story short, today's episode is going to be a shorter one because I want to talk about this concept. As you have probably already seen, the podcast title is Why You're Afraid of Success. If you're anyone like me, you've probably at one point thought, "Who in the freakin' universe is afraid of success? What is there to fear? You're successful! You have money." In this case, what I mean by success is that a successful life is a fulfilling life. Obviously, you have an incredible family life; you have an incredible relationship; you're successful in all areas of your life, and not just money, business, or career. Not just those measurable things, but also in the measurable things; successful in your spirituality,

successful in your health, successful in the way that you feel everyday, and successful in your emotional health. And so, you're probably thinking, like me back in the day, "Who is afraid of success? That's just crazy." I always had this inkling inside of me growing up that I would be successful. It wasn't until I actually decided to get serious about pursuing success and manifesting my dream life, that I started running into these roadblocks. I started running into all these self-sabotaging behaviors. Never have I ever felt so fearful of the unknown and the future. I actually had a psychic session with one of my trusted Psychics. Her name is Anna Galliers. She is a British psychic. If you go to [AnnaGalliers.com](https://www.annagalliers.com), you can find her. She lives in Ukraine, and she works with a lot of the Ukrainians because she was actually a star on a show - it was a World's Best Psychic kind of show in Ukrainian. My parents were all freaking about it. My mom found her, and then I had sessions with her. She's someone who really helped me when I just moved to Los Angeles. She reminded me that chaos is a sign that you're on the right path. I never understood that, and that's something that I have brought into my teachings. In my Rich Babe Academy, in Week Six, I talk about how sometimes when you embark on a new journey, when you leave what's familiar, things seem pretty chaotic. There's no real chaos, according to the universe, according to the almighty creative power and all that's good, your highest-self, God, universe, angels, or whatever it is that you believe in; from that perspective, everything is working out for you. But from our human perspective, when we embark on this journey of success, or when we get clear on our desires and start letting go of what no longer serves us, things can get pretty chaotic because the universe will actually strip away what no longer serves us. To the human eye, we see it as our life falling apart. When I moved to Los Angeles, when I ended up on my grandma's couch, I literally thought my life was falling apart. I remember having a session with her before, and then having a session with her when I moved to LA. I remember asking her, "Anna, can you please ask my spirit guides, or please ask spirit why my life is falling apart right now?" She said, "Kathrin, it's not falling apart; it's coming together." It just seems like it's falling apart because the universe must reorganize and rearrange things in order to give you what you want. It's like wanting to get a new car and intending on parking that new car in your garage, but your old car's still there, and you're afraid to let go of your old car, in order to bring in your new car and park it in the same garage. There's just no space for it. And so, sometimes the universe has to create space. It has to pave a new path for you. And so, that's a lot of what's going on. Anyway, long story short, she tells me, "Kathrin, you're so afraid of success. That's what it is. You're afraid of success. You need to start getting comfortable with success if you intend on manifesting whatever success means to you." And that's all I got. She said that, and I said, "Alright, I'll work on it." And then after the session, for the last two years, it's been this journey of, "How do I stop fearing success? First of all, why am I afraid of success? Who in their right mind is afraid of success? Why am I afraid of having more money? Why am I afraid of being visible to the world? Why am I afraid of having an incredible relationship? Why am I afraid of being in perfect health? Why does this cause

