

274_ I became a mother and everything changed

Wed, Jun 21, 2023 6:39PM 46:21

SUMMARY KEYWORDS

moms, podcast, manifestation, mastermind, postpartum, breathwork, life, fucking, motherhood, download, share, business, sudden, brennan, relationships, manifest, create, years, launch, embody

SPEAKERS

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, 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 the 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 gorgeous friends. It's been such a long time. It's been way too long. I don't know, I just felt called to grab my microphone and sit here and record a podcast. I have some ideas of what this podcast might be and how it might unfold. But honestly, like after some tuning in, I'm like, I feel like I won't be able to go to sleep if I don't record this. So if you're wondering where I've been, I've been on a sabbatical slash. I've been calling it like, I don't even know what to call it. It's like sabbatical, but also maternity leave part two. Also a realignment period for me. A blank space white space. Yeah, obviously, it's been a little while since I've recorded podcast, but I did announce that I was going on sabbatical on Instagram. And it's been a month now. Wow. It's been four weeks. And my plan was to take the summer off. And I told my team it might be I don't know, it could be three months could be four could be six could be seven. I really don't know. Because I can feel that the universe is a this is the best freaking metaphor ever that I got from my coach Andrea yesterday in our session she said Kathrin the universe is like a mailman chasing you down with these checks that he so badly wants to deliver to you because he's like, Kathrin, Kathrin, there's so much more money here Kathrin Slow the fuck down. And I'm just like sprinting, trying to chase the next thing, trying to be in the flow of life that as I think it's supposed to be. Right, I think I'm supposed to keep up with life in a certain way. And then poor mailman is trying to deliver these checks to me from the University's blessings for me. So I decided to take a period to slow down and tune in and really question this. Like, I don't even know how to explain it. For me. It's like an experiment more than anything. And I've talked about my experiments in the past my big experiment from 2016 of like, what if manifestation is actually fucking real? And what would life

look like if I actually believed it? For reals and acted like it was real? And clearly, if you've been following the podcast for as long as it's existed, and if you've been following manifestation, babe for as long as it's existed, like you see in front of you. Yes, it's fucking real. I've proved it. I've done the proving for myself. And I've encouraged each and every one of you to prove it to yourself, too. So my next experiment for me was to really question What is life like without obligations? If I didn't have a date that I was supposed to launch something by if I didn't have like a sales period or the need to create a new program or relaunch program, and especially be so involved with a what would it look like if my team ran my business? Right? What would it look like if I truly tapped into energies of genuine urge genuine calling? What would that look like for me? And I'm pleased to announce this podcast is a completely genuine urgent genuine calling and it just feels so fucking good. I have to say I miss my microphone. I'm snuggled up in bed right now. So comfy. And it's like 8pm I put My baby down about an hour ago had some dinner and I'm like wow, this is the vibe the fact that I could make money doing this and have a business this way and more importantly than that connect with 1000s upon 1000s of you in this way I'm in my fucking pajamas This is in credible there was another thing that manifested which I need to update you I think this is going to be like a little update slash I want to share my downloads my recent findings my recent things that I I feel so connected with you. And I've realized through motherhood that the number one thing that is missing for so many people is connection. moms feel alone entrepreneurs for feel alone, you know, postpartum is this like lonely period of trying to figure out like who the frick is this human who's attached to me? 24/7 What am I supposed to do with my life all of a sudden, I'm supposed to take care of someone 24/7 And like, I feel so alone, I need to connect with other moms, entrepreneurs, I need to connect with other entrepreneurs. Like I feel so connected to you and this is a part of my journey to of of uncovering that that I really miss connection. I'm part of a mastermind I just joined a mastermind I want to say was like a month ago that I officially joined it and it started or I don't know how long it's been. But we officially started like two weeks ago. And it's a mastermind all around motherhood. And being a business owner who's also a mom. It's called CEO mama it's run by this incredible woman, Natalie Ellis who also you may have heard of her brand at boss babe. incredibly huge. Wow. Like they have such a huge social media presence, incredible business all about entrepreneurship, all about being a boss, Babe and Natalie Ellis became a mom and I befriended her through that process. And me her, Ashley Hahn, Mel wells, we formed this little postpartum group together and we used to cry on every single zoom call. It was every Friday, or every other Friday and at least three out of four of us would be sobbing. It's like one of us is having a fine time. And then the rest of us are sobbing and it just you never know who it's going to be who it's not going to be. And we went through such a mind fuckery of this initiation into motherhood. This, like what is going on? Who am I who is what is my business? Do I want to be like maybe I want to be a stay at home mom? Can my like husband run the show? Can he start a business? Like it's crazy. And watching Natalie start like download the idea for CEO mom. I'm like, Yes, you have no idea how many moms need this. And by the way, I want to fucking join too. So I came home from the CEO mama mastermind. It's now Friday, June 16 that I'm recording this and I came home Wednesday. So yes, that was two nights ago. And I feel like I walked through a portal. I feel like a transformed woman. I feel energy I've never felt before I feel clarity I've never felt before. And it would not ever have been possible for me. And I genuinely believe this if I didn't make the scariest decision of my life to step back from my business and to take time off and just be a mom. Which ha ha ha Kathrin, you're also going to a mastermind in a sabbatical like, yes, that's also my style. But again, it's about genuine energy. I knew that I needed to be there. And the downloads that came to me just would not be possible. If it wasn't for this whitespace actually, my team ran a whole launch for me. Literally, my team has been on their own. They've been running @manifestationbabe. They've been on their own, they've been killing it. We had our biggest affiliate launch. This week, while I was in Austin at a mastermind the literally zero involvement. I think I may have

