

(#271) Manifesting becoming a firefighter and overcoming a l...

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SPEAKERS

Caitlyn Wood, Kathrin Zenkina



Kathrin Zenkina 00:14

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach and 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 than 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 The Manifestation Babe podcast. I'm so excited to have you here. So today this episode is part three of my MBA Student Success Story series, and today is also the last day of the MBA launch, the manifestation babe academy launch, and with that being said, I am bringing to you Caitlyn's story. Caitlyn is a full time firefighter from Australia, who completely shifted how she was showing up for herself over the course of MBA, and how she actually used MBA to become a full time firefighter. With the help of MBA she also quit partying, drinking, getting into all kinds of random hookups that weren't serving her and also overcome an ACL reconstruction surgery that caused her to really take a solid pause in her life and ask herself what she really wanted to manifest in this lifetime. I love Caitlyn's story so much because it's yet another example of someone with a super intriguing background, who just isn't your typical, I manifested a seven figure business or a private jet traveller or whatever we see on Instagram, kind of manifestation story, it is really so inspiring because she's had a complete shift in her identity, her self-worth and self-love that she created inside of this program as a result, and of course, Caitlyn also manifested some really fun stuff as a result of that transformation. Like, for example, a whole freaking house, huge lump sums of money, and the help she needed to overcome a lifetime of body image issues. I love her energy so much and I know you will too, remember that the manifestation babe academy closes tonight, the day that this podcast airs. So that's literally tonight. You can DM me the word MBA23 or go to manifestationbabe.com/MBA or you can even click the link in

the show notes which I will post below to get inside before doors close at midnight. I literally cannot wait to see you there. So Caitlyn, I'm so excited to have you on the podcast all the way from one of my favorite countries in the world, which as soon as you open your mouth, everyone's gonna know where you're from, down under, first of all how's it going over there? I miss Australia so much.

C Caitlyn Wood 03:55

Hello, so happy to be here. Yeah, all the way from Australia. I do apologize. Yes, if I drop any slang or anything like that, because it just comes out naturally. But it's good. It's good here, we're in summer and it's 9am, and the day is just getting started.

K Kathrin Zenkina 04:12

Yeah, it is summer, it is great weather actually which part of Australia are you from?

C Caitlyn Wood 04:19

Yeah, so I'm down south of Australia in Victoria. I don't live in Melbourne anymore. for reference.

K Kathrin Zenkina 04:27

Okay, I need to go to Melbourne. I have been wanting to for so long. So I think that's going to be one of my next trips. Caitlyn, you are an MBA alumni, a grad, and you had a transformation inside of the program. So I want to know before we get into like all the fun stuff and the details of what happened afterwards. I want to like paint the picture, set the scene of like, where you were before MBA, and like what was the point that made you go, okay, something's got to change, something's got to shift. I need to do something different.

C Caitlyn Wood 05:01

Yeah. So I feel like I do need to go back to the very start for my journey. Because, yeah, it's been a bit of a wild ride, I grew up in a very small country town, like the population, it was sort of 1500 people, I think, dropped dramatically since then, and I grew up on a farm and everything. So the farm life was good, and my childhood was good. But I think even sort of being small country town, you weren't exposed to a lot of career options, or sort of anything like that, and I got to sort of 17, 18 when we finish year 12, and you're sort of looking to go to university, and there's all this pressure on me to try and figure out what I want to do career wise, like, you need to figure it out, and then be in that career for the rest of your life, and I had no idea and pretty much the options that were getting thrown at me were, you can be a nurse, you can be a teacher, or you can be sort of a trade, I want to get electrician or a builder, and nothing was sort of hitting me, and I just thought that yeah, there was, again, sort of something wrong with me, because I'm like, I can't commit to anything. But I was trying to, I just tried to force a few career paths. At the time, too, I developed a pretty bad drinking habit and sort of

here in Australia, there's a very bad culture with drinking, and we start drinking from a young age, and it's binge drinking, like you are drinking to excess, and you're blacking out, and it's sort of something that's celebrated, and so at that time of my life, all I wanted to do was party, like I didn't know what I wanted to do career wise, I just wanted to go party, and I kept feeling like I was letting sort of my parent's down and all that sort of stuff when I kept sort of quitting uni and I kept sort of moving on from different careers, because nothing was sitting around for me, and you're getting all that sort of stuff from like my mother, I love her to bits, but we butted heads a lot. She said, you need to finish uni, so yeah, finish uni, so you've got that degree, like, you've got to look good on paper, and I was like, I don't see the point in finishing another four years of this course or you need to get into that job now or you can work towards long service leave, so in 10 years time, you've got long service leave, and what is the point of being in a job for 10 years? You don't want to be in it just so you can get holidays.

