



Episode 90: Staying High Vibe While SICK AF (Or Some Other U...

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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. Hello, gorgeous souls, and welcome back to the Manifestation Babe Podcast. Oh my goodness, I am so excited to finally be recording something because I feel like if I don't get back on here, I'm going to get super rusty, and getting super rusty is the last thing that I want. So, it's been a crazy month. I feel like I should give you a bit of a life update, leading into why I've been absent in the last month, especially from my podcast, and my live streams on Instagram, which I am actually doing right now. I'm super excited to do it, especially since I will be live more often, with the Manifestation Babe Challenge coming up in just two weeks. And honestly, I miss going live. I miss just talking to you guys. It's been really tough, especially with my journey

of getting my breast implants out. I know that's so TMI to some of you, but I know it's mostly us women on here. I know that so many women do have breast implants, so it's not like this TMI is a big deal thing anymore. I feel very comfortable speaking out about it. It's been really affecting my energy levels, my health, the way that I think, and my mindset. So, I'm so excited to get those out and to see what's on the other side. There have been so many women that have been reaching out to me via DM, email, and wherever you can reach me, sharing your experience with the explant journey, and how well that's gone for you. The energy that you felt on the other side, that's what I'm looking for. It's so funny because Brennan brings up a really great point. I'm already diving in, so we're just going to dive in. Brennan brought up a really good point to me the other day, saying, "Kathrin, why are you putting so much certainty on this surgery? What if it doesn't make you feel better? What if you think that this is it, you go through the surgery, get your implants out, and you don't feel better? Maybe you feel 5% better, but it's not enough for you to go back to how you felt energetically when you started Manifestation Babe, and obviously before then." There was a point in time when I started my business, and for the longest time I thought that it was just the initial excitement around my business - me constantly going live, creating content, and just being on fire with creation. I was like "Create, create, create," and people would say, "Where's this coming from, Kathrin? You're on fire. Are you forcing this? What's your routine? How do you make yourself create so much content?" I always told people that I have no idea where it's coming from. It was just flowing and flowing, and I felt this excitement for life. I just wanted to share with people the lessons that I was learning, the things that I was overcoming, and all my life experiences. and my stories. I just wanted to share it all. Over time, in the last 12 to 18 months, it's been like really tough. My energy levels just haven't been the same, and my creativity has pretty much been gone the last six months. I really have to thank my team. They have been coming in, hard. They do about 95% of the work now. I still do my own writing in terms of Instagram and social media. Obviously, all my pictures are my own, and it really is me when I post my stories and when I record my podcasts. But other than that, it's been my team. I am so grateful for Team Manifestation Babe and how much they have carried this business in the last year. I would not be where I am today without them. So anyway, Brennan asked a really good question, saying, "Kathrin, what if this isn't it?" I started this year, with a word for 2019 being "health" and "vitality." Actually, I guess it's two words. I promised to myself that I am going to get back on track with my health this year. I didn't know that was going to lead into a surgery, I thought that was just going to lead into me working out and eating better - which has been the case. Obviously, my energy levels aren't that high enough for me to go to the gym consistently. I get burned out fast, etc. I mean, I can go on and on, and I don't want this to turn into a complaint fest. I'm honestly not complaining. I'm actually super duper excited about this, and I'm so grateful for the lessons that I have learned, and the clarity that I now have about what is important to me, and what I truly have in my life to be grateful for. So, I told him, "If this isn't it, I don't care

