

(#25) Is It Possible To Vibe On The Same Wavelength As A Cou...

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SPEAKERS

Kathrin Zenkina, Brennan O'Keefe



Kathrin Zenkina 00:15

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a master mindset coach and success strategist for entrepreneurial babes just like you. I absolutely love helping you uplevel your life, your business, your finances, and helping you see the infinite potential within yourself to be, do and have anything that you want. It is my duty and obsession to give you the tools, the resources, strategies and teachings you need to manifest the reality of your wildest dreams. Think of this podcast as your daily dose of personal development to maximize your impact, your influence and your income. If you're ready to get your ass kicked to the next level, then you come to the right place. I hope you enjoy today's episode. Now let's begin I've never felt so neutral when checking my bank account almost like the number is meaningless. I just finished the recording and got a call letting me know that I was getting a 10k pay raise out of the blue. The tension in my body has completely left. My jaw has never felt so relaxed. I didn't think this was possible. But the money trauma just isn't there anymore. WTF did you just do, I literally just got off the recording and sold out my program that I've been struggling to sell for months now. These are real DMS that I've been receiving like wildfire over the last week since I taught my live masterclass, melt your money blocks away. If you've been wanting to take this masterclass but missed out on the live that I hosted earlier this month, no fret because I released the instant access version for you get the masterclass, release your money blocks and become a more potent manifester of money. Go to manifestationbabe.com/links again that's manifestationbabe.com/links to get inside. The price will be going up again in February. So if you're in, get inside, don't wait and I can't wait for your DM with your mind blowing experience to hit my inbox next. Hello Gorgeous souls. It is Kathrin from manifestationbabe.com and I am back on the podcast today recording an episode with my fiance Brennan and the reason for this interview today I wanted to address a super important topic that I've seen be requested a couple of times. I know we know that we have a bunch of new followers on the manifestation babe Instagram and the Facebook group and just new listeners on this podcast in general who don't really know very much about our story as a couple, yet they see Brennan on my Insta story, Brennan pops into my Facebook group, he's always the sassy commenter joking around with everyone and those of you who have gone to my Bali retreat, you know Brennan as Uncle Brennan because he's essentially the security

guard who's always concerned with everyone's safety and just absolutely loves all the women that follow me and he is the first manifestation babe all, also known as manifestation dude, or Manny bro as we call him. So I wanted to come on. I got a question, and the question is that I get all the time is, how do you guys vibe on the same wavelength. People see Brennan and I, as traveling the world together constantly. We are in business together. We are listening to the same podcast, we are listening to the same audiobooks. Brennan has finally opened himself up to Abraham Hicks, which is something that, oh my god two, What would you say two years ago? You would look at it abraham hicks. What would you think of Abraham Hicks two years ago?

B

Brennan O'Keefe 04:16

Witchcraft.

K

Kathrin Zenkina 04:18

There you go. So Brennan, I want to interview him and kind of get into his story and where his mindset was before we met, kind of his story, his programming, his childhood, and where we are now and really our intention is to inspire you through this podcast. To learn that yes, you can totally vibe on the same wavelength as a couple even if the woman and the man or the woman and a woman or man and the man, you know, the partners, each separate partner is coming into the relationship on different ends of the spectrum. I would say that Brennan and I were complete opposites in our awakesness and awareness and kind of a attunement to this law of attraction world and the spiritual world in this world of personal development, and so, Brennan, you want to introduce yourself, you want to say hi first?

B

Brennan O'Keefe 05:12

Yeah, I'd like to say something. Thank you manifestation queen. Yes, I'm Brennan O'Keefe. I'm from a small town, but I'm from Olympia, Washington, grew up just a beautiful 30 minute drive south of where I met Kathrin and Gig Harbor despite her LA roots, and I came from a very traditional Midwestern upbringing in terms of values. I would say I was a Midwest transplant, if you will, in the state of Washington. So I will delve into that a lot guys. I know you see a lot of me, you may wonder who the heck I am. Who's this guy? who's the admin for the manifestation babe group. I am Brennan. You're welcome to tag me say hello to me. Sometimes you'll see me in emails.

K

Kathrin Zenkina 06:03

or in Instagram, because some people aren't in the group.

B

Brennan O'Keefe 06:07

I have two Instagrams. One is Brennan King O'Keefe, and one is the Kings method, which Kathrin loves to tag me in. Both offer glimpses of my life, and I enjoy contributing to both of them, but I first want to mention to you guys, as their sticky notes spread around our

apartment, that we just realized that Kathrin's sold over 11,637 books in the past, under 12 calendar months, and you guys I cannot even express the the level of gratitude and appreciation. That is you guys. We cannot buy them all share, we've given away 20 or 30 of them, but to have that kind of commitment and that kind of appreciation, that kind of support from you guys that just means the world to us. So thank you so much for that. You know, our our Facebook group is now almost at 41,000. I just scrolled past an Instagram photo from just over a year ago where Kathrin had 17,000 people on Instagram. So if you're new welcome to the community. If you're old thank you so much, and guys, we look forward to doing awesome things together.

K

Kathrin Zenkina 07:19

Yes, amen, thank you guys so much. So Brennan, where were you right before we met, like going into the relationship. I remember exactly where my mindset was at and how I went into our relationship kind of when we finally met on Tinder, which Yes, we did meet on Tinder. I was coming from a Tony Robbins high. Like I just finished my first Tony Robbins event, I came home, I broke up with my ex boyfriend of six years because I realized that that relationship was so unfulfilling to me. I went gung ho with my business, my confidence levels were just so high, I was like, holy effing shit, like my life is about to change. I was just killing it in terms of my mindset, and so I was really diving deep into this Tony Robbins guy and law of attraction and manifestation and I had goals written all over my room and sticky notes, and affirmations, and my vision board basically dominated my whole room, and I just knew where I was going, and typically, I know that with my ex, he wasn't really a tint, we did not vibe on the same wavelength. He was actually more positive, naturally he was more positive than I was, I had to grow into a positive mindset. He kind of through personal experience, not so much learning from mentors, but from personal experience. He kind of learned to maintain a positive mindset because he had such a kind of neglectful teenage hood, like, he kind of had to raise himself and kind of survive on his own and really actually used work. He worked like, I don't know, over 40 hours a week as a high school student because work was his escape, and he developed from personal experience just from his own triumphs and tribulations that a positive mindset is so much better than than negative one, and I actually kind of was raised, not raised but I remember being a very, like, salty bitch, especially as a teenager, like I was just so jealous all the time. Growing up in LA, especially seeing all these, you know, rich kids with their brand new cars, and, you know, I'm constantly being told that we can't afford that lifestyle, and I'm just like, you know, I felt like life was so unfair to me, and it wasn't until I really dove deep into my online business that I realized my online business cannot take off unless I developed my mindset, and so when I met Brennan and finally I was just at this not so much peak because I'm definitely a much higher peak right now. But I was kind of like I was serious, like I was was gung ho about not letting anyone bring me down, not letting anyone hold me back and that I am going to that was when I declared actually I always talk about, you know, the year when I said I'm gonna give it one year, and if I fall flat on my face by the end of the year, then I can go back to my old way of thinking, my old thinking patterns, my own habit, my old habits, and so I was like, you know, fuck it, I'm gonna give it one year, no one's gonna hold me back. If someone doesn't agree with my lifestyle, doesn't agree with my belief systems. Fuck, I'm like, I'm going to figure this out. I'm an independent woman, I want my own money. I want this and that, and so that was my kind of energy walking into this relationship. Where would you say that you were.

