

(#239) SURPRISE I'M BACK! How ...bringing fresh energy into '26

Fri, Nov 28, 2025 9:44PM 1:18:45

SUMMARY KEYWORDS

Manifestation, personal growth, spirituality, quantum physics, universal laws, mindset coach, pregnancy, grief, alchemy, resilience, transformation, limitless year, emotional freedom technique, hypnosis, unconditional love.

SPEAKERS

Kathrin Zenkina

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If you could guarantee making your dream life your reality, what would that be worth to you? Welcome to the manifestation babe podcast, where we take topics like manifestation, universal laws, quantum physics, personal growth, and spirituality and turn them into simple, powerful, practical steps to apply in your life. I'm Kathrin Zenkina, manifestation expert, Master mindset coach and multiple seven figure entrepreneur who has generated over \$25 million in just seven years. I am obsessed with helping you achieve everything that you once thought was impossible. There is no such thing as an unrealistic dream, and with the tools that I give you, don't be surprised when every area of your life receives a massive up level. Are you ready? Let's manifest.

K Kathrin Zenkina 01:09

Hello, my beautiful souls, and welcome back to the manifestation babe podcast. Surprise, I'm back. Hello, hello. I missed you. I missed you. I hope you guys missed me as much as I missed you or otherwise, this podcast is going to waste, right? Someone's got to be listening to it. So I have had quite the year. I don't know if you guys can relate to this, where 2025 felt like a slingshot year, like we just got put into if you know how slingshots work, you got to pull back to fire them forward. I feel like so many of us have been so stretched and pulled back and pulled back and pulled back and pulled back, and we are just ready to fire. I don't know about you, but I'm ready to fire. So I don't know what we're gonna call this. I really let go of giving labels and identities to things this year, because I feel like I've gone through such a massive identity shift that I'm still going through it, and so putting things in a box and officially calling this an unretirement just doesn't feel right. Calling this a temporary unretirement doesn't feel right, because I just don't know where God is taking me now. Okay, God is putting me right here, right now on my podcast, God is putting me back into manifestation babe for the next two months, because I'm coming back to live teach two programs, and I'm just excited about that,

and I'm just taking it on a moment by moment by moment basis. I am also pregnant as fuck. I'm 28 weeks pregnant, so eventually I am going to be giving birth. So I can only go for the next couple of months before I tap into that beautiful, gorgeous, blissful newborn bubble that, if you've been a mom or are a mom, you know what I'm talking about, like that, beautiful, gorgeous season of just slowing down and spending time with your newborn. So we got to do that. But for the moment, let's call it temporarily unretiring, because you guys, I just think that teaching and transforming is a part of my DNA if I'm not teaching or transforming somebody, I feel like I'm not living and I'm pretty sure my family is just sick and tired of me at this point, I feel like all of my coaching and channeling is being directed at my family, and they're probably just like, shut the fuck up, Kathrin. Just let us live. Just let us have a negative thought. Just let us not do our affirmations for one day. Just let us get through the day without thinking about how we can maximize this day. I'm sure they're sick and tired of me. So anyway, I just think that teaching and transforming is my therapy. It really is. It makes me happy. It's my gift to the world and just who I am as a human being, and I thought to myself, You know what? I want to have a little bit of fun before I give birth. So here I am, and I've really learned from this year that, of course, the gardeners come through at my neighbor's house, which they never come through at this time, right when I start recording. Haha, I just don't think retirement will ever be like this real thing for me, because regardless of how much I evolve and how many breaks I take to fulfill my dream of being a stay at home mom for my kiddos, like I said, I'm always going to be a teacher. I'm always going to be a transformer, and my kiddos, of course, will always take number one priority. It is my dream life to be a stay at home mom in the sense of not missing anything from my kids and just spending as much time with them as possible, and having spaciousness on my calendar where I don't have meetings to go to, I don't have scheduled planned things, aside from things that have to do with my family, like that is my current level of my dream life. But I feel like Orion is kind of in this place right now, at almost three and a half years old, where I do have pockets in my day where he's busy with things. He's more independent. He's now potty trained. He goes to Montessori. He has nap time, which is how I'm recording this podcast now, and so, like, what the fuck am I gonna do in that time? Is what I've realized. So for the moment, I am back baby, and I'm so excited to be here. So this episode is titled surprise I'm back, how I'm alchemizing the hardest season of my life, into gold and bringing fresh energy into 2026 so one of the programs that I'm going to be launching, which is officially one of them, enrolling as we speak, as we speak people, okay, so Surprise. It's called the limitless year. Now, if you have taken epically aligned before, in the past, which I have launched, I think every single year since 2017, limitless year, is formally known as epically aligned. I decided to give it a little rebrand, to spice up the name. I needed to do something like different for me to get excited about it, even more excited about it than I already am, and of course, I'm going to give it a little update, adding a few things here and there, and also adding in new tools and insights, especially that I learned in the most challenging season, the hardest year that I've gone through so far, and then I'm teaching it live. So if you've taken epically aligned before, you will get access to the limitless year recordings. But if you want to take it live, and I do highly, highly recommend you taking it live with me and this brand new round of students that are currently enrolling as we speak, it's just going to be a small investment of like 99 bucks. So a small investment to basically cover the costs of you joining in live, and that way you don't have to wait till the recordings come out, and you can be with me and my live energy. Because I feel like I do my best with my live energy. I feel like sometimes when I'm just sitting in a stale room pre recording something, I'm just a little bit more of a dead version of myself. I feel like I've really come alive when there's eyes on me and ears actively listening and people engaging with me. So I love it so much, and of course, I missed it so much. So I'm going to share some more details about the limitless year towards the end of the episode. But if you're like, you know what? I know, I'm ready to dive into one of Kathrin Zenkina's live programs, because everything she releases is life changing and has never steered me wrong if

I do, humbly say so myself, I really do give my all to my programs. If you've ever been a student of mine, you know that to be true, or maybe you're a brand new student, and you just think that now is the time to finally work with me like you feel the pull. You feel the call pause this episode right now. So let's shut Kathrin up, pause this episode. Go sign up at manifestationbabe.com/limitless, and then come back and push play, knowing that you've already enrolled, and we can continue this fun episode. Actually, I don't know how much fun it is, because it is more of a serious, not serious topic, but I'll be talking about some painful things, but it's it's fun in the sense that I've learned and transmuted and have grown so much this year, and I just want to share the top 10 things that I learned from the hardest year of my life, and how I've taken the lessons that I've learned and alchemized them into a greater sense of purpose for myself. So go sign up manifestationbabe.com/limitless, and then come back to the episode, and let's continue.

