



Episode 73: I Overcame A Decade's Worth of Fear of Flying. H...

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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. Hey guys, I have a super exciting announcement to make before we get into today's episode. If you have been praying for a one-stop shop to learn and master all things manifestation and mindset, The Manifestation Babe Academy just opened up, and spots are already filling up quickly. This is a four-week Academy that I created for the woman who's sick and tired of dimming her light, living a life far below her potential, and finding herself stuck in fear, inaction, and constant self-sabotage. I know that your soul is screaming for a simple, easy-to-digest metaphysical Crash Course in manifestation, and the Manifestation Babe Academy is exactly the course that you have been asking me for. If you're ready to learn the tools, the

tips, the tricks, and adopt a mindset that will help you break through your limitations, completely transform your life, and manifest a reality that's wilder than your wildest dreams, go to ManifestationBabeAcademy.com and sign up right now. Enrollment closes in just a few days, and I do not want you to miss out on this opportunity that won't be available again anytime soon. Again, go to ManifestationBabeAcademy.com and get yourself signed up now. I also dropped the link in the show notes to make it super easy for you to click. Again, doors close Friday at midnight. I cannot wait to see you inside. Hello gorgeous souls. It is Kathrin from ManifestationBabe.com. I hope you're having an incredible Sunday because I am recording this on Sunday. I don't typically record podcasts during the weekend, but I have a really busy week ahead of me, and I had a really busy week behind me, finishing up with the Manifestation Babe Challenge in my Facebook group. It was probably my favorite challenge that we have ever done. It's been so amazing, and the feedback has been so unbelievable. But as you can imagine, that took away from my podcasting time. So, I have an episode for you today and it's all about my journey of overcoming a decade's worth of fear of flying. Now, I don't know if this will specifically help you because even though I've gotten so many messages from women over the last year, as I've been traveling to wherever I have been this year - Australia, Singapore, Bali, France, Chicago, San Jose, Dubai, Abu Dhabi, India - and as I've been doing so much traveling and showcasing all our flights around the world, I've had a lot of women reach out to me, asking me for some tips and advice on their fear of flying, and how they can overcome it. A lot of people don't know that I have struggled with extreme flying, or airplane phobia, or whatever you want to call it. The official term is aviophobia. I used to take Xanax to get on the flight. And so, I recently polled my Instagram audience and asked them, "I'm recording this podcast. Does anyone have a fear of flying?" The majority of people said they didn't, and so I thought that maybe this podcast won't be as helpful to people; but then I thought to myself, "Maybe you have a friend right now who would love to travel the world, but is finding herself stopping and not going places, or at least getting on a plane -" like I did "- and taking drugs to get on a plane, or maybe she's getting on a plane and freaking out and having the worst time, and by the time she arrives in the new country, state, or wherever she's going, she's just having a miserable time." And that was me. My fear of flying never stopped me from getting on an airplane, but I would have such bad anxiety, that leading up to the flight, I wouldn't sleep for three or four nights. I would take drugs, and it was just a mess. I'd be the person sitting on an airplane, and if you're sitting by me, I would literally be grabbing onto your knee. I don't care if you're a stranger. I'd be grabbing onto your knee, your hand, and I'd be crying. I would be summoning the flight attendant to explain what's going on because it's not like I can walk into the cockpit and say, "Excuse me, Mr. Pilot, but what is going on right now?" I've had some weird things happen on airplanes. I would be the one summoning the flight attendant to come speak with me, as there's so much turbulence going on that the pilots are telling the flight attendants, "You can't stand up right now. Please sit down, it's not