B

Brennan O'Keere 10:43

I was pretty far from that peak. It's funny thinking back because Kathrin still, guys, is doing the same behavior she was then. A personal development is her music. Personal Development became my music. It was not though. This is the girl that was listening to podcasts in the kitchen while cooking, and I was the opposite. I was listening to rap music that was incredibly inspirational, as you might imagine. No, I came from a very different place. So you know.

K

Kathrin Zenkina 11:20

I think you were receiving inspiration from The News Station, actually,

B

Brennan O'Keefe 11:26

So just a little bit of my background, I took me a little bit longer graduate college, but I graduated from the University of Puget Sound with a bachelor's in finance and economics, and my whole time there actually had run a personal training business, and it had kind of started out as a kind of like a side venture, a side hustle as we all kind of refer to it as, but I was really good at it, and people really love me, and they love to pay me for it, and I had fantastically loyal clients that I delivered, you know, absolutely executed, you know, workout plans for and was there for on the relationship side as a friend, as a mentor, as a coach, as just as a support network for people who really were searching for something that they didn't have, and it became a very honestly, lucrative side hustle, and just by happenstance, one of my clients moved into a building actually a condominium that would kind of launch a phase of my life. I began training her away from where I had typically been, and began to just draw in attention. It's kind of interesting, I realized now that was perhaps the power of a law of attraction, but do not be confused guys. Law of Attraction was heresy to me. I mean, these things from my background, talking about energetic fields. Actually, this is a funny little anecdote, excuse me, I have to go here momentarily. My mom when I was probably 12 years old, took me to see, who my family very fondly referred to as the witch doctor, because she literally had me blow my nose and a tissue, hold it three feet away from my body, and then made humming Buddhist meditative sounds as she proceeded to feel my forcefields, and decided to tell me that I was allergic to 15 things amongst them, gluten and wheat, amongst them eggs, amongst them grape juice, amongst them every goddamn fucking thing, that I possibly wanted to eat, and then one or two more, and so as you can imagine, my background was not very invested in energetic fields, even considering them as real. So that's just a funny little side note. Back when I took my business from kind of a side hustle into a real business, I began attracting in people, and it wasn't because I was advertising matter of fact, that wouldn't, I grew my entire business through word of mouth. But what really happened was, I was so good at investing my energy and others, that other people around saw that, and so what kind of happened was I built this business, and at one point, I tried to scale it, and I couldn't scale it because it was me, and so I ended up recognizing that perhaps I wanted to go a different direction. So that was kind of the first stage there was the college university education stage, where I really developed my entrepreneurial spirit and actually was fairly successful doing it, and then after that, I went through a number of different stages, but let's just suffice to say, let's call it regression. I regressed from my drive and my hunger, I regressed for my self confidence.

K

Kathrin Zenkina 15:02

Why was that? Because this is a super important thing that I can't say talk about who you surround yourself with, who's going to influence you. Why do you think that you're kind of passion. Why do you think that you regressed?

B Brennan O'Keefe 15:14

So it is a good point to make, I regressed for a number of reasons. I think I regressed because I succumb to my fears and limiting beliefs. I succumbed to caring what others thought, especially my ex significant other at the time, really was with me in the good and wasn't so with me in the bad. You know, she was there in body, but you could feel her fear, you could feel her just smelling limitation and concern, and she was a great girl, she was a fantastic person. But it just didn't provide me the support and really began to, I take responsibility for absorbing that, I absorbed that energy and it became my identity. So even subconsciously, I didn't realize I was absorbing it, but I absorbed it, and it pushed me away from my entrepreneurial drive. It ended up having me shelve my personal training business. I had a fantastic year in Australia where I went, and I worked my tail off on a cotton farm, driving enormous 80 ton machines after graduating with a professional degree, and I really, it was my escape. It really was my my escape, guys. So I've had all these different journeys. But really, it's kind of interesting to look at it as kind of a, I had my first inspired entrepreneurial drive when I was probably 10 to 12 years old, and I really carried that through my age 21, 22 years, and then through a course of a relationship really allowed that to dwindle, I really allowed my self confidence to seed and crumble, and there was a lot that I learned from those experiences. So when Kathrin met me, I kind of sloped out of that downturn, but I was still very much in a toxic environment. I was working at a trading desk for finance in an investment firm in Seattle, and I mean, the news was my coffee. The news was my food. The news was my sleep.

K Kathrin Zenkina 17:29

Can I just say super quick that I remember when Brennan and I just started dating, obviously, like we would see each other a couple times a week for a couple hours. You know how it is when it starts and he would come over, and literally every time he walks through the door, he's like something horrible happened today. I mean, something just the world's just horrible, and I just look at him like don't, I'm like, I'm sorry, I don't care. Like don't tell me what happened in the world. Not that I don't care.

B Brennan O'Keefe 17:57

It took a couple of weeks to get there, but she's right. At first it started by not acknowledging those negative things.

K Kathrin Zenkina 18:03

Wait, we'll get there, just want to say what he used to do. He used to come in and just be like, Oh, the economy, the economy is crashing or no work sucks, because his literally everyone's mood at work used to be driven by whether the stock markets in the red or the green, and so actually, I could tell what kind of mood Brennan was going to be when we see each other that

night, because before he leave work, before the trading desk would close, I would log on to my, I would open up the stocks app and let me tell I never ever felt compelled to look at the stocks app. But now he's dating this guy who's mood dependent on the stock market. So I would see the red, and I'd be like, Fuck, he's gonna come over like upset, or I'd see the green. You know, if it's in the green, I'd be like, yes, there's gonna be a good weekend, he's gonna come, he's gonna be in such a good mood. His boss is in a good mood, probably let him out early, like life is good, and so I don't know if you guys can relate to people who are very, like their mood depends on their outside circumstances. I would say that's kind of where you were.

