

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

Fri, 6/26 10:05PM 44:11

SUMMARY KEYWORDS

life, bali, manifestation, instagram, feel, people, grateful, manifesting, thought, podcast, retreat, create, experience, masculine energy, desires, business, vibe, lesson, week, feminine energy

SPEAKERS

Kathrin Zenkina

K Kathrin Zenkina 00:14

Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a manifestation expert, master mindset coach, and multiple seven-figure entrepreneurs. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies, and teaching 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 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 and I feel I should give you a little bit of a life update, leading into why I've been absent in the last month, especially from my podcast, especially from my live streams on Instagram, which I am actually doing right now and 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 and I miss just talking to you guys. And it's been

tough, especially with my journey, 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 and I noticed that so many women do have breast implants. So, it's not like this TMI big deal thing anymore. And I feel very comfortable speaking out about it. It's been affecting my energy levels. It's been affecting my health. It's been affecting the way that I think in my mindset, so I'm so excited to get those out, and I am so excited to see what's on the other side. There have been so many women that have been reaching out to me via dm, via email, wherever you can reach me, sharing your experience with the explant journey, and how well that's gone for you. And the energy that you felt on the other side is that's what I'm looking for. And it's so funny because Brennan brings up a great point, I'm diving in. So, we're just gonna dive in. Brennan brought up a really good point to me the other day, which is, "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," because there's 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, people are wondering, "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?" and I always told people I have no idea where it's coming from. It's just flowing and flowing, I felt this excitement for life and I just wanted to share with people the lessons that I was learning, the things that I was overcoming and just all of my life experiences, I just wanted to share, and all my stories I just wanted to share, and overtime in the last 12 to 18 months, it's been like really tough. My energy levels have just not been the same, my creativity has pretty much been gone the last six months. I have to thank my team, my team has been coming in hard. They do about 95% of the work now, I still do my writing in terms of Instagram and social media. All my pictures are my own and stuff like that. And it is me when I post to my story and when I record my podcasts, but other than that, it's been my team and I am so grateful for manifestation babe team and how much they have carried this business in the last year because I would not be where I am today without them. So, anyway, Brennan asked a really good question, "Kathrin, what if this isn't it?" and I started this year, my word for 2019 was health and vitality. I guess they're two words. I promised to myself that I am going to get back on track of my health this year. And I didn't know that was going to lead into surgery, I thought that was just going to lead into me working out, eating better, which has been the case my energy levels aren't that high enough for me to go to the gym consistently, I get burnt out fast, etc. I mean, I can go on and on. And I don't want this to turn into a complaint fast because I'm honestly not complaining. I'm super-duper excited about this. I'm so grateful for the lessons that I have learned and I'm so grateful for the clarity that I now have about what is important to me and what I truly have in my life to

be grateful for. And 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 at this point in my life and in my business where we really can't afford the best health care. And I know that's not the case for everyone. But, I feel so blessed that it is the case for me and I will be going to the best natural paths, the best this, the best that, the best nutritionist, the best acupuncturist," I'm gonna 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 bodies because that's the thing, 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. And there is some sort of story or there's some sort of disturbance, it could be a thought it could be a habit. It could be something you're eating, it could be something disrupting your DNA, there is something within your body, within your energy field, that's disrupting that perfect blueprint, and your subconscious has that blueprint. It's just a matter of you giving it the right tools and feeding it the right energy, the right frequency, the right tools, whatever it needs to recreate that within your body. 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 creating episodes around health, especially since I came from the health and fitness space into the mindset space, and I compartmentalize those areas of my life and I'm realising it is all the same, we need a healthy body, a healthy spirit, and a healthy mind to manifest your best life. So, I'm super excited about that. My surgery is next week, but before I share more on that later, I do have an episode for you today. My episode is to share with you how do you stay high vibe, even when you're sick, even when you're not feeling your best or some sort of other life circumstance or life event that is outside of your control. And I am personally not referring to anything outside of the flu right now, 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, and it's been this way 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 personal experience. So, life update since the last podcast episode, I went to Bali for an entire month, all of March, maybe 28 days if we're talking about the actual duration. 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, and why I went to Bali was for a couple of reasons. The first and foremost reason is my retreat. So, I hosted my retreat in Bali, which the last time I uploaded a podcast episode, I think was the day before the retreat started. And I started to record another episode around something else that happened around that time and for some reason, it wasn't flowing. I think it was because I was waiting for the women to come into the retreat Villa, I was so excited, I was