safe for anyone to be up." No, I need an exact explanation and I need someone to tell me that we're going to be okay. And so, I would always be looking for therapy from these poor flight attendants. I'd be the person who wouldn't sleep on an 18-hour flight. I can be on an 18-hour flight and be staring at the seat in front of me, not being able to focus on any movie or anything. A lot of people, like my stepdad for instance, if we were flying, he would tell me, "Kathrin, just play Sudoku, play a crossword puzzle, or do something that will keep your mind off the fact that you're flying." But guess what? When you have an extreme fear of something, there is nothing that will distract you. And so, this misery and this torture that I would feel every time I get on an airplane; I would still fly, regardless, but it would be such a miserable experience that it would take away from my whole travel experience. Over the past couple of years, I've finally overcome it. It's not like I am clean, clear, and 100 percent relaxed. There are still nerves that come through every now and then, but it's such a difference to where I can actually enjoy flying now. I can actually watch movies, sleep, eat, and treat it as pretty much like in my hotel room up in the sky. That's been a world of a difference. Maybe you have a friend who struggles with this. Maybe you are struggling with it. Maybe this episode will help you overcome some sort of other fear. As always, I have my tips and tricks, and I have five little things that I do now, whether they are a new belief system or a ritual that I've developed, or maybe it's something that I learned from talking with other people who struggle with this, or maybe it's something I picked up from talking with pilots. Anyway, we're going to get into that in the episode. But before I get started, I just wanted to say that I just had an incredible session with - this is so random, but I felt like I should add it in here - with my psychic that I consult with, Anna Galliers. I will link up her information in the show notes. Her name is Anna Galliers, and you can find her on [AnnaGalliers.com](https://www.annagalliers.com), and you can also find her on Instagram. I just had an amazing session with her, which is why I feel so amazing. It's really cool to connect with my spirit guides and with spirit, knowing that everything's on track and gaining some insights about what's going on. So, if you've ever been looking for a psychic that - typically, I look for people who have been recommended to me, people who have a great track record, or people who are just really skilled, talented and are very kind souls who won't tell you that your life is falling apart - even if it is, they won't tell it to you; they'll spin it into something more positive and productive. She is the girl for you. And so, I just want to make sure that I'm spreading her information because she's changed my life so much. She's helped me overcome so many fears in my life and has given me so much confirmation from my spirit guides, my angels, the universe, or whatever you believe in and want to call it. Energy is energy, and there is something out there that's protecting and guiding you all the way. Also, I just got to sit-stand desk that I'm obsessed with. If you can tell as I'm live streaming this, I am standing, and my booty is not on a chair right now. I'm obsessed with this thing. So, if you're getting a weird angle on my livestream, or if my microphone is at a weird angle, I am still adjusting this thing. So, you can like raise it up, and I think I'm going to raise it up just a tiny bit. You can like raise it up and put it back

down. It's really cool. Okay, back to the podcast episode. So, there are some statistics here. I was actually very surprised with the poll that I created on Instagram, where most of you said that, no, thankfully, you don't have this fear. But according to the FAA, nearly one-third of adult Americans have a fear of flying, of some sort. Women are two times as likely than men to experience this fear. Now, one-third of adult Americans; that's a lot of adult Americans. I know that there are a lot of women who listen to my podcast, so I thought it would be worth it to record this because anytime someone asks me, "Kathrin, how do you get on airplanes drug-free, completely relaxed, and actually looking forward to your flight?" It's not like flying is the best thing in the world because it does get kind of boring, but how do you actually look forward to it, and not feel extreme anxiety or extreme fear? So, I just wanted to put this podcast out there, especially since I have a busy week ahead of me, launching Manifestation Babe Academy, which I'm super excited about. The cart closes on Friday, and the group is already on fire. I've already had so many incredible women joining who are excited about taking their manifesting skills to the more advanced level, and really integrating it into their minds to be part of them, so that they don't have to struggle, think anymore, or sabotage themselves' they can just be master manifesters being themselves. So, I'm really excited about that. Now, fear of flying makes sense to me because what fear of flying is, is a fear of not being in control. So, when you get on an airplane, typically, you're not a pilot. When you get on a car, for instance, most of us know how to drive. I'm assuming that most of us who are listening to this podcast right now have some sort of experience driving a car. And so, when we are in a car, God forbid, something happens or something goes wrong, we are able to take the wheel. We have knowledge of how a car works because we've driven one in the past, and so we know that if, God forbid, something happens, we can take control of the car. Flying is a completely different ballgame. And so, most of us get on an airplane and most of us are not pilots. And so, as we get on an airplane, first of all, many of us don't know how planes work. We don't know the physics behind flying. It makes it zero sense, sometimes; I don't know how many times airplanes weigh, but how is this really heavy piece of metal with all this luggage and all these people staying in the sky? How is it going from the ground to the sky, staying in the sky, and, somehow, safely landing? It just doesn't make any logical sense. And, of course, these fears are irrational, so it makes sense that it would connect with having an irrational fear of flying. Also, humans weren't designed to inhabit space 35,000 feet in the air. We don't have wings, we're not birds, and we don't fly. So, why a lot of human beings actually have fear of heights or flying is because it is not natural. Even though now it is, and technology has allowed us to advance in so many ways, and people do crazy things like skydiving - which I have done as part of my journey of overcoming fear of flying. Something else that I'm looking to work on is getting my pilot's license within the next one or two years, just to culminate this whole thing. Yes, I overcame my fear of flying, and I actually became a pilot. I think that would be really cool. But humans are not designed to live in a space 35,000 feet in the air. If you even