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Kathrin Zenkina 09:30

Okay, what else is new as I take a sip of coffee, which I'm recording this episode a little bit later than I would like to. It's almost 3pm and I'm not sure if I should be drinking coffee right now, but I'm already halfway in, and we're just not going to stop. So I'm officially in my third trimester of pregnancy, as I've already shared, that is, I guess, in progress since the last episode, I have been really creating personal content over at my Instagram page, at Kathrin Zenkina, if you're not following yet, my personal page, where I share things on, you know, motherhood, Day in the Life, vlogs, date nights, marriage, just anything outside of personal growth and teaching, you can find on there. I just think I've been having so much fun with that. I've been like being a little influencer on there, and I just have so much fun with it. So you can go ahead and follow me on there, and then aside from that, you can expect to see more of me on the at manifestation babe Instagram as of course, I plan to promote my two live programs this winter, so I have something else that's new and exciting coming out in January, and I'm sure you guys have missed seeing me pop up live and in the flesh over there, so you're gonna see a lot more of me in the next two months on that Instagram page. So if you're not following Kathrin Zenkina or manifestation babe either or make sure you push that follow button. Okay, so let's get into the meat and potatoes of this episode, because what else has transpired since my goodbye episode and my hello again episode. So you guys know that my grandma has, first of all, my grandma is one of my closest family members. She is the light that I needed in my childhood. If you're familiar with my story, you know that my childhood as many people's childhoods, right? I'm not the only one, but it was a very, very dark time in my life, a very trying time in my life, just a very hard, hard, sad childhood, and there was always one consistent, there's actually two lights in my childhood. One of them was my best friend, Vivian, who I grew up with, and just someone that I could escape my house to and go over to her house and have sleepovers and do girly things, and I've really, really, really cherished my time with Vivian growing up, she has been a lifesaver for me, but in terms of my family, my light, my Savior, someone who has brought a lot of happiness and joy into the darkest parts of my life and the darkest times of my life, was my grandma. You guys know that this is the grandma that I built, manifestation babe on her couch. So I say, Grandma, I lived with my grandparents. Yes, I know. I get that. I love my grandpa too. A lot of people think this is like something against my grandpa when I say grandma's couch, but it's because my grandma is just my most connected family member. It's just someone who, when I went to my grandparents house, I associated as like, I'm gonna go hang out with my grandma, because we just were the best of best friends growing up. You guys know from the last podcast that she had a stroke on, I'll never forget the day march 13 of 2025 and did I tell this in the last episode, how I had essentially this

premonition that someone in my family was going to pass when I saw, you know, those I always forget the name of those cars, the ones that drive the caskets to like, you know, between the funeral home and the cemetery So, and then, like not even 20 minutes later, I got a call from my grandpa that my grandma had a stroke. But it was a very interesting premonition, because at first we had a lot of hope for my grandma, and we thought that she would recover. She spent time in a couple rehab centers, and then was on Home Health at my house when I shared that, and talk about timing. You guys like the timing of me taking time off for manifestation babe, and feeling that extreme pull to do so and just trust and have faith that I'll be taken care of and everything will be taken care of during that time. Talk about the timing like in hindsight, there was no way that I could have continued launching, attending to my team, attending to my audience, podcasting, like just doing the day to day stuff in my business with the amount of healthcare workers that I had coming through my home, and eventually the update that I'll share, like what ended up happening with my grandma and how it was just a total full time caretaking job, and not so much physically, because I feel like my grandpa took the brunt of, you know, the most of the physical part he was. As her feeder, right? He would feed her, and then we had staff who would clean her, bathe her, right, do things like that, but just the emotional and psychological amount of space that that took up, it's like, I thank God every single day for the intuitive pulls that I get of whether I need to slow down, or whether I need to speed up or just jump into things or jump out of things. I just really learned to trust God through this season, because in hindsight, like there was no way I could have kept running Manifestation Babe, anyway, right? And so essentially, my grandma, since I recorded my last episode, just had major, major decline. I could go into details and share with you exactly what happened when, and to be honest, I already am re recording this episode. I started recording it, and then I just got really lost in the sauce over here, around so many details where I'm like, we're never gonna get to the actual teachings, the actual learnings, the actual points of this episode. So I just started over to make it a little bit more concise, but essentially Long story short, she really declined right after that episode. You guys, it was crazy. She ended up going from home health to hospice. There was, like an ICU stay. At some point she was in and out of the hospital. Would spend like week, like sometimes two weeks at the hospital at a time, hospice kept coming by, and like my family at first, really resisted hospice, because I think, like, the meaning behind hospice means that this person is going to eventually die, which is not true. I learned that it's not true that people come back from hospice all the time. It's not the end, but it's a way to get as much support for the family as possible, and I'm so grateful for the amount of nurses that would come out to take care of my grandma, the 24/7 hotline that we had access to her nurses, the fact that we had someone bathing her three times a week, and just a lot more support than we would have gotten through home health, right? And so starting around September, my mom and I would start hearing from her nurses that they're seeing signs that she has maybe a few weeks left to live, and around this time was when my grandma stopped recognizing me, stop recognizing my whole family. I would ask her, mind, you guys, I'm pregnant at this point, and she loves Orion so much. She really loved the process of welcoming her great grandchild last pregnancy, and so I really used my pregnancy this time to connect with her. I would always show her my belly. I would ask her, do you think it's a boy or a girl, or when do you think they're going to be born, or they're going to be an Aquarius like you? And blah, blah, blah, blah, blah, and it's like the reactions that I used to get, the smiles I used to get when I would walk into her room just ceased, and I can just see all over my grandma's face, starting around August of just, like, get me the fuck out of here. Like, I don't want to be here anymore. Get me the fuck out of here. I'm done, and I understood that, and you know, more than some of my other family members, some family members had a harder time letting her go.