where I need to go. I'm going to the best doctors. I feel so blessed to be in this point in my life and in my business, where we really can afford the best healthcare." I know that's not the case for everyone, but I feel so blessed that it is the case for me. I will be going to the best naturopaths, the best this, the best that, the best nutritionist, the best acupuncturist. I'm going to fly all over the damn world and figure this thing out, and I'm going to share everything that I've learned with my people, so that we can all create the most perfect blueprint of health in our own bodies. That's the thing you guys, I don't know if you're aware of this, but the subconscious mind has a perfect unique blueprint of you, already, your body as it is in perfect health. There is some sort of story, or there is some sort of disturbance - it could be a thought, a habit, something you're eating, or something disrupting your DNA. There is something within your body and your energy field that's disrupting that perfect blueprint. Your subconscious has that blueprint, and it's just a matter of you giving it the right tools, and you feeding it the right energy, frequency, tools, and whatever it needs to recreate that within your body. And so, I guess that's just my journey now, and I guess that's what I'm excited to share with you. So, I never intended on creating content or episodes around health, especially since I came from the health and fitness space into the mindset space. I really compartmentalize those areas of my life, and I'm realizing that it is all one in the same. We need a healthy body, a healthy spirit, and a healthy mind in order to manifest our best life. So, I'm super excited about that. My surgery is next week. Before I share more on that later, I do have an episode for you today. My episode really is to share with you how to stay high vibe, even when you're sick, or when you're not feeling your best, or some sort of other life circumstance or event that is outside of your control. I am personally not referring to anything outside of the flu right now, or something like PMS, or something like breast implant illness. I can only speak from experience, so I can't speak to those of you who have chronic illnesses, or those of you who are experiencing something more extreme than that. I always want to stay in integrity and speak from my experience. Maybe at some point, I'll bring on experts to this podcast or do some interviews, which is not in my plan right now because I enjoy this solo one-on-one time with you so much. It's been like this for the last three years, but we'll see. So, staying in integrity, just know that every time I share something with you, it's just coming from my own personal experience. Okay, got that? So, life update since the last podcast episode. I went to Bali for an entire month - all of March. I left, maybe 28 days if we're talking the actual day amount. I left Los Angeles on March 3rd at midnight, and I didn't come home until March 31st at midnight. So, that's pretty much about a month. Why I went to Bali was for a couple of reasons. My first and foremost reason is my retreat. I hosted my retreat in Bali, which the last time I uploaded a podcast episode was the day before the retreat started. I started to record another episode around something else that happened around that time. For some reason it wasn't flowing, and I think it was because I was waiting for the women to come into the retreat villa, and I was so excited. I was getting everything together, my team was there, and there was a lot of chaos - not really

chaos, but just a lot of things going on. So, I actually stopped midway 20 minutes in. I was like, "No, this is not flowing. Delete. I'll try again later." And then I realized, "It's been a month." So, I went to Bali, I hosted my retreat, but before then, actually, I released - well, Goalcast released it, but we did it together - a viral video around part of my story, specifically around my childhood and my parents, my parents not supporting me creating a business, having no support, and where I am today. I released that video with Goalcast, which I'm so happy to have met. First of all, the Goalcast team is awesome, and the director of operations from Goalcast actually came to the Manifestation Babe retreat, which is really cool because that video came out three days before the retreat started. That, you guys, was a crazy life lesson. I had no idea what to expect. That video now has over 4 million views. It reached 2.2 million views in 24 hours, right before the Facebook outage, or whatever happened. I don't know if you guys remember about a month ago, there was this massive Instagram and Facebook outage, and then it started growing again. That was the first time I ever really put myself out there in front of a massive audience. I immediately knew not to go read the comments. I knew that if I was posting something so vulnerable, and something that really - guys, I'm sorry. My memory isn't as good as it used to be, and I know that you're aware of that now, especially with my podcast episode that I shared with my breast implant illness. One of the symptoms is memory issues, brain fog, and not being able to remember certain words. I thought that was just me and who I was, and I started to accept that about me. And then I realized that it was really a symptom, and that I haven't always been like this in my life. I actually pride myself on amazing memory. That's something that I've always taken care of and always been good at. So anyway, I have no freaking idea what the word that I'm looking for is. What was I even saying? I have no freaking idea. Oh, yeah, Goalcast. So, I knew not to go read the comments. I knew that most of them would be negative. That's just the reality of YouTube comments, viral videos, and mass marketing. It's just something that you need to know and be aware of. I think that a lot of people don't prepare themselves enough for it. They end up reading the comments, and then they end up trusting what some other stranger has to say about them more than what you actually believe about yourself. We all get there. I've let plenty of trolls, haters, and upset people taking out whatever I triggered them on out at me. I've let it affect me, affect my day, and then turn into affecting my week, my work, and holy crap. That actually led me to turning off my DMs and comments for about a week. I didn't read the comments on Goalcast, but some of those people came onto my Instagram profile, and then started sharing their opinions of me. Long story short, it was just an interesting experience. I'm so grateful for it because so many beautiful people have come into my universe since then. I'm so grateful for the exposure. I also now know what to focus on, and what not to focus on, especially when you are promoting yourself in front of a larger audience. If you really do want to make the big impact that you desire to make in the world, you just have to be ready to piss off some people. You just have to be ready and understand that not everybody is going to like you.