climb a really high tree, if or you're even on the second floor of a building, you look down, and you think, "Woah, this is a little too high," that's because we weren't designed for flying. Yet flying is the vehicle for world travel. Flying is the vehicle for us to have an opportunity to learn how to surrender and let go of control. This is really what it comes down to: surrendering and letting go of control. I'm not here to give you any statistics around how safe flying is, because I know how those work. They don't. They don't work at all. I used to read every statistic on how you know walking is more dangerous, chewing gum is more dangerous, or driving a car is more dangerous. It's more likely to get killed crossing the street or going to your favorite coffee shop, or choking on your breakfast that morning, and how you're more likely to die doing that than you are flying. That doesn't work because, again, it's an emotional fear. It comes from our emotions, and half the time, our emotions make zero sense. They don't follow logic. So, I'm not here to give you stats. I'm just here to give you what helped me be able to finally let go of Xanax and not have to take any sleeping pills or drugs; how I was able just to be myself, be a normal human being, not freak out, get on an airplane, and handle weird, crazy situations like extreme turbulence. A couple of times I've had situations, which would have scared me in the past, of us landing and then having to take off immediately again because we were too close to another airplane; or something breaking on an airplane, or something going wrong, Everything under the sun that would typically scare the crap out of me before, has happened. I was able to be so calm, collected, and chill, knowing that we are going to land safely wherever we land. My ability to surrender the control and surrender this fear that I had, has dramatically changed for me. If this episode can help you in any way, shape, or form, even just reduce some of that anxiety for you, then I know that it's done its job. So, in order to overcome fear of flying, I believe that you need to have a really big "Why." You are probably someone who wants to travel the world - maybe you have a business that requires you to want to spread your message around the world, and want to speak in front of audiences around the world; maybe do Book Signing Tours; maybe do Meetups across the world; maybe you have friends or family who live across the world; or maybe you have family who live in another state; maybe you want to go to a concert or some event somewhere, and you no longer want to feel this fear. And so, I believe that, first and foremost, you have to discover your big "Why." For me, it's not like it ever really stopped me; I was never really paralyzed from getting on a plane, but I no longer wanted to feel this emotional psychological torture that I put myself under, every time I got on a plane. For someone who flies at least once or twice a week and wants to travel the world, this is just way too much anxiety, which is so unnecessary. I thought it was so unfair that other people can get on an airplane, chill out, and have fun, while I was the one psychology tortured. That would just always bother me. So, I created a big "Why." I also believe that by overcoming this fear, you're actually becoming a better manifester. If you think about it, manifesting is about choosing your destination and your outcome. What is your destination? What do you want to manifest into your life? That is similar to you going

online - I like Expedia - and typing in your origin (which is where you are currently in your life right now), to your destination (where you want to go) and picking a flight, and getting on the journey. So, to get you going to the airport and sitting your booty down on an airplane, is by you getting yourself on that path. Just like in manifestation, getting on that path is tuning into your intuition, starting to listen to inspired action coming your way, and then starting to take inspired action. So, that's very similar to you getting your booty on an airplane. The rest, just like we're supposed to let go of the "How" when it comes to manifestation, and trust that the universe has all the details taken care of, we must learn to trust those pilots in taking care of the details for us. So, whether the airplane takes an extra turn, or there's turbulence, or there's a storm in the way and we have to go around it, or maybe we need to fly faster or slower. Whatever happens between the origin and the destination, we must surrender control of. When you learn to surrender control, it's just like in life; you become so much of a better manifester because all of a sudden, you are not obsessive with the outcome of, "Am I going to get there? Oh my god, what if I don't get there? What if this? What if that?" Asking yourself all these questions, panicking, and having anxiety creates so much torture in your mind; and so, you can either create an entire lifespan around this fear of flying and this fear of, "Oh my god, what if there's turbulence today? What if we have to take a different route? What if something happens? What if we need to land early? What if we land a little late? What if there's a delay?" We can create that in our lives - so many of us do. But I feel like this creates a really nice parallel between something that you can learn on a smaller scale, that will also help you in life. So, how did I develop fear of flying? I should give you a backstory to make it more relatable before I give you my tips. And then, let me know. Hopefully, this helps you, maybe it doesn't, but it allowed me to let go of a decade's worth of fear of flying, so I'm assuming that it can help you in some way, shape, or form. So, my story around fear of flying: I used to love flying until I was a child of 11 years old. I was on an airplane coming from Cancun, back to Los Angeles on a trip with my dad's side of the family. So, when I was a kid, as I mentioned two episodes ago in my world travel episode - talking about how traveling the world has changed my life - I mentioned how the very first few vacations that I used to go on were to Mexico. On these Mexico trips, I used to go with my mom, my stepdad, and my stepbrother, or my dad, my stepmom, and my stepsister. I was a lucky kid; I got to go twice a year, and they both really loved the all-inclusive resorts in Mexico. So, I remember very clearly that I was on a flight in fifth or sixth grade. It was about a year - actually, I can calculate it, but I don't want to stop the episode to do my math, but it was a year after 9/11, so however old I was at that time. I remember being on an airplane, still not feeling any fear, until we were on an airplane - I think it was Aeromexico - and most of the flight attendants were Spanish speakers because it was a Mexican airline. I remember that it was dark. I think it was an overnight flight, or maybe it was already the evening and it got dark. I remember sitting on this airplane, and everyone is sleeping around me. It is dark. My dad is to my left, and then across the aisle is my stepmom and my stepsister.