K

Kathrin Zenkina 07:28

Those are great questions to ask. Seriously.

C

Caitlyn Wood 07:31

Yeah, so it was good that I was sort of fighting back against that, and I just thought I was rebelling, just couldn't commit to anything. So after sort of a couple of years of forcing careers, I just gave up, and I went travelling around Australia, and literally just party and did what I could do to pay for my living expenses, and my party, I was going out a couple of nights a week, and yeah, sort of just having random hookups, which weren't benefiting me and just wasn't living in a very fulfilled coming from very empowered place or anything, and then I was sort of moving around Australia, I moved to the top end, and happened to move in with two firefighters, and firefighting for me was always an interest in me, My Dad, volunteer firefighting, and every time I sort of walked past a station or saw a fire truck drive past about, Oh, that'd be a sick job. But I could never, like I'm not fit enough, I'm not smart enough, all these sort of limiting beliefs that were coming up, and but when I moved in with these two firefighters, as I sort of know now was a massive sign for me which I wasn't connected to the universe at all back then. In my own bubble, and I'm like, No, I want to actually make this a career path, and I know what I want to do. So I'll start committing to that. That was five years ago. Getting into career firefighting, I think probably anywhere in the world is extremely competitive. Here in Victoria, you're up against sort of 5000 people that are applying, and they usually take 360 to 120 people in recruitment. So yeah, and I applied, I've applied that many times, I kept getting setback after setback, just keep getting rejection, like rejected at different stages. But I just kept applying, and then in 2021, I was sort of going through a recruitment process, and I was sort of coming up to some physical tests, like the big test was coming up, and I was feeling good. Like, I'm like, Yeah, this is my year, and I was playing a game of basketball and I was going up for a rebound and my knee got blown out, and I completel tore my ACL and did other damage in my knee and at the time, literally like this is the worst thing that could happen to me, I'm going into this physical job, but then I did have this sort of moment when they told me you're gonna need surgery, and the surgery is the ACLs. It's at least sort of six months and not really doing anything, and then you can start sort of building up, and it's a long way, a sort of 18 months to start feeling good again, and I just sort of had this moment like, no, I need to make this the best thing for me, and it honestly, it was because it just made me stop, and it made me start spending time with myself, which I'd never done, and I was having all this time

and I was sort of having these awakenings then when I was spending time with myself of this life that I was living, just wasn't how I wanted to be showing up, and I was so ashamed of a lot of things that I've done in the past, just insecure in my body, and just had all these, it was just sort of sad when I realized how much I just didn't like myself, or that I was just hiding from this drinking and his party lifestyle, and then, along came Kathrin Zenkina. I discovered your podcast, in that crucial moment of my life, and yeah, so I come across your podcast and adjust everything you were saying was just ringing my bells of like, Ah, okay, I need to learn more, and so I bought your book, I bought manifest a \$1,000 in 21 days, and I manifested over \$25,000.

K

Kathrin Zenkina 11:47

Okay, what? Oh, my God.

C

Caitlyn Wood 11:52

It was mind blowing. I was on the farm at the time during my recovery, and I just was like doing the book, I'll be honest, I didn't finish the book, because I realized now, I'm a manifesting generator, my human design, as I just pop around from things, and anyway I was on the farm, and like, thinking of new ways you can get income, and I just sort of mentioned to dad, he's like, oh, there's all this farm equipment you can sell. So I'm selling all these farm equipment, and then out of nowhere, this is a very farm thing. But my dad decided to give all of us, kids, a truckload of canola to sell, which we've never done, which is like \$22,000, and it just, like mind blowing, and the day that he told us that you can sell this canola at whatever price you want. The price was \$888. I've just learned about your angel numbers, and, I'm like, always, my mind was just being blown. I'm like, okay, there's something here, and so then I just like, I knew I just needed to learn more, and that this was going to be the next step. So when you brought out MBA, there was not a doubt in my mind. Like I had money that just came out of nowhere, and it was just this knowing, so for me there wasn't hesitation like, you know what they say, that's my favorite quote, when the student's ready the teacher appears, that was me with you, and I just needed everything. I just wanted to absorb it all, and just to have this feeling that this was going to help me finally have these dreams come true.

K

Kathrin Zenkina 13:38

Caitlyn, I just, I love you so much. You're such a phenomenal storyteller, first and foremost. I just like, I don't know, just your energy is so infectious. I just love everything about you, and I love that. First of all, how crazy is it that you discovered my podcast but now you are on my podcast? Is that a full circle moment or what?