Not everybody's going to understand you, and it's not your job to defend yourself. It's not your job to defend your character. It's not your job to defend your authenticity and who you are. You just have to let it go because everyone is processing the world through their own filters and their own paradigm. So, that came out. I then hosted my retreat for eight days and seven nights in Bali, which is my favorite thing to do. I actually launched my next retreat right after it ended, and it's sold out within 36 hours. So, now the Bali Retreat 2020 is completely sold out, which is just crazy cool. It's just a testament to momentum. I actually asked the universe that if I'm meant to do retreats, if that's meant to be part of my business model, if I'm meant to come to Bali and bring women from all across the world with me, please sell three spots on the first day. It's so funny because I sold all 12 within 36 hours, which is amazing, and I feel so blessed for that. After the Bali retreat, my parents came to Bali and I actually gifted them a vacation for eight days and seven nights. It was really cool to see my parents. First of all, I bought them Business Class flights, and then we stayed in two great swanky hotels; one in Ubud, Jimbaran area. If you're familiar with Bali, you'll know exactly what I'm talking about. It's two different areas of Bali. Super gorgeous and luxurious. It was so cool to end my retreat, sell out my retreat, and then go pick up my parents from the airport and see the smiles on their faces. They've never been to somewhere as exotic as Bali. It was really cool to show them a country that I've been exploring. Well, Bali is not actually the country. The country is Indonesia, and Bali is the island. It was really cool to show them a place that's really special to me. The people are incredibly special to me, the culture is very special, and all the spirituality behind Bali is special. It's a vortex, it's gorgeous. If you haven't been, I highly recommend it. It was cool to watch them get off the plane with big smiles on their faces, and they just flew Business Class and they're super excited, feeling high vibe, and then being able to show them that different part of the world. That was incredible, and it also kept me busy. I was responsible for giving my parents a tour of the island, so there's no downtime, there. It wasn't really that vacation that I was looking for, in the sense that I didn't get much alone time. I'm an introvert, and I need alone time. It's not to say I'm antisocial; I just need to recharge by myself. I then came home from Bali. My stepdad actually got sick just a few days before he flew home. My immune system is typically really good; in the last 12 months, though? Not so good. I think that my body is getting very tired of fighting the implants in my body, and my immune system just isn't as good as it used to be. And so, when someone's sick around me, I tend to catch it more often, which I'm hoping is one of the symptoms that goes away when I take them out. We were jet lagged. The very first night that we came home, we went out to dinner with friends, which is awesome to catch up with them. That night, I had such a hard time falling asleep, and then I woke up sick the next day. For an entire week, pretty much up until today, I have literally been in bed, not walking at all, except to the bathroom and maybe to answer my door because Uber Eats came to my door. Besides that, I have just been in bed; jetlag, plus the flu, plus I'm in that part of the cycle - which most people know as PMS - this past week, and also breast implant illness.