posted like two stories total out of this whole launch just because again, genuine urge to do so. And the rest was my team and I'm so proud of them. We had 444 new students inside of the BBD the business by design program. I mean, it's been incredible. So I wanted to like I really I think this podcast is going to be called I became a mom and everything changed. And I know if you're a mom listening to me or you are a mom to be or actually no you wouldn't know this until you become a mom because really like I joke with my friend Ashley all the time when we I think about ourselves as we were pregnant or even just considering having children and how we literally did not know what the fuck was coming. And that's not to scare anyone who is a mom to be or wants to be a mom and is planning to become a mom, it really is the most incredible thing that's ever happened to me. But it's also been the biggest identity shift I've yet to go through. It's a massive initiation, it's a portal, it's a questioning of absolutely everything in life. So there's this like term that I learned called matrescence. I heard of this term from I want to say Mel is the one who introduced me to this term because she learned it from some book, or I don't know, something got passed around again, in this little zoom group that we had. And this this term comes from the word pubescence, like going through puberty. And essentially matrescence is like this entire initiation and transition after being initiated into motherhood. That takes place four years after the baby is born. A lot of people think like, postpartum is a week or two or okay, maybe six months, okay, maybe 12 months, but No, someone in my mastermind is actually a postpartum expert. There's actually a few women in my mastermind who are postpartum experts, and they all say, postpartum is a long ass time. And it's actually three years at minimum that you're, first of all, your brain is forever changed, but also like fit the the what the fuckery it sticks around for three years poster child, and a lot of women who end up having multiple kids, they have, you know, to under two or they, you know, their kids like let's say even a three year age gap, which is my plan by the way. I know my daughter is trying to come through so bad if you've listened to my like communicating with my unborn baby, let me tell you, I already have their name heard, you know, that they're trying to come through. And I'm like, Brennan, we need Max Protection right now. Because this little soul is working really hard to incarnate. And I keep telling them like, let's just, let's wait it out just a little bit longer. And I know ultimately, it's like up to them to you know, that's when people have birth control and protection. And they go Hmm, how did that happen? That's impossible. No, anything's fucking possible. And there's a soul trying to come through. So. But I digress. Total tangent right there. So like, let's say I want to have a three year age gap. Well, guess what, the moment I come out of this stage, there's like puberty, I go through it fucking all over again. Because it's another three year period of postpartum. So as a mom, what I've come to realize is that I am just not seeing the world in the same way ever again, I'm not into the same things. As I was before. There's something that happens to the desire to work. Like biologically it's, it's become harder for me to embody this Huntress energy, which is the archetype of the warrior Woman's One of the feminine archetypes that actually male teaches. And it's just, it's just harder to embody her. And that archetype just isn't there as much anymore. There's relationship dynamics that completely change which I will get into that a little bit. You I went through a dark night of the soul. Not even just through postpartum it actually happened closer to the start of pregnancy, maybe even before that. Brennan and I went through this period of just Whoa, dark night of the soul energy. And actually told him yesterday that, in my mind, it was as bad as me wanting to end things like it went to that point. And I've been talking to moms recently, like that's not new. It's, it's, it happens. And I feel like part of my new purpose now is really normalizing a lot of things in motherhood. I'm really speaking to moms, especially who are entrepreneurs, because I feel like there's this interesting dynamic there too. Just like in relationships, we are also in relationships with aspects of our lives. I'm so good at talking about the relationship of money, right? You probably have heard of me refer to money as like my boyfriend or husband number two, or just like there's, it's a relationship that I have. And your business is also a relationship you're in relationship to everything. And these dynamics get

