

(#243) Spilling the real TEA on our relationship through our...

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SPEAKERS

Kathrin Zenkina, Brennan O'Keefe



Kathrin Zenkina 00:14

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach and multiple seven figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today, and now let's begin. Hello, my beautiful souls, and welcome back to another episode of The Manifestation Babe podcast. I am officially one day out from my due date at the time of this recording, of course, and thought what an appropriate time to finally sit my husband down. Just really it's much harder than you think, and go deep into what we experienced relationship wise, throughout our very first pregnancy together, the hormones, the mood swings, the emotions, the tears, the nausea. Oh, my. In this episode, I touch on our best tips for couples based on what we learned together throughout this experience. How sex has been as my body has been changing. If I'm getting a push present, what Brennan honestly thinks of home births, and what we're most excited about experiencing in our upcoming birth. Our very first son, I hope you guys enjoy this one. It's a long one I know, but I promise it's a goodie. See you inside. Okay, are we finally ready? We're going please tell me you're ready. If you guys have been watching on my Instagram stories, the day that we decided to record this episode, which obviously is right now live between me and Brennan. We had to wait for this MOFO to order a burrito right as I set this up, and you guys ordering a burrito like, even though it's close to us, took like an hour and a half for this burrito to get here for Brennan to finally eat it, to get his coffee, for me to pee and poo, because I'm pregnant, due day is approaching my body's doing all kinds of things, and we're finally here.



B

Brennan O'Keefe 03:03

All I hear is team I hate burritos, and I'm not about that life. Although in all fairness, I could have walked place the order in person and come back all before it was delivered. So yeah.

K

Kathrin Zenkina 03:18

Okay, so the dog, one dog wants to pee the other ones chewing on a plant. God help us we're gonna get through this episode. Alright, so I posted on Instagram. The other day, actually was yesterday from the recording of this episode, how Brennan and I have massively improved our relationship through pregnancy, and I've been wanting to sit down to record this for a while because there's a couple tricks that we really implemented over the last 10 months that have made such an enormous transformation and how Brennan and I overcome conflicts around pregnancy related stuff like hormones and emotions and mood swings and things like that, and I just thought it'd be really valuable to put that out into the world, especially for couples who are planning on starting this journey, bless you planning on starting this journey, at some point or in this journey, or maybe have gone through this journey and are looking for, I don't know any tips or tricks on how to do it differently next time, how to relieve some stress how to relieve some of that pressure, and that's pretty much the inspiration behind this episode.

B

Brennan O'Keefe 04:30

Kathrin just wanted to give it to y'all straight on. So that's the way we're approaching it. I tried to ask the questions. I tried to you know, get some doctored responses. I even this morning, I think said, what happens if I say something that you don't like and she said it's live so here we are.

K

Kathrin Zenkina 04:45

Yeah, we have no notes. I just screenshot some questions but literally, usually I prepare like a couple of bullet points but I was like Brennan just let's be ourselves. Okay if we get annoyed at each other on this episode. I would like it's going to be more realistic. Okay, Okay, Okay. The most important question that I have for you is, am I getting a push present?

B

Brennan O'Keefe 05:07

Yes, absolutely. Wow on the spot and you even made me raise my volume of like backing up from the mic. Of course, you're getting a push present. Okay, good. Of course you're getting a push present. This girl has been working so hard. So like, just to just take a little liberty here. Since this is a podcast episode that I get to talk on.

K

Kathrin Zenkina 05:31

I swear to God. Of course, we push record and now both dogs are flipping out to open the door. Go open the door. Okay, you know, go open the door. I told you this is gonna be real life my friend, and we're not pausing. We're not editing, we're not changing anything. We have a dog

that loves to sunbathe and she is just, she has a doorbell that she rings. But the thing is, is that we unplugged the doorbell, and yes, you can train your dog to ring a doorbell. It's very smart. Actually, I think especially if you live in a apartment or a house where you don't have like a doggie door and the dog doesn't have like free range to go outside, and you have to kind of control that.

B

Brennan O'Keefe 06:11

This wasn't even on the menu, but Kathrin found on tiktok during the pandemic. I think it was bunny from fluid pet, right? and learned how to talk, and so we got these actually not for our dogs, ironically, but for Kathrin's mom's dogs, and we got them and then Kathrin's mom was basically like, Snape doesn't care about these. So she gave them back to us.

K

Kathrin Zenkina 06:36

No, but apparently Leia was pushing all the buttons

B

Brennan O'Keefe 06:38

But leia, leia, and it's funny because our two dogs as you guys, I think probably do know, you know, we have a girl who's two and a half named Leia and we have a boy who's just over a year named Zeus, and so we call the leia or Lekha and Zeus or zeusie, and Zeusie is not too interested in these pet devices. However, Leia knows and I have them right in front of me because I took them away from Leia, so that she wouldn't actually you know, click them during podcast for you guys. You can hear we have our our potty button. We have our hungry button.

K

Kathrin Zenkina 07:16

Okay, that's gonna, we shouldn't have pushed that.

B

Brennan O'Keefe 07:18

and we have our bye bye button, and then we also have daddy and Mama.

K

Kathrin Zenkina 07:23

Okay, speaking of pregnancy, let's get, let's get back on track here. This is how Brennan and I work. We just go off track somewhere. Okay, where do we want to start? Let's start from the beginning. Okay, let's go back to August of 2020. Because I think this is where kind of that conflict started between us, where we had our first disagreement. When it came to pregnancy. It was long before I got pregnant over a year before I got pregnant in August of 2020. Brennan was God knows where, the gym, somewhere. So much I can say about that, speaking of tangents. Brennan and I are very different people but we're also the same at the exact same time and we are totally someone asked from you guys like yin and yang. Are you guys like

soulmates or twin flames and I'm like we are twin flames all the way, we trigger the shit out of each other. We're so similar. I know we're together every single lifetime to teach each other many lessons, and we're so obsessed and in love with each other and we sign up for the challenge every single freaking lifetime. Yeah, but um, I'm very much a homebody. Brennan has to like go out and about hills out and about somewhere, probably working at a cafe, and I remember going on YouTube was August 2020. I'll never forget one particular day wasn't even an overnight transformation. It wasn't like something I woke up with you guys. It was something that went from like, let's pretend it's 4:49pm at 4:50pm I had a new insight, a new outlook, baby fever just sparked within me, and I was on YouTube. Just no, I like turn on the TV, and I went on YouTube and I typed in birth I think or like whatever keyword I typed in I don't even remember. I now type in very specific keywords like positive unmedicated home birth because that's the vibe I'm going for, right? and I just had this thought crossed my mind of like, okay, I have to prepare myself for birth, and I'm like, What? What and Brennan and I always had that we always have this plan, baby. That when I'm 30 years old, yes or 29 about to turn 30 Yes, that's when we're gonna start. Start our consumption journey. I don't call it trying for a baby. I call it conceiving for a baby read or listen to my podcasts on how I manifested my first pregnancy on how important languages around that, but I never called it trying and you know that, and so um, We had this plan.

B

Brennan O'Keefe 10:03

We talked about it for a long time before like, it was like I, you know, we script a lot in our lives. But also we script without attachment that expectation. So like, there's a lot that happens in our life. Like, for example, you guys know the story of our current apartment and how Kathrin saw it during her journey, thought it was a house with a view of downtown. Well, it just so happened. Ironically, now we're ready for a house, but, you know, we have that view from her vision in this apartment, and so we script a lot of things in our life, but we script at our little French bulldogs, we knew that we were going to have two French bulldogs, we knew one of them was gonna be named Leia. We knew their name. We didn't named Zeus, we named leia.

K

Kathrin Zenkina 10:48

We didn't knew we were getting Zeus. That was during pregnancy. So we can go into that. That added a whole level of what the fuck to this journey, because Zeus is not as easy as leia.

B

Brennan O'Keefe 11:01

but we were very much on the same page. Like I always knew I wanted to be a dad, I always knew I want to get, I actually, ironically, I wasn't as sure Kathrin was as convinced. But we always had talked about it together. Like I wasn't, the irony is I felt more firm in my conviction about it, and when then I perceived, again, not new but perceived Kathrin to be. So we had kind of this unsaid agreement, if you will, this contractual theory of the timeline but then we get to August 2020, and

K

Kathrin Zenkina 11:39

yeah, and I, how old am I, I am 27 about to turn 28. So I'm two years ahead of schedule, and

year, and I, how old am I, I am 27 about to turn 28. So I'm two years ahead of schedule, and Brennan comes home and I look at him and I'm like, I'm ready for a baby, and what was your reaction?