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Kathrin Zenkina 18:28

I really wanted the best for my grandma, and I just knew, like, Listen, if you're not going to be improving and you're only going to be getting worse. Like, yeah, if you're ready to go be with God. Please be with God, and I started sharing that with her, starting around September, late September, having conversations with her around the afterlife, and I think my grandma was someone who was scared of the afterlife. She was very religious, and had like this, you know, this idea of Heaven and Hell, and I was explaining to her how my shaman has taught me over the years of what really happens after death, and how there, there is no such thing as heaven or hell. There's other dimensions, and everything on the other side is just pure love, like God is just pure love, and yes, like the souls who commit horrible, terrible acts. They do learn their lessons. They do get karma for it, but it's not like they go burn in hell eternally, right? So I was just trying to explain that to her from a non religious sense, to give her some peace and calm, and I would ask her, do you know who I am? Do you recognize me? And she would say, No, like she would just, I mean, she didn't talk. She was completely nonverbal. Some people would give me the wonderful idea. I guess a lot of people do this on hospice of like interviewing, interview your grandma and have her share. You know, some memories and stories. Worries that you can record and keep forever of things you didn't know about her before she passes, and I would always say that's a great idea, but she literally doesn't talk. She doesn't talk, she doesn't move. She's like a vegetable, and has been since like May of this year, maybe like, two months after a stroke, she really stopped speaking, and that was heartbreaking, you guys, when she would nod, no, you know, and right before, my grandma and I have this thing where we wave to each other. I'm not going to go into the details of everything around my grandma, because, again, I really want to get into the teachings of what this year taught me and how this year had a lot more to do than just the passing of my grandma, but this was, of course, the hardest and most significant portion of 2025 and so eventually we got to a point where the nurses started saying She's probably days away. My grandma started having seizures. The seizures essentially sent her into a coma, and then her nurse eventually said she's now started transition into the afterlife like this is what transition into death looks like. This is the active dying process. I don't know if you guys are aware of what the active dying process is, or what it's like to literally watch your family member die. It's incredibly traumatic. I've had to do like trauma processing around it, going through this pregnant Zero out of 10 recommend, very emotionally challenging. You know, giving my grandma in her last she ended up transitioning for about two weeks. So she was in a coma for two weeks, and we had to give her morphine every hour, all in the hour, as well as, like, anti anxiety meds, just because she was feeling anxious, we could tell and we were just, you know, at this point, it's like, I have my, you know, opinions of Big Pharma, and I've always wanted my grandma to lean more on taking care of herself and not relying on Big Pharma for everything. But at the end of life, it's like, Who fucking cares at this point, so giving her Lorazepam every four hours and morphine every hour, and that being the most draining, like physical thing, because it's like, you know, 8pm 9pm 10pm 11pm midnight, 1am 2am 3am 4am, 5am, 6am, someone's got to do those shifts, and so my family would all break together. My mom was there, my husband was there, my grandpa was there, and I was there, and like every hour, someone was taking care of her and just giving her pain meds, and she's completely unconscious at this point, and I just remember every night I would do the night shift, because my grandpa would, you know, sleep in his own room. I'd sleep in my room, and I was waking up in the middle of the night peeing anyway, because I'm pregnant, and at least three to four times a night, so I figured, like I would be the one to do night duty, and there was just like this moment of impending doom that I would feel, where I never knew when I would go into her room and she would not be breathing anymore, and I cannot explain that, like for anyone who hasn't gone through it, it is the most unnatural, fucking weird situation,

because it is in our human nature, for the most part, for most people in their human nature to want to save somebody when they're struggling to breathe or when they're dying, right? You usually save them. We do life saving measures, but in this case, the goal is to let them die, and so I never knew when I would come in her room and she would no longer be there, and around day 14 of her being in transition, I remember walking into her room with Brennan at four in the morning, I would have Brennan come with me, you know, around that time, because, especially at night, because I just felt like I'd be a little too traumatized if I found it by myself, like found her passed by myself, and so he came in, and I remember, it was four in the morning, and it was time for her Lorazepam dose and morphine dose, and I gave it to her, and I remember noticing her breathing was very, very shallow, very rapid, very shallow, and there's all these signs and different symptoms and things that people as they're actively dying, their bodies will do, and she's shown all the signs like on, and off, on and off, on and off, like she would come and go, come and go, come and go, and we're just like, even her nurse was like, I don't know, like, some patients are just mysteries. Like, I thought she would pass for sure within a couple days, but she's still going. She's a very strong motherfucker. Let me tell you, my grandma is a strong, stubborn motherfucker, and I think every woman in my lineage, it's like the Slavic woman, like, we will continue. We will be resilient. We will fuck it. We're like cockroaches, like, you cannot destroy us, right? And so they're just like her vitals are perfect, Yes, she's still actively dying, but her vitals are perfect, and it makes no sense, but I remember noticing her breathing changing, and then two hours later, I fall back asleep. I wake up to knocking like aggressive, knocking, like panic, knocking, and it's my grandpa, and he's like, I think she's gone, and, of course, he's crying, and you know, every single day is, like, so emotionally taxing, because we're always crying about this like you're grieving. I've been grieving my grandma's death since essentially March, and now we're like, in the extreme grieving stages, but not necessarily the the biggest grieving stages, because technically she's here, but she's almost not here, and it's just like, a very confusing time, and I remember asking him, like, well, what's your measurement? Like, how do you know? And he's like, she feels, like she's cold in certain parts of her body, and I just remember walking with him and being like, let me check, because she's been on and off, cold and hot, and so I don't think that that's exactly that means that she's gone, but I always check her pulse, like you can see her pulse on her neck, and so I can check her pulse, and anyway, so I remember walking into her room, and guys, I've done EMDR on this because it just seared into my fucking brain. Came into her room, and I usually see a shadow of a pulse on her neck as like a way to tell me, like, okay, she's still going, and it was completely flat. It wasn't there. Fuck, I need more EMDR, it wasn't there, and I just looked at my grandpa, and I nodded at him, and I said, yeah, there's no pulse and that's that. That's that update, my grandma passed away October 26, I spent my birthday by her side, thinking she was gonna die any moment, wondering if she chose her favorite person in the world's birthday to pass, but she decided to go a little bit longer, and