All four of those have created this recipe for being sick in bed and for me to be very miserable in bed. I'm not going to lie; this last week has been probably the lowest I have felt in a really long time. It reminded me of some super important life lessons that I thought I would share with you. That's really the purpose of me coming on in this particular podcast episode and Instagram Livestream. Those of you who are still watching, hello, I hope you're having a good time. This week just completely threw me off. I went from killing it in Bali - amazing retreat and testimonials, selling it out, going to another country for a whole month, coming back to my condo which - still nothing. Nothing has happened to my condo yet. I've moved in in January, and we've been traveling so much since so nothing's happened. But I love the view. You guys obviously can't see it right now. It's a place that keeps me high vibe. I was like, "Yes, I'm going to come home to LA, and I'm just going to slay. My surgery is coming up, and that's going to go well, and it's just going to be amazing from here. I'm going to get a ton of stuff done before my surgery, get myself really set up and ready to heal and just slay." And then this week completely threw me off. I haven't felt so low in such a long time. I really needed to pull myself out of my funk every day, using every single tool that I know and asking myself, "How do I feel high vibe in this situation? How do I keep manifesting my desires?" I get so many DMs, emails, messages, and comments from people asking, "How do you feel high vibe when someone dies in your family?" Or "How do you feel high vibe when you're sick?" Or "How do you feel high vibe when something bad happens, or some sort of uncontrollable life circumstance happens?" I always tell people to never pressure themselves to feel high vibe. You're not meant to feel high vibe all the freaking time if you were, you would surpass the human experience because you would have no need to be a human being. Human beings are not meant to be high vibe all the time. Your soul wouldn't choose to incarnate into your body if you were meant to be perfect and high five 100% of the time, in complete alignment with nothing going wrong. I had to remind myself of that. I had to realize that I was putting so much pressure on myself. I was putting pressure on myself, mainly because I knew that I'd be out another week because of my surgery, since I want to properly heal. And then I'm going into a launch, which I purposely chose. People think I'm crazy, but my intuition told me to schedule my surgery right before my launch. The energy that I feel from right after I heal from my surgery going into my launch is going to really help me elevate, and help my business elevate as well. It was originally going to be for June, but I did not want to wait another two months before doing my surgery. So, anyway, I knew I'd be out for another week. I felt all of this pressure. I asked myself, "Why do I feel so low? What is going on right now?" And I realized that it's the pressure to keep doing, doing, doing. It's our societal conditioning around having to constantly have to do and hustle. If you don't show up, post a podcast, make a post, or remind people that you still exist, then you technically don't matter, and you technically don't exist. I'm speaking to all of you who have businesses on social media, or use social media as part of their business strategy. I know that you are familiar with this feeling where if you're not visible

for several weeks, you think in your mind that you're no longer important, or people have forgotten about you, or you no longer matter, and that's it. Everyone's ahead of you, and you're now behind. That's just a bunch of bullshit. Living your life purpose and manifesting your destiny is less about what you're doing, and more about who you're being. Society is all about "do, do, do," but manifestation is all about "be, be, be." And so, for this week, what really got me through was to allow myself to be okay. That was first and foremost. I reminded myself that I cannot force anything this week. I feel like shit, and if I keep putting more pressure on myself, I'm going to fall into a depression. I'm going to get even lower on myself, and is that really what I want? Or do I want to feel better? And so, some of the lessons that I was reminded of this week that I really want to share with you, especially maybe if you are dealing with the flu - which I heard from a lot of you that it's going around. My parents got, and then Brennan got it, and then I got it, and then I think my grandparents got it, too. And so, for my immediate family in my life, clearly you guys can see who my friends are in the world. I'm just listing my family, but I have friends too. But I mostly spoke to my family last week, so we're just feeling like shit. Anyway, maybe you are going through something right now. Maybe it's not an illness; maybe you are grieving right now, or experiencing some sort of circumstance that's just throwing you off your game, your business plan, your launch plan, your social media, or whatever it is that you have on your to-do list every single day. The very first lesson is to understand what you're really in control of. Our egos like to get us to think that we are in control, when really, we are never in control. The only thing we're ever really in control of is how we react to these situations. So, I asked myself, "How am I reacting to this week off, and the way that I'm feeling? Hormonally, and then health-wise, and all these different ways that I'm feeling, how am I reacting?" First of all, very poorly. And what am I actually in control of? I'm in control to my reaction to these life circumstances, I am in control of how I think, and how I feel. And so, I consciously chose to change my thoughts. Thoughts typically lead into feelings, because if you think a thought enough, you start to feel that thought as well, and it starts to affect your feelings, and then your feelings affect your vibration. So, if you're looking for yourself to feel high vibe, you need to choose more high vibe thoughts. But in a situation like this, where you can't really think of the grandest thought in the world, because you're just feeling so low, at least think thoughts of acceptance, surrender, and gratitude for the fact that even though, yes, things are crappy right now, at least you are alive. Maybe you see the people who are texting you and checking in on you. Brennan bringing me soup, coffee, tea, and medicine; thank God I have these people around me. I felt so much gratitude for the fact that I had a roof over my head, and the fact that I had a bed to lay in for a week. I felt so grateful for technology connecting me with my team. I felt so grateful for my team. I started to fill myself with gratitude rather than all the things that I can't do. At least I can feel grateful for all the things that the people around me can do for me and can do in my favor, and all the support that I have around me. That really helped alleviate that pressure, to understand that life is going to happen no matter what, and life is going to