B Brennan O'Keefe 11:49

I mean, if I was carrying groceries, let's just call them proverbial groceries. I threw them everywhere.

K Kathrin Zenkina 11:56

Yeah, that didn't go too well, and the thing is, is that but not that it didn't go too well. I mean, I obviously, it wasn't a fight or an argument. It was just Not initially, because I was like, You know what, maybe I'm crazy. I don't know. Where's this coming from? Let me just, who knows I'm gonna wake up tomorrow and be like, was I high? Was I like, what? What was happening yesterday, right? So the thing is, is that it only grew stronger from there, right? and I think after about a month, like September, October, was when I started asking him like, can we make a baby? Can we make a baby, it was like, literally every night, you guys got to the point where I started crying because I could feel like I was already pregnant. I already knew I've recorded some episodes. Again, I did zero prep work for this episode. I don't remember what number it is. But if you've been a longtime listener, you know that I've downloaded a ton of information around my very first child. Excuse me, I burp a lot nowadays. Too bad, you're gonna have to hear it. I might take a pee break in the middle of this podcast. So things are a little bit different. Our due day is literally tomorrow. So I'm very, very pregnant right now, and what was I saying? Oh, I yeah, I download a ton of information around our child, and I can just feel him. I gotta feel him. If you've read the book, spirit babies, which I recommend for every single person, please read the book, spirit babies, if you have any interest in children whatsoever of calling in your child, calling in your baby, regardless of how they come to you. It's such a powerful book, and I could just feel this soul with me, and I remember being like having this insane, intense urge to bring him into our reality into our space. But that didn't work out quite well for Brennan and also at the same time. I mean, I wasn't really sure of like, is this the right time? I guess at some point, I didn't care about the timing because I just felt like I had to do it, and that's when that first conflict came in where you and I just vehemently disagreed with each other around timing with a baby, and you just told me Hey, Kathrin, I am not ready, and I think that was one of the hardest things that I've ever heard. Zeus. No. Get him, I'm gonna keep talking Brennan's gonna grab Zeus, we're gonna control the living room situation, control the uncontrollable. So I don't, I just remember it was about like two months of going back and forth me crying, being disappointed. You being frustrated because you're like, Where's this is coming from? and then we somehow made this agreement. I think I asked him like, how long do you need to be ready? and did you like, did you say April of the following year?

B Brennan O'Keefe 14:58

I don't know what exactly I said, I don't know exactly Sorry, guys. I don't know exactly what I said. But I know that like, and of course, Kathrin, I have different interpretations and memories of all of this. But for me, I was at a place where like, we were in the middle of the pandemic, right. So there was a lot of uncertainty. But I will say to our credit, Kathrin, I created a lot more certainty in our life that I think I saw in many others around like, we still found things that gave

us certainty, that gave us variety, we changed things up, we explored, you know, we did do a lot of traveling during the pandemic, and so there was definitely like, but life still wasn't normal, because those longtime listeners know that like before the pandemic, Kathrin and I were on the road a lot, like on the road, we were traveling, we are at conferences, we're in masterminds, we are doing events and all these different things, and so I, I had a little trepidation because for me, I was wondering, is this just baby fever? Like, is this us just trying to fill a void that we are not understanding or interpreting with a baby?

K

Kathrin Zenkina 16:13

and I had to go through that, too. I had to ask myself, Am I filling in a void because I'm bored or something?

B

Brennan O'Keefe 16:18

Right, and so for me, it was, it was like. I always think about like, and is a really powerful word, and so oftentimes, when I feel strongly about something, I have to get to a place where I can say, No, I'm not ready, and I'm looking inside for what I need to be ready. Because for Kathrin, it wasn't like I wanted to or even I didn't desire to reject her desire for baby like, this is the woman that I love, this is the woman that I married, this is the most beautiful soul. This pillar in my life, and I wanted her to have that, and remember, guys, I always wanted to be a dad, but it didn't feel in alignment with me at that moment, and as Kathrin spoke about how hard it was for her, it was also hard for me. Because to say, I'm not ready and know that that's going to hurt the person you care about and like, crush them on the short term. But knowing that time to process in the medium and long term would make it worth it.

K

Kathrin Zenkina 17:27

Yeah, that really hurt me, of course, and at the same time, like I Fun fact, I'm a green card, baby. My father, if you've heard on my mother's podcast episode, she's amazing. We did like a whole my mom's life story episode, we need to bring back my mom, it's, I mean, we like if you think you've heard it all. It's like 10% of her story, and of course, there's a lot of things that even I don't know, and I'm afraid to get into, because it's just Whoa, like, whoa, whoa, whoa, whoa, but my dad, he learned from, you know, friends of friends, that this girl at his college is planning on moving to the United States, and my dad was like, I've always wanted to go to the US, and so he took on this opportunity of basically making my mom fall in love with him, and they got married, and then my dad bribed a doctor, true story, to tell my mom like to write this like letter or whatever, whatever, however manifested that my dad is sterile and can't ever have kids, and so my mom's like, okay, my mom was like, 18 at the time, and so that they would have unprotected sex, and I think I was conceived on the wedding night, or like few days later, or something like that, and yeah, and then, of course, that like entrapped my mom and my mom couldn't leave the country without taking my dad with her, because they have a baby, and so growing up with just a very unstable father presence, and of course, you know, you know, at some point, my mom remarried and I had more of a stable father figure in my life, but even then, it's you know, most of my childhood just felt very like unstable, uncertain, I felt very unloved and unwanted by a male figure, by my father, and I set the standard for myself that I'm going to find the absolute best dad for my children. I will not settle. Absolutely will not

settle, and so, if my partner, my husband isn't ready to have a child, there's no effing way. I don't care how bad it hurts me. There's no effing way that we're going to bring a baby into the world because I am not carrying on that energy into this child no matter what, and so I just, I don't remember the exact conversation but I remember us being like let's revisit this in April after my birthday. After my 32nd birthday of 2021, and I was like done, sold, okay, whatever, of course still hurt. Still really wanted a baby. The baby fever was very strong. I remember even our anniversary in January in Cabo San Lucas just being like, can we make a baby? Can we make a baby, please, please, please, please, please, and Brennan kept saying no, and I'm like, Okay, fine, and then I started working on Manifestation Babe Academy. So if you've taken my 20 week long, Manifestation Babe Academy, I started building it in January of 2021, and I found that the deeper and deeper I went into it, the less baby fever I had all of a sudden, because I realized, once we got around to April. April, I would say was like the halfway mark, or more. So like the two thirds mark of me, really putting this program out into the world, and I already had students and they're awaiting everything. Like if you've been in that first round, you know exactly what I'm talking about, and so there's like a whole schedule, and I was delivering content every single week, I was so busy, I was working 12 hour days, every single day, just like making all the meditations and hypnosis and workbooks, and this and that, and like thinking through the exact content that I want to put out into the world. It kept me so busy, it felt like my baby, and so April came around, and I was just like, You know what, I don't have baby fever anymore. This is my baby, manifestation babe academy is my baby, and that was a very interesting experience, and I've actually talked to a few women since then, a few female friends, and they share the exact same thing like when they're deep into like, an entrepreneurial project of some sort. When it, you know, while feeling baby fever, the baby fever goes away until the project's done, because they're pregnant with the project, and once they birthed it, they're like, Okay, next thing, because regardless of like, feminine core, whether they have children or not, they're constantly burning things out to the world, like we have a portal to the universe through our wombs, and so that doesn't, it's not just created for babies, it's created for projects, it's created for love. It's created for just whatever businesses, like whatever you want to create, like you are the source of life, and so that was me, you know, being the source of life, but in a different way, and then we went to Greece, and the baby fever came back, and I remember being like, what if we got pregnant on this trip? and then I was like, no, no, no, not yet. Okay, maybe we should do it, and then we started getting our team involved, and my team, I mean, exec team, and by exec team, I mean, Londa. Hey, Londa. Shout out Londa. We started talking to her about like our timelines, because of course, having a baby impacts the business, and so we started involving her and we started talking about like potential timelines and dates, like, if we conceive by this date, how would our launches, look? When would we finish programs, like we've gotten really technical with it, and I think by this point, is when you started to be ready for it.