any fear in me?" And I realized, after doing so much of this mindset work and studying all the great people out there who know the inner-workings of the mind, know how it works, how it operates, and how you can change and rewire your mind. After all the studying, applying, searching, and finding that I've done, I finally came down to this podcast episode that I wanted to share with you. It's something that I've learned over the past two years and have applied in my life. Now, to many people's standards, I am successful. I view myself as successful - I don't view myself as finished. I definitely have a whole lifelong journey. There are obviously parts of myself that I can keep improving. There is obviously another level. There is obviously more that I could evolve into, but for now, I am so grateful for where I am, and I no longer fear success. It's funny because I no longer fear where I'm at and this level of success that I'm at right now; but when I think about the next level, and I think about 10 levels beyond this, it does bring up a bit of anxiety. I think to myself, "Why is that?" And I realized, finally, that this is part of how the subconscious mind works. Using what I've applied in the last two years, projecting it onto the future, and using the same techniques and strategy for the future, I can easily and effortlessly get to the next level. And so, I want to share with you my explanation of why you might be afraid of success, based on how the subconscious mind works. I then want to give you four tips that you can use to make success be familiar to you; to normalize success; to make success be something that's comfortable and exciting, but also very safe to you as well. Honestly, that's what it comes down to. It comes down to the fact that we feel like success is unsafe. Why this happens is because your subconscious mind loves what's familiar. When it comes to anything that is unfamiliar to your subconscious mind, it's very uncertain and protective. So, I grew up in poverty as a child. In my teen years, we were kind of the middle class, or maybe upper-middle class. I'm kind of the first person in my family to ever reach this kind of level of financial success - at least very quickly. And so, I achieved something that is very unfamiliar to me. It's something that I have not seen anyone that I know experience. I didn't have any friends at the time who have generated multiple seven figures in their business; my mom was a nurse; my stepdad is a Chief Technology Officer (CTO) of a company, and he does very well, but he's on salary and it's definitely not a multiple seven-figure per year salary. So, I'm kind of the first person of my kind in my family, and it feels really cool because I even show my family what's possible. It's really cool because thinking about the stage that I'm going to set for my children and help them normalize what success is and help them be comfortable with it. It's also really exciting for me. And obviously teaching them to value money and value putting effort into everything that you do, and value not just having everything handed to you. So, that's going to be a new challenge that my parents didn't have to deal with me since we had absolutely nothing. And so, I think about, "My kids are pretty much going to have everything that they can possibly ever want, so how do we not spoil them?" Every level comes with a new problem. It's an upgraded problem, it's a great problem to have. You have to find how to figure that out. But anyway, I grew up in poverty and success is unfamiliar to me. It's

uncertain. If you're someone who's used to a certain amount of money per year - for example, let's say that you've always had an 80,000-dollar salary for the last 10 years; and so, that's your familiarity. That's your comfort zone. That's what your subconscious mind sees as familiar and comfortable, and that's what you're accustomed to. Or maybe you have been living paycheck to paycheck your whole life, everyone in your family also lives paycheck to paycheck, your friends all live paycheck to paycheck, and that's just all that you've known. That's familiar and certain to you. And so, even though consciously you're thinking, "What the hell? This is unfair. This doesn't make sense. I want more money," your subconscious mind is wired to avoid uncertainty. It's literally wired to help you survive. And so, staying in our comfort zone equals survival, and your subconscious mind will always sabotage anything that's outside of your comfort zone because it sees whatever is outside your comfort zone as danger. It actually sees a higher income or more success as something that's dangerous, which is why you fear it. So, you have this conflict between your conscious mind and your subconscious mind. Your conscious mind knows "I'm meant for more. This is not all that life is; this is not all that I'm capable of achieving; this is not all that I'm capable of having in my life; this is not all that I desire;" yet on the subconscious level, your subconscious mind is just protecting you. It's just helping you stay alive. It is a program that's been programmed to help you think the same thoughts that have kept you alive, believe the same beliefs that have kept you alive, behave in the same way that's kept you alive up, and have the same habits that have kept you alive up until this point. It's very concerned with protecting the body and making sure the body stays alive. And so, if you are experiencing for the first time - let's say you step outside your comfort zone and you get a raise, or you step outside your comfort zone, and you decide to launch your business, step on a stage for the first time, write your book, ask for a raise, or do something that makes you step outside of your comfort zone. If you don't tell your subconscious mind that it is okay and it is safe, if you don't literally command your subconscious mind to understand that this is a good thing and you don't have that kind of awareness, your subconscious mind is wired to sabotage that and to veer you away from something that is unfamiliar. That's why stepping outside of your comfort zone feels so uncomfortable. It feels scary. It feels so fearful. You want to just retract and go back inside your comfort zone. The key to upleveling your life is to make every new level, the new comfort zone. It's when you step outside your comfort zone, stay there, and consciously tell your subconscious mind, "I'm safe. This is good for me. I am choosing this, and I'm choosing to feel good about it," that's when your subconscious mind thinks, "She/he has said that to themselves enough times, so this must be the truth." Your subconscious mind is always trying to preserve your calories. Again, we're going back to survival. Your brain takes up about 20 to 30 percent of your energy levels in order to operate. For instance, I remember in college, I would be hungry 24/7. I would be sitting on my freakin' chair, studying, and staring at my textbooks, and asking myself, "Why am I so hungry all the time?" It wasn't until later in Biology that I learned that thinking takes up a lot of calories.