B

Brennan O'Keefe 19:01

Yeah, I was very much a byproduct of my environment. My behavior was a byproduct of my environment. You know, like Kathrin says, it's a really great analogy. But a lot of times what happens in financial markets is influenced by events in the world. So it's not so much just that I would be grouchy if it was red, but also bad things would happen the world, and guess where else I was pouring my focus in guys. When Kathrin says beware of what you're consuming, beware of what you're feeding your mind in your ears, beware of your language, language is so so damn powerful. You don't even realize that your significant other has a TV on in the background. You may not be watching it but you don't even realize that your subconscious mind is always listening to it. If you simply flipped on classical music, you might be at net neutral. If you turn on positive personal development or self growth or something spiritual or something that's going to be a net positive but if you constantly have, I don't care. If you listen to CNN, I don't care. If you listen to Fox News, I don't care. If you listen to Bloomberg, The New York Times, The Economist, listen, I've absorbed all of them. As a matter of fact, it's only been the last few months that I've actually been able to absorb media in tiny doses for my benefit. However, it doesn't matter what you listen to guys, it's that you listen to any of it. It's okay to understand what's going on in the world without focusing your energy on that, and I think what Kathrin is getting to is the environment I came from desperately relied on what was happening, external to myself, to decide or to influence or to impact my internal representation of how I was, the state I was in.

K

Kathrin Zenkina 20:45

So one more question I have for you, I hope you guys can see how we really were on opposite spectrums at first, and I know that a lot of people come to me, they're like Kathrin like that. I think I found my soulmate. He's perfect but his mindset is just dragging me down, or Kathrin, like my husband, I'm on this personal development journey. My husband is just so negative, and all these things, and he's so like, affected by his boss and circumstances, and so I want to let you guys know that I totally get it, and everyone looks at our relationship now, and first of all, people think we have the most perfect relationship. But if I told you that we already restarted this podcast, because I snapped that Brennan for breathing too loud, and also how we literally, I mean, every single day, we'll get into some ridiculous fight. We're so far from perfect but I would say our mindsets are pretty in sync right now, and it didn't happen by accident. I didn't, I didn't walk into this relationship with someone who was very spiritually developed, I obviously had some growing to do myself. So sometimes it could be you who's a little bit less developed, and you want to know how to catch up to your spouse. So it doesn't matter where you are in your journeys. Just know that it doesn't matter where you begin, as long as both of you are determined to kind of to pursue this bigger purpose in life and to pursue a more

fulfilled life and to grow yourselves and really develop yourselves, you guys will catch up to each other, and it doesn't, and I'll get to this point later. Because as we share kind of our stories and tidbits I want my intention is to share with you ladies especially that you cannot push your partner into this mindset, you cannot push them to want to listen to personal development, you cannot force them to listen to podcasts and audiobooks and go to masterminds, and invest 75 Fucking \$1,000 into a mastermind. Like if they're not ready for it, they're not ready for it. But again, this is just a span of two years, you guys, in two years, just two years out of the, let's say you're married, right? or you're in the long term relationship, two yours out of the 50 plus years you can be together, is it worth it for you to just be patient, and just to be the example for them, and to be the one that keeps your side of the street clean, and makes up your side of the bed, and just keeps everything as high vibration on your side of things, to be able to influence others it is totally worth in just a span of two years. But before we get into that, because I want Brennan to offer his tips on how to help your partner kind of grow without pushing them into anything because I think that that's kind of the example that we've set for other couples. Brennan, I wanted to ask you what did you, when you used to walk into my bedroom and see my goals and my affirmations and my quotes and stuff and my vision board and the way that I've talked about things and talked about the law of attraction because I know it's kind of toning it down in front of him. I used to not say the words law of attraction or manifestation, and I remember when I started the company manifestation babe, I literally was too scared to tell him what I just named my website, because I was convinced he'd be like, I'm sorry. What do you expect to create a business out of, like what.

B

Brennan O'Keefe 23:55

I hated the name and I couldn't have been more wrong, you guys, I hated the name. I was like, what? Who the hell is gonna follow manifestation babe. Well, guess what, 100,000 people later, I'm willing to admit that I was a little bit wrong. So thank you for proving me wrong. It's been the biggest blessing.

K

Kathrin Zenkina 24:14

So tell us a little bit about kind of what your thoughts were.

B

Brennan O'Keefe 24:19

I thought that I was attracted to your drive, because I was definitely driven myself. Although the type of drive that I had, had shifted many different times in different directions. So I was definitely attracted to your drive, and I think that's a human characteristic. Typically you're attracted to people who share similar things to you. Even if how you approach it has polarity, which is important. But I thought you were wonky. I thought you were a little wonky. I mean you were, well, I mean you know she was really cute you guys, to be quite frank about it, but she would just be like, I remember her telling me things if I recall correctly. Like, she's got the super woman brain over here. So let's see if she corrects me on this. But I remember her saying things like, just give me a few minutes to write and she would kind of like, to kind of like, presuppose that I would think it's stupid. So she would do it or she'd be like, I just need a few minutes to journal. Is that okay with you? and I kind of chuckled myself like, write your woo wows, it's all good.

K

Kathrin Zenkina 25:21

I remember I used to like literally make sure I meditated before you came over. The journaling thing, I remember one time I would just really, when I got into like binaural beats and like hypnotic kind of things to fall asleep to. I remember literally trying to hide it but then being like, Brennan, we're just gonna listen to something and it helps me sleep and really all it was was like these constant money, affirmations, and like, subliminal messages. What else do you remember me doing? I remember, how did I explain my vision board? Or what did you think of my vision board?

B

Brennan O'Keefe 25:57

Guys, if there's any guys out there, you'll appreciate this. I thought it was really basic. To be quite frank, I mean, you know, it has nice things that we all want. But you know what a typical people say, what are what are 99 percenters say? Like, oh, nice vision. Yeah, like who needs a band's like, okay, Gucci bags, and it's funny looking back now because now I'm the one saying, Hey, Kathrin, you don't even remember what was on your vision board in your room, but I do and we just checked it off.

K

Kathrin Zenkina 26:27

It's crazy. My vision board that I had at the time in my bedroom when Brennan and I met just two years later, I've changed my vision board since then.