B

Brennan O'Keefe 23:06

well, I want to, I want to loop back, if you don't mind, I want to loop back, because I don't know if it's gonna come up later on, and so what I just want to say is, you know, when Kathrin first had baby fever, and I put my foot down, we missed a really subsequent conversation in this conversation that happened, and, you know, oftentimes, Kathrin has talked about how much freedom that I have, and it's, it's remarkable. I mean, you want to own your man, he has to earn the freedom, he has to earn your respect, he has to earn your trust. But once he has trust and your respect, and he hasn't broken it, and he's grown it, the only way to own him, is to give him freedom. Because if he's the true man, if he's the person that wants you in his life, he will not risk it, and, you know, for me, I think Kathrin has given me so much freedom. But the

biggest thing for me in this journey was a conversation. I don't know if it was multiple conversations or what it was, but it was when I said I'm not ready. Kathrin didn't say, didn't attack me or say something's wrong with me. It hurt her. We had some, some fights, we had some challenging conversations. But eventually she got to the place where she could say, Okay, what would it take for you to be ready? and that is a huge, huge point for me, because it allowed me to express my fear, my feeling of lacking preparedness, of not being sure of a timeline of being fearful, of being a good dad and being a great husband and all. She allowed me to space to say, Brennan, what would it take for you to be ready? and I didn't have an answer in that moment. But I allowed me to think about it a lot. allowed me to actually have a voice and have a stand, and I remember saying to her, in many ways, I don't know. But I know I need time, and then the, so she could have also had taken an opportunity that it'd be like, well, that's a bad answer. But instead she said, Okay, well, how much time do you need? So do you see there's an open ended, there's an openness here, it's not forcing me in because if I felt forced in, I would resent this whole process, and I'm setting the stage for the end, which is by Kathrin giving me the time, ironically, when April rolled around, Kathrin wasn't ready because she had just burned the MBA and was feeling very satisfied with many things. But that gave me that time to come around, and I felt like my wife didn't force me into something. I felt like my wife listened to me, she trusted me, she respected me, I felt heard, and I was able to get myself to a place that said, if now then when, like, you know, like, there's trade offs, if you have a kid at 18, it's incredibly hard, especially a lot of the circumstances that can come from having children really early or maybe you have children really late, and that comes with its own set of challenges and benefits, you know, we're oftentimes trading security for age in many ways, right? Like, sometimes if you're older, you have more security, you may have, maybe you have a house, maybe you have a great job, but you're also older, so maybe it's harder, like with a son to like, my old man used to take, I used to throw baseballs at him, and he had like full catcher's gear, because I would throw it in the ground, and my old man would just catch it for hours at the park. But like, if you're 70, or 75, that can be harder. The point that I'm making with all that is, you know, there's always pros and cons to each thing, and for me, it was, I just had to reconcile, in my own process, in my own work, that it wasn't being forced on me that I could have chosen to do it earlier, that I could have chosen to do it later, and then I could have chosen to do it now. But it was the respect, that ability of Kathrin to give me that divine sacred space to do my own work around it. That allowed me to be prepared, and then when April rolled around, I was ready. I mean, I was fearful. I was nervous, but I was ready, right? I was unsure, but I was ready.

K

Kathrin Zenkina 27:30

Let's be honest, three weeks ago, Brennan's like, I'm nervous. I'm scared.

B

Brennan O'Keefe 27:34

I've been nervous the whole time, and if there's any guys out there, or dads out there, I want you to know that like, you are not alone at all, I'm in the same boat. I know, I'll be a great dad, I know I am a great husband, and I'll become a better husband and an even better dad, and I'm shit terrified, excuse my French, because I don't know anything, and that's just part of this process, and part of it Kathrin, I've been talking a lot about the resiliency of humans, is determined by our ability to sit in discomfort or sit in the proverbial shit, and not stress out, not run away. But to just sit and understand that it's okay, and to learn from sitting in that

discomfort, that stress, that uncertainty, that whatever, and so to any dads out there, like, I'm with you, man, I know the moms go through a lot, and dads don't talk about it. But like, it is real. The fear, the uncertainty, and I feel like, it's just important to say that it's okay to feel that, it's okay to express that, and you know, moms do all the work, they carry all of the joy and all of the burden, and they carry all of it, and again, back to the ands, and you do work as well. They're not comparable. It's not women do 99% men do 1%, the woman does 100% of her role, which is extraordinary beyond measure, and the man has 100% of his role to do, which is extraordinary beyond measure, in his own terms, they're not comparable.

K

Kathrin Zenkina 29:10

I think you bring up such a great point, and thank you so much for that, because it's going to be a common theme that we're gonna bring up a million times during this podcast episode, especially like how we learn to communicate with each other, and when certain communication was appropriate, and when certain communication was not appropriate, and, you know, in this case, the communication of like, okay, what do you need? Like, what are your unmet needs? I think that's like a huge question that Brennan and I constantly ask each other, which I want to, we're getting a little ahead of here, but um, one thing that really helped us throughout this pregnancy is like when we're arguing or fighting or we're stressed out, we look at each other. We're like, Okay, this is a surface this is all bubbling at the surface, but what's at the root well What's the root cause? What is your unmet need, like where's your unmet need that is being covered by all this frustration that has been covered by the anger that has been covered by the rage, the blow ups like something is bubbling underneath the surface. So let's go to the root, and that can only be discovered by two parties be being willing to communicate with one another. But let's go back to the story real quick. So summer rolls around my baby fever is back. But then I want to go to a very specific location in the world that I have no desire to go to while pregnant, because it's just a lot on my body without pregnancy, and it's very far away, and I just don't want to travel there with an infant or a small child either, which was going to Rwanda to go gorilla trekking, which you can't do until you're 14 years old anyway. So when it makes sense to bring our kids and then going to an African Safari, and I remember, we made our official plan that we'd go to Africa, Rwanda and Kenya in this case, and then we would conceive our little baby.

B

Brennan O'Keefe 31:07

Yep, and that trip was every bit worth the patience on the baby front, Kathrin and I, it was a lifelong dream for both of us. Really, for Kathrin I find a lot of things that like my lifelong dreams are kind of posts like I don't even know things exist in their beauty, the beauty of their magnitude until Kathrin introduces

K

Kathrin Zenkina 31:30

but am I a trendsetter?

B

Brennan O'Keefe 31:32

You are so that actually. I just want to go ahead and plug since there's so many people that

you are, so that actually, I just want to go ahead and plug since there's so many people that listen on the podcast, that are just finding Instagram or Tiktok, but Kathrin actually has a YouTube channel. That's not under manifestation babe, it's just spelled her name Kathrin Zenkina. So K a t h r i n Zenkina. I think we can probably have our team include this in the show notes. But we do show that whole gorilla trekking trip as well as the first part of our Kenya trip, and there's going to be a second part popping out soon. But that was really the holdup for us, was we were ready to go. I think we were ready to go on all cylinders at that point. It was like that was the final, that was the baby Moon part 1?

K

Kathrin Zenkina 32:15

Yeah, part negative one.

B

Brennan O'Keefe 32:18

Baby Moon negative one. Yeah.

K

Kathrin Zenkina 32:20

Okay, so October rolls around, and we were actually taking these specific supplements for anti malaria. Because I didn't want to take anti malarial drugs because the side effects are insane, and I didn't want to put that on my body especially like, you know, because here's a hot tip, hot tip for you. If you're in the conception journey, the egg and the sperm that makes the baby was created three months prior in your body. So whatever stress you were feeling, whatever supplementation you were taking, however you were treating your body, however you are feeding your body is what that egg and sperm is made of. So for example, if you were super unhealthy, or going through a really stressful time three months ago, you might think Oh, it didn't happen this month because of this month, but it's actually something from three months ago and so I just wanted to like Detox our bodies first and foremost but also know that the egg and the sperm that we're going to make this baby was before the supplements anyway, but for some reason I just wanted to detox but we came home and like right away I was like no I want to start trying now like I had no patience whatsoever, and oh shit I said trying conceiving now and men have a different name for it. I think we like may have missed the, I think we may have missed ovulation or I think, I strongly strongly think that I did get pregnant but it was like a chemical pregnancy because I felt in my soul that I was pregnant, and then I ended up not being pregnant. Then the following month I bought this device, well I don't want to go into all this because I have a whole episode on how I manifested my first pregnancy you know, you can know exactly what supplements I was taking, who I was working with, what book I read, what whatever. That's all there. All the tips are there. We're just talking about relationship. In this episode. I have to keep myself on track, and then voi la. What was it November 19. We were in St. Maarten

B

Brennan O'Keefe 34:25

Damn, she's got that, you got that date. November 19th, add that one to the calendar.