completely questioned. When you have a physical human being that you are 100% responsible for. The way you see the world it's like nothing else matters but this tiny Little human, how you see yourself like the whole, the body changes all the hormones, like all of that is just crazy. And then there's like this deep longing for a community for a village that, like, moms don't realize how badly they want it and also need it. And becoming a part of this mastermind was such a special like, I can't even tell you that it's hard to put in words the portal that I walk through. It was very medicinal, like Ayahuasca came through. I mean, it was crazy. It was crazy. And like we're in a hotel in Austin, we're not like in the jungle. We're not actually drinking Ayahuasca. It's not meant to be like this crazy medicinal retreat, but that's what the energy was for so many of us. I mean, we've realized like, Oh, my God, here's my village, this is the village that I was looking for Holy shit. These are other entrepreneurial moms who are seven figure business owners, and they are going through the same shit that I am. And I have this calling earlier on this year. But all of a sudden, I solidified a mastermind that I want to put out into the world, aimed at moms who are seven figure entrepreneurs. And it just like downloaded like, crazy, right? I already have like dates for when I'm launching it. I wrote the sale, I came home and wrote a sales page, I'm on sabbatical. And I promised myself that I wouldn't do anything out of genuine urge. And I had a genuine urge to write a sales pitch. I'm like ready to launch this ship. But also, it can be launched later in the year. So it's okay, because it's not going to start till next year. So we're not going to go get things too out of hand. But I've realized, like through this community that moms don't need more courses, they don't need more memberships, they don't need more online presence stuff, like logging in somewhere to connect with moms, they need the in person community, they need the in person village. And so I'm creating the manifestation mama mastermind, and this is aimed at women who are really navigating their purpose, the same way that I've had to re navigate my purpose, the same way that I've had to give myself space in order to come to a realignment of okay, what is life going to look like? In this new stage from this new identity? And who knows, when the kids grow up? What happens? I don't know. Like, do we come back to another identity? Do we shift through? Is there another portal we go through? I don't know. I'll get there. And I'll share you sure all about it. But for now, as is aimed at women who want to rediscover themselves, through community through connection through what's the word I'm looking for? My mind just went blank. Through connection through spirituality, through manifestation, through redefining what manifestation is now. It's for the moms who they've manifested all the things, they have the seven figure business, they've had the mind blowing sex with their partners and all this stuff. They've had this incredible marriage. And then a baby came and it's like, boom, right? Like, who the fuck am I? Who the fuck are you? Who the fuck is this baby, it's just such a mind fuckery. And I want to present my best experts who I have consulted with who I have, who have had transformed my life through this period. The best modalities that have really helped me overcome the craziness. And then creating a community together. So I'm still formulating the details. But if this is something you're interested in, like, you know that you want to be in a group with me and 20 other incredible moms who are all seven figure business owners, that's the requirement there. That's kind of how you know who it's for. DM me, M M, M, Triple M for manifestation mama mastermind, and I would love to send you the details of what I have so you can get on the waitlist, so that I know when I launched this thing like you are in and also might I add, there's gonna be some exciting retreats that we do together. I'm so excited about it. But moving on from that let's go back to my own mastermind before I get way too excited because this is like the most exciting thing for me right now is creating this group. I can't wait. I can already see the women it's like, amazing. So I went to the CEO mama mastermind, as I said, and I just wanted to create a podcast like formulating my downloads and even like, for me questioning like what the fuck cares, Kathrin right. And I know there's some of you out there who care. But even like me, sitting down here and recording this for myself, so goes on record, I can't wait to see where I'm at one year from now, looking back at this podcast episode and