Then all of a sudden, out of nowhere, I see - this is called a Significant Emotional Event - two or three flight attendants who start running up and down the aisle, panicking. Two of them are crying. They're running up and down, speaking Spanish, and it was like all hell broke loose, and I'm the only one who's watching this happen. So, everyone on the plane is calm and asleep and I'm trying to wake my dad up. "Dad, something's happening." And, of course, my child's mind goes straight to, "Oh my god, the plane is being hijacked. They're freaking out because the plane got hijacked. Now there's going to be the second 9/11 coming for Los Angeles." And so, this is what my mind was doing; this irrational thinking starts to come in, because that's what fear does to you. I remember looking at the flight attendants and looking at my dad. My dad was brushing me off, saying, "It's no big deal. Nothing's happening." I thought, "Oh my god, no one's going to help me," and I just start flipping out. The funny thing is that nothing actually ended up happening, but because I sat there for an hour, panicking and watching these flight attendants cry, panic, and run up and down, and I heard weird engine noises, and at the same time, a pilot's making an announcement in Spanish - no English whatsoever, so I can't understand - and all of a sudden, I make this connection. This is how beliefs work. A belief is formed - so, my belief that flying isn't safe was formed by a Significant Emotional Event (SEE), meaning that there's some sort of significant event that causes a lot of emotions within you, and will cause you to remember what happened in that situation, so that you can avoid it in the future. You're going to develop some sort of belief inside your mind that's going to help you avoid that situation. It's something that happens on a very subconscious level, plus an adult confirming the SEE. So, if there's an adult also freaking out - if you're a child, you typically watch adults for what they're doing. We watch adults and see how they're reacting to situations. And so, by me seeing these adults running up and down an aisle and freaking out, all of a sudden, that locks it in together into my subconscious mind. From that point forward, I would be afraid of flying. You cannot convince me to put me on an airplane for a while. I remember being a kid and not wanting to go anywhere and crying every time I'd have to fly. I remember being forced on an airplane, because my family would say, "Kathrin, you're not going to prevent us from taking a family vacation." I just remember every time I would get on an airplane, I would start shaking. As I got older, when my parents told me that we're going to Russia, which is a 16-hour trip, I went to my doctor - I had a great relationship with my doctor at the time I was living in Gig Harbor, shout out to Dr. Leverett. He's someone who actually went to my High School. We actually had the same Anatomy Physiology teacher and I got an A in that class, whereas my doctor got a C. This is the time when I actually wanted to become a doctor, so I was always rubbing it in his face. We just had this great relationship. I remember sitting down once and saying, "Dude, do you have anything I can take to calm me down on an airplane?" He said, "Well, I really don't like to just give this out, because it's a very strong drug, but if you can be honest with me, if it is that extreme, please let me know and I will give you something." I told him that yes, it's horrible. He prescribed me a certain dose of