B

Brennan O'Keefe 26:38

The original one was almost 75% checked off.

K

Kathrin Zenkina 26:42

Well wait, I have like I've had vision boards since I was 16 years old but this specific one had rock bar in Bali, Bali in general. The ring that I'm wearing now my finger, I had um, Whitehaven Beach on it, was the white Haven or something somewhere in Australia that we checked off? Like all these experiences in the end, the purse, the Louis Vuitton purse that I wanted, everything is about Yeah 75% I mean, I don't remember some of it, but most of it I do and all the things that I do remember, we have now checked off. So pretty cool stuff. What else did you think?

B

Brennan O'Keefe 27:19

She really was. It was really annoying at first to be quite honest, it was how unwilling.



K

Kathrin Zenkina 27:26

Can you relate with your husbands or partners being annoyed with you and being annoyed with the things that you're listening to and the things that you're doing and you're journaling. Keep listening.

B

Brennan O'Keefe 27:35

I want to come back really quick, I know that there's some of you who listen with your significant others, and I'm just going to share an analogy really quick for the gentleman out there. You know, ladies, or guys, you cannot force your partner to do anything, it's the quickest way to failure. Tony Robbins used to talk about how he would make people breakthrough, he would actually get them to the precipice of a significant transformative moment, and he would just push them through that portal, and we learned he doesn't do that anymore. Because it doesn't stick. Because behavior doesn't stick. It's not the identity, and in order to get there you have to do it yourself. So the thing is, is that no matter how much you push him, no matter how much he puts a little bandaid on there by doing it once or twice if it's not coming from inside because that desire and hunger is there to do it. It won't happen but let me tell you exactly guys. On a sports team, a basketball team. Everyone can want to win the championship. Okay, everyone goes into season, every single time she heard this on Lewis house, was Kathrin's mentor. But every single guy who's ever played sports knows this. What do you do at the beginning of season, the coach sits the whole team down to say, what's our goals? What are our goals? What are we going to accomplish this year? Everyone wants to win. Everyone wants to win. So everyone wants to win the championship. There's a difference, though, between the people on the team that want it, and the people on the team that are willing to do anything to get there. Wanting it isn't enough, and the teams that win, win because they have one person or two people or three people who not only have that intense desire, but role model. They show everyone else what they need to do. They're in the gym extra hours. They're taking care of their bodies. This is just one example. But what I tell you guys and gals this is because if you want to have change in your relationship, you have to start by role modeling, and it's not passive aggressive. It's not something that I'm talking about. You know, it's not manipulative. If Kathrin wants me to do the dishes you want to know the fastest way to get me to do the dishes is, I'll tell you the slowest way first, the slowest way to say Hey babe, can you do the dishes. The fastest way is for her to start washing dishes when I'm watching, why because I know she doesn't like to do them, and so by watching her do them, I'm like shit, I'm not taking care of my significant other, there's pain associated with that. So I'm like, no stop, get out of here, I'll go do it. But if you tell someone, and tell someone, and tell someone to do it, that doesn't affect change, and you

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Kathrin Zenkina 30:17

guys know like, for especially those of you who have kids, like we don't have kids yet, but we have friends who have children, and a lot of my clients have kids. So I actually help a lot of moms kind of balance their businesses and their kids similar to the way that I balance, and I'm not comparing in any way shape, or form and saying that it's as hard or as you know, challenging. But sometimes having a full time travel schedule, is something that I balance with work. So having this kind of work life balance is something that I talk a lot about, but with kids, if you think about your kids, when you tell them 1000 times to eat their vegetables, but you never pick up the vegetables, are they going to listen to you? Are they going to model you

when you tell them to make their bed every single morning, but your bed is never made? what eventually happens is that they never make their bed either because they have nothing to model. They don't know what a made bed every morning looks like? Or if you tell them not to curse, but you're always saying fucking shit every two minutes. Not that there's anything wrong with alias. I don't believe it, I don't believe so. You know, they're going to start modeling you and they're going to start cursing, and even though you're saying stop cursing, it's bad. They're gonna be like, Well, Mom, why are you cursing? So just like modeling, it's very, it's the most effective. So being a good role model and keeping as Gabby Bernstein says, keeping your side of the street clean and doing your part is the fastest way to influence your partner. Brennan, I wanted to ask you, what do you think now about the stuff that we do? and before you get into that, what made the switch? Because it's not like something that happens overnight? Are there any particular moments where you're like, wait a second, this is starting to make sense or do you remember kind of as your awareness started to expand and you started to wake up to the spiritual side of things. Do you remember any particular moments?

B

Brennan O'Keefe 32:09

Oh, god, that was a perfect segue. I think that talking about modeling just fits so well. Because you start to, as with anything, right, you start to absorb things and absorb raw data from your life, from your experience in the world. You start to absorb that into your view of the world, and I just started to see things working for Kathrin. You know, she was really a quite an accomplished Beachbody coach. She tends to dispute this, but I tend to dispute the other direction. She was quite an accomplished Beachbody coach. So I know a lot of you are running, you know, MLMs or even Beachbody work. I can tell you right now, just a little quip. I absolutely think that a significant chunk of Kathrin's success came not from what she did with Beachbody, but what from what she learned. There's so much that she learned, you're doing something right now, that is preparing you for a part of your journey you're not even aware of yet, even if you hate your desk job, even if you hate to work out now, it's all preparing you for something because Kathrin's skills that she learned during Beachbody have helped her immensely. So going back to modeling even when she was a beachbody coach and then transitioning into her own business she told me later on that things were harder financially than I was even aware of.

K

Kathrin Zenkina 33:43

This is important. Sorry, I just wanted to mention when we met was when I was \$25,000 in debt, earning just \$300 to \$400 a week. So I always talk about that. That's kind of, I always talk about that's where I started, because I was essentially in my lowest point financially that's when I was really in the hole feeling so stressed out and I just made this huge lump sum investment on myself, and that's when I told myself like enough is enough like I'm gonna give it one year of my life, I mean give it one year of my life to really have faith and that this investments are right right investment for me but again, it was kind of scary to check my bank account and see it in the negatives constantly so when we met was when I was really getting into my money mindset and so share with them like what how you thought I was financially.