K

Kathrin Zenkina 34:34

Brennan's in trouble with his dates and times but it's okay. I literally, like a literal timeline. You know, when they show like historical timelines, and they have like this line with like events. That's literally how my brain works. I can just pull out exact dates and exact moments of like when something happened even if it was five years ago. It's like insane. Anyway, so um, We found out we were pregnant, and I want to say the first couple of weeks are just super exciting because we're announcing it to our family, to our friends. You're getting ready for for first ultrasound. The hormones haven't really hit yet, right? It was, then one day, the hormones fucking hit. Oh my god, and I was nauseous, hated everything called food. Like, everything in my fridge disgusting. Everything on post mates disgusting. Everything on Uber Eats disgusting, like, everything was disgusting, and I cried literally every single day, for eight hours a day. It was nonstop. I thought I was stuck like that. I thought that it would never change, and of course that impacted our relationship a lot, and I want to say first trimester was honestly hell. For the both of us. It was like three months of nonstop, just being dead honest, nonstop bickering, nonstop fighting, nonstop crying, non stop stress. It was hard.

B

Brennan O'Keefe 36:15

It was really hard and I think you know.

K

Kathrin Zenkina 36:20

Oh, and we got a puppy at the same time. This is my added to our stress. Because genius Brennan and Kathrin, sorry if you can hear our coffee machine cleaning itself and turning off, I always forget this and then I do something in the living I'm like, Sorry, guys. It's not a robot, it's coffee machine. We decided to get a puppy at the same time. So our puppy came into our lives when I was around. Actually, it was more towards the end of first trimester but it really extended first trimester because our puppy we just got him, he ended up getting sick a couple of times, my grandma fed him something, he had like bloody diarrhea and at the same time I'm nauseous, and I can't clean it up, because I'm gonna fucking throw up over it. Like and Brennan and I would get frustrated. Brennan is not home, but it's not doing enough. Brennan's not helping. Blah blah blah, we were hiring. We almost hired a personal assistant, we were at the very last step with a personal assistant and it fell through at the last fucking minute, and I was exhausted from doing laundry, from cleaning, from running a business, from stress, just I'm fucking mess. Yeah.

B

Brennan O'Keefe 37:23

It was rough. It was really rough, and you know, as hard as it was for Kathrin, I think, again, you can't compare the female experience with the male experience. But I will just say if there's any guys out there listening, I think the hardest part for me, and we've talked a lot about this in the later stages, is like your wife or girlfriend, like your baby mama. They change, they're changing, and they've changed, and like it is not the same woman. But that's really important distinction is that. It's hard because you don't see the changes necessarily. Like now Kathrin is 10 months pregnant, like her bump is bumping, like she is a chevy impala with like four twelves in the back going down Santa Monica Boulevard these days, she is bumping. In first trimester when

she was one or two or three months, it was not really that noticeable, and so, it was noticeable for her, so she's already connected to this baby from the moment of conception or the awareness of conception, the changes for the woman right? But as a man, you're looking at the same generally speaking physique. You're trying to intellectually or you know, psychologically connect with this baby, but you don't see it, you can't feel it, and so that was really hard for us, and frankly, really hard for me and now what I know, there are, I mean there's always things I wish, I don't live with regret, but there are things I wish I could have done differently. I think there are things, I think, for me, you know, just the awareness of it's not a free get out of jail, free card to just rip your hubby apart. But like you got to lift your threshold as a man meaning like, if something rude is said, or some behavior that you don't like is exhibited. You have to not step into your boy energy and respond to that, but instead increase your tolerance a little bit. That doesn't mean you can't stand up for yourself in an appropriate manner and you know, let someone else know, let your partner know, what you know, how you feel or what is appropriate or what you don't feel is appropriate or you know how that makes you want to speak time, I mean this is a dance. Pregnancy is a dance between the male and the female. But I would just say, you know, my advice to anyone that's going through this process is just like, you have to not expect patience to just come into your body, you have to decide to add patience to your body, go to the cupboard, grab that little bottle a patience's shake a little bit in, go grab that other little shaker cup of, of bliss and a little bit of grace, and pour them in your coffee and just drink it every morning, and that's something that like, you know, vulnerably, like I learned, I did not necessarily exhibit as much as now I wish I had, but I feel comfortable telling that, not really just to you guys, but really, that's my white honest like to my wife, like, you know, to Kathrin, I wish without regret, I wish that there are some things that I learned, that I look forward to doing differently in the next run, and a huge part of that is in trimester one, because for me, I didn't feel the baby yet, and so I felt like sometimes the hormones were like, rude or mean, or bitchy, or unnecessary or completely out of scale, and I feel like that for me, just it wasn't that I was only out of touch. It's only that I didn't add a little bit more grace, and it's not appreciation. It's not appreciation or gratitude, the moment your wife is or your baby mama is pregnant, you're going to feel gratitude, and you're going to be so appreciative. But it's that grace and that patience, that I think sprinkling just a little bit more into your daily dosage is a really valuable takeaway.

K

Kathrin Zenkina 41:43

This is where Brennan and I had to remember, and we've been reminding each other since, and this has been tremendous in improving our relationship from the moment we learn this skill set, because everything can be learned. No one is born, and knows how to be an incredible partner. Like you learn this over your lifetime. You learn this on the fly, you learn this through the hard times, you learn this through the challenges. It's not just something that inherently comes to you, especially if your parents never taught you this, if you've never seen your parents model this, of course, you have to learn this. So please don't think that you're like, messed up or it's too late or anything like that, like I remember in first trimester really stressing out because I had a lot of wound trauma, and I was terrified of passing on stress to my fetus at the time. Really, I didn't connect to him as a baby yet, but I was just like this tiny little thing that's growing. That's going to be a baby very soon, that's going to have like arms and legs and kick me and I can just, I mean obviously connect with a soul you guys, I'm kind of seeing it as two separate things. But I just like energetically didn't want to pass on the stress to my baby, and so I would cry even harder. I would like, Are you filming me? I'm literally naked. Brennan's like literally taking a clip and like I understand why, at some point, I got hot, you guys and I literally took my robe off. I'm just sitting here butt ass naked in front of Brennan recording this episode.

B

Brennan O'Keefe 43:12

I couldn't resist. I realized that like, this is the funniest clip ever. All we got to do is blur out some, but this is like the funniest thing ever.

K

Kathrin Zenkina 43:20

Okay, so I had to learn to give myself grace for, you know, feeling when I'm feeling, but going back to what Brennan and I learned. So in 2019, October 2019, you and I went to a Tony Robbin's event, which was all about relationships, and Tony was mostly speaking to the men, and it revolutionized our relationship. He taught men or male energy people that the feminine, or females or women really need to vent, yes, and vent without any kind of help, any kind of solution being given to them, any kind of fixing, any kind of advice or any kind of reaction or response, like we just need to be hormonal, and to be moody, and to fucking throw a T-shirt at the door or whatever we got to do, and not have any response around it and just let the man hold us in this container of like, there's nothing you can do that will make me stop loving you, and from that moment I remember.

B

Brennan O'Keefe 44:36

and gentlemen, that shit is hard.

K

Kathrin Zenkina 44:41

It's not in your nature. The masculine wants to fix all the time, but what the masculine needs to learn also, that it just doesn't come naturally. Is that the feminine needs to release and let go and let things flow through because I'm telling you, those eight hour crying sessions were coming from me not being heard or understood, and so it only magnify like, of course, we're talking hormonal, right. But we're also talking like that just moodiness from not being understood, that frustration, that anger, that disappointment, that rage that we feel when we're not being just heard, it's not even listened to. It's like heard, right, and so that, once we start implementing, towards the end of the first trimester, we didn't do this earlier on. Because here's the thing, I'm just as responsible, and this is what I want to remind all my female listeners out there, like, you're just as responsible of reminding your partner of how you need to be heard and listened to and like, hey, I need to vent as they are to remember to do those things.

B

Brennan O'Keefe 45:57

It's so beautiful and honest and on point, and one of the reasons that Kathrin and I, I see people F* this up so much, honestly, they're like, well, he should do this, well, she should do this, they never say what they need, and to Kathrin's credit, so many times in our relationship, and she's taught me this, and now we both are really vocal about what we need. We are not afraid of the optics, of saying what you need for whatever reason, because when you say what you need,

your partner has an opportunity to do or to do not, there is no in between, and so it's once you express a need, the onus is on the other person to either accept or reject that need and hopefully accept it. But I just see so many people, they get caught up in that like that reactivity or like the, you know, just the expecting, right? Why didn't he hold the door open for me? Or why did he hold the door open for me? Or why didn't he pay? Or why did he pay or all those like dating nuances, and if you want sex a certain way, you got to ask for it. If you want like for example, I tell Kathrin all the time.

K

Kathrin Zenkina 47:18

Or what your love language is?