being like, oh my god, little Katherine over here, she thought that life would go this way or she thought that it would unfold this way, but it unfolded so much better. Like if she only knew that that was just the seed the beginning of a whole new life for her. In fact, I encourage each and every one of you whether you have a podcast or not, to just record a voice note every once in a while sharing downloads that you're getting, sharing clarity that you're getting, sharing insights that you're getting, for you to listen to, I don't know, a year from now, two years from now, I just think that I think that's a really good idea. Okay, so a series of downloads. I really, I didn't know what I wanted to bring to this mastermind in terms of my round table, like, what do we call it Hot Seat, where each of us have 15 minutes to bring, like our biggest issue up to the group and we have literally 20 incredible women. I think it was 20. I didn't actually count. I kept asking everyone how many of us are here because I feel like there's only five of us. Because we feel so close to each other. We feel like we're best friends. And everyone I asked kept saying that. I think there was like 20 of us. I'm like, Okay, there's 20 of us. So 20 beautiful souls to share their insights, their opinions, their advice. And it was amazing. It was all about separating my personal brand from my manifestation, education business. And how finally, for the first time, I finally did it. I don't know if you're following me yet on at Kathrin Zenkina. So I have two accounts now. @manifestationbabe at Kathrin Zenkina. And what you'll find on @manifestationbabe is all my spirituality manifestation like entrepreneurial content that will still continue to carry on. And still gonna be me running that brand. And then there's also at Kathrin Zenkina, for all the other stuff. All the other stuff that I want to talk about all the other stuff that I want to share. It's mainly focused around my personal life, that's for sure. But I don't really know when I'm going to post there yet. I've already started posting some motherhood related stuff. Just sharing a little bit more of a Ryan there rather than my business page. Let's just call it a business page. @manifestationbabe, right. I've been asking for. I've been crowdsourcing some help when I asked about something related to inflammation. I'm actually going to post in this is like a joke of the mastermind everyone kept asking me for a lash of AI tutorial, because apparently I'm so good at doing my lashes. For lash lfy. And everyone around the table is like, oh my god, Kathrin, like, first of all, I get my I gave my friend Ashley a tutorial. And then everyone around the table was asking me to give them a tutorial tour that I needed to create one and post one. So I'm like, You know what, hell yeah, I'm gonna do that, right. And I'm someone who's already had this element of a personal brand. And I'm always recommending things like products and books, and people and ideas, and all these things that don't necessarily fit into manifestation vibe. But I've just been putting it on that page, because I didn't know where else to put it. And people have been so loving all the other stuff that I'm into. So I'm like, I need to create a hub. And I've been ignoring my intuition for five fucking years now. In fact, this was a hot seat for me five years ago in a mastermind and everyone told me not to create a separation to do everything through @manifestationbabe. And I'm like, I don't know, are you sure? And for five years, I've had this like internal conflict of when I do want to just post about my travels or when I do just want to post about Orion or motherhood or just some stupid some thing, right? Just like I really love this coffee mug. Hahaha like it's amazing, you know, and it doesn't necessarily relate to manifestation though. Even though it does like I'm also all these things do relate to manifestation if you think about it, because manifestation is a way of life and just your life is a manifestation. But still, sometimes I'll hold myself back from posting about things because I just don't know how it fits. And I would just go through this internal conflict of like, who cares about this right and there are For people who care about it. So finally, I got some clarity on that. You can follow me on at Kathrin Zenkina. And I'll also post the link to the manifestation Baba mastermind waitlist, as well as the Instagram profile. So as I talk about things, if I'm promising a link or something, or you don't know how to spell something, or what to do, you can always check the show notes. Let's see, oh, yes, this was a powerful fucking download. Let me just share the story with you. So we had a breathwork session. And in this breathwork session, usually when I'm about to do breath work, I'm like,