C

Caitlyn Wood 13:57

I did have that the other day. I'm like Oh my gosh. I hadn't been consciously manifesting this because I just didn't think that this could even be a possibility for me. So there's bigger plans at play here for me, it's like just insane.

K

Kathrin Zenkina 14:16

Yep, yep, I mean, it's like the best is yet to come, and what's the other freaking thing I say, hold on, this or something better. So the universe always has whatever you want plus so much better in store for us. I love that you're an example of this. Okay, so you were 1,000% in, there was no hesitation, I love that, thank you for being an example of that to show other people that that's also something that happens totally normal and I love when I personally make investments, where I know some investments I'm like, I really, like I need, like it scares the shit out of me but I knew I need to do it, and I'm so grateful that I did on the other side. There's some where I'm like, this is a fucking no brainer guests, and it's like there's no right or wrong here and whatever journey you're on, so thank you for sharing that, and when you were inside the program, like, what was like the biggest thing that you learned that you believe is like the catalyst for the biggest transformation that you got out of MBA, like, was there an aha moment or breakthrough or something or just a moment where you're like, you know, obviously from the book you manifested, you know, the \$25,000. So, of course, you were already seeing and experiencing manifestations, but maybe something MBA specific, where you're like, oh, my god, that was, whoa, what would that moment be for you?

C

Caitlyn Wood 15:34

I'd probably say that there were two, the limiting belief blaster sort of working through those, I hadn't realized how much and how often in my life, I was just limiting myself, and especially coming into sort of firefighting, and being a male dominated field and all these things, I was constantly just having these doubts, like, I'm not strong enough for this, or people would judge me, because of the shape of my body, because I'm not, I'm not a crazy fit girl, like, I've got love handles, and I've got a like a belly, and I'm not showing my abs, and these firefighters have this walk, like the stereotype, and there was a lot of insecurities and a lot of doubts and stuff that I had to sort of work through with that, and just not smart enough, and I'm going through that limiting belief blaster, which is just incredible in the program. Another farm thing, I was back home working on the farm at the time, and I was spending all these hours on this tractor, and I'm like Oh, work through this blackbelly blaster, and I just remember sitting on this tractor and just having like, my mind just being cracked open. I'm like, Oh my gosh, like, these aren't real like, and you start getting evidence to prove to yourself that it doesn't have to be your belief, and it's just free, and like, it's yeah, like sort of sad and confronting when you realize how much you putting yourself down. But then at the same time, it's like, oh, my gosh, like, I can literally do anything, so that was a game changer for me, because whilst I was in MBA, there was a recruitment process again, for the firefighters, and I was sort of going through them, aptitude tests, like written tests, and physical tests, and each time there's a new test, I'd get these new thoughts, and I'm like, no, like, this is like, we could start backing myself. So that was huge, and then, probably the other thing for me was the inner child work, and I didn't realize how much of an effect that would have on me. I had a good childhood, like, in a family, my parents are very much in love, and I can't remember too much, like there wasn't any sort of pain or negativity in our household. Yes, some sort of thing outside, but I always sort of when I heard in a child work, I sort of felt guilty, because I'm like, I shouldn't have anything. Like, because I've had this great childhood, and I think that's been a big thing for me, too. Like I suppose I limit myself in that way that my problems aren't worthy enough, like, that sort of stuff, and our big one, I was a big one of burying things and just not showing vulnerability, and sort of my feminine side is weakness, all this stuff just to try and show up as this what I thought had to be this strong, capable person, which is just another thing that I've learned, it's completely bullshit, if I'm

allowed to say that. Yeah, and so I went into the inner child meditation, and the minor child that came up, she was just broken, and she was so sad, and it was really hard, it was really confronting to try and get to a place where I could, yeah, sort of get close to her and hug her, and when I did, I was just crying like, it was just this huge relief, because I also wasn't someone who would cry. I wouldn't let myself cry in the past, like you're just too strong for that, so I had that sort of frame moment, and then I went into one of your Breathworks, which I'll be honest with breathwork, I had a lot of resistance around them, and I was struggling with them. This was the third one I was doing, and I was in this support group with these Melbourne women, and they were saying all these sort of revelations they're having, all these like beautiful moments, and these visions, and all this, and I'm like, I'm not having any of this, I'm like this is hard, it's not doing anything, and I was really resisting doing it. But for some reason I decided to do it straight after that inner child work, and that breathwork session was, it was a really hard one, I really struggled to keep staying in the breath, and then I was like, kept sort of having thoughts like, Oh, this is doing nothing, like I should stop and like, keep going, and in the end, there was this, in sort of that meditative moment, at the end, when you're just sort of backing your breath, I had this sort of vision, and it was this sunset, and I'm walking towards the sunset, and I'm holding hands with my little inner child, like this little girl with me, and she was like dancing, it was just beautiful, and I was like, Ah, it's just like this forgiveness in this, just to be able to show up for them, and just, it just blows my mind. It gives me goosebumps, like just how much you can sort of give yourself and then support yourself. Sort of simple wellness, somewhat simple just like that.