Xanax that I had to test out; he asked me to take it that night so I can see how I react and how I feel. And so, from that point on, I started taking Xanax. For a couple of years, every time I get on an airplane, I would swallow half a pill half an hour before takeoff. But even with Xanax, a dose that would knock me out on ground - if I'm on ground in my bed and comfortable and take that pill, I would be completely knocked out. But on an airplane, because I have so much anxiety and adrenaline flowing through me, even that dose that's meant for me would keep me like a little calm. But I wouldn't be able to fall asleep. I wouldn't be able to function as well as I would like. I wouldn't be able to relax. So, it was effective, but not really effective; therefore, it wasn't something I wanted to depend on long-term. I would also lose sleep for weeks in advance every time I'd get on an airplane. I would panic. I hated taking off. I loved landing, even though for so many people, landing is the worst part for them; for me, it just meant, "This shit is almost over, thank God. Just fly down as fast as you can because I want to get off this plane." This just created a formula for stress, especially with how often I would fly. For someone who now flies one to two times a week, having so much cortisol and adrenaline pumped through 24/7, that stress is just very unhealthy, and why torture yourself that way? Why be tortured psychologically, emotionally, and spiritually? And so, I was determined more than ever to finally overcome my fear of flying. I remember asking my mom many times for therapy. Every time I get off an airplane, I would Google "fear of flying therapy" or something like that. I would buy these courses. So, back in the day, those were the courses I was buying. I was buying these courses that were created by pilots; courses that would supposedly help you; there was hypnosis and all this stuff involved. I'd be doing it all, and nothing would help me, until one day I became so determined that I started to apply everything that I was learning on this new personal growth journey: overcoming my fears around people's judgments of me; overcoming my fears of public speaking; overcoming my fears of being on camera; growing and developing this strong spiritual connection, and learning that I can control anything that I want to control with my mind, and that I can tell myself a new story, and at any given point in time, I can change my beliefs; I can change my story, and from that point on, I can change my reality. And so, I asked myself, "How can I apply this to flying?" I was that determined. I wanted to get on an airplane and calm the EFF down. So, this is how I overcame fear of flying, and this is what's helped me finally relax. So, number one, I've already mentioned this, but you have to realize that it's not a fear of flying; it's not a fear of the airplane, the pilot. You're not actually afraid of this aluminum or metal object; it's that you're really fearing being out of control. What I realized is that, at some point, I developed this perspective of, "Thank God I'm not in control of this airplane, because I am not a pilot. And even if I were in control, I wouldn't be able to fly it. Therefore, that's not very helpful. So, thank God that there are specialists on this airplane who are able to fly it, know what to do, and handle any emergency or anything that could possibly, God forbid, go wrong. They're the ones in control and that is so much better than me being in control." Just by me learning via my journey around manifesting, my business, my life, my travel,

and my relationships, I have learned so much about the power of surrendering and letting go of control, that every time I get on an airplane, it's a new opportunity to do so. I remember sitting with a couple of Plats on one of our flights, either to India or from India. There were a couple of people who were admitting that they have a fear of flying. We were joking that there are pilots on board - some of the Plats do have their pilot's license, and some of them have had experience flying - like a Boeing 737, which is what we were on. Everyone was joking around, and we were talking about our fear of flying. They asked me, "Kathrin, how did you overcome it?" I remember as we were taking off, I said, "As of right now, I am no longer in control. There is nothing I can do' there's no turning back; the plane has officially left the ground, and that's it. Now I have to accept the surrender, and I must be okay with the surrender. I must learn that surrendering and letting go of control are both really good things." Realizing that it's better for someone else to be in control that's trained to be in control, than me, for some reason started to kind of reduce that anxiety for me. Number two, the second thing that I did is I started to talk to pilots. Now, I didn't always have access to pilots. I didn't really know anyone in my life who is a pilot. It's not like I can just find one on Facebook and message or email them, or anything like that. But anytime someone would tell me that they're a pilot, I would find my opportunity to ask them a bunch of questions. This, in itself, helped me so much because the very last thing that I couldn't let go of was taking off. I hated taking off the ground. I could handle a plane when it's already in autopilot mode and when it's landing, but when it's taking off, that would still freak me out. What I did, I remember, at Life and Wealth Mastery last October, I had a pilot on my team. So, Life and Wealth Mastery is a Tony Robbins' event. It's a smaller and more intimate event where we get split up in teams, we buddy up, and do a lot of partner work together, and stuff like that. There was a man on my team who is a pilot. One of the nights before I flew home, before I was about to embark on my flight to Bali, which is the very first flight in which I finally fell asleep on and slept for eight hours straight, so it was amazing. I remember bombarding this pilot - poor pilot. He was enjoying a drink at the bar, and I approached him, saying, "You really need to help me." He said, "How can I help you, Kathrin?" I said, "I'm going to give you a bunch of questions, and I want you to answer for me and let me know what you would do in all these situations." I remember asking him, "Let's say that we're taking off and both of the engines fail, can you still land the plane? What would you do?" Just being able to ask questions and see how highly trained he is, and how he knows exactly what to do - he knew exactly what I would ask next. He would actually say, "Yeah, and in this scenario, this is what I would do, and in that scenario, I've practiced this a million times." He said, "Kathrin, please understand that we have all these simulators. This is what we do consistently. It's not like we're given a pilot's license, and then we just chill on the same license and not ever improve our education, or ever learn anything new, or put into practice." It's just like getting an MD. When you're a doctor, they're constantly testing your knowledge and you're constantly learning something new. Especially with medicine and how fast it's advancing, a doctor