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we had her funeral a couple days later, and I am so glad we did an open casket, because the way they made my grandma look so beautiful. So like, I was like, maybe she's still alive because she looks fucking amazing. They made her look amazing, and I'm so glad. Like, if you're choosing to bury someone, and like, they want to be buried. Like, I know I want to be cremated. I know my mom wants to be cremated. Brennan wants to be cremated. But like, let's say someone is getting buried. Like, I highly recommend the mortuary like dressing them up and putting makeup on them, making them look like they died when they were younger. I don't know how they do it, but she looked like she reversed age 30 years, and it was so healing, you

guys, because seeing her in those last moments, and seeing her in those last two weeks, and fuck it like seeing her in the last seven months. It just like, wasn't my grandma. It wasn't the grandma that I remembered, and so anyway, long story short, that's my update on my grandma, and like I said, in hindsight, thank God, thank God that things were timed in the way that they were timed, because there was no way that I could have continued showing up for so many different parts of my life while this is happening. Um, aside from that, there's also been a slew of other extremely painful moments in this season, many that I'll talk about later, just because if I go on and on and on like, this is not about this is not a podcast episode about the painful moments. It's really about, like, what I learned and what I want to pass on to you, and especially if you're going through a very hard time and a very hard season, and going through painful things, as we all do, because it's a part of life, like pain is inevitable, suffering is optional, right? Pain does not mean that we're doing something wrong. Manifestation is not about bypassing pain. It's not about bypassing the winter season. It's about alchemizing those things into a greater purpose. How can I alchemize this pain into a greater purpose, and then use that greater purpose, extracting the greater purpose out of those painful moments, and then using that to create something else. That's what alchemy is, right? So that's what this episode's about. But yeah, like shutting down parts of my business, extremely painful, letting go of team members, extremely painful, having the biggest identity, like I had my shit rocked, kind of identity shift, shamanic death, like the biggest shamanic death of my life, where I didn't know who I am and what I am anymore, and what I like and what I don't like and what I love and what I don't love, and it just was like a total shock to my system. Oh, my God, navigating, you know, multi generational family living together. So obviously my grandpa is going to continue living with us until his time to join my grandma comes, hopefully, not soon, many, many, many years I have that man on so many peptides and supplements, and I got him doing affirmations now, and I got him reading, you can heal your life by Louise Hay like we got him on a fucking protocol. Okay, so, but like, you know, living together as a multi generational family brings traumas and stresses and frustrations and so, yeah, of course, things come with that that don't make it easy. You know, my husband has really stepped into his purpose and really stepped into his passions and his world of investments is fucking batshit crazy you guys. It's like such a roller coaster that I know one day we'll talk about together on a podcast. There are so many highs and lows this year, I can't even begin to tell you the amount of scarcity and abundance and mindset work that I've had to do around money in a different way, because all of a sudden, I'm not manifesting money through this avenue that I'm really good at manifesting money through, now I've kind of given the reins to someone else, and I'm just like sitting here, like, okay, you know, and how I've gone through, like, this emotional roller coaster around that. But like I said, One day we'll talk about it, just to name a few things. So let's get into the alchemy of it all, the lessons I learned during the toughest season. You know, if 2025 hasn't quite panned out the way that you imagine, either, like, don't you worry. Like, this is why this is coming in, why I'm coming in at the perfect moment to end the year and start a new one with fresh, cleared, renewed energy with the limitless program, the limitless year program.

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Kathrin Zenkina 32:49

So let's talk about alchemy. Okay, this word is probably the word that I would use to describe 2025 like, what is alchemy even mean? Alchemy essentially, is the art of turning shit into gold. Actually, it's like a very early form of chemistry. So it's a very early branch of chemistry of turning lesser metals like lead into higher metals like gold, but like, metaphorically speaking, you know, it evolved into a word that's used more in the spiritual community, where we take shit like painful moments, traumas, dramas, frustrations, things not panning our way, things not going our way, winter seasons, and transmuting them into our greatest triumphs, and this is what manifestation is about. It's essentially alchemy. I've alchemized so much in my life, and I just feel like 2025, has made me a so much better, stronger Alchemist. I feel like the fucking Alchemist at this point. The ability to reframe, the ability to see the light in every single situation takes a very strong muscle, and I think that some people build that muscle. Some people come with that muscle naturally stronger than others. Some people build that muscle over time, and some people are forced to build that muscle. I feel like my life has been a little bit of all of it, right, and so when I tell you that I've had to transmute literal shit on a stick over and over and over again into gold, into moments of absolute gold in my life, I am not exaggerating at all. So let's talk about 10 lessons. Okay, we got into the lessons part. It's in no particular order. It's just, this is just random, random thoughts that I have. But my hope is that you walk away from this episode, especially if you are someone who's also going through a challenging time. Just if I could just help you see the light a little bit, or just reframe or give you a different perspective, then I've done my job. This is not about fixing all the problems. Because I think that this is not about fixing, right? We so often think that our life needs to be fixed, or we need to be fixed, but really, truly, I think the work isn't seeing the perfection of ourselves and the perfection of it all, because God is perfect, and we are made in the image of God, and so therefore we are perfect too. So the very first thing is a quote that I actually scrolled by many, many months ago. Was it weeks ago I feel like I can't even tell time apart anymore, and when I tell you that this hit me so hard, oh, my God. So the quote is, life goes on beyond your limits. I'll say that again, life goes on beyond your limits, meaning. So what I took away from this, and like, the person who posted this quote, and I don't remember, I think it was someone on X they captioned with, like, an explanation of their own of what they made it mean. But here's what I made it mean that completely broke me through, like thinking that I cannot handle more, like I'm incapable of handling whatever it is that's coming at me. So where you think your limits are, where you think it's the end, where you think that this is all that I got, life, if you notice, life still finds a way to go on and continue. So while we're having our most traumatic moments, our hardest moments, someone in our family passes away, right? A business falls apart. Something happens to our finances, something happens to our kid, like whatever it is, if you notice, life still finds a way to go on and continue. The world does not end, even if you feel like yours is ending. The world at large is an ending, which means that it is not the end.

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Kathrin Zenkina 37:10

So it is not the end in the way that you think it is the end. Because if it was the end, if it was the actual end, and you were to never continue another day in your life, even when you don't know how you're going to continue. If it was the actual end, life would end, right? Life wouldn't be able to continue. But life does, which means that you are so much stronger than your limits, which means you haven't even reached your limit. You are so much stronger, so much more capable when you think that you cannot handle it. Yes, the fuck you can. Because life goes on beyond your limits. It is proof and evidence that you are stronger than you think, that you are,