K

Kathrin Zenkina 21:05

I love that you mentioned, because I know that there's probably a lot of people who maybe are struggling with their childhoods, and just like you said, they feel guilty because their parents were such incredible parents, and I just want to speak to that for a second, because you just totally like blew my mind to this and just like opened me up to the fact that like, inner child work, or just like, bringing up or healing things from your childhood, like, there's so many other factors to it than just your parents, right? Like even raising my little baby boy, I know that as much as I want to control his whole world, like, this little guy is gonna fall, someone's gonna upset him, a little girl or boy is gonna break his heart. Like, just there's so many different factors, and so anyone out there who was like, I don't want to blame my parents, my parents were amazing people has nothing to do with that. It's just our unconscious minds are so wide open from the ages of zero to seven years old, and there's so many things that happen that then we don't even realize, are literally the seeds behind these huge trees that have sprouted in our adulthood where we're like, Where the fuck did this tree come from? And I don't like it anymore. Get rid of it. So you like go back and you got to uproot it, and just do something else that they recycle or replanted somewhere else. Free plant, something better, whatever, whatever metaphor works for you. But I just, I love that you mentioned that because that just gave me a whole nother perspective to share with people. So thank you. How has life been since MBA? So it's been some time, I forgot which round did you go in, in 2021 ?

C

Caitlyn Wood 22:42

In 2022 the March one.



K

Kathrin Zenkina 22:43

There we go. Okay, perfect. So it's been about six ish months since the end of that program, because it's about five months long. So what has life been for you, Caitlyn?

C

Caitlyn Wood 22:59

Life views completely different. I am now a full time firefighter.

K

Kathrin Zenkina 23:07

Yay, and thank you so much for your service, and saving lives out there. Seriously. Thank you.

C

Caitlyn Wood 23:13

Thank you. I got into that, I got the phone call on the 24th of June, which turned out to be exactly one year after I had surgery on my knee, which was mind blowing, and yeah, so just all that just came through, and that was sort of a moment when I realized all this work. How much sort of difference it had when they called me and they're like, We would like to recruit you as a firefighter. It just felt like, of course you are, like I know that this is, like I just done all this work and realized myself becoming a firefighter, like I know I'm, like I had to sort of weirdly act more excited on the phone of like, Oh, thank you, but I'm like, I know that this is happening. Surreal, but what life is like as well like I've been sort of working in male dominated fields for a very, very long time, and didn't realize how much I sort of labeled myself if that's the right words, but just made myself into this version that what I thought needed to be to be part of the guys and be be one of the blokes and just fit in with them and to not cause any trouble because women are painted in this picture that we're getting jobs just because they need women in the roles or all this sort of stuff that there's negativity around women in there, and I I held on to that for a long time not realizing that that was just all my self worth, that I was sort of limiting myself on to, but now I'm like I'm showing up, I'm showing these guys, this version of me that I'm just being myself completely like, I'm going to Harry Styles concert on Friday night, and I'm telling these guys, you're not going to Harry stars, and they're all rolling their eyes, and I'm like, that's what I'm saying, What's your neighbors like, oh my god, they're all pretty quiet, they probably don't like me singing Taylor Swift at the top of my lungs in the shower, and they just sort of look at you like, what? Like, I know, I'm not cool, but I don't care anymore. Like, this is who I am, and I'm asking for help, like I thought I had to sort of muscle out the strength and just not show that I had weakness and everything. But the truth is, women do have a disadvantage with sort of just their physical genetics, and by me asking for help and advice, I'm learning different techniques of how to hold a hose or how to do things, which in the past, I wouldn't have asked for help. Because I didn't want to be seen as weak. Like, it's just, it's MBA is giving me the strength, is to be able to show up as myself, and it's just sort of empowering me to just be this best version of myself, and it's just, it's insane. I can't believe sort of where I've come from, and I sort of was having little manifestations like they were coming through as well, which were just, which would make me laugh in a way. It was when I was in the middle of the program. I was living in Melbourne, learning about the laws of the universe, and learning about the laws of cause and effect, and which, if you don't know what that is, get this program like I'll show, it's obviously plug you right now. We're getting about that, and I was walking my little dog, Kevin, and there was all this rubbish around, and I kept stepping in people's dog poo, because they