B

Brennan O'Keefe 34:37

I thought she was fine, and I thought she was doing just fine. I thought she had money while I

was coming from a place, I had been in a in a relatively long term serious, not long term but relatively long term serious relationship, and I actually was broken up with which was pretty traumatic as it is always all you out there that have experienced that, and so I was in a really interesting place where coming from a frugal mindset, I was like, Yeah, let's like go on a date. Yeah, let's split the cost. I was so not the chivalrous. You guys sometimes look at me in this life in the, you see the Tiffany ring and you see the Louis Vuitton backpack I got her, and guys, that's great because that shows my transformation. But to think that Kathrin just walked into Prince Charming. It couldn't be farther from the truth. I love this girl immensely. But hold on. I'm not done yet. I did not come from there, and it came from what the peers place in my heart because I was just

K

Kathrin Zenkina 35:43

no, this is important. Can I just say that like our first like three dates not the first day but date second, through like fifth or sixth, Brennan would constantly asked me to split the bill with him, and that was just so like, I was, I came from a relationship with like a Russian man, and in Russian culture, like the man always pays even, like I would have to fight with him to pay, and we did eventually end up like sharing our finances and stuff, but it's just be like, he would always treat me, always pay for things, and that I guess I got used to that, and my mindset at the time was, I was very, like, no independent woman, make my own money, like no man's gonna take care of me, just like super, just like, This is my time to become the self made millionaire that I've always dreamed of becoming like, I'm going to set myself up for the future to where I never have to depend on anyone, and what ended up happening is that something that I manifested at the time was, you know, working really hard with a man on his money mindset and kind of seeing how the relationship would evolve with someone who's a little less developed, and I was really diving deep into my money mindset work at the time, and it would just like I would just get so like, I remember just getting being like, Dude, you have like an, the thing is when I found out how much Brennan made per year, at his finance job compared to my measly like 12 grand that year, or whatever amount that I made, especially the year before, because this was the end of 2015. I probably made like 10,000 altogether, and that full year with Beachbody, and I was just like, dude, like, I make 10,000, and of course, I would never say this. But I was like, Dude, I make 1000 You're making like almost 80 grand, like, why can't you just pay like the full \$30 for this meal? Like, why does it have to be 15 Each, like, it would just drive me crazy. But again, that's just the mindset that Brennan came from was that oh, she's fine, and, you know.

B

Brennan O'Keefe 37:40

It's even more guys because, Okay, so first off, I was the first rich babe. So for all of you that are out there competing, the rich babe challenge. Congrats to you guys. Rich babe is a fantastic program. I was the first client. It may not sound like it at this moment. But I was the first client, and let me tell you, Kathrin, one of the problems that are, what are the opportunities that was stemming from this was, she wasn't even realizing that she was embodying the rich babe version of herself, and she was putting the energy out there, and that's what I was sensing, and I mean, I know that there's probably a ton of you out there who can't even believe that she went on a third or fourth date with me if I was footing the bill, and trust me, I've had that conclusion many times, I live a blessed existence, and I am so lucky to call this lovely, lovely, amazing woman, my future wife and my fiance. But I will say to those of

you who are rolling your eyes, like I wouldn't have stayed around, I don't blame you. But you have to understand that she was exuding an energy that was, hey, I can keep up, hey, I can even do better, and so early on, and this has been amazing, amazing growth period for us in this money story as well. But it's suffice to say it was definitely early on, it was definitely a financial disparity, and later on in our story, it would become a financial disparity the other way, and the thing is, is that we always stuck with it, and that's I think a big lesson from this, is that it there was no amount of money problems in either direction that ever determined our relationship, that ever determined our outcome, that ever determined our decision. Kathrin carried me at points. I can say that I could have carried her earlier on and I didn't. But I never regret anything in my life, and I never regret anything on our relationship because everything was meant to happen if you knock one domino a different direction, the whole stack creates a different effect, if you will, and so everything was really meant to work out the way it was even though in the early stages it was tough for you to fill your tank with gas.

K

Kathrin Zenkina 39:59

So back to the original question like, what are those sparks? Where you like, how do you see the world now? Like, where's your mindset now because you are a believer in the law of attraction and you do talk about manifestation and you totally vibe with me. But what were the switches where you started to wake up, I know is about role modeling. But what what in particular because I remember Brennan used to freak out when I used to make huge financial investments in my business, and then I know that one of the examples you've mentioned before to people, because we've had these conversations constantly with people but never formally recorded like a podcast like this, or at least an interview. I know we've done a couple of coffee chats in my Facebook group, but we never really sat down to tell the whole story of where we came from, in the beginning of relationship to where we are now. So what were those sparks that really opened you up to the law of attraction or to be like, Well, shit, this actually works like how there is actually like, manifestation babe, like manifesting is real. What were those kind of sparks for you?

B

Brennan O'Keefe 40:55

Sure. It really does go back to role modeling. It really does, but to move forward from where we kind of left off, if you can't tell we both are chatterboxes. So I hope that for all you loyal listeners out there, excuse the the length of this. I think really, for me, it was just tapping little hairline fractures in my certainty model of the world, and so one of the things I see as a significant shift as I was so damn skeptical of Tony Robbins, like guys, I was when I was in high school. One summer I sold Cutco knives, you know, we all have that, that one MLM job. When we're like between 14 and 18 years old, I feel like a lot of people do. I sold Cutco knives. I went to like a motivational speaking event, and this guy was like, Yeah, you can make \$300,000, and of course, I left like, ah, and then of course, I like lost the money, and that was about the end of my interest in MLMs as well as it totally soured my taste and motivational speaking. I took my experience and I projected it onto everyone, as we often do with judgment. So for me a huge thing was her tapping hairline fractures in my certainty about motivational speaking and personal development as like kinda like false prophets or heresy or just unnecessary, fluffy, and it was her, helping me find some people that I liked listen to. I give us feedback a lot in the group to people. What do you do to get your significant other to listen to something, find something they like. Don't make them listen to Esther Hicks. Don't make them listen to Gabby