that you actually are a fucking limitless human being, and I think that's where the inspiration for the limitless year really is coming from. Is this idea that we can create limitlessness in our lives, because we are limitless, and this is also commonly experienced in unmedicated birth. So I wouldn't know, because I had a 43 hour labor last pregnancy, and my goal was to have an unmedicated birth, but I just didn't make it. After hour 36 Get me the fucking epidural. I need to sleep. Okay, because I've been awake for 72 hours and I can't do it anymore. My goal with baby number two, yes, I'm going to attempt an unmedicated birth again, this time in a hospital. I'm gonna start in the hospital. Fuck the home birth. Okay, fuck it because, well, mainly, I made a decision to fuck the home birth because my home was not conducive for a home birth. When I had so many things going on with my grandma, I just wanted to get out of my house. Couldn't find a birth center that aligned with me, just energetically, intuitively, didn't like any of them locally to me, I would have done a birth center. But now I'm like, You know what? I'm already at the hospital. So if my birth does take longer than anticipated and I get exhausted, I'm already there. We're already at the hospital. But my point with this is, you know, I prepared for many, many months for an unmedicated birth, and something I kept hearing over and over and over again from moms who had unmedicated births. Okay, so unmedicated means, like, no epidural, essentially, is that right at the moment when the baby was about to come out, like right at that moment when the birth happens, the mom gives up. It's like clockwork. Every single time this pattern shows up over and over and over again, the mom says, The one who's birthing, who's in labor, she says. I can't do this anymore. I can't do this anymore. I give up. I can't go on. Give me the epidural, right? Like they all say something like this, it feels the darkest before dawn, and usually it's known in the unmedicated birth community, like midwives and doulas, and you know, whoever helps with that process, they all smile at each other when the mom says that, because they know that she's right fucking there. She feels like she's at her limits. But life is gonna go on beyond those limits, like the baby is gonna come, even when the mom thinks that it's the fucking end, and so life goes on beyond your limits. There's just something about this quote that has become my North Star, my guiding North Star, where I know that I'm so much stronger than I think I am, and that's really what I learned this year. The second thing is something that I heard on one of my really good friends, Jim fortins podcast. He also works with our shaman, Don Javier. In fact, he's, I almost said, related, but they're not related. They're brother in laws. So his sister is married to Don Javier, and Don javier's Shaman was Don Juan. So there's a book called The teachings of Don Juan by Carlos Castaneda, and there's like, a whole series of Don Juan. So that's the Don Juan that I'm talking about, and through a channeling that Jim told me about and has shared in this podcast, Don Juan came through and said this quote that also became a North Star for me, which is, everything is always was and always will be okay. Let me read that again. Everything is, always was and always will be okay. This is like spiritual principle being guided from the spirit world. Okay. So, another guiding principle, another quote that just reminds me that whenever you feel like things will never end, whenever you feel like things will never be okay, whenever you feel like you're never going to recover from something or you're never going to see the light again. I've had to do this, and I encourage you also to do this is to train your brain, okay, put your brain through a boot camp and train your brain to look back at all of the hardest challenges that you've had, that you've previously overcome in your life. Okay, like everything that's happened to you when you're five years old, 10 years old, 10 years old, 15 years old, 20 years old, 25 years old, whatever like, just look back at how you ended up getting through every single thing. Like in the end, everything was always okay, the problems that you thought you had at 15 years old, it all ended up being okay and how you always will be okay, and the same way you got through that thing that you thought that you couldn't get through before, like giving unmedicated birth, or going through a divorce, right? Or losing a family member, or, you know, insert whatever it is, you still got through it. You're still here. Things are okay. You are okay, right? You're still breathing, you still have clothing, you still have shelter, you still have food and water. Like, if

we really boil it down to the smallest of things that we can appreciate that. Tell our nervous system that we're okay, like we still have those things. We're still here. So you need to give your brain evidence that you're going to be okay at the end of this challenge and at the end of this season as well, the same way you are still okay after what happened to you when you're five years old, 10 years old, 10 years old, 15 years old, whatever. Insert age here. You're also going to be okay now, and you're also going to be okay at the end of this.

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Kathrin Zenkina 44:14

Now, the next one, number three, is to create an empowering new purpose to the season you're in. Find out how God is in the works behind the season. So a question that I've asked a lot of times this year is, how is this, so insert whatever challenge or situation. How is this making me an even stronger, better, more evolved, more compassionate, more empathetic, more conscious version of myself. This is something that I work through with my coach, Alex Paulos, who I believe I talked about in the last episode, who has continued to coach me over the next few months and has been, and absolutely blowing my mind. Just blew my mind with the work that we did. It's some of the most profound and transformative work that I've ever done. He's someone who kept reminding me that what I'm going through right now is going to make me a far better teacher, a far better coach, a far better mother, a far better wife, a far better human being, because I'm going to come out more compassionate and empathetic through the end of this where someone else can have a similar challenge, or someone else, even if I don't relate to their challenge, specifically, I know what it's like to go through hard shit. I know what it's like to evolve through hard shit. I know what it's like to alchemize and transmute hard shit, and I'm able to meet this person where they're at far better than I was able to before, and just like connecting to how many new lessons and how many new teachings and how many new sharings that I will now have to provide to my future students from these experiences, which, like, how many more, you know, epic news stories of triumph Can I now add to my repertoire? And something that got me through 2016 when I was on my grandma's couch, you know, building a business and feeling broke and wah wah, poor me was I would always imagine myself standing on stage, which recording a podcast is kind of like a stage to me, like just being in front of an audience and sharing these stories, the story of triumph, the story of, you know, Rags to Riches, or this big challenge that I thought I would never get through, and how I overcame it, and look at what life's become as a result of me getting through this thing and how there's a reward at the end of it, and blah, blah, blah, blah, blah. Like, I would always imagine that moment of me speaking on stage and sharing this story, and I would get almost excited about how one day, I'm going to share this as a story, and it's going to inspire millions of people, and so whenever I go through hard shit, like so many things this year, I just like, would imagine, like, okay, one day, Brennan and I are gonna sit together in a podcast and we tell the wildest fucking story these people I've ever heard, and their jaws are gonna be on the floor, and we're gonna be like, Fuck yeah, and we got through it and we did it, and look at where we're at on the other side, and so I imagine the same thing, like on a stage, that's what gets me like gives me hope, right? It's not necessarily like you don't want to do this in a way where you're bypassing emotions, because, trust me, that's one of the lessons which I'll get to is like you got to grieve shit. Like you got to feel shit. You got to grieve shit like, do not suppress it under any circumstance. I've never been someone who has taught manifestation in the way that makes you suppress and repress things, because whatever is suppressed and repressed is going to come through your subconscious anyway. It's going to come through your life anyway. So we got to clear it, we got to address it, we got to clear it. But like, once you get through the emotions, once you process the emotions, once you get