needs to constantly re-educate themselves to keep themselves in the loop. Pilots are always testing their knowledge, skills, and reflexes, and making sure that they're always up-to-date on what they would do in any situation. And so, if you have access to a pilot in some way, shape, or form, use that and ask them questions, then see how calm and collected they are. I remember something that I would do when I would get on airplanes is look into the cockpit. I had these rituals, and that's something that I'm going to talk about next. I had these rituals where I had to touch the plane a certain way and look in the cockpit. I would just see these two normal human beings who have just as much of a desire as you to get home safely to their families. They love Christmas just as much as you do. They want to stay alive just as much as you do. They're normal people, and just look at how calm they are. Anytime you see someone else who's calm on an airplane, just admire them and think, "Wow, that's so amazing," and just see that it's possible. Being able to talk to a pilot and give him all my imaginary scenarios and situations was very helpful for me. That's what helped me overcome my fear of taking off, because I knew what that pilot would do in any situation. I knew that, regardless - yes, unfortunately, there are airplane crashes and things do happen, which leads me to my third tip or belief that I developed - but still, just know how truly safe it is and how truly trained all those pilots are. Number three is a belief that I developed. It's a belief that I believe you must develop. It will help you not just with your fear of flying, but with your fear of anything. If you have a fear of starting a business; if you have a fear of failure; or fear of being successful; or a fear of speaking in public; or a fear of putting your content out there; or a fear of saying hello to someone, or saying hello to that cute guy that you noticed the other night, and you're single and you're looking for a relationship, but you're just so scared of putting yourself out there. This applies to any fear, especially when you have a fear of death - like something that you believe is ultimately going to lead you to your death. This one really helped me, and I think that it's crucial that you develop it, too. This is "If it's my time to go, I'll go. If it's not, I will stay." In my journey, in the last three years of really developing the spiritual connection, and especially after my first UPW event, where I realized how short life really is and the fact that no matter what, I cannot control this; if it's my time to go and if I've already lived my life purpose and have done everything that I was meant to do on this planet, then I'm going to go; my time is going to end. If not - if I still have more to go and if I still have more to give, and if there's still more of my purpose that I must live out, then I will stay. Learning through spirituality - that death is not the end, at least this is my belief and the belief of many other spiritual people I know, that death is not the end. This lifetime will end, and we will go into the spiritual realm, and then we'll come back. I am a believer of reincarnation; you don't have to be, we don't have to have the same beliefs. But it's not like everything ends when you die. You've come into this lifetime to evolve, grow, develop relationships, live out your life purpose (which is to be happy, joyful and fulfilled), to learn new things, and then comes a time when you are ready, you're going to go and move on. And death is not the end. And so, every time I get on an airplane, and I

think, "If it's my time to go, I can't help but go; but if it's my time to stay, everything in this universe, all the universal powers, angels, and spirit guides are going to come together to make sure that I stay, and there's nothing I can do to change that. A story my mom told me when we visited Russia - I don't know how accurate this is, or if I'm telling it accurately, but it's a story that I always keep in mind - where my mom and I passed by this military training area in this small town in Russia, where they train helicopter pilots. Maybe it was at this time, or maybe it was a bit later; but I remember my mom telling me a story about how there were these people in a helicopter training for something, and, unfortunately, something happened with the helicopter and it fell out of the sky and crashed. The thing was, those guys actually ended up surviving that helicopter crash. They were in the middle of nowhere, in the middle of somewhere else, and they actually needed another helicopter to pick them up and save them from the crash site. What ended up happening was that another helicopter picked them up again, went up into the sky, something happened, and they crashed again. They crashed for the second time. What was crazy is that they actually ended up surviving the second time. And then comes a third helicopter, picks them up, finally crashes, and they all end up dying. And so, in the end, ultimately, that crash led to their death. What that story truly tells me is that it took three crashes to get there, but it's almost as if the first crash was supposed to lead to their death. It's like they almost outsmarted their fate. Their soul is ready to go on to the next level, or ready to move on to the next life, or ready to go back up into wherever souls go when we leave this planet. It's almost like that third crash was the ultimate of what was always meant to happen. I always remember that story and think, "Kathrin, no matter what, whatever is ultimately supposed to happen, will happen. You might as well enjoy your flight and just know that you are divinely safe, guided, and protected, and you always will be. Whatever happens is meant to happen." I don't know about you, but that gave me a lot of peace, and that's my philosophy and viewpoint of just about anything in life. I just know that my job right now is to live life to my fullest, to be as happy as I can be, to chase all my goals and dreams, and just know that when it's my time to go, I'll go; if it's my time to stay, I will stay, but I'll treat my life as if it's the most precious thing in the world, and I won't let fear stop me. I won't let fear prevent me from doing the things that I want to experience on this planet, and some of the stuff that I want to experience on this planet is, of course, traveling the world. So, I'm not going to let my fears stop me ever again. Number four is a mantra that I'd love to give to you. This is my mantra that I use every time we take off from an airplane, which is, "I am divinely guided, loved, and protected. I'm divinely guided, loved, and protected." And I always know that I'm divinely guided, loved, and protected. I use this for any time I feel any fears or anxieties come. The whole time that we're taking off, I'm just reminding myself that through this whole process, I'm divinely guided, I am divinely loved, and I am protected. That mantra has helped me a ton, too. Tip number five is to develop rituals. Rituals are these things that we do that give us a sense of certainty. It gives us a sense of feeling safe and certain. So, rituals in manifestation, for instance; a lot