So, when you're consciously thinking 24/7, your subconscious mind sees that as, "Oh my God, she's going to die. She's going run out of calories and food. She's going to have to keep eating and I don't know if there's enough food out there in the world for her, so I have to conserve her energy." And so, your subconscious mind will literally take in something that you tell it enough times - like your patterns and your habits. Your subconscious mind is responsible for your patterns, your habits, your dominant thoughts, and your dominant beliefs. Everything that's dominant to you, it will literally take in, and just create a program so that it's all done on autopilot; because if you keep thinking a thought, that's going to take up calories and energy. So, your subconscious mind will think, "I don't want you to put any more energy into this thought, so, I'm going to take in this thought, wire it into your programming, and it's going to come on autopilot to you." So, think about this then: If you step outside your comfort zone and you start going after your dreams, goals, everything that has to do with everything that you want to manifest into your life, and everything that has to do with that level of success that you're after; if you step outside your comfort zone and remind your subconscious mind consciously that this is okay, "Let's get on board with this. I am safe, and it is safe for me to be wildly wealthy, wildly successful, and to have success in all areas of my life." Here's the problem that I see: People say it once, and they think that once is enough, but with affirmations, you have to keep doing it and doing it, saying it and saying it, because you want to get to that tipping point; that tipping point when that thought hits the critical factor between your conscious mind and subconscious mind, and actually penetrates through. Repetition is the best way for something to penetrate that critical factor. Obviously, there's something that's faster, which is called hypnosis; if you stay on for the entire podcast episode, I have an exciting announcement for you that has to do with a free hypnosis that you can download, that I've created for you that has to do with manifesting success. But anyway, hypnosis is just another faster way to do it. I love hypnosis. I personally use it. I listen to my own hypnosis everyday, twice a day. I always have something new I'm working on. I have integrated hypnosis into Manifestation Babe Academy and Rich Babe Academy because I know how powerful it is. It literally opens up that critical factor, so that anything that's suggested during hypnosis goes right in. It's a great shortcut. But anyway, let's say that you don't know how to hypnotize yourself, or you don't have access to hypnosis. Just in general, the more you repeat something, the more your subconscious mind is likely to accept it. So, your subconscious mind veers towards what's familiar. So, by reprogramming it for success, you can literally have it veer towards success on autopilot. I'm going to share with you four tips on how to make success familiar for you, so that you can stop being afraid of it. Because all of a sudden, it's not concerned with your safety. Your subconscious mind is no longer trying to protect you from your dreams and goals. Because again, you can see the problem. You've probably seen the problem up until this point in your life, that if you're afraid of success, dreams, and goals, then you're never going to get there. That's a big problem. Your subconscious mind is responsible for 90 to 95 percent of the actions you

take, the thoughts you think, and the beliefs you believe. It's responsible for 90 to 95 percent of your entire reality. So, if 90 to 95 percent of your entire reality is going against the grain and going against success, even though consciously you're saying, "Let me push through this. Let me just do this," that's only five percent of your power. Five percent of your mind is actively working on your dreams and goals, while 95 percent is going against it. So, you can see the problem here. It can all be solved and fixed the moment you can align your conscious desires with your subconscious mind. So, here is how I have made success familiar for myself. Here's how I made success normal for myself, so that I can stop fearing it and seeing that success is nothing to be afraid of. It is safe for me to be successful. I no longer have to be afraid of success. So, my first tip for you is to surround yourself with successful people - and this means virtually and in person. So, back in the day, when I was just starting my journey, I did a lot of virtual surrounding. I surrounded myself with Tony Robbins via YouTube; I surrounded myself with Dr. Wayne Dyer via audio books; I surrounded myself with Abraham Hicks; I surrounded myself with Bob Proctor; I surrounded myself with Napoleon Hill; I surrounded myself with all these great authors and thinkers of our time, philosophers, and people who are successful and are teaching their methods of success. I made sure to go on YouTube and find as much content out there that is geared towards successful people because I wanted to think like them. I wanted to get my subconscious mind on board with their thinking. I loved watching reality TV shows of the ultra-wealthy. I loved going on Pinterest and looking at luxury things, so that I can start to get accustomed with success by seeing all these incredible things, and practice thinking like them and seeing myself in their position. As you grow and start attracting success into your life, you're also going to attract other successful people into your life. So, that just kind of happens as you grow. It's not like I had real life successful groups with people to hang out with. At first, it was all very virtual. The main reason I joined the Mastermind that I'm in this year - that I'm re-signing up for next year - why I'm in Platinum Partnership - and also renewing next year since the year is almost over - the reason I'm in these groups is because I'm literally surrounded by wildly successful people. The more I surround myself with them, the more I'm showing my subconscious mind that this is my new comfort zone, and this is what's going to be familiar for me. So, please make this familiar for me so that I can align with success, and I am no longer afraid of it. I'm no longer resisting success. Tip number two is to experience your goals, desires, or your version success in any way that you can. This is where getting creative comes in, and this is what I did. So, what I mean by this is that I used to see myself so separate from success and luxury, that I used to be terrified of walking into a store like Louis Vuitton, or Chanel. Now being the owner of many designer bags, I look back and think, "What the hell was I so afraid of?" But back then, I saw myself so separate from success. I felt like if I walked in there, they could just smell the fact that I had zero dollars in my bank account. They could just smell the fact that I have 25K in debt. They could just smell and see through me that I'm in here just to be here, and I'm not actually buying anything. I just had all these crazy