through that shit, that really hard period where sometimes you just got to cry for like, weeks and weeks and weeks on end, then this is where this tip comes in, of just like, once you start to see the light, just a little bit, just like visualizing, like, one day I'm going to tell this as a story, it's gonna be so fucking good. Number four is a promise that I made to myself, so never taking the good times for granted ever, ever, ever again, nothing for granted. Never taking the people in my life for granted. Never taking, you know, happy moments of my life for granted, trips I take for granted, money I have for granted, like, insert anything never, ever, ever taking it for granted ever again. This season has taught me how precious life is, how precious everything is, and how we never know when life is going to switch seasons on us and we're all going to go through spring, summer, fall, winter, spring summer, fall, winter. Spring Summer, Fall, Winter. We can't predict when the seasons are going to change, but change is the only constant, and how we adapt to those changes, and what we alchemize through those changes, and what we learn through those changes, and what we create through those changes, is the fucking point of manifesting our dream life. Manifesting our dream life is not creating a life where everything is always perfect. It's about taking the evolutions of our that our souls want us to evolve through and grow through and alchemizing it into our dream life like that's what it really comes down to. So embracing the duality of life. You know, I have this phrase, polarity creates clarity. This is something that I've said for many, many, many years going. Through really hard shit in your life and growing through the lows is what makes the highs that much higher and that much sweeter and that much more worth it, right? That's what that's what makes us get to the end of our life to our deathbed, and think to ourselves, like, hell, yeah, I did that shit and I came out on top too, right? There's nothing exciting about living a life where there's never anything that shifts or changes, or anything that ever transforms or evolves, like if things are just constant in our lives, we're gonna get fucking bored, and our souls, first of all, don't come here to get bored, or souls come here to evolve and to create. So if life isn't always presenting us with some sort of thing to transmute, to alchemize, to evolve like, then we're not really doing life correctly. If that makes sense, like, there's no point then to incarnate into this 3D spiritual plane. Number five is some tools that help me feel sane. So triggers are going to constantly come up, and it is your responsibility to neutralize them before they take over, and let me tell you, in a challenging season, they're going to take over, and they're going to take over really, really quickly. So here's just some of my tools. Number one is EMDR, especially, especially when it came down to watching my grandma deteriorate in those last few weeks. Okay, this is controversial, all right, apparently this is very controversial, but I do self guided EMDR through a software called virtual EMDR. I found it because, and I'll tell you why in a second. I'm really good at hiring people. I'm really good at seeking out help when I need it. I have no problem with that, but when it's like, 11pm or midnight and I'm feeling triggered as fuck, and I need a tool, and I'm not, you know, like that coach or whoever therapist is, like, not available at that time, like, I'm not gonna wait until our appointment time two days later and just suffer for the next two days, like, I need to have my tools accessible to me now. Okay, so that's why I seeked out a software online to do EMDR, and I love it. I think it works so good. Okay, it was a game changer, especially when I would get severely triggered, or I would experience something traumatic, or an old trauma from my childhood would resurface, which happened a lot this year. A lot of things resurface this year. So I would use it, and it was a total game changer for me.

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Kathrin Zenkina 52:56

The other tool is an oldie but goodie that I've used for many, many, many years, which is tapping EFT Emotional Freedom Technique, which is essentially tapping on certain points and meridians of your body to stimulate the messages to your nervous system that says, I am safe, I

meridians of your body to stimulate the message to your nervous system that says, I am safe. I am okay. You can relax now, everything's okay. It works so insanely effectively well, and I would use this whenever I would get stuck in a thought pattern or a belief system that makes me think that this is the end, or it'll never get better, or it's going to be forever, you know, as bad as this, then I will definitely tap on that, and I pretty much did this daily, another tool that I reached for consistently, and especially during this time, was hypnosis, and not so much hypnosis in rewiring beliefs as I normally do or like use for visualization. Sometimes I just needed hypnosis to help me sleep. Okay, so just to keep my nervous system regulated during my sleep, in my sleep, since sleep does regulate your nervous system, I knew that it was imperative for me to sleep, and some nights I got terrible, terrible sleep, because there's so much going on my brain just felt like it was spinning out of control some nights, and I just needed something to help me fall asleep, and of course, hypnosis is that girl to help you? Somatic processing, doing a lot of shaking, a lot of movements, somatic movements to music. Oh my gosh, so essential for me to just move energy like I have been very consistent with working out in this pregnancy, which I am so grateful for, something I'm very proud of, because I didn't do it so much in my last pregnancy. But just moving energy, whenever it's stuck, whenever it needs to flow, whenever I feel like there's a heaviness in my body, I would resort to somatic processing, just to music, just play a song and shake your body and just see what happens. It's quite cool. Talking to God is another tool. I'm calling it, talking to God. I spent a lot of time in meditation just talking to God like and I would do this non stop, non stop, 24/7, and a thought that I would always have is to give God my worries and just not take them back. Just treat God as like a parent, a universal, loving parent of mine, that I could just give my worries to and just be like, God, you need to handle this like I can't do it. I need your energy. I don't have my own energy right now, like just constantly having this open conversation with God. I feel like, through this year, through this process, I've gotten 10 times closer to God, 10 times closer to you know, creator, universe, source, whatever you want to call it, just having this partnership with God has become one of my greatest tools, internal family systems, which is like inner child and parts work whenever extreme fears or anxieties came up for me, just tuning into whatever part of me that is struggling right now I would just have a conversation with and just see what they needed and see what they needed to hear, and tell them what they needed to hear, and just like see things through their perspective and share things with them from my perspective, and, you know, I used to work with an amazing internal family systems therapist. So if anyone who's like, I don't know what that is, if there's like, books on it, it's really, really cool modality. I've done so many sessions that I can now kind of tune in with my parts on my own. Although, if you've never done it before, it's quite powerful to do it with a therapist, someone who can guide you through the process. Because not everyone can guide themselves very easily through things. I have an easier time guiding myself through things, but very often, of course, I have my blind spots, which is why I hire people. But in this season, I felt like again, I didn't want to wait for a session. I needed to do things now, and I would just source from my past experiences and what is wrong with my throat right now. It's clearly been a while since I've podcasted because, like, my throat can't even handle talking this much for like an hour straight now there we go. So anyway, that's been really, really helpful, just calming down these parts of me that are freaking the fuck out because they feel even more uncertain than I feel, and I would just have a conversation with them and give them whatever they needed so that they could feel safe and certain again, and then my entire nervous system would then relax. Another tool is working with my coach, Alex Paulos, who has helped me undergo the biggest identity shift of my life, and I found him at the most perfect, perfect timing, because he is someone who specializes in unveiling your true personality. So what your inborn actual personality is like the gifts and all of the quirks and the things and the uniquenesses that make you you, and taking off the masks that aren't you and guiding you through a process to be able to do that, and he's someone who made me realize that I was wearing a lot of masks that were coming from