of us like rituals, because it gives us a sense of certainty. When someone tells us to write down our desire 10 times and we trust that person and we know that they know what they're what they're talking about, we truly believe that if we write something 10 times that it will develop and absolutely manifest if we follow that ritual. Because we have so much certainty in that specific ritual, we actually need that ritual to help us manifest whatever it is. If you believe that you need to write down something 100 times, it's going to take you 100 times. If you believe that you need a certain crystal to manifest your desires, then you're going to need that certain crystal because it's all with your belief. With rituals, it works as this feedback mechanism where you need rituals for certainty and sometimes, from certainty, you can also create rituals. Whenever you are practicing those rituals, you just know, "I created those rituals and I practice those rituals, therefore, I can feel safe and certain." Some of the rituals that I have developed over the years that have helped me - and it can be anything; this is just a random example. So, for me, it is touching the outside of the plane. This is something my best friend at the time taught me. She said, "I know that every time when I get on an airplane, if I just touch the outside of the plane, that I'm going to be protected, and I don't worry about the whole flight." So, I thought, "Okay, let me try that." And so, I started to do it; it's one of my rituals, and I'm sure Brennan has noticed me do this many times - I will touch the outside of the plane. It's funny because as I have grown and melted away this fear of flying, I actually stopped touching the outside of the plane. There was this one specific moment where I told myself, "Today I'm not going to touch the outside of the plane, and I know that I'm still going to be divinely guided, loved, and protected. I'm going to prove it to myself right now." And I specifically didn't touch the outside of the plane, and nothing happened. I'm still here. But anyway, it's very helpful to have some sort of ritual if it gives you a sense of certainty because courage is all about how much certainty you can create within yourself; how much uncertainty you're willing to live with, and how much certainty you can create within yourself. So, another ritual that I have is always making sure that I greet the airplane staff very warmly and make them feel very good. I thank them for their services. When I get on an airplane, I wish everyone on this plane a fantastic flight. I send them my love, kindness, energy, compassion, and everything in between. I wish the pilot and co-pilot success and love. I also reiki the airplane. You don't have to be attuned to reiki in order to practice sending your good vibes out to the world, but that's something that I do. I make sure to reiki the airplane. I also think God for the opportunity to fly, because I know that I'm so insanely blessed. I can't let this blessing scare me anymore. It's such a blessing for me to be able to get on an airplane and fly, and so I must think God, the universe, angels, or whatever you believe in. Thank that energy, thank that higher power, or thank your higher-self for the fact that you even have an opportunity to fly that day. Prayer is another thing that I use all the time. Prayer is something that I use whenever I do get scared. I now know that it's impossible for a plane to be brought down by turbulence, but if I ever go back into that fear - before I learned that from many pilots - if I ever go back