B

Brennan O'Keefe 47:19

It's like I don't need to, I I'm gonna make a joke right now. But like Kathrin sometimes perceives my needs even incorrectly, and I'll be like, Listen, if you're not feeling it, just plant a kiss on me. That makes me smile, my world stop and touch my head, and that is all that I need for a while. like men can run on like, on on pretty low fuel for a while, like we can, and I only bring up all of this because it all goes back to our core takeaway, which is communication. We are both 100% accountable for our communication. It doesn't mean we always get it right. It doesn't mean we don't fight, it doesn't mean we don't make mistakes. It doesn't mean that you know, everything is perfect and peachy and beautiful. But we are able to not only continue to love each harder and deeper, but really we are evolving as a team, as partners, as a couple, as lovers, as twin flames, where we're evolving, because we don't shy away from the hard conversations. When Kathrin needs something she tells me regardless of how much it sucks, and vice versa. If you're you know having a tantrum, which has happened, you know, I'll be like, listen, that's not a tantrum that I'm willing to accept. I accept you, I love you, It's okay. But this is how this made me feel, and this is what my board, my red line is, and we communicate.

K

Kathrin Zenkina 48:56

And then I will tell you, hey Brennan, don't take this tantrum seriously, I just need it to pass through. Like just let it happen, and that's the point that I forgot, is that instead of going from eight hours of crying because I'm resisting or being resisted, when Brennan creates a container where I can just see something and cry or just look at him and snap at him for just two seconds. Like if you just let it kind of happen and understand that that's like the hormones talking, that's the moodiness, that's the pregnancy, right? has nothing, that's not actually who Kathrin is. It will literally last two minutes. Like I get over it in two minutes, and then you and I are completely normal.

B

Brennan O'Keefe 49:37

Can I give an analogy for this go for it, it reminds me of lifting weights. We've all heard you know, the Arnold Schwarzenegger like it's the pump, the pump, right? Like the pump doesn't feel great. It hurts, right? If you're really working out hard at the end of each set, or at the end of your workout, your muscles hurt. So but it's the practice, so as you practice, they get

stronger, you can go longer, you can go a heavier weight, you're growing, you're evolving, you're seeing that progress. Well, the same thing is true for men with venting. This is like the 11,12 rep or the 14,15 to the 20th rep on doing a bicep at the end of a workout, your muscle is telling you, put this shit down, go to the locker room, get changed, get out of here, this is so painful, that sucks. But that's because venting is unnatural to us. We want to fix it, we don't want our partner to feel that way. We want to fix it, we want to change it, we want to eliminate, it's an enemy, it's a threat. We are the provider, we're the protector, you know, like we got to nip this in the bud and get rid of it, and the truth is, is that, that is not what they are even looking for. Not only is it not what they need. It's not what women are looking for in those venting situations, and so just like at the end of that workout, where your muscles telling you Oh, this sucks, it hurts so bad go home, you have to sit in that bed and say, wow, and how did that make you feel? Oh, man, I'm so sorry. Yeah, what did that bring up for you?

K

Kathrin Zenkina 51:09

The validation is key, and I have another tip for you ladies, is that once he does this correctly, and that emotion, that feeling, that mood passes through, immediately anchored in and I started thinking Brennan, I say thank you so much. Like, thank you so much for just letting that go like thank you so much for just letting that happen. Sorry for snapping at you, like thank you so much for not letting that affect you or affect our whole day, like thank you for letting me just be in that moment, and it just kept anchoring it in and anchoring it in and anchoring it in, and I want to say when we got into second trimester, that was like a frickin honeymoon all over again. Like, of course, hormonally. Your placenta comes in around this time, and it takes on a lot of that load from your bloodstream, and you know, the placenta is now responsible for a lot of that like hormonal transfer between you and baby, and so you feel a lot better. In fact, I always forget I'm pregnant in the second trimester until I started showing and it was a dream, and then third trimester came in and I would say that we had hormonal shifts again, a resurgence of hormonal shifts, where we had to practice this, and we're by no means perfect. Absolutely not Brennan and I didn't necessarily like just learn this in the first trimester, and then the resurgence you know, we didn't have like, no more bickering like we knew exactly what to do. We had to remember what we did. At the end of the first trimester that actually made us go over that hump to the other side and come closer together, which is what inspired us to sit down to record this episode because I'm like, okay, holy shit, it happened again, we got through it very quickly. The last couple of weeks have been amazing. We need to sit down record an episode and just share what we learn and share our tips. Of course not from a place of like, our relationship is perfect, and this is really funny. Our relationship does this weird thing to people on social media. I don't know what is going on you guys. But literally, like I would say there's like two types of messages that we would get from people. Number one is people see mine and Brennan's relationship as like goals. Perfection, amazing, and they always ask like, do you ever fight do you ever this, and I'm like, Oh my God. Yes, of course. We're normal freakin human beings.

B

Brennan O'Keefe 53:34

and we work in business together and we live together and we spend all of our waking hours together and and and and and.



K

Kathrin Zenkina 53:41

And we love the fuck out of each other, obsessed with each other. I think Brennan is the most amazing human I've ever met. He is an incredible man. Like I am just so lucky to have him as a husband. So lucky to have him as the father of my almost baby about to come out very soon. Hello, baby boy you in there like you hear that? Due date is tomorrow. So just an incredible fucking partner right? But of course you guys here like we're being dead honest. Like do we fight? Yes. Do we argue? Yes. Do we bicker? Yes. Does he annoy the fuck out of me? Yes. Do I like literally want him kicked out of my house for like three days? Yes. Do I then want him back because I miss him? Yes. Like, there's ups and downs. This is a fucking relationship. This is not like, you know, like, if you're, I don't know, I feel like even living alone would be challenging to like, with yourself, you know, like, there's gonna be battles in every relationship you have, whether it's a relationship with yourself, with other people, with friends, with money, with sex, like we're in relationship with absolutely everything in this universe, and that's the whole point of it all. Like, that's the point of the 3D world, right? But there's this like other side where people project their weirdest traumas onto us, where they literally will send me DMs and be like, Oh my god. I like Kathrin you're not even noticing. Look at how abusive he is to you. He talks over you, he this, he that, like someone went on a fucking rampage. No, no, hold on. Let me just give some context. Brennan was like, Kathrin, someone's going on a fucking rampage in your Facebook group and I'm like, What are you talking about? and I go and open up this thread, and it's literally from that episode of Brennan fainting passing out in Greece, like not his fault at all. It's not like you purposely were being irresponsible, the way that this woman was talking about, and she was like, I just think that Brennan is so irresponsible. He's like the worst partner for Kathrin. I wish you would find someone that's, that's more. That's richer and smarter than Brennan, and she gives me Brittany Murphy vibes, and Kathrin and her mom are co-dependent and they have this weird real codependency on Brennan, and I'm literally guys like, I can't even tell you. So we get we get DMs like this. Not all the time. I don't want to say it's like the majority at all. They just really stick out in our minds, and I'm like, What the fuck is this person literally talking about. So anyway, we just want to be real. Keep it real, but also share our tips. There's two more topics. I want to go back to oh my god, this isn't me like three hours. Three hours. So we'll cut it in half. Okay, it's all good. No, we're gonna put out the whole thing.

B

Brennan O'Keefe 56:33

Okay, cool. Well, then they'll listen to three hours. already tired of us. Yeah, this is the real, this is actually how we interact. Yeah, good basis. So a few things I wanted to bring up on that front, which is like, head is stalling, and glorifying.

K

Kathrin Zenkina 56:50

Wait I'm gonna pee. So you keep talking. This is your moment. I'll be right back. Okay yeah, have your moment. The Brennan show.

B

Brennan O'Keefe 57:00

So like, you know, a lot of times people glorify, I think our us and our relationship and like, We are normal people, we have normal conflicts, and I really wanted to share this because I think it's extremely vulnerable to say, but Kathrin and I both are confident in sharing it with each

other, and so I'm going to share you a trick or a tip about something that's safe to have, and that's doubts. Have you ever gone to class and had doubts about how you do in that class or had doubts about a certain business or project or had doubts about a relationship that ended up being the best thing, like you have doubt. Doubt as part of life, doubt as a safety mechanism and there's been times where we have had doubts and it is safe to have them people it is okay and safe to have doubts about anything in life, and it's that we share and communicate them that matters, and I think what Kathrin is really getting to with these people commenting is it's like you know, we do a lot of psychoanalyzing in this line of work that we think a lot about the different lenses that people are operating through.