childhood conditioning, and I didn't realize how much of my energy that I was wasting on trying to be perfect and polished and always happy and always cheerleading for everyone in my life and doing so much people pleasing, and after doing the processes with him, just the amount of like, don't give a fuck like, literally, I don't give a fuck energy that I was able to embody of just like, This is me. Take it or leave it like, there's no there's no more acting here like this is this is me. You either like me or you don't, and I don't care kind of vibes, and just to be my authentic self and not have to be anybody else but my authentic self, and to feel special and unique and proud of who I am, which is a pretty fucking cool human if you ask me, like if I do humbly say so myself, I do. I have really grown to love myself and to see how magical my actual inborn personality that my soul chose for this lifetime is without all the masks covering it up. It's just been a really cool process, and I highly recommend working with him if you get a chance. I believe his website is inner shift.com and you can sign up probably for a consultation call with him or whatever. I don't know how his website works. The man is a mystery. Sometimes I wish he would go on social Media and post more content on there, but he's just more of an underground coach, so his website is probably the best way to find him. Then number six, this is interesting. I learned to document everything, which is why I started vlogging again, and this came from after my grandma passing, and me being so grateful that I documented the trip that I took my grandparents on to Paris back in 2023 and how much I wish, I wish, that I would document the last trip that we took together, which is a Disney cruise for my grandma's birthday, literally a month before she had her stroke, and I just remember like, being like, I don't want to vlog, I don't want to film anything. I don't want to work blah, blah, blah, blah. Just feeling like, resentful, right? Getting to this point of feeling like really tired of constantly filming things and being on social media and like, projecting myself out into world, and it just all felt so daunting and exhausting, and I feel like I had such a total shift and reframe of like, holy shit you guys. You never know when the people in your videos are no longer going to be there. Like you just never know when the people in your life are no longer going to be there, and so I developed, like this new appreciation for documenting my life, for vlogging, for capturing things on camera, for putting the effort into filming things, into filming my life, and I think that's where the inspiration behind my personal page came from, where I'm so grateful to have those moments recorded so that I can always look back on them for the rest of my life.

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Kathrin Zenkina 1:01:58

Now, the seventh lesson, the seventh teaching, the seventh epiphany, whatever you guys want to call these is a really big one, especially if you're someone who's going through grief, and I've had many, many students ask me about how to grieve without messing up the process of manifestation, and I want to talk about this because I have been going through grief, and I'm not afraid of it, messing up the process of manifestation because of this very simple principle. It's very simple principle that God explained to me, which is, grief is not a punisher and grace is a savior. Rely on Grace, in times of grief. What does this mean? So many of my students, for as long as I can remember, have always believed that grieving a family member or a relationship or an event or just some sort of a loss, like a hope or a dream that didn't happen in the way that they wanted to happen or whatever, and giving them space, like giving themselves the space to actually grieve, to feel emotions, to pause, to like, lose their shit for a little bit of time, to give themselves, the proper space to process, is somehow going to set them back in life, and I think that's such a toxic mindset to have, or belief system to have, because then what we're doing is we're just suppressing things, and when we suppress things, they become stronger in our fields. So if you're suppressing sadness, if you're suppressing hopelessness, if you're suppressing anger and frustration or whatever else is encompassed in grief, then you're

making it significantly worse by not expressing those and releasing them and setting them free and allowing them to move through, you're setting yourself far up. Wow, words, Kathrin, you're setting yourself up far worse than if you were to actually express them and release them and let them go, which only comes from feeling them, which only comes through processing them, right? Like the tools that I shared with you just now, are some of the ways that you can process those emotions, like EMDR and tapping and hypnosis and IFS and all kinds of different modalities and therapies, right? Whatever works for you is what works for you. So what I've learned in this season is that grief is not a punisher, meaning it's not something to be worried about, sending you back in your manifestations. You really need to take your time to grieve. It's so much better to cry and to let it out than hold it in, because like I said, holding it in is going to be the thing that sets you far more back up than allowing yourself to feel the emotions, and you have to feel everything that comes up like you must, or it becomes an energetic block, right? And then grace is a savior. Because, yes, yes, absolutely, there are universal laws that source has created that God has created that rule our manifestations. This is something that I've been teaching for so many years. I've talked about in podcasts. I have them in my courses, right? We talk about all the different laws, like law of vibration, law of attraction, law of polarity, law of mirrors, law of correspondence, law of XYZ, there's all these laws. Typically, when we break the laws and we don't follow them or go against them, we mess up our manifestations, right? If we're constantly focused on what we don't want, we typically get what we don't want. When we're focused on what we want, we then attract into our lives more of what we want, right? Those are just like simple simple laws, simple rules. But there is another law that exists, and it's called the law of grace, and it's one that I've had to rely on in this season, where grace is a gift from God that we never, ever have to earn. We never have to follow any specific rules or laws to receive, okay? We just get to receive purely because we are simply a reflection of God itself, like we are, you know, like a drop of the ocean is not the ocean, but it contains the whole ocean within the drop. So we are like that drop of the ocean. We are like a drop of God. We're not God directly, but we contain all of God, whatever composes God inside of us. My shaman always talks about this, how God is within everything, God is pure. Like, if you want to know God, I remember once asking him, like, Is God real? Like, 100% real? And he's looking at me like, That's the dumbest question you've ever asked me, Kathrin, like, Yes, God is real. God is within everything, and God is pure love. Like, God is within my coffee. God is within my you know, electrolyte water, God is within this micro, I almost said microwave, pregnancy brain, people, microphone. God is within this camera. God is within this dress, this sweater dress that I'm wearing. God is within my baby. Like God is within everything, and we sometimes deserve a break, okay? We deserve rest. We deserve to break free from the matrix of the 3D when we most need it in our lives. Grace is one of those things that doesn't make sense. It defies the laws of manifestation. It defies the laws of the 3D it's one of those things that we call miracles. Which miracles are the norm when you understand how the laws work, but this is like beyond the laws kind of miracles. It is truly a manifestation of God's pure and unconditional love. So you need to give yourself Grace during this time and rely on Grace and forgive yourself, forgive everyone, and just know that you are always guided. You're always loved, you're always protected. Something else, my shaman says a lot is that gives me so much comfort is, he says, If you only knew how many beings on the other side all know your name, like how truly loved you are, how truly unconditionally loved you are, and how many beings, entities, angels, whatever you want to call them, are literally cheering you on and guiding you and want the best for you and are so proud of you, I would never want to do you any harm if you only knew how many of them there are on the other side, you would never worry about a goddamn thing, and I've really had to rely on Grace in times of grief. Really had to do that. Number eight, just be the best version of you that you can be in each moment of life. I think that in challenges, it's really hard to see the future. You know, sometimes we future trip because we look too far into the future, and sometimes we're like, I don't know how I'm going to survive another day. Like, I