getting everything together, my team is there and there's a lot of chaos, not really chaos but just like a lot of things going on, so I stopped midway for 20 minutes in, I was thinking "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 while go cast released it, but we did it together with a viral video around part of my story, specifically around my childhood and my parents, my parents not supporting me and me creating a business, having no support and where I am today, and I released that video with Goalcast, which I'm so so happy to have met first of all the Goalcast team is awesome. And the director of operations from goal cast came to the manifestation babe retreat, which is cool because that video came out literally three days before the retreat started. And that was a guy that was a crazy life lesson. I mean, I had no idea what to expect. That video now has four over 4 million views on it reached 2.2 million views in 24 hours right before a Facebook, outage, or whatever happened. I don't know if you guys remember about a month ago, there was just this massive Instagram and Facebook outage and then it started growing again. And that was the first time I ever really put myself out there in front of a massive, massive, massive audience. And I knew immediately I knew not to go read the comments because I knew that if I was posting something so vulnerable, and something that really..., guys sorry, my memory isn't as good as it used to be. And I know that you're aware of that now especially with the podcast episode that I shared with my breast implant illness. One of the symptoms is memory issues and brain fog and not being able to remember certain words, and I thought that that was just me and that's just who I was. And I started to accept that about me. And then I realized that really was a symptom and I haven't always been like this in my life and I actually pride myself on amazing memory and that's something that I've always taken care of. I've always been good at So anyway, the word that I'm looking for I have no frickin idea. What was I even saying? I have no freaking idea. Oh yeah, go cast. So I knew not to put not to go read the comments and because I knew that most of them will be negative. And that's just the reality of YouTube comments. That's just a reality of viral videos, mass marketing, it's just something that you need to know and be aware of. And I think that a lot of people don't prepare themselves enough for it. And then the breeding the comments and then they end up trusting what some other stranger has to say about them. More than you know more than what you actually believe about yourself. And we all get there. I let plenty of trolls and plenty of haters and plenty of upset people taking out there. Whatever I trigger them on out at me and I've let it affect me and I've let it affect my day and I've let it turn into affecting my week and affecting my work and holy crap and that actually led me to that. Turning off my DMS and comments for about a week because I literally had just, I didn't read the comments on the podcast, but some of those people came on to my Instagram profile and then start sharing their opinions of me and blah, blah, blah. Long story short, it was just an interesting experience. And I'm so so grateful for because so many beautiful people have come into my universe since then. I'm so grateful for the

exposure. And I also now know what to focus on and what to not focus on, especially when you are promoting yourself in front of a larger audience. And if you 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 define 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 got to let it go. Because everyone is processing the world through their filters and their paradigm. So that came out and then I hosted my retreat for seven days seven nights in Bali, which is my favorite thing to do. I launched my next retreat right after 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 asked the universe that if I meant to do retreats, if that's meant to be part of my business model, if I 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 gifted them a vacation for seven days and seven nights, which was cool to see my parents. First of all, I bought them business cost flights. Then we stayed in two great swanky hotels, one in Abood and one in the Jim Baran area. If you're familiar with Bali, you know exactly what I'm talking about, but it's two different areas of Bali, super gorgeous, super luxurious. And it was so cool to end my retreat, sell out my retreat, and then go pick up my parents from the airport and just see their smiles on their faces because they've never been to somewhere as exotic as Bali. And it was cool to show them a country that I've been exploring. Well, Bali is not the country, the countries Indonesia, Bali is an island. It was cool to show them a place that's special to me. The people are incredibly special to me, the culture is very special. All the spirituality behind Bali is special. It's a vortex. It's gorgeous. If you haven't been there, I highly recommend it. But 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 the high vibe, and then being able to show them that different part of the world. And that was incredible, also kept me busy because of course, I'm now responsible for giving my parents a tour of the island. So, there's no downtime there. It wasn't that vacation that I was looking for, in the sense that I didn't get much alone time. And I'm an introvert, and I need alone time. It's not to say I'm antisocial. I just need to recharge by myself. And then I came home from Bali, and my stepdad got sick just a few days before he flew home. And my immune system is typically really good in the last 12 months though, not so good, because I think that my body's getting very tired of fighting the implants in my body, and my immune system just isn't as good as it used to be. So, when someone's sick around me, I tend to catch it more often, which I'm hoping is one of the symptoms that go away when I take them out. And then we were jet-lagged. The next day, the very first night that we came home, we went out to dinner with friends, which was awesome to catch up with them. And the next day, I that