bugging about it. Not in a bad way. But it's just, if you've ever taken one of my breathwork classes, or taken a breath work class of some sort, you you know that it's, it's a process, you're going into some deep shit. And all of a sudden, I forgot that we had breathwork. And all of a sudden, I'm on a yoga mat with a pillow and a blanket. And we're in the circle. And there is what was in the middle of us. I'm mixing up the closing ceremony and the bra throat because I remember there was cacao and the closing ceremony. Oh, yeah, there was like Florida Water. And there was stage and like Palo Santo, and just all this cleansing material where I was instantly transported to like a route are we about to take ayahuasca, like what's going on here? Now, all of a sudden, I'm on my mat, and I realize Holy shit, I'm about to do breath work. Okay, okay, hold on, calm down. We're good. Like, let's do this. Yep, we're ready. Uh huh. Let's set an intention, all the things. And this incredible soul named Samson. He is like divine masculine incarnate. You know, it's all these moms these beautiful, gorgeous moms in their feminine. And this divine masculine facilitator of breathwork gives us a talk and then says, The breathing exercise is actually going to be really gentle. Because intensity doesn't always mean transformation. And you can have a transformation through gentleness. And that just like landed for me like, Whoa, oh my God, he's so right. Oh, my God, he's so right. That was my experience. This is why I fell in love with rapid resolution therapy is because it's so gentle. It's a very gentle process. You don't cry, you don't scream, you mostly laugh. And just, you're like listening to stories, and then it's over. And you're like, What the fuck was that? And then all of a sudden, you're transformed, right? That's why I love it so much. So I'm like, okay, I can get behind this. And the breathing pattern was so gentle. Actually, you know what I'm mixing up. Let me finish this part because it is interesting. But let me also take you back to right before breathwork to because I completely forgot the fact that what I'm sharing with you had nothing to do with breathwork actually had to do with the speaker before. But I think the breath, the breath work thing is interesting. And if you've been following me since my Ayahuasca days, you'll especially find it interesting and fascinating. So I'm like, Okay, can I get into my mattress or not mattress, my yoga mat. We start the breathing pattern, and it's very gentle. And about 20 minutes in, I'm feeling the same feelings as I normally do. If I was to be doing intense breath work, my hands are tingling, they're locking up the techni the lobster claws, my legs are tingling. I'm having insane clarity. Like just my mind is quiet. And I'm getting download, download vision, vision download, download, like, whoa. And it's so interesting because I concluded my Ayahuasca ceremony from four years ago on that mat. And for me, it was concluding the fact that my first ceremony which you can go back and listen to, it's somewhere in the in the vault of The Manifestation Babe podcast, got to scroll scroll back to around December 2019 is where I recorded it. And if you remember, my first ceremony is really jarring for me. I didn't know if I was going to go back. In fact, if it wasn't for facilitator saying this one sentence that they said to me, which I'm sure I shared in that podcast episode, I would not have gone back because it just was so jarring. And I didn't realize how much PTSD I was still carrying from that first ceremony until this breathwork session, where all of a sudden I concluded it. And I looked at or I didn't look, I was in breathwork. I concluded it and all of a sudden, I saw myself getting up and taking a cup, like being in a ceremony. And I was like wait a second. Do I feel the call to do it again because I didn't feel a call anymore. After my first time my first week doing it. It was like I feel complete. Like, that's okay. We won't do it again. And all of a sudden, I'm like, Wait, do I feel the call to do it again? Is this happening. And I heard this match message of Katherine, it is safe for you to venture off into these realms again, it is safe for you to visit the realms, you are so powerful, you must stay connected to the realms. And that was the thing for me. And I think a huge block to my intuition since then, was that I didn't feel safe, venturing off into the realms, you know, that aren't the 3d. What's beyond the 3d beyond what we see. And if I don't feel safe, venturing off beyond the 3d into the other realms, the astral realms or whatever, however you want to call it or see it? How am I supposed to download anything from it, I'm going to block myself intuitively, if I don't feel safe, downloading

information from a place that I don't feel safe in, like, all of a sudden, it just clicked right? It just made sense. And after that breathwork session, let me tell you, like, I'm still mind blown by how crystal clear my intuition is. And then I got us confirmation, a second confirmation, because I'm gonna have to backtrack of this new level of mastery that I am meant to embark on, that I of course, will be taking you on this journey with me. But first, I need to do my own personal growth and my own personal work. And before I of course, share because you already know that everything I share with you is embodied information. And if it's not, I'll tell you that it's like, Oh, I'm just learning this thing. But when I share with you my money practices, when I share with you my money, mindset, my manifestation process, identity shifting, all the stuff that I talk about all the time like that is coming from the most embodied place, because I have done the work here, I've gone through the portal, I've gone through the initiation, and I'm here to teach. So it was another confirmation of what I meant to teach. And so let me backtrack before the breath work. And this is like the biggest download of this week. And I'm still like, Whoa, this is like, really exciting. So Mel wells, one of my really good friends, Mel wells, she was our speaker. And I remember her creating a story leading up to the mastermind, how she was invited to come back to the mastermind, she's part of the other group, but this time, she's coming as a guest, and a guest speaker, and she's gonna be talking all about polarity. And I remember being