Bernstein. Find a Conor McGregor. I love this, If you got a tough guy who is not about it. Just type in Conor McGregor. He's a UFC fighter type in Conor McGregor, Law of Attraction, type in Denzel Washington law of attraction. Those Denzel Washington is the baddest in training day okay, and Conor McGregor is the baddest in real life in the UFC. If you got a tough guy, and you want to hear about some law of attraction, just have a bad UFC fighter talking about his droptop bentley, he was visualizing as a plumber, guys, this is the real deal. So what she found me some resources that I could resonate with, that I connected with. The first real time I started to see this was real was watching Tony Robbins, I'm not your guru. If you haven't seen it, it's fantastic. Not everyone's a Tony person, you have to resonate with an individual. I just said that. So don't feel forced to love him, but we absolutely adhere to him. So that was really the first big shift where I was like, wow, I am not even living near my potential because I'm not even addressing what's inside. I would say my biggest shift probably came watching Kathrin Work with absolute tireless persistence. The most unbelievable determination goes she was working like 19 hour days, she would literally go to work for 8 to 10 hours at her secretary job and would come home and absolutely bust tail on her business. She was recording things and writing in like the storage closet at her office on her lunch breaks. She was live streaming the car. No, we do not recommend this. We don't have to do it anymore. But she were parked fine, whatever she wants to say. My point is guys watching that, really shifted me because she had such utter faith in herself. It was almost as though I wasn't madly in love with a secretary, which doesn't even it's not about what her role was. The point is that like I had such utter faith in our power and our outcome together, even before I went to actual Tony Robbins events that I couldn't have cared if she was a secretary or a janitor, how I didn't have a job or part of it, I was still looking for a job or part of it, I left my my good, my good job for no certainty, and when I landed in LA, it took me a number of months, I was catering, I was, it took me almost a full year, not a full year, but a good chunk of year It took me nine months to land consistent good work, and I mean that, you know, in terms of salary, in terms of kind of status, if you will. But it was a hard stretch, and to just watch Kathrin grind away and to help her how I could. But watching her faith, to get back to the question of her faith in herself at every single jump, a junction, you know, every single part of her path her absolute faith was really for me what modeled the this has to work, this works.

K

Kathrin Zenkina 46:07

What results did you start to see come alive, like especially with the stuff that I was manifesting? Is there anything that sticks out at you? Remember how I used to react to my big purchases?

B

Brennan O'Keefe 46:22

Oh, yeah. Oh, yeah. Well, I've got a great example, guys, a lot of you deal with this, and she probably doesn't even know I'm gonna bring this up, but when she first told me her coaching packages, I was like, oh, what, you're what, I was probably, a lot of you guys who charge you know, like \$50, or \$99 for a session or \$100 a session or \$199 a session, or whatever it is that you charge, I can guarantee you half that amount, and my jaw would have still dropped, I was the worst, the least supportive, I was so afraid that it would, that it was too much money that people wouldn't buy it, and you know, what, not only did she sell it out, she was so fed up with the price. She like tripled it, and I, I was like, I thought it was so stupid, and then she tripled it again, I thought it was so stupid, and the thing was, is that you start to see the outcome and

not your presupposed idea or thought behind it. You can't deny results. So in your relationship, it's so important. Focus on your results, and your partner, you know, like love your partner, but focus on your results. Because no one who's intelligent and aware, will deny results vehemently over and over again, they always will overwhelm, even if for a while you're denying them and you're skeptical of them, a track record of success and outcomes will always overcome.

K

Kathrin Zenkina 47:54

That's a really great point because Brennan and I, talk quite often about our frustration in our industry of a lot of people who do a lot of talking, and it's really easy for your partner to look at you, as if you're all talk, right? Nothing drives us crazier than people who just talk like, Yeah, I'm going to do this, and I'm going to do that, and I'm going to do this, and so I'm going to do, I'm going to do, I'm going to do, and they never have anything to show for you guys know someone in your life, who fits this criteria in this example. But when you are just talking at your partner, and just saying, you know, trying to teach them about the law of attraction and trying to tell them that they're manifesting caca, if they keep thinking negatively, and that this and that, and this not, but I think something more powerful and think about it, when you see a coach or someone who inspires you, or someone who motivates you, actually living the things that they're talking about, like actually physically manifesting, actually investing in themselves, actually connecting with others, actually living the lifestyle that they've always dreamed of living or at least being on that path. Because I didn't just wake up and start traveling the world for a living like there was a time where I would talk about travel. But I would always be honest with people and be like, I am working on it. Like I'm so excited. I'm planning a trip for this time period. This is what I'm manifesting, and I would just actively follow you know, my journaling prompts, I would actively follow my own manifesting rituals, I would stay positive when it literally there's so many times that it just looked like it would not happen and that for me to believe it would happen would mean that I'm the craziest person in the world. I've been there, I know what it's like, but that faith, that unwavering faith that the outcome that you desire is going to manifest is part of walking the walk. It's really easy to talk about faith, it's not so easy to practice it, and so walking the walk and then deriving these results from walking, you're walking your talk and walking Your walk is the thing because especially men, and especially people who are kind of skeptics, they need to see it in order to believe it, and we know, for those of us who are avid manifestors, we need to believe it in order to see it. But if they ask for a really big skeptic, they constantly see you up leveling your life, and they see you happier, and they see you celebrating your wins, and they literally see this thing though, which was on your vision board six months ago, is now sitting in your house, or you're now driving it or you're now flying in it, and that money is literally like flooding into the bank account. Like imagine how happy you can make your spouse if you decided to pursue your money mindset and actually start to attract money, like a legit money magnet, which is what I teach in my rich babe program, and all of a sudden, they're like, they just they can't deny it anymore. There's way too much proof. You know, like, once you see something, you can't really unsee it, and that's something that I'm passionate about teaching women, is that the more you build your manifesting muscle, the more you can't unsee, like you just get to this point where it's hard to have self doubt, it's hard to not believe in yourself, because you've just overcome so many challenges and obstacles to where the things that you are creating, you just cannot go backwards, like it's impossible to regress, and so using that to inspire your spouse, because positive energy is way stronger than negative energy, and especially if your spouse is negative, you can actually basically envelop them in your positivity, and I know it doesn't seem like that, you know, the typical mindset, a typical behavior is to get sucked into negative energy, which is really easy to do as well. But if you keep lifting your vibration, and keep holding at a high

level, I promise you, the positive energy will always outweigh the negative and you'll actually draw them right into your energy and you will actually inspire and uplift them and empower them, which I think is so much better than you being like, you know, a fog, like living in the kind of that victim mentality. Like, the reason why I can't live my dream life is because I have no spouse or support. The reason why I can't manifest is because my husband is so negative, and every time I talk about this, like he just complains, and he's so negative, and he complains about his boss, and he doesn't believe in anything that I believe in, and so therefore, Kathrin, this is why I can't manifest my dreams and goals, and I always challenge that, because that is not like metaphysically negative energy is never stronger than positive energy unless you allow it to be so unless you focus on it so hard, that your vibration gets lower and lower and lower with that person.