keep going, no matter what. As long as I'm reacting poorly to it, I will create a poor reality. But if I'm reacting very positively or at least neutrally to it, then I will create that kind of reality. Taking responsibility for your life isn't just about controlling everything in your life. It is also about how you react to the things that happen to you. That applies to your past, your present, and your future. You taking responsibility for your life means that, yes, shitty things will happen to you; people will do shitty things. There have probably been fucked up things that happened in your past, but how you react to them is what matters. That's what you must always take responsibility for. The next lesson, of course, comes from this, which is surrender, knowing that I need to let go, stop controlling the process, stop controlling the healing, and just focus on being, and knowing that I am worthy and deserving enough, just by being myself and by choosing to be. I know that's a lot of "be, be, be" that I just said, but it's so important to understand that life isn't always about doing; it's also about who you are becoming, and who you're choosing to be in the process. That's really where that energy comes in. Inspired action is important in the manifestation process, but there's also that intentional peace. That intentional peace of deciding what you want and who you must become is almost more important than the action, because that precedes the action. If you just take action without having any crystal clarity, then nothing really good is ever going to come out of it. And so, I had to give myself permission to heal, be sick, watch Netflix, cry, feel my feelings, be human, be angry, and permission to do whatever it is that I needed to do. I needed to give myself permission to process, and I had to surrender to that and understand that life isn't always about ups; there are also downs as well, and that polarity in life is what allows us to be grateful for the good times. If it weren't for my shitty health right now, I would not be grateful for my health in the past when it's been better, and also when it's going to be better because I am choosing to do something about it. If it wasn't for me being thrown off my game completely this week and being completely, personally unproductive, I would not be so grateful for those times when I've had really successful launches in my business, where I've been super productive, giving my team ideas, helping them, and being more supportive. Those times when I have felt very creative, and have created content that literally felt like source is just speaking through me; I wouldn't have felt grateful for those moments if I didn't just surrender to the polarity, and allow polarity to exist and myself to be human, and surrender to the human experience. You are a spiritual being, but you've chosen to have a human experience. We have amnesia when we're born, and we have amnesia through our life around this choice, and so when we have these human experiences, all of a sudden we feel like we're doing something wrong, when this is exactly what we chose to experience. Another lesson I've been really obsessed with, especially with the launch of Manifestation Babe Academy coming right after my surgery at the end of this month. You guys can see my energy just shifted completely because that is one of the programs. I have two big programs that I'm most excited about in my business, and most excited about as part of my work and my purpose, one of them being Manifestation

Babe Academy. Inside module 4 of Manifestation Babe Academy, when I created it last year, I decided to open up more around masculine and feminine energy, and how to get into the feminine energy of receiving, and how us, women, really dull ourselves from experiencing pleasure in our life - and not just pleasure sexually, but also pleasure in every single day experience of life; and creating an orgasmic life. For the first time ever, I started to teach orgasmic manifestation, which is something that I personally practice. You might be like, "What the hell is that? Manifesting through orgasms? Does that exist?" Yes, it exists. It's freaking awesome. I've been really diving into that element of sexuality, and how it relates to manifestation and being really comfortable in your body. I've been diving more into feminine energy. And it's so funny because when I feel inspired to do something, and dive into a topic much further, the universe always gives it to me as a lesson to really solidify and cement, so that I can share it with you. I truly believe that most things that I go through is so that I can share it and teach from it. This week really taught me the feminine energy of receiving. First of all, I reminded myself that this is a lesson in the feminine energy of receiving; and then I started to really enjoy being still, soft, and receiving; allowing Brennan to take care of things for me, and allowing my team to support me, and allowing myself to be supported, nurtured, and just being still. Having someone watch over me and take care of me is exactly what my feminine energy really needed. Here's the thing; we all have both energies. We all have feminine and masculine energies, regardless of whether we're men or women. First of all, most women - and not all, because there's things that happen, like transgender people, or gay or lesbian people - might have masculine energy, and that creates the beautiful polarity between two women, where one woman has masculine energy, and one woman has feminine energy. Same with men; one man might have feminine energy, and one man might have masculine energy. And then also transgenders, you might be born with a feminine core, but you might be born a man. You might be inspired to transition into a man because you feel more of yourself as a man, than you do as a woman. But generally speaking, from my experience, most women are born with a feminine core, and most men are born with a masculine core. And so, when our energies are out of balance, meaning that females who have feminine cores are pushing way too much with their masculine energy, they're going to get out of alignment, and they're going to feel completely out of alignment. Same with men; masculine men who are born masculine, who are then pushed into their feminine energy, and are way out of balance with their masculine energy, that's going to create some tension in their life and throw them out of alignment as well. And so, it's so important to really come back to your core, and not throw out the other energy. What I see a lot of women doing is they get inspired to live from their feminine energy, and they completely throw out their masculine energy. Their masculine energy is where they take action from, and their feminine energy is where they are a magnet to their desires. That's where you see a lot of women get stuck, wishing, thinking, and visualizing, and not taking action. So, you see how the two have to balance each other. I am someone who is a