wouldn't pick up their dog poo, and I'm like right, I'm gonna start picking up rubbish, and I'm gonna start picking up people's dog poo, and I had this moment where these days and what I'm going through so many poo bags, like, I'm like, this is just gonna be expensive, and the next day I'm walking through the park, and so it's sort of green thing, and there is like a brand new fresh roll of dog poo bags just waiting for me like, thank you like, just little things, and then a huge thing, kept happening. Like, I wanted to heal my relationship with food. I've always been sort of big emotional eater, and just not connecting with my body, and started MBA, wanted to do this support group with Melbourne girls and incomes a food empowerment coach, of course, right? Of course, yes, I'll sign up with you, and then I'm sort of doing this body competence work, and I'm like, I want to do a photo shoot, this photographer pops into my DMs, like, it's just all this stuff has just started aligning, and I've had, my parents buy me a house up in a remote juror.

K

Kathrin Zenkina 28:07

No way that's so exciting.

C

Caitlyn Wood 28:11

Just these physical transformations like these physical manifestations, but honestly, who I am feeling inside like this freedom and empowerment, and just so sure of myself and everything. It's incredible, and it's just a full credit to your course of how you can help. Even like women, just, we can feel so much shame and sort of and like be so like afraid of everything we've done in the past and have regrets and all this. But you can get to this place where you can forgive yourself, and then just be free and then move forward and have your dreams come true, and it's just incredible. I wish I could just give everyone this feeling that I'm feeling it's just the best.

K

Kathrin Zenkina 28:55

I just want to like jump through the screen and just give you a big hug. Like, seriously, you are such an inspiration. You're so heartwarming, like, so genuine, such a beautiful soul. I love the life that you've created, and I know that you have barely just begun, and there's so much more amazing stuff around the corner for you, and I cannot wait to hear lots of updates all the time from you of what else you've manifested because you're just on a roll babe, like you're just such on a roll. My final question for you is, okay, let's just say there's someone listening to this episode right now, and they're very intrigued with your story, and they're like, oh my gosh, I feel like I see myself and Caitlyn. I'm on the fence, but I'm nervous and anxious. Is it worth it? Is it gonna work for me, like all of these thoughts that are just so normal to have, is there any advice that you have for this person? What would you say to them?

C

Caitlyn Wood 29:49

Yeah, I think I'm just speaking from my point of view, and sort of what helped me is like, if you're having any of these sort of little visions or these little like fires inside of you that these dreams, where you're like, Oh, I would love to do that, like what I had with firefighting is, there was little seeds planted throughout my life of what I wanted to do, like if you were feeling lost

with your purpose as well, that they're in you for a reason, and that, that you wouldn't be dreaming of those visions if you couldn't be able to make them become a reality, and this course is literally everything that you need to learn to get there and to just invest in yourself and give yourself the opportunity to allow yourself to live that dream life. Like just, it's worth the risk, like it's worth stepping into that fear, and the best thing that you can do is learn to step into that fear and challenge yourself because that's where the growth comes from, and if you are worried about money, like I get it, it can seem like a big investment. But what you'll also learn in the course is like law of compensation, you kind of need to spend money if you want to receive money, like and that's the biggest thing I've learned by investing in myself. I've been getting all these sorts of rewards as well. Like, you've kind of got to put it out there to get it back, like just do it for yourself. Like it's, I can't even explain how amazing your life can be. But this is six months since I've finished MBA. Like it's been so short, and I've got this for the rest of my life, and yes, like you said, I know that there's more for me too, like, I'm like firefighting, yes, this amazing role, but I've got a feeling, there's more for me, whatever that looks like, that I know that I can have it because I can keep coming back to this course, so do it for yourself, it's the best investment you can possibly make.

K

Kathrin Zenkina 31:50

Caitlyn, I can't wait for you to experience the new updates that I'm putting in this next round, which is to anyone listening, like you get lifetime access. So as long as I am adding things, changing things, which I haven't, like this almost sick and twisted obsession of just like constantly learning and giving my students like the best of the best knowledge and information and processes and modalities and everything else that I pick up on because I just genuinely want to see you thrive. Caitlyn, thank you so much for being here. Thank you so much for sharing your story. You are fucking amazing, and I cannot wait to see like where life takes you.

C

Caitlyn Wood 32:28

Thank you so much, honestly the best part of this is being able to get a full circle and be able to personally thank the person who's literally changed my life. So thank you so much for having me on, and yeah, I just hope this. I know my story with being a firefighter is probably different. But if you can relate to anything.

K

Kathrin Zenkina 32:47

I love it. I didn't know we needed a firefighter. So thank you so much for coming on. 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 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.