B

Brennan O'Keefe 52:36

And you know what, the other thing too that I just have to say is it's not your job to figure out the how, you don't know how it's gonna happen, and it's your job to not figure out the how, it's your job only to figure out what, the outcome. I have to share this guy's because the most beautiful thing happened last two nights ago at like 12:30pm LA time. So two years ago, over two years ago now actually almost like two years and what four months. How long?

K

Kathrin Zenkina 53:14

Two years and a month or something.

B

Brennan O'Keefe 53:15

Two years and a month. So yeah, two years in a month, that's right. So guys, we coming from a tinder age with kind of awkward, you know, oh, we connected. Oh, we talked. Oh, we went on a date. We just kind of decided our anniversary, and it's fantastic, actually. So we decided that our anniversary is New Year's Eve. It's Kathrin's favorite holiday, and it's special in Russian culture. But we've known each other just over two years, and so literally, I think it was our, I think it was literally our first date. It was in Seattle. We're out in Seattle, and I've told this story. I've excuse me if you've heard this before. I've told this story before when Kathrin had only like 15,000 followers. So for the 25,000 new that we have on Facebook and for the 25,000 new we have on Instagram. I hope this is a beautiful anecdote for you. We were walking on the street and a homeless person walks up to Kathrin and I, this is our like our second date. It's our first like overnight stay, and the homeless person is very, very haggard, and I mean that with all due respect, and ask for help, and Kathrin goes in her wallet and she pulls out a 20 and she gave a 20 to this homeless person and this person just lit up like, like the Sydney fireworks on New Year's Eve that we just, we had the amazing blessing of seeing, this person's face just lit up with color, vibrancy. It was amazing, and I was horrified. Because in my experience, my lack of mindset was, no, no, no. Don't give money to them. Buy them food, you don't want to enable their bad habits, you don't want to enable them to buy drugs or buy cigarettes or buy booze. Give them food spend 20 bucks on food, they need food, and Kathrin, I was bewildered. I mean, I said, Why did you do that? Why didn't you just give him a dollar or two? and she said something that stuck with me forever. She said, It's not on me. It's not my karma. Is that what you said?

K

Kathrin Zenkina 55:23

I said, Yeah, I said, it's my karma to help people and to be kind and to believe in the best of others, and it's on their karma for what they do with the money because that's not no longer my control.

B

Brennan O'Keefe 55:35

You know, what's beautiful guys. I totally butchered that quote, but it was the energy behind it that I have a snapshot of, I have no idea what she said. But it was the way that she said it. It was what she said to me, not what she spoke to me, that I remembered. That's a beautiful moment, just to recognize right there, and so I always was brought up for my family to really take care of people. We used to volunteer at the soup kitchen. We used to, you know, sponsor families, we would always give, my mom would stop at the grocery store and buy bread and cheese and dog food for the people on the corner. We would always give, but we never gave money, and so to watch Kathrin do that, just shifted me in such a powerful way. Have patience, guys, your job is not to figure out the how for your partner, because two years and one month later, we get off the freeway in Los Angeles plus, like two nights ago on midnight, and we stop at a light and I pull out in a way.

K

Kathrin Zenkina 56:38

He was like Kathrin wait here.

B

Brennan O'Keefe 56:41

I actually guys, I literally drove under, an underpass, and I said, Hold on babe, I have inspired action. She's like, What do you mean? I literally flipped a U turn completely illegally, risking the 200 dollar ticket, fuck it, who cares? and I pull up to a stoplight that's about to turn green right next to the freeway off ramp, and I say what?

K

Kathrin Zenkina 57:03

No, I was just saying I was on my phone, I think. I was looking down and he's like, Babe, hold on, and I literally thought we pulled into a gas station, and when I see we're on the side of a freeway, and Brennan just gets out of the car, I thought oh, he's like something happened in the car, like maybe a check engine light came on, and he was going to open the front and he just goes around the front, and runs off to the side, and I'm just watching him go up a freeway ramp, and I'm just like, Where the hell is he going and then I realized that

B

Brennan O'Keefe 57:30

so I just did the flashers on the car, open the door, lock the door really quick, because I didn't want anyone to steal my baby girl away because I wasn't about to put up with that. But when I

had gotten off the off ramp of the freeway, I had seen a homeless person, and the homeless person was sleeping, and they had a cart and his cart was full of things. But it had just beautiful flow, you could tell this person had an element of gratitude for life and appreciative state of beautiful state, they had flowers intertwined. They were finding the little things that matter, and I saw a sign that just melted my heart it said, Don't ever give up on your dream or God, and I'm not a terribly religious person, guys, but I'm immensely spiritual person, and what I've learned is that the difference between being religious and spiritual is nothing. It's only who God is. God, to me is everything. He's the energy, he's the universe, he's a sky, he's the cars, He's everything. I don't have to necessarily believe that Jesus was a piece of God any more than you are or I are, but it's just so much that God is all around us, and you know what, for someone who was catering in Los Angeles, a year ago, who basically didn't have work, my fiance was, you know, a secretary essentially grinding it out, and here we are traveling the world. I knew when I saw that sign, never give up on your dream or God, I had this this absolute moment of like, I'm fucking turn this car around and letting this person know that I agree with them, absolutely. So I stopped the car, leave my fiancee in a running car, lock the door, and I woke up this person, I tried to wake him up because I wanted to let him know that I resonated with that, and he wouldn't wake up he was clearly a pass on asleep. The funny thing was, is I only had 220s in my wallet. I didn't care. I can't say I've ever probably given someone a 20 out of my wallet. I've given lots of ones. It started with ones then it went to fives and it went to 10s. But I took a \$20 bill out of my wallet, and that person either that morning or later that night woke up next to a 20 dollar next to them, and it was because I had modeled from this amazing woman that you always pay it forward. I had seen that behavior. I didn't know, She didn't know the how, she didn't know how this journey would take me to where I would do that. But she modeled it for me, and I think that's a beautiful lesson for your significant other. It's okay that they're not where you're at, we get a lot of emails from people about, like breaking up with their significant other, divorcing their husbands. You know what, if you divorce your husband, because it will make your life better, because it will make you happier. That's okay. But don't make it because of a post, don't make it because you're unsatisfied with your life. Maybe your husband or your or your wife, or your partner is the one piece that the whole world wouldn't bet on, but you would, because that's what Kathrin did with me, and we are where we are because of that, and so I think that you can't always look at a situation where you're unhappy, you have to look at that person you fell in love with, you have to look at that person who uplifts you, look at the moments that you love about them. Look at the moments where you really were inspired by them and fell in love with them, and you absolutely would do anything for each other. If that person is aligned with your dream and your vision, then it's your situation and it's your responses and your behaviors, and that is no reason to seek a divorce or to break up with anyone, that just seeks a smarter, a better and more dedicated solution.