night had such a hard time falling asleep, and I woke up sick the next day. And then for an entire week, pretty much up until today. I have been in bed, not walking at all, except for the bathroom, and maybe to answer my door because Uber Eats came to my door. Besides that, I have just been to bed and jetlag plus the flu. Plus I'm on that part of the cycle, which most people know is PMS this past week, and also breast implant illness. All four of those have just created this recipe for being sick in bed, and this recipe for me to be very miserable in bed. And I'm not going to lie, this last week has been probably the lowest I have felt in a long time, and it reminded me of some super important life lessons that I thought I would share with you that's the purpose of me coming on in this particular podcast episode and Instagram Live stream to those of you who are still watching, hello, I hope you're having a good time. And this week just completely threw me off because I went from killing it in Bali, amazing retreat, amazing testimonials selling it out, going to another country for a whole month, coming back to my condo which still nothing's happened to my condo yet. I've moved in in January. And we've been traveling so much that nothing's happened. But I love the view. You guys obviously can't see it right now. But, it's just a place that keeps me high vibe. And I was thinking, "Yes, I'm going to come home to LA, I'm just going to slay, and 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 tonne of stuff done before my surgery, get myself set up, really ready to heal and ready to just slay" and this week completely threw me off. And I haven't felt so low in such a long time and I need to meet it to pull myself out of my funk every day, using every single tool that I know and asking myself How do I feel the high vibe in this situation? How do I keep manifesting my desires? I get so many DMS and emails and messages and comments from people asking "How do you feel the high vibe when someone dies in your family? Or how do you feel a high vibe when you're sick? Or how do you feel the high vibe when something bad happens or some sort of uncontrollable life circumstance happens and I always tell people "Never pressure yourself to feel the high vibe. You're not meant to feel the high vibe all the freaking time, if you were, you would surpass the human experience because you do not need to be a human being because human beings are not meant to be high vibe all the time. Your soul wouldn't choose to incarnate into your body if you're meant to be perfect hundred percent of the time, high vibe 100% of the time in complete alignment with nothing going wrong 100% of the time," and I had to remind myself of that, and 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 would 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. Because the energy that I feel from right after I heal from my surgery going into my launch is going to help my business 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 and I just felt all of this pressure. And 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 all the time. It's our societal conditioning around, you constantly have to do and hustle. And if you don't show up, if you don't post a podcast, if you don't make a post, or if you don't 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 are, you know, who have businesses on social media or use social media as part of their business strategy. And 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, 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 because living your life purpose and manifesting your destiny is less about what you're doing and more about who you're being. And society is all about "do," but the manifestation is all about "be". And so for this week, we're 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 gonna fall into a depression. Like, I'm gonna get even lower on myself, and is that really what I want? Or do I want to feel better? So some of the lessons that I was reminded of this week that I want to share with you especially maybe you are dealing with the flu, which I heard from a lot of you that is going around, my parents got it and then Brennan got and then I got it and then I think my grandparents got it too. And so for my immediate family in Hawaii, clearly you guys can see who my You know, friends are in the world. I'm just listing my family. Now I have friends too, but I mostly spoke to my family and last week, so just feeling like shit. Um, anyway, so maybe you are going through something right now. Maybe it's not an illness. Maybe you are grieving right now. Or maybe you are experiencing some sort of circumstance that's just throwing you off your game, throwing you off your business plan, throwing you off your launch plan, throwing you off of 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. And people think our egos like to get us to think that we are in control when we're 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 of my reaction to these life circumstances. I'm in control of how I think, and how I feel. And so I consciously chose to change my thoughts and thoughts typically lead to feelings. Because if you think of 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 a high vibe, you need to choose more high vibe thoughts. But in a situation like this, where you can't think of the grandest thought in the world, because you're just feeling so low, at least think thoughts of acceptance and think thoughts of surrender and think thoughts of gratitude for the fact that even though yes, things are crappy right now, at least you are