to that old fear-based thinking and drive myself insane with those thoughts, I just pray. I just keep covering the airplane and everyone on the plane and I keep sending love out, just praying and knowing that everything will be okay. Every time I get on an airplane, I pray for a safe takeoff, a safe flight, and a safe landing, and that everybody on this plane is blessed, has an amazing day, and also has an amazing flight. Those five tips have helped me tremendously. That is how I've overcome a decade's worth of flying. Again, overcoming this fear is like manifesting. As I mentioned in the beginning of this episode, it's the same thing; just another metaphor for how we get in our own ways and create these stories, beliefs, and thoughts of, "Is it going to happen? Is it not going to happen? What if I don't get there? What if I don't manifest this by this day? What if it's not meant to be? What if this?" "What if that?" We just drive ourselves insane when the whole point of life is to just surrender control and know that there's a higher power out there, a universe out there, and universal laws out there that are so much smarter than us and know the shortcut to all our dreams, goals, outcomes - just like the pilots, they know what to do. It's the same metaphor. If you bring it back to the airplane example, the pilots are like the universe; he/she knows the fastest route to get to your destination. If you were to go to that pilot and start knocking on the cockpit door, saying, "Hey, dude, are we there yet? Oh, my god, did you take a wrong turn? Wait a second, what if we never get there? Are you sure you're going to Jamaica? Are you sure you're not going to Paris right now? Where are you going?" They would get so annoyed with us. They would probably summon an emergency landing and then kick us off the airplane, and then we never end up going to our destination. So, it's the same thing here. By you overcoming this fight, you also become a better manifester. This takes practice. It's taken me so many flights. These five tips that I shared have been a process over the last couple of years. It's been a process, it's been practice, and it's still not perfect. I still often find myself going back to fear, but it's only because fear is a part of us, and fear is here to serve us. And there's no such thing - by the way, I have to mention this. It is 11:11 right now. It's November 11, and it's 11:11 am. There's powerful energy going on. Anyway, it's taken me a lot of practice. It's taken me courage, and the absence of fear doesn't exist. You need fear to have such a word as courage. Courage is about feeling the fear and doing it anyway. And that just goes with anything in life. Anything that you're currently afraid of, create some sort of ritual; give yourself a mantra; shift it; reframe it; give yourself a new perspective; give yourself a new belief. Find a way to feel the fear and do it anyway. So, I'm super curious. Let me know if this helped you. Let me know if this resonated with you. Maybe you don't have a fear of flying, but you're thinking, "Wow, this episode actually helped me with this other fear that I was feeling about something else, where I legit thought that this fear would inevitably lead me to my death or to fail," or whatever it did. I'm super curious. If you are listening to me right now on the livestream, leave me a comment - I always look at the comments. If you are listening to me via podcast, go ahead and screen share this episode right now, and tag me on Instagram letting me know what you thought. Before I leave, Manifestation

Babe Academy is finally open. I know that I mentioned it in the beginning of the podcast episode, but there's only five days left to enroll, and this is literally my heart and my soul put into a program. It's four weeks to getting your MBA in manifesting, and a PhD in results. I've actually added some really juicy bonuses into this round of MBA, including my Masterclass around anxiety, Anxiety Is My Gift. I'm going to show you how to create massive success in spite of anxiety. Anxiety is something that I've struggled with for so long in my life, as you can imagine, not only on airplanes, but in life in general, and how I've been able to reframe it and overcome it. I decided to put that inside the MBA Program as not just a juicy bonus to give you, but also because I know that there are so many women and men out there - because I have bros that come into my programs too; Manifestation Bros is what I call them - and I just know that I'm not the only one who struggles with this. I'm not the only one who feels anxious, fear, panic, or anything around that. I'm not the only one who has struggled with fear of control. The fear of not being in control of my life and how I've been able to surrender, and the tools I use to let go of anxiety and melt that away; over time using those tools, I've been able to reduce my anxiety by 90 percent. And then, of course, you get my four juicy modules. There's a bonus called Tapping Into Massive Wealth, which is using Emotional Freedom Technique (EFT), or tapping, to tap away all the charges that you have around money, for instance - that's what that mini-program is about. The other bonus that I have is around getting your partner on board of manifestation. You might have a partner, a spouse, a parent, a family member, a neighbor, a roommate, or someone in your life who just isn't on board with this stuff yet and is maybe dragging you down a little. Maybe they're a bit of a downer in your life and you really want to help them, but you just don't know how. You also want to be able to coexist with them and be able to be into all this woo-woo stuff and be able to create your wildest dreams and goals, and be able to go after your outcomes and manifest these things into your life without being dragged down by their, quote-unquote, negative energy. And so, that's what that bonus is all about. I'm really excited about it, and again, doors closed Friday at midnight; so that's November 16 at 11:59 pm. I will not be opening up MBA until mid to late 2019. So, if you know that this is the program for you, go to ManifestationBabeAcademy.com, and I am super excited to see you in there. I love you guys so much. Have a fantastic weekend. I'm about to upload this podcast, so it's going to be Sunday or Monday when you listen to it. Regardless, have a fantastic week, and I'll talk to you guys soon. 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](https://www.instagram.com/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.