K

Kathrin Zenkina 1:01:21

She it, Mic drop. I seriously think that this is a beautiful place to end this podcast because we made all of our points, guys. I have one last question for you Brennan. Just because rich babe is in season and we did talk a lot about money. I want to ask you, how do you see money now?

B

Brennan O'Keefe 1:01:39

Money is unlimited resource. It is flowing to everyone in cascading waterfalls of abundance. We pick up pennies, we celebrate them. Listen, my family did not come at all from an abundant mindset around money. Financial scarcity was our religion, financial scarcity is and was my

family's identity, and I have broken that. We find the beauty and abundance and the energy and the money of the universe in everything always. We spend on things and it comes back tenfold to us. You guys. I was the first rich babe and let me tell you, My Money Story fucking sucked. So yes, clearly I'm biased. At the same time, be biased because your life isn't worth living worrying about money constantly. It's time you start appreciating money, it's time you start finding the things in your life that make you feel good, and by doing that you'll draw in even more abundance, whether it's financial, in relationships, with family, with experiences, which is good energy and good things happening. Kathrin's rich Babe program is entirely about, it's a life shift. She is a beautiful example of a life shift, and that's exactly what you should do.

K

Kathrin Zenkina 1:03:04

Thank you so much, babe. So it's been about an hour, I just wanted to thank you for being my, I guess we can call his very first guest on my podcast, very first interview. Again, we wanted to come on and answer the question. Can couples vibe on the same wavelength when they are starting out? coming from different directions? And we just hope to serve that as an inspiration that absolutely anything is possible, and no, you cannot force your partner into anything. Just like you would never want your friend, honestly. So here's an example for me. Especially like, and this is nothing against veganism at all nothing against vegans. I am supportive of any diet that works for you. But something that drives me insane a little bit, I think, is when people don't know kind of your background, and they don't know that you've tried every single diet guys, I've been a vegan for a couple months before, it did not work for my body. I've tried to do the the low calorie, low fat diet hasn't worked. I've tried every single diet just for like the way that I feel and the ketogenic diet just works the best for me. But just like you know, appreciate when people just come in and sort of slapping their diets at you and start telling you that like how shitty your diet is, and how you're going to die on this diet and get fat, and be unhealthy and all these things. Like just how you don't appreciate that, and I definitely don't appreciate it either. You and I want someone to come and force a new belief system on you and your partner, even as your partner sometimes you are coming from this high intention of oh my god, he needs to change his life. Like if you only just knew what the law of attraction was, and that he needs to start sending out positive energy and he needs to start manifesting things in journaling and meditating and doing all these things, that his life would be better and we have these high hopes for a partner but our partners because they are stuck in their own model of the world and we're always in our own little box and we're always looking through the world through our own filters and model of the world, and their model of the world, you are a crazy person, they have no idea what you're talking about, and what you're talking about sounds like Satanism, or just like some weird religion, right, and so you want to kind of sprinkle this in and peppered in, but don't come from like, you should be doing this, you need to be doing this, always come from a, Hey, this is what I've been doing, it worked amazing for me, and as they see the results sprout within you, and sprout out of you and just start growing, and they see this amazing life that you are creating, and you're creating for the two of you and for each other, that is going to inspire them to be not even, even if they don't go full force, at least be curious, That's interesting, my babe told me that she's gonna manifest \$10,000 this month in her own business, and she was so like on fire about it, and she made that \$10,000 that month, like, that's so interesting, and then the next month, she said that she's going to manifest a free trip to, you know, Europe, and all of a sudden, we're on that free trip to Europe, maybe there is a fucking pattern in here that I should pay attention to, and even if this might not be happening on a conscious level, subconsciously, they are noticing patterns, they are absorbing things, and they're going to start waking up to your kind of awareness of life and your state of awakesness and the model of the world that you now have, and you have now embodied, and they are

going to grow into it, and if they don't, and if you don't like their pace, and if you don't like how fast they get into it, that is not on you to judge them. Like there's no judgment involved. Everyone has their own journey. I think that everyone is meant for a different state of awakens in each lifetime, maybe it's the next lifetime that they're supposed to wake up to their potential. You cannot judge people, everyone has different desires. Everyone has different aspirations and dreams and goals. There's nothing better than two happy people together, and if what makes you happy is your crystals and your long bathtubs with essential oils, and your essential oil diffuser, and your law of attraction books, and listening to Abraham Hicks. If that makes you happy, then you're going to be the happiest version of yourself, and if your partner likes to watch football all day long, and he likes to hang out with his friends, and then he likes to whatever else he does for fun, if that's what makes them happy, then you being happy plus him being happy together even if it's not being happy about the same things in the end will create a better relationship, and I truly believe that the higher vibration you keep yourself, the more you are able to lift up others alongside with you. So that is all for today's episode, Brennan, thank you so much for being here with me. Thank you guys so much for listening. If you enjoyed this episode, please go ahead and screenshot your screen right now. tag me on Instagram @manifestationbabe, and let me know that you listened. Let me know your takeaways. Let me know how you now feel about your relationship. Let me know a little bit about your relationship. Are you kind of starting? You know, where are you at now? Are you kind of where we were when we first started? Are you guys vibing on the same wavelength now? tell me a little bit about your journey, and also if you really enjoyed this episode, go ahead and share it with a friend and leave us a review or leave me a review because it's mostly my podcast on iTunes, through the apple podcast app or however, through iTunes however you guys can leave a review that would be so greatly appreciated. Brennan did you have any last words?

B

Brennan O'Keefe 1:08:47

You guys are fantastic. Thank you so much for your time, all your support. We send you all the blessings, the vibes the love and light.

K

Kathrin Zenkina 1:08:56

His language right now, like he never said the words blessings, love and light and vibe in the same sentence. So awesome. Love you guys so much. Have a fantastic, fantastic weekend. I have another powerful, powerful Podcast coming your way about the mastermind that starts tonight, that I'm in this weekend so I cannot wait to share that episode with you either. Love you guys so much. Have a fantastic weekend. mwah mwah bye. Thank you so much for tuning in today's episode. If you absolutely love what you heard today, be sure to share it with me by leaving a review on iTunes that I can keep the good stuff coming. If you aren't already following me on social media come soak up some extra inspiration on Instagram by searching @manifestationbabe or visiting my website at manifestationbabe.com. I love and adore you so much and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.