alive. And maybe you see the people who are texting you and checking in on you. Such as Brennan, he is 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 just 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, can do in my favor, and all the support that I have around me, that helped just alleviate that pressure, and understand that life is gonna happen no matter what, and life is going to keep going no matter what. And as long as I'm reacting poorly to it, well, then I will create a poor reality. But if I'm reacting very positively to it, or at least neutral to it, then I will create that kind of reality because 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. And that applies to your past, to 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. And that's what you must always take responsibility for. The next lesson, of course, comes from this, which is surrender, and just knowing that I need to let go, and I need to stop controlling the process, and I need to stop controlling the healing. And I need to just focus on being and knowing that I'm worthy and deserving enough, just by being myself. And just by choosing to be there. There'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. Because inspired action is important in the manifestation process. But there's also that intentional peace, and the intentional peace of deciding what you want and who you must become is almost even more important than the action because that precedes the action. And if you just take action without having any crystal clarity, then nothing really good is ever going to come out of it. So, I had to give myself permission to heal, permission to be sick, permission to watch Netflix, permission to cry, permission to feel my feelings, permission to be human, permission to be angry, permission to do whatever it is that I needed to do. I needed to permit myself to process, and I had to surrender to that, and understand that life isn't always about ups, there are downs as well. And that polarity in life is what allows us to be grateful for the good times. If it wasn'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 successful launches in my business where I've been super productive. Giving my team ideas, helping them, and being more supportive. And those times when I have felt very creative and have created content that feels like sources just speaking through me. I wouldn't feel grateful for those

moments, if I didn't just surrender to the polarity, and allow polarity to exist, and allow myself to be human, and surrender to the human experience because you are a spiritual being, but you've chosen to have a human experience and 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 obsessed 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 part of my purpose. One of them being Manifestation Babe Academy and inside Manifestation Babe Academy, inside of Module Four, 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 doll 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 and for the first time, I started to teach orgasmic manifestation which is something that I personally practice. You might think, "What the hell is that? Manifesting through orgasms? Does that exist?" Yes, it exists. It's freaking awesome. And I've been diving into that element of sexuality and how it relates to manifestation and being comfortable in your body. And I've been diving more on 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 the lesson so that I can share it with you, I truly believe that most things that I go through are like that so that I can share it and teach from it. And this week really taught me the feminine energy of receiving. I, 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, being soft, and really enjoy receiving and 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 having someone take care of me is exactly what my feminine energy really needed. Because 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 you know there are things that happen like there are transgender people. And there are also people who are either gay or lesbian. And a woman might actually have masculine energy. And that creates the beautiful polarity between two women where one woman has masculine energy and one woman has feminine energy. And same with men. One man might have feminine energy, one man might have masculine energy. And then transgender also, you might be born with a feminine core, but you might be born a man and 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, I'm just speaking generally from my experience, most women are born as a feminine core. And most men are born with a