K

Kathrin Zenkina 58:23

We cycle analyze the shit out of Brennan everyday. Unlike you, this is shadow work that you need to do. I know that this happened in your childhood. Yeah, and you're avoiding feeling this uncomfortable motion.

B

Brennan O'Keefe 58:35

Small bites, stop wiping your hands like she just a psycho analyzes my whole childhood, whatever. But the point that I'm making is that we cycle it as a matter of fact, Kathrin says I'm one of the best coaches now. That's ironic because, I myself don't really like love to coach, in a sense of like, a career or a role or profession. But I know Kathrin so well, I can point out her shadows, I can point out her blind spots, I can point out the things that she knows that she needs to work on better than anyone and her for me, and that's why it works so well. But I encourage you, if you, there's two people here, if you're glorifying or pedestal rolling, you are inherently not looking at the areas in your life, where you are as good, if not better than those people that you're glorifying, or pedestal rolling, and you're simply ignoring the areas that are good and focusing more on the things that are bad, and if you simply inverse, the focus and the energy from where you're actually good, but aren't giving yourself enough credit and a way like if you balance it, you'll see yourself differently. It's a good thing to focus on our weaknesses because that's how we improve. But if you're not building your own self confidence by looking up to couple goals or body goals or sex goals or or kid goals or business goals or boss babe goal, whatever, whatever the goal is, doesn't matter, but look and see where is that reflected as a mirror in your life? and are you accurately seeing the good and the bad? Because the good and the bad is it actually good and bad, the good and the bad is just a perception of what is, right, and so by being honest with where you are, then you can go back in the garden and pull out the weeds in the areas that you want to. Conversely, if you're someone who's just throwing flak, yeah, you if you're a Twitter troll, if you're on Instagram throwing shade, you, I'm talking to you right now, it's okay. That's just your shadow. But understand that for people that understand the work, that is just your trauma speaking, and that's how we interpret it, that is your experience speaking and that's how we interpret it. So if you pop on and say damn Brennan you gained weight, or damn Brennan, and you're not really doing what I think you're capable of, well, that's okay, great. But I'm not affected by that. Because I actually know where I'm at, in my mind around my body, and I know where I am in my mind around what I want to create in this world. But what I actually interpret that as what Kathrin interprets that, as is where you are feeling like you need a prop up. So if you're feeling like you need to prop up around your body, it's really easy to throw shade at someone else, just the gradient of that it's going to make you feel better. If you're throwing shade at someone else about their

relationships, the gradient between the person that you're talking about and you, is going to change and you're going to feel a little bit better. But that doesn't actually impact the person that you're talking about. All it's doing is making you feel marginally better, like a little like, a little spike of a drug or have, you know, some food that tastes good to eat a little dopamine search, and the truth is, is that for people who aren't, you know, people who are developed into thinking about the psychology, the human mind, we laugh, because all it means is that there's a part of you that's being triggered by that.

K

Kathrin Zenkina 1:02:16

Okay, we went off track. This is like turning into life lessons by Brennan, by Kathrin, my Brennan by you use, I go pee and I come back and Brennan's like, Wow, very passionate. No, I love it. It's perfect. I just, there's topics that we need to talk about that relate to porn, I

B

Brennan O'Keefe 1:02:32

told the story for an hour and a half. So now we gotta get back to the meat.

K

Kathrin Zenkina 1:02:35

Okay, so tumor, big topics, questions. Sexy time intimacy, someone specifically asked into intimacy in the third trimester, which I want to share something very important that has come up in mine and Brennan's pregnancy sex life that has impacted it quite negatively to where we can't really talk about it from just a strictly pregnancy standpoint, we also have to talk about it from this other perspective. So what I'm talking about is in the second trimester, in the Maldives, specifically, I had sexual trauma resurface during sex, and I shut down, and I've not been able to open up since a couple of times I have been, but it has tremendously affected our sex life, of course, and, you know, I've been, I'm currently working with a specialist on this, finally, because I feel ready to address this because sex is a very important part of our relationship, and it's important way of how we connect, I absolutely love that aspect of our life. We've always had a great experience with that, and I don't want this to be something you know, and this is also why I'm bringing this up also, is if in your pregnancy, if you're pregnant currently or planning on becoming pregnant, just so you know, what could happen. It's actually very common for past traumas to resurface during pregnancy, especially sexual trauma, because pregnancy is a sexual thing, right? Technically, it involves these areas that may have been harmed or inappropriately touched or dealt with in the past. Birth of course, you're passing you know, a baby through your vaginal canal again, that's sexual, right? It's involving the same tools, the same body parts, and also just any traumas that like the soul, your soul and the baby soul, don't want to deal with that want to get resolved, are going to come up during pregnancy so you could have relationship trauma come up during pregnancy. You can have body image trauma, you could have sexual trauma. I mean, I just want to normalize this because I think that so many people are like, Oh my god, I'm crazy. What's wrong with me, blah, blah, blah, and like, don't feel crazy, just get the help that you need. Okay, like, just understand that it is safe for these things to come up, and it's also important to work through them. You know, I'm not just letting it sit with me for the rest of my life, I'm actively I have been actively seeking and manifesting the right people to work with, and I feel like I finally found the right people to work with, and so that's now something that I'm currently working through, so

that this doesn't come up in birth. But also, once we're ready to get back into that, after I'm healed. It's not something that I have to live with for the rest of my life, because what happened to me, isn't my fucking fault, but it is my responsibility to heal it.

B

Brennan O'Keefe 1:05:59

And you know, guys, she's being so hard on herself right now, and she is not going to like me saying this, but I'm gonna say it anyway, because this is a real and vulnerable episode, but Kathrin has had my full support. I've known about, you know, various elements of her past trauma. So the way that she described this popping up isn't so much that as a surprise to either of us, in that the physical manifestation of how it popped up in this instance, was a surprise meaning that it had never been associated before with the body in the way that it popped up. But it wasn't like this is something that I wasn't aware of, or Kathrin was unaware of, or just like popped out of the blue. We've had some we've had a lot of discussions, there's a lot of support. There's a lot of safety, psychological safety, physical safety, and I think, you know, I'm not here to take any credit for that. But I just, I know, I admire my beautiful wife and her courage and her bravery and her strength so much. She gave me such an incredibly gentle, beautiful plug earlier on what a great partner I am. But I can't turn that on its head more and to say, how proud of you I am, how much I love you, how much I admire you, how courageous you are, how determined and persistent you are, and just the love and the positive energy that you exude into everyone's life that you touch. Every listener you know, you guys listening right now I know you feel it or you wouldn't be here. Kathrin just pours energy back into the world and everything that she does, but you got to give yourself some credit here because this is not something that has been, this has been harder on you than me, and what I say by that is I've always been the partner that supported Kathrin with challenging things that came up. I've always been the partner that understood, I've always been your rock and I always was your rock around body stuff, and I was always your rock, as you explored, really explored the traumas, because it wasn't when I met you. So many years ago, when you were in this space, but it was still surface, it was still developing, you were still digging deeper you, there were many layers under the ground or of the onion that you were yet to pull off, and so we've uncovered these things together over the years, and so I just, I'm inspired by your courage to dig into the hard things, and I think Kathrin's message to you guys is what comes up is meant to come up, it's not destroying you. It's actually there for you to see, for you to understand, and to face it and to heal it. That's why it's coming up for you, and that's a really beautiful message, and it's so true. I just really wanted to give the context on my side of saying like, you deserve credit for the way that you've handled these traumas that continually come up. This is like a stage five, but you've dealt with 15, stage threes and seven stage fours, and we've handled them together, and I've been there to support you and you've supported yourself and I'm so in admiration of that. But this stage five that was connected to your body has specifically been a challenge because stage threes and stage fours, mentally we can process, mentally we can talk about, but in the area of sex specifically, this one required more space, more security, more vulnerability and comfort seeking, and so Kathrin needed me to be a different man, and I've always been someone who I grew up with a mother who's a child development professional. So I always kind of have this soft spot in general you know, the affirmations around body positivity and women was something that it was just in my natural language and my natural understanding I would look at the D and K Have sex position books inside Barnes and Noble. Not gonna lie if you know, you know, but like, that's how I learned, I didn't find it on like, you know, P hub or anything.

K Kathrin Zenkina 1:10:10

Brennan learned through like conscious sex books at Barnes and Noble and not porn.