feminine core, who has been really operating from her masculine energy. That's a lot of my conditioning of, "do and hustle." I've broke through so much of that in the last couple of years, but I want to dive even deeper into my feminine energy. It's been a really fun experiment and experience. I can't wait to talk and share more about it. Especially being in Bali for a month, Bali is known as the feminine vortex, or - wait, what did I say to all the girls in my retreat? I called it the feminine vortex, and the heart chakra of the world. And it's so true. There's something about the energy there that helps me step into my feminine every time. I just feel so at ease, so at peace, and so relaxed. But anyway, I can't wait to share more on this. Obviously, Manifestation Babe Academy is where I really go into this to the best of my knowledge. I'm actually going to be adding in even more content around that, as I learn, experience, and live more. I always teach out of integrity. If I haven't experienced it myself, I obviously don't put it in my course. But as I do that, I'm going to create more bonus material for that. This week has really allowed me to step even further into my feminine energy, and again, focus less on doing, and more on being. The last lesson that I was reminded of is how belief really is everything, and how your beliefs really do determine your reality. I'm so grateful for this mindset that I've cultivated in the last three years that helped me this week, specifically three beliefs that I really do live my life from, that have really helped me stay sane this week. The first belief is the best is yet to come. In fact - I actually forgot to update you guys, those of you watching me on Instagram - while I was in Bali, I made a poll. I think I asked something along the lines of, "I'm thinking of getting a tattoo in Bali. Do you think I'm going to get one?" The poll was "Yes," and the other one was "You would never." I actually was going to get one, but then something happened towards the end where we actually didn't have time to do it, and it was really far away. It just didn't work out. But I've been thinking of getting the phrase, "The best is yet to come" - my top belief around life - tattooed on my left arm. That's to be determined. It hasn't happened yet. But anyway, that is one of my core beliefs that really helped me get through the lowest times in my life, and also kept me going, kept me riding the wave, and not sabotaging in the high points of my life. What I mean by that is in the low parts of my life, "the best is yet to come" means that things might look shitty right now, but one day, they're going to be better. One day, soon, they're going to be so much better. You have so much to look forward to, because your best moments are still ahead of you. On the other hand, when I'm living my best life, things are going well, and I feel amazing - especially when Brennan and I travel, and we look around us, we're like, "Holy shit, this is amazing." Something Brennan and I practice all the time is we say, "Wow. All of this, and yet, the best is yet to come." That gets us fired up. Vibration through the roof, even higher. The next belief that I practice and believe truly - I don't have to practice; it's just so integrated in me - is "Everything is happening for me." I have Tony Robbins to credit for that because I heard that for the first time three and a half years ago at my first Unleash the Power Within event, which is Tony Robbins' event. In that event, he kept saying "Everything is happening for you, not to you." I just adopted that immediately. I was