masculine core. 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. And same with men, masculine men who are born masculine, who are then pushed into their feminine energy, and it's way out of balance with their masculine energy, well, 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. So 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. And their masculine energy is where they take action from, and their feminine energy is where they are a magnet to their desires. And that's where you see a lot of women get stuck, wishing, thinking, visualizing, and not taking action. So, you see how the two half the balance each other, but I am someone who is a feminine core who has been really operating for her masculine energy, and that's a lot of my conditioning is like, do, hustle. And I broke through so much of that in the last couple of years. But I want to dive even deeper into my feminine energy. And it's been a really fun experiment and experience, and I can't wait to talk more about it. And I can't wait to 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 call 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 and I just feel so at ease, so at peace, and so relaxed. But anyway, I can't wait to share more on this. And then obviously, Manifestation Babe Academy is where I go into this to the best of my knowledge. And then I'm going to be adding even more content around that as I learn more, experience more, and of course, live more, because I always teach out of integrity. So if I haven't experienced it myself, I obviously don't put in my course. But as I do that, I'm going to create more bonus material for that. And this week really allowed me to step even further into my feminine energy and again, focus less on doing and more on being. And then the last lesson that I was reminded of is, how belief really is everything and how your beliefs do determine your reality. And I'm so grateful for this mindset that I've cultivated in the last three years that really 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 was asking, I made a poll. And I think I asked something along the lines of "I'm thinking of getting a tattoo in Bali, and do you think I'm going to get one?" And the poll was "yes." And the other one was just "You would never," and 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 and blah, blah, blah. 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, but that to be determined, it hasn't happened yet. But anyway, that is one of the 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. And what I mean by that is in the low parts of my life, the best is yet to come means that, "Hey, 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." And on the other hand, when I'm living my best life, and things are going well, and I feel amazing, especially in Britain, and I travel and look around us and we're thinking "holy shit, this is amazing." Something Brennan, I practice all the time as we go, "Wow, all of this and yet, the best is yet to come." And that gets us fired up, vibration through the roof, even higher. The next belief that I truly believe, I don't have to practice it's just so integrated into me, is "everything is happening for me," and I have Tony Robbins to credit for that because I heard that for the first time, now three and a half years ago, at my first unleash the power within event, which is Tony Robbins' event. And in that event, he kept saying everything is happening for you, not to you. And I just adopted that immediately. I was thinking "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," and that got me through a lot of stuff similar 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." So, that's to say that your soul is so incredibly powerful and magnetic, that it doesn't freak matter what happens in this physical realm, there is nothing that's going to prevent you from manifesting your dreams. And that includes breakups, divorce, illnesses, losing your job, business going down, it doesn't matter. There is no earthly event that could possibly affect your soul, and your soul is attaining all of your desires, who cares if it's true or not, you might not believe it's true, but I do. And for that reason, that's why nothing ever really truly throws me off my game. And that's why even after a month of being thrown off a little, and really hasn't been a month because again, I was running my retreat. I was treating my parents on vacation, but really, 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. And I'm really going to help, not only myself, but a fuck tonne 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. And there's not a single earthly event that will ever prevent me from manifesting what my soul desires. And that's just a freaking truth because whatever you believe to be the truth is your truth. And 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 and clear, you guys can see, those of you on Instagram, and then of course you can hear me on the podcast that I feel 10,000 times better. Not 100% but oh my goodness, I couldn't walk that's how bad it was. I felt like a nine-year-old stuck in a 26-year-olds body. My back hurt, my kidneys hurt, my head hurt,

just everything hurt, my legs hurt, my joints hurt, my muscles hurt, my neck hurt. It was just a mess. And I'm still a little bit of a mess, but you know what, 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. And 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 podcasts, if you go to the manifestationbabechallenge.com, first of all, go there, and get yourself signed up for the five-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, how to be a boss at the law of attraction." And 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, on Instagram Live, and on HGTV, 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. So, you have to be registered in my system on manifestationbabechallenge.com, in order to actually win, because I'll be choosing a winner based on the hashtag, and then, I'll be checking up your name in my system, but I'm giving away 1000 bucks. Okay, so 1000 bucks 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, and I'm going to choose one randomly selected winner, and then on my most recent post on Instagram, there's a photo of me in a bathtub, and I'm 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 that post, I'm also giving away \$100 Amazon gift card. That's because I want you to encourage and to bring your friends to the challenge and make a party out of it and really support each other and really hold each other at a healthy competition around a winning \$1,000 and be manifesting your desires into your life. So even if you aren't the winner of the thousand dollars, you're really going to improve your life to the next level. And I know that 2019 really is that year for all of us, so let's maximize it especially being, let's see, where do your 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 and 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 actually screenshot it before you send it in. You can send it to my team via 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, fly across the world, and find more manifestation babes to inspire. And again, I love you guys so much. Thank you so much for your patience and your support on this podcast and on my Instagram and if you're on my

Facebook group, and emails and all that stuff, I so appreciate you, I so appreciate you being patient with my on and off creativity, and on and off energy levels. And I intend 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 six to 12 months rather than when I first started manifestation babe, so I'm really encouraged and really excited and just so excited to see what's on the other side of this. And then, of course, share with you what I learned, share with you my journey, and let's just live the best, most epic life ever together. Right? All right, you guys, I hope you have an incredible Monday. Actually, I just realized that I now have outsourced my podcasts and that I have no idea when this is going to go live, so may it not be a tough 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 the good stuff coming your way. If you aren't already following me on social media. Come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website at manifestationbabe.com. I love and adore you so much and I can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.