B Brennan O'Keefe 1:10:15

And when my mom caught me at some point to, sorry Mom, you're gonna hate me for this plug, but my mom caught me at some point when I was like a teenager like a young teenager, and instead of just like ignoring it, or eviscerating me, instead, she sat me down and actually offered to buy me a subscription to Playboy on one condition, and that condition was, this is a story that's a favorite amongst our friends, the first time it's going public, she offered me to buy me that subscription of one very important condition, that we had the opportunity to sit down and talk about the way women's bodies were portrayed, and depicted in that, in those publications, and why that was not really what sex was about, and so I was horrified. I didn't take her up on it, I was horrified. But that set the stage for the way that I've always approached this area, in my life and my relationships, and especially with Kathrin. But, you know, like, I think you needed that safety and that comfort, you needed me to be a gentle partner, in this period of our life, and I can say that what men should not do is get frustrated, to be selfish, or to force through, because if you end up doing that, they will shove down these feelings only to rear their ugly head much later, and if instead, like a sports injury, you're able to take the time to support them, to help them heal, to seek the help that they need, and to talk with them about it and not think that if there's a pause, that it means that it's gone, which many men I know are fearful of in pregnancy, that like it's a change, that means that it's changing forever, it's disappearing.

K Kathrin Zenkina 1:12:03

It's by common theme is that everything in pregnancy is just a phase. It's not forever, right?

B Brennan O'Keefe 1:12:07

Yeah, and most importantly, when it comes to sex, because there's a lot of sex questions, like, there are periods where, you know, Kathrin and I have a lot of very spirited activity, and there's times that we don't and that's, I think, part of just our general, who we are as humans, how our life operates. I'm not going to say whether it's good or not, I think that she can speak for herself on that. But, you know, in general, we've had a very diverse, eclectic experience in that regard, and pregnancy speak to this as well, because I expected the physical body to get in the way at this stage, and it's been that,

K Kathrin Zenkina 1:12:58

oh, yeah, the bump gets in the way, especially the last seven weeks,

B Brennan O'Keefe 1:13:04

And how your partner is interested in different positions and things without getting too TMI

And now your partner is interested in different positioning and things without getting too TMI.

K

Kathrin Zenkina 1:13:13

It's just like, having fun, exploration, creativity, trying things like your usual stuff is not going to work anymore.

B

Brennan O'Keefe 1:13:23

and importantly for you, because of what you're going through, you have preferences based upon what you experienced and what you need to heal from that. That makes some things that physically work.

K

Kathrin Zenkina 1:13:35

Yeah, it's very bizarre, because I will get very triggered with the sexual trauma stuff around certain positions, positions and acts and not others. Yeah. So right now we're just focusing on the ones that don't trigger me and I'm just getting therapy for the ones that do, is basically like our plan so far. Babe. Last question before this literally is a three hour episode. How did I make you feel included during our pregnancy?

B

Brennan O'Keefe 1:14:03

Oh, man, oh,

K

Kathrin Zenkina 1:14:04

You've been like very active in all the appointments. All the ultrasounds, I showed you like a zillion births. By now Brennan has watched so many babies be birthed out of random women's vaginas. Tons of them. You're, like, almost desensitized to them at this point.

B

Brennan O'Keefe 1:14:26

I don't especially like them. No, but Kathrin knows that, and that was another area where we talked about like as a man, I don't give a shit about you or her or rodriaga or Rachel or Sally or I don't care, and that was a hard thing for Kathrin at first because she was trying to connect by showing other women birth, you know, watching other women in pregnancy. I don't care about other people's journeys. You're my woman. You're the person that I care about. You're the mother of my children. You're my wife, women want to learn from other women and so she would be pissed at me if I was like half watching, or on my phone or doing something else, and we listened very differently. So like, I will be listening without what I'm always listening. So all the time, Kathrin will like test me if I'm listening, and of course, I can recite it perfectly. But the thing is, I wasn't listening, how she needed me to listen, or watching how she needed me to watch. But I don't really in general care about other women's births. But I did that for her, and I

think I've learned a lot through that journey, even though it's not so much their experience resonates with me the way they resonate with Kathrin, I recognize that each learning opportunity to sit together to connect and to learn from someone's experience is valuable. I think.

K

Kathrin Zenkina 1:15:45

It's like one aspect because we also took lots of classes. You've learned a lot from my midwife, my Doula, like,

B

Brennan O'Keefe 1:15:50

I think you shared a lot of resources, and I was open to that. I think that you know, you shared amazing resources. You didn't force me to do anything, and we're blessed that I have a lot of time freedom. But I made the commitment to make every appointment and I think I've made every appointment with the exception of one. Yeah, when I was sick, right. Yeah, I think that was the only one that I missed, and that's been a really beautiful experience for me, because I, I'm not leading in this space. But I am very involved, and I care, and so those of you who know me know I have a lot of, a lot of opinions, a lot of noise and a lot of thoughts, and so this has been an opportunity for me to take more of a backseat. But it's been really, what was the question again?

K

Kathrin Zenkina 1:16:37

Just how have I made you feel included during pregnancy?

B

Brennan O'Keefe 1:16:42

I think because you tried to make me feel included without expectation.

K

Kathrin Zenkina 1:16:47

Yeah, I think that's like, even going back, like looping this all together. I forgot exactly what you said, but it reminded me of how I never forced you to get into manifesting like I never forced you to get into spirituality, and so very similarly, it's like I never forced you to do really anything.

B

Brennan O'Keefe 1:17:08

You compelled me. You gave it enough leverage for me to care, and you gave me the space and the freedom. Ladies, that does not mean that he's earned your trust or respect. He's got to earn it first, important caveat, right? He's got to earn it. It doesn't mean he has to earn it by being 100%. Always forever, or he'll never earn it. But it's a dance, right? Someone who has

your trust and respect, deserves a little bit of freedom, and what I mean by that is like Kathrin has always compelled me to learn things. She's always compelled me to grow to evolve, rather than forced me to.

K

Kathrin Zenkina 1:17:45

and how you do it babes is by you being the best version of yourself, focusing on your path and your path only, and being an example for the people in your life. That's literally how you do it. If you want to ask me how I did it. It's just I focus on my own shit. I focus on myself, and Brennan watches me, and he's like, damn, like, she's living her best life. Like she's doing something right. Like, let me, let me see if I can get a piece of that action, and then Brennan's like, what are you doing? Can you tell me more about this? and I'm like, here we go. This is what I do, this is what I believe, this is what I say, this is what a vision board is. Blah, blah, blah. Last question, what are you excited about? In terms of our birth, What are you looking forward to? Thoughts, feelings, concerns?

B

Brennan O'Keefe 1:18:35

Can I ask a question that may resonate with men who are listening, okay, birth or baby?

K

Kathrin Zenkina 1:18:42

Let's start with birth.

B

Brennan O'Keefe 1:18:43

Okay, both are very different for me, okay.

K

Kathrin Zenkina 1:18:46

The birth is very, like a three hour dissertation.

B

Brennan O'Keefe 1:18:49

The birth is very connected to the woman, it is your birth, it is our birth, but is first and foremost your birth, my job is to be there for you and for what you need. My job is to be there for to connect with you emotionally physically, to ensure that you get what you need, to ensure that what your desires are communicated no matter what outcome it is, and that you get the time to connect with your baby who has been inside your oven for 10 months. Of course, I want some opportunities to you know, hold them and kiss him and stuff too. But I'm saying your birth, and I say that because women always say our birth.

K

Kathrin Zenkina 1:19:05

K Kathrin Zenkina 1:19:25

Oh, someone asked, Oh my god, sorry. This is related. I don't mean to interrupt you. Were you always on board with homebirth thing. Someone asked us so it relates.

B Brennan O'Keefe 1:19:52

I mean, yes and no.