like, "The only way I'm going to be able to make changes in my life, and really go through that experiment that I did in 2016 around truly believing that the law of attraction exists, and that everything is conspiring in my favor, is if I keep chanting to myself, that everything is happening for me." That got me through a lot of stuff, similarly to "the best is yet to come." And the third one is - this is something I truly believe - "No earthly event can keep you from manifesting what your soul desires." That's to say that your soul is so incredibly powerful and magnetic, that it doesn't freaking matter what happens in this physical realm; there is nothing that's going to prevent you from manifesting your dreams. That includes breakups, divorce, illnesses, losing your job, business going down, it doesn't matter. There's no earthly event that could possibly affect your soul, and your soul attaining all your desires. Who cares if it's true or not? You might not believe it's true, but I do. For that reason, that's why nothing ever really, truly throws me off my game. That's why even after a month of being thrown off a little - it really hasn't been a month, because again, I was running my retreat, I was treating my parents to vacation - but this week when I felt my lowest, I knew that this is not going to throw me off my game. I'm going to come back so much stronger. I'm also really going to help not only myself, but a fuck-ton of people understand that, too; and give them hope, and show them the light, and just be the light for other people the same way that others have been the light for me. There's not a single earthly event that will ever prevent me from manifesting what my soul desires. That's just the freaking truth because whatever you believe to be the truth is your truth. That's always a self-fulfilling prophecy of what manifests into your reality. So, those are my lessons. Those are my lessons that I was reminded of this week when I felt really low. Clearly, you guys can see, those of you on Instagram and then of course, you can hear me on the podcast. I feel 10,000X better. Not 100%, but oh my goodness, I couldn't walk. That's how bad it was. I thought I felt like a 90-year-old stuck in 26-year-old's body. My back, kidneys, head, legs, joints, muscles, and neck all hurt. Everything hurt. It was just a mess. I'm still a little bit of a mess, but no earthly event is going to keep me from manifesting what my soul desires. That's just my belief, and my belief is that the best is yet to come. I want you to take that with you. You can change it, you can create a new belief, but just understand the things that you tell yourself will always manifest into your reality. So, that is that. Before I leave, I wanted to actually remind you - especially those of you on Instagram right now, and those of you listening to my podcast - if you go to ManifestationBabeChallenge.com - first of all, go there, and get yourself signed up for the 5-Day Manifestation Babe Challenge. It is a challenge that I am doing to share with you my how-to guide on how to be a boss at manifestation and the law of attraction. I highly encourage you to invite your friends to do it. First of all, I'm actually doing two giveaways right now. Depending on when you're listening to this podcast, the first giveaway is if you get signed up for the challenge - and even though the challenge will take place on Instagram Live and IGTV (I'm actually going to put the recordings on there so you have access to it) - in order for you to get the giveaway prize, you have to register. You have to

be registered in my system at ManifestationBabeChallenge.com in order to actually win, because I'll be choosing a winner based on hashtag, and then I'll be checking up your name in my system. I'm giving away \$1,000 to one winner, just for participating in the challenge; just by improving your life; just by improving your mindset; just by becoming the best version of yourself; I'm going to give you 1000 bucks. I'm going to choose one randomly selected winner. And then, on my most recent Instagram post, there's a photo of me in an outdoor bathtub. I posted it today, and today is April 8, 2019 (in case you're listening to this tomorrow, or the next day). I have on there, "If you tag three friends in the comment section of the post, I'm giving away \$100 amazon gift card." That's because I want you to encourage to bring your friends to the challenge and make a party out of it, and really support each other and hold each other at a healthy competition around, A) winning \$1,000, and B) manifesting your desires into your life. So, even if you aren't the winner of \$1,000, you're really going to improve your life to the next level. I know that 2019 really is that year for all of us, and so let's really maximize it, especially being a quarter in. So, by the time this challenge starts, we'll be about four and a half months in. Let's really maximize this year. So, ManifestationBabeChallenge.com. Again, if you enjoyed this episode, I would love it if you could share it with a friend. Leave a review on iTunes. If you leave a review and screenshot it before you send it in, you can send it to my team via [Hello@ManifestationBabe.com](mailto>Hello@ManifestationBabe.com), and we will actually send you a powerful manifestor hypnosis free download that you can listen to as a gift from us to you, in exchange for helping this podcast spread its wings and fly across the world, and find more Manifestation Babes to inspire. Again, I love you guys so much. Thank you so much for your patience and for your support on this podcast, Instagram, if you're on my Facebook group, emails, and all that stuff. I so appreciate you, and I appreciate you being patient with my on-and-off creativity and energy levels. My intention is to give you the best of the best content, and always stay in integrity with my health in the process; stay in integrity with my energy, and never force anything through. So, that's why I've been a little more sporadic in the last 6 to 12 months, rather than when I first started Manifestation Babe. And so, I'm really encouraged and excited to see what's on the other side of this, and then of course, share with you what I learned and my journey. Let's just live the best, most epic life ever, together. Alright, you guys, I hope you have an incredible Monday. Actually, I just realized that I now have outsourced my podcasts. I have no idea when this is actually going to go live, so it might not be until Friday. But anyway, those of you on Instagram Live, have a great happy Monday. Have an awesome day. Love you so much. 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.