thoughts and beliefs come through, and I used to avoid these stores. I used to feel so uncomfortable walking through the First Class cabin in an airplane. It's so funny because even when Brennan and I fly Coach today, if I need to freakin' pee, I'm going to bombard through the First Class cabin, go straight to the bathroom, and no one questions me. You know how they typically put up a curtain, or have some sort of barrier to keep the front bathroom for the First Class cabin? Well, I embody that First Class mentality to such a degree, that it's just an energy. No one questions me, and the crew always thinks that I'm flying First Class. That's called experiencing and embodying success in any way that you can. What I mean by this is, for instance, maybe it's time for you - and this is what I used to do - I used to just walk into a nice store - like Neiman Marcus, Louis Vuitton, Chanel, or a nice hotel, like Beverly Hills here in LA is filled with nice hotels - so, I would just practice walking in and pretending like I freakin' belong there. Just practicing acting as if I'm staying there; practicing acting as if I'm getting ready to buy my new designer handbag. You don't have to do this; this is obviously if you value luxury items. I know plenty of wealthy and successful people who do not have these kinds of symbols of success; they could give two craps about their handbag, or what hotel they're staying. It's just not something they value. But in my case, that's what I value. I love luxury things. I think that they feel nice, look nice, and they make me feel good; so, I'm all about them. And I just practice. And then let's say that I'm flying from LA to Seattle; one of the airlines that Brennan and I take is Alaska Airlines. Every now and then, Alaska Airlines has a Coach to First Class upgrade for just \$50. In that case, back in the day, \$50 was doable. It's not a massive 500-dollar upgrade to First Class; it's just \$50. We're going to have to pay \$25 for our bags anyway, so, that's literally two seats for an extra \$50 that we wouldn't have spent. Practice by taking one flight in First Class; or spend just one night in a nice hotel; or just have dinner once this month at a nice restaurant that you would typically eat at on a daily basis, once you're successful. You have to practice acting as if; you have to practice embodying; you have to show your subconscious mind what your new comfort zone is, otherwise, if you keep it at a distance, your subconscious mind will keep it at a distance too. Tip number three is to build a vision board and practice visualizing yourself as already successful, and how safe and good it is. What I mean by this is, building a vision board and practice looking at your vision board, and literally seeing yourself doing, having, and being whatever is on your vision board; or just close your eyes and spend 10 minutes just seeing yourself making the purchases that you're making, seeing yourself making an impact on the world, seeing yourself with the accolades that you're dreaming of - for example, let's say you're an author and you dream of being a New York Times' Bestseller - practice seeing your book in Barnes & Noble; practice seeing yourself in the First Class cabin of the Emirates Airline (that's a really nice First Class Cabin, let me tell you). So, just practice seeing yourself; practice visualizing. Your subconscious mind is a very visual device. It likes imagery, metaphors, and stories. Again, your subconscious mind is only as old as seven years old. So, it's like a child. It's like a child that likes to repeat