K Kathrin Zenkina 1:19:53

because you're saying your birth, but there's so many I've hear all the time. Not all the time because homebirths Make up like 1% of births in the United States, and it's actually far more common outside the US than in the US. But I see a lot of like, mothers to be being super gung ho about home births and like super excited, and it feels in alignment and their intuitions time and like, this is the way to birth. Birth is not a medical emergency, your body knows what to do. They're like, so excited about it, but their partners are shit terrified of it, you have to understand

B Brennan O'Keefe 1:20:26

Where men come from. They are against it, because they've been conditioned that hospital's safety, and you have to process it, not through them, not giving you what you want. They care so much about you and your baby, that they'll do anything to ensure that they are safe and healthy. It's important to not process it as some selfish thing. Like I want a doctor, I want x, I want Y, I want Z, their job as a energy, as a masculine energy, as a protector and provider. They want to ensure that you're safe, they want to be ensure that you're healthy, and society has created the conditions where there's more skepticism and more question marks around home birth than hospital birth, when the reality what I've learned through my experience is that both have question marks and different question marks, and both can be done extremely safely, and both can be done extremely successfully, and it just has to do with your preferences, your environment, your team, your desires, and your preparation, all of it, and I would say in one thing that again, you did is you compelled me to watch the documentary, you know, built the business of being born, please watch that documentary changed my mindset, because I'm already someone who's not skeptical of medicine, by any means. But I always say I don't know if someone, if I got this from somewhere. So you know, copyright be damned. But I always say that if I can buy your hospital, inside of my brokerage account, and get a share of the profits, then you're not in the business of health. First, you're in the business of health during the business of science, you're in the business of medicine, but you're also in the business of money, and so for me, that doesn't mean hospitals are bad, or good medicine bad or good. That's the wrong argument. That's this whole division polarization crap I don't want to get into. All I'm saying is that when you realize that hospitals also have a financial incentive, then it allows you to see things differently. It allows you to say, Do I really need a hospital for something that can be safely done in another manner? and the answer is maybe, and if you're a very high risk, or you have twins or triplets or something, of course, if Kathrin had triplets and was high risk, we would have the best doctors in the world at Cedars Sinai. You know, that would be our approach.

K

Kathrin Zenkina 1:23:06

The biggest misconception about home births is that you're just going rogue, but like, especially in California. California is one of the strictest like licenses for midwifery, and it is very, only very low risk mothers who midwives will cater to, and of course, like everyone can break a law, you know, no shit, but like, I'm just saying, from my experience and how my midwife does things. It's like, if I have certain risk factors, she will still, like even if I were to do a hospital, right, like even if I were planning on a hospital birth, I would have a midwife see me through my whole pregnancy over the classic like OBGYN appointments, because my midwife spends like an hour and a half with me every single appointment that we have together, and it like builds this powerful relationship and education and tips and tricks and like holistic alternatives to things that don't necessarily just need a pill to be fixed. Like there's other ways that you can take care of things like for example, I have a group B strep positive this pregnancy, but I did like an alternative kind of like health protocol that we're seeing if it works by retesting myself two weeks later to see if everything that I did, like upping my probiotics doing like garlic suppositories, like yes, I smell like garlic down there. Sorry, Brennan. What do you mean I've been doing it, She said it like she's doing it. I'm the one suppositorying. and again, we don't need any way. Are we still recording? Okay, perfect. We don't need any opinions or anything. This is all I'm under care by.

B

Brennan O'Keefe 1:24:49

We are energetically unavailable for your opinions about our choices.

K

Kathrin Zenkina 1:24:54

what I'm just saying is that like I absolutely love the midwifery model. But anyway, I'm low risk. So I'm like fully prepared for homebirth. It's not about going rogue, although some people do free births, which I personally would never do, and there is zero judgment whatsoever, respect for any kind of preference, any kind of choice. Like, that's just like who I am like, I want to empower people to do whatever the fuck they want to do.

B

Brennan O'Keefe 1:25:25

and you would have your dream birth in a hospital. Can people have a dream birth in a hospital? Absolutely. Because if you're educating yourself on your choices, and you're electing in the ways that make sense for you, that is your dream birth. Your dream birth isn't about where or how, your dream birth is about scripting, and the same way you script your relationship and the ways in which you script, your life or your business or whatever it is, you're scripting the outcome that you desire, and then being an owner and standing up for what your desires are, and as long as they abide by the safe terms and you're educated about the difference between preferences and safety, then you can have your dream birth no matter where it is, whether it's a free birth, whether it's a home birth, whether it's a hospital birth, whether it's a surgical procedure. That is your dream, because you took the time, you got educated and you scripted it in a way that works for you and for your family.

- K** Kathrin Zenkina 1:26:23
Amen Okay, no more dissertations or I'm gonna smack you. Just kidding. I don't do that. What are you most excited about when it comes to baby?
- B** Brennan O'Keefe 1:26:36
Oh, man, it's my son. I'm so excited to see him gaze at you. He's gonna be so connected to you. He's gonna take your boobs from me. But that's okay. He deserves them for as long as he needs. As long as you'll accept that. I also will share one other thing too. We are not we are going to breastfeed 1,000% But we're not going to exclusively and that's again a preference. I know some people do it. No, I know we are. I know we are but we're going to pump two because
- K** Kathrin Zenkina 1:27:06
that's still exclusively breastfeeding. That means he's not eating formula or anything.
- B** Brennan O'Keefe 1:27:11
Okay. So yes, and less than an hour a day like you say,
- K** Kathrin Zenkina 1:27:14
Like, What are you talking about, Are we changing our plan?
- B** Brennan O'Keefe 1:27:17
I'm looking forward to also being able to give Kathrin a break. We really want to leverage that connection that skin to skin in the early period, especially where the you know, the boob is going to be the number one delicacy on the menu.
- K** Kathrin Zenkina 1:27:34
We're gonna establish the milk supply.
- B** Brennan O'Keefe 1:27:35
Exactly. But after that, I'm really excited to bottle feed him myself for that connection time.
- K** Kathrin Zenkina 1:27:40

Yeah, it's still going to be my breast milk. So that's why it's exclusive breastfeeding on it. But yes, you're definitely helping out.

B

Brennan O'Keefe 1:27:47

I'm excited to really do that, and I know not everyone chooses that, and other people choose other routes. But for us, that would make sense, and I'm really excited about that. I'm really excited to like those of you who knows me, probably don't really see the way that I play with our dogs or like how much I've been around kids. But I've spent a lot of time around kids in my life, and I just I love them. I love the way they look at the world. Kathrin, like, was so confused early in our relationship. Why I'm always like, waving at babies across the restaurant and like little kids, I think because I have a very big expressive face and like a big effervescent personality, they just they can't so I'll just like smile and like big eyes, big smile and like wave and they just really love that, and so it's beautiful, and parents I think are general not off put by that because the type of energy I've put out isn't, you know, creepy. It's not creepy, and it's not like, you know, completely unwarranted. But I am excited to kind of put that onto our own kid, and of course I'm excited for him to grow and someday he's gonna listen to this and be horrified but that's okay.

K

Kathrin Zenkina 1:28:52

Oh my gosh, you guys, it's July 31. When we're recording this I my due date is August 1. Of course. Bubba's can be born late, especially to first time moms. We have no idea when he's coming. I'm already showing early signs of labor, but there's nothing for certain. I'm so glad we got this episode in. It was my plan to do it all a third trimester and like we need to sit down and record this episode. This episode is a lot longer than I expected. But honestly, like knowing the two of us, these are normal as conversations like Brennan, I just blab like all through dinner. We love talking to each other. We're obsessed with each other. We love to talk about the world, ourselves, our relationship, people, this, that, like we're just anyway, we were as authentic as we could possibly be in this episode. I hope you enjoyed that. Share this with someone who you think this episode would benefit. If you know someone who's pregnant who's currently having any sort of relationship issues that are coming up in the first trimester. I know that postpartum is going to be a whole another thing. But like I said, our plan people are asking like are postpartum plan for a relationship? Like, my plan at least and I know it's our plan, is to implement exactly what we talked about in this episode of that whole venting thing and communication and being open and asking each other like, Hey, what is your need? I see you have an unmet need, how can I help fulfill this need for you? Like, what is it and as soon as you are honest with one another and actually share what that thing is and not beat around the bush, like you're gonna get passed through things so much faster than just arguing for days and days and days on end. When you guys know that I learned such a valuable lesson last month in Greece, that life is so short, you never know how long you have with this person. There's no need to argue for like seven days in a row. Just get the fuck over with in 10 minutes and just live a beautiful life.

B

Brennan O'Keefe 1:30:56

and just last moment here yeah, she's like no more dissertations. You're trying to and that's cool. I just want to sav some people don't aet over it in 10 minutes. Kathrin aets over it really

quick. I take longer, but the thing is, don't go to bed angry, don't do it. Sometimes I lay on the couch when I'm mad at her. But I lay on the couch for 15 minutes or 30 minutes. Not all night, because it's basically okay. It's the desire to fix that wins all even if you're mad, even if she pissed you off. Even if you pissed her off doesn't matter. Always come back to each other, don't move away from each other. Come back to what matters, come back to what you do agree on chunked up into what matters to you, the vision that you share, the vision for your family, the vision for what matters come back together. That's so important.

K

Kathrin Zenkina 1:31:47

All right. I love you all so so much. Thank you so much for listening. If you made it to the end of this episode, you are a true OG we love you love you so so much and I will catch you. In the next episode. Whenever that will be I'm sure we're going to do a sit down together talking about our birth story. Once that finally happened, so stay tuned for that. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media. Come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website @manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.