don't know I'm going to get through tonight. I don't know how I'm going to get through this next hour, and so something I've had to rely on is to not worry about tomorrow or the next day and not even worry about the end of the day, and just focus on getting through the next minute. Focus on getting. Through the next 30 minutes, 20 minutes or hour of the day, and just approach it with as much love and unconditional love and the connection to God as I possibly can, and just whoever I'm dealing with, whatever I'm doing, just like sourcing from source. That's something that I've talked about on Instagram recently, is just like, don't use your own energy for it, especially when you have nothing to give. Tap into God's energy. I just literally, like, see a ball of light above me, and I just like, bring energy down, and I say, I need you to speak through me. I need you to talk to this person. I need you to handle this situation. I need you to fix this problem. I need you to be the one to deliver this message. I have no energy for it, like I literally need you to come down and talk for me, and you would be amazed at what happens when you set that intention where you can use your own life force energy for yourself, for your healing, for your bodily functions, for the things that you give to yourself, right, the things that you need for yourself, your own vitality, your own emotions, your own feelings, your own processes, but anything else that relies on you interacting with the external world, like stop using your own energy. Just tap into God's energy, especially when you feel like your reserves are low. Number nine is unconditional love is all that matters. So I really learned to see everyone in my family differently and with so much more appreciation now knowing how temporary everything and everyone is right like seasons will come for everyone and everything.

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Kathrin Zenkina 1:11:45

You just never know when things will change, when things will evolve, when it's time to let things go, when it's time to let people go and so why are we wasting time not approaching everyone and everything with unconditional love, right? Like, why are we, Why are we wasting time here? We really don't have that much time, and the 10th lesson that I want to share, number 10, is painful endings always lead to new beginnings. It is darkest before dawn, and the next season is right around the corner. So I've looked back on every single quantum leap that I've ever had in my entire life, like when shit in my life got really fucking good, like, oh my god, I can't believe I manifested this thing. I've always gone through some period of doubt. It doesn't always have to be like some grand shamanic death, but it's always been a little period of self doubt and some period of darkness and some period of like, I don't know how I'm going to do this. I don't know if I can handle this. I don't know if I can take this, and I find that life has this way of restructuring itself that we think is our life falling apart, when in actuality, it's all falling together to serve us for our greater good. Painful endings always lead to new beginnings, and it is darkest before dawn. So those are my 10 lessons, my 10 guiding principles. I hope they were helpful. Spoke to you, you know, let me know, send me a DM, send me a message. I'm here now, so I'd love to hear from you, and before I go, I would, of course, love to share about the limitless year. So I know that so many of you are ready for a fresh start. Trust me, girl, Girly Pop, I am there like I'm there with you, and many of you this year felt like you may have taken a few steps back, but I don't believe that you've taken any steps back, because remember what I said in the beginning of this episode, the slingshot. I think that the universe just put you in a slingshot that hasn't yet been fired off, and I believe that you're about to quantum leap into some of the best days, some of the best months, even some of the best years of your life. If 2025 was a dark year for you. Get ready, get ready for light on the other side, get ready for life to eliminate and to reveal who you truly are and create the next year of your life to represent what you are truly capable of. So with that being said, I'm so excited to be hosting my favorite

ever New Year program live this year again, formerly known as epically aligned, now known as the limitless year, we are starting on December 15, and I'm calling it the limitless year, because that is the vibe I'm calling in for all of us. I'm calling in a slingshot forward, a clearing and alchemy, a brand new year where everything just feels limitless. So inside of the limitless year, we are setting ourselves up mentally, we're setting ourselves up emotionally and physically for calling in, not only more money, of course, more abundance the deepest love and connections you could ever want in your life, aligned friendships that feel like soul family, first class travel around the world with your entire family, at least that's something that I am always calling in, um, but also like a stress free, guilt free rest and relaxation, because your nervous system is now doing the manifestation work for you like that's what the limitless year is all about. Is like, how do we set ourselves up to manifest on autopilot, where we reprogram our subconscious minds, which then reprograms our nervous system to then manifest on autopilot, and a resilient nervous system, fully trained to handle uncertainty that pops up along the way, always alchemizing every single challenge into your greatest opportunity. So if this sounds good to you, like I said, we're going to start December 15. We're going to go on with five daily classes that are 90 minutes each, that are guaranteed to set you up for your slingshot year. So I'm going to be teaching it live. I'm going to be going it through with you. I am going to be bringing you a slew of tools that are proven to reprogram your subconscious mind to call in success no matter what, and no matter where you're ending your year and how you're feeling right now. So if 2025 is a year that has left you feeling, you know, defeated, and you are ready to celebrate new wins, or maybe 2025 was a great year for you, and you just really want to kick momentum even higher into a new gear. Then head over to manifestationbabe.com/limitless again, that's manifestationbabe.com/limitless to enroll right now. So with that being said, thank you so much for listening. Thank you so much for being here. If you made it to the end of this episode, you are the real MVP. You're a legit amazing human being, and I love you so much, and I can't wait to see you inside of the limitless year, and if not, I can't wait to catch you or also catch you in the next episode.

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Kathrin Zenkina 1:17:57

Thank you so much for listening to this episode of the manifestation babe podcast, if you loved what you heard today, it would mean the world to me if you took a moment to rate, review and share this podcast with someone that you think would benefit too. Sharing the podcast is the best way to help it grow and create a powerful community to join you on your manifestation journey. In the meantime, come hang out with me on Instagram at my handle at [manifestation babe](https://www.instagram.com/manifestationbabe), or sign up for one of My next manifestation courses or offerings at [manifestation babe.com](https://manifestationbabe.com).