things over and over again, and so it really likes storytelling, visual pictures, imagery, and metaphors. And so, if you can create these images of you experiencing your version of success, eventually your subconscious mind won't be able to tell the difference between real or imagined. So, by all means, when you're doing your visualization exercise, your subconscious mind thinks that's actually real life. When it sees that it's safe for you to be successful and how amazing it is, then it's going to veer towards that because you are creating a new familiarity. You're creating a new comfort zone. You are normalizing what you see, and your subconscious mind will see that it's nothing to protect you from. It is something that is good for you. In fact, it's going to enhance your life and it's going to help you survive better. So, that's how you hardwire your subconscious for success, right there. The last tip for you is tip number four. Here's an affirmation for you that you can repeat, and maybe you can start this today and write it down. If you're driving right now, obviously, don't do this; come back to this podcast episode later. But if you're listening to this and you have a piece of paper, a post-it, or something around you, write down, "It is safe for me to be wildly wealthy and successful," or whatever else resonates with you. I like "It is safe for me to be wildly wealthy and successful," or "It is safe for me to be wildly successful," or "It is safe for me to be wildly wealthy." Whatever resonates with you, practice saying that out loud to yourself. Anything that you're saying to yourself is a command to the subconscious mind. So, this is how our words don't just describe our reality, but actually determine our reality; it's because everything that we say out loud, our subconscious mind literally thinks, "Okay, I'll take it in as truth." It doesn't expect something to come out of our mouth and our voice as BS. It takes everything we say as truth because it thinks, "Why would she lie to herself? This is probably the truth." So, those are my four tips. I'm just super curious, to ask you - I love it when you guys tag me on Instagram, when you leave a review on my podcast, or leave a comment, or anywhere you can reach me on email, or something - did this give you an a-ha! moment? Did you have a breakthrough? Are you someone who used to be afraid of success, and now sees that you can actually work through this? And that there's actually nothing to be afraid of? Did you discover why you've been afraid of success and how you've been causing this fear by keeping it unfamiliar? Is this new to you, or did you already know this? Or maybe you've applied it to some other area in your life and you realized, "Oh, my God, I still need to apply this with money," or "I'm making a happy, fulfilling, exciting relationship, unfamiliar to my subconscious mind. So, it's no shit that I'm literally resisting incredible men from coming into my life. I'm resisting these dates, and I'm resisting the potential of the relationship unfolding with the person that I'm with. It's because I'm making a happy, healthy, incredible, passionate, loving relationship unfamiliar." I'm super curious to hear from you and to know if this resonated with you. This was life-changing information for me, and it's something that I continually work on. The level that I'm at right now, there's still another level. There are still other amazing things that I've yet to experience - as I always say, the best is yet to come. So, this is something that I actively practice. I asked

myself, "What does an eight-figure business look like to me? How can I make that familiar to my subconscious mind? How can I practice visualizing myself there? What is an affirmation I can give myself? How can I experience a taste of it? What would the eight-figure version of myself do? How can I, not necessarily go out and buy a private jet, but can I experience some more private jet flying on an airline like JetSuiteX?" - which is something that I have been doing. So, it's just little things that you can continually work on. Don't feel like you need to do everything all at once; just take what resonates with you, master it, and then continue on from there. So, I know I said this is a quick episode. It seems like every time I say that, I have so much more to say than I intended. But I hope this was helpful for you and gets you started on your week, attracting more success into your life, and making it comfortable for you. Not comfortable as in, "I'm comfortable. I'm not going to do anything," but comfortable as in feeling safe when you're growing and expanding. So, I know I mentioned somewhere in the middle of this podcast that I have an announcement for you. I just wanted to thank every single one of you who has left such an amazing, kind review on my podcast. Your reviews are helping me so much and actually helping this podcast grow. There are so many people who come across this podcast who have never heard of me, and have listened to my podcast, then shared it with their friends and others, and it's making such a big impact on the world. I just wanted to thank you because if it wasn't for you listening to me, then it wouldn't be this successful. So, thank you so much for that. I wanted to reward anyone who has ever left a review; I also wanted to reward anyone who wants to rate my podcast and leave a review on iTunes - unfortunately, it only works on iTunes. If you don't have an iTunes account, you might have to make one, or I might think of something else for those who have Androids and Spotify. I don't think you can leave a review on Spotify, but I think you can on Podbean. Give me a chance to figure this out. But anyway, if you have access to iTunes and you can leave me a review, make sure to screenshot that review - screenshot the fact that you left a review so that we can see that you actually did it - and then send us an email to [Hello@ManifestationBabe.com](mailto>Hello@ManifestationBabe.com), and my team will send you over a link to a hypnosis that I recorded and want you to have. It's a hypnosis to help you be more comfortable and familiar with what it means to manifest your desires and be a powerful and intentional manifester of your magical life. I just recorded it. It's about a 10- to 15-minute hypnosis that you can listen to at any time - day or night - and I'm also going to provide my team with a little description of how to use it, so that you're not just left in the dark with a random recording. So, you're going to get that. It's going to be an instant-access, instant-download, no need to provide anything except a screenshot of your review, and then give my team at least 24 hours to get back to you. I don't know when you're listening to this; I know so many people go back in time and listen to my podcast from January, around this time. So, this offer stays open forever. At any point in time, and if you've already left a review, this applies to you as well. So, if you're listening to this and you left a review for me months and months ago, go ahead and screenshot it, if you can find it by scrolling or

however you find it, send it over to us, and we'll send you a hypnosis as well. So, I appreciate you guys so much. Thank you so much for being here. Thank you so much for listening. Thank you so much for leaving your review. I hope you have an incredible week, and I will talk to you next from Costa Rica. 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 up the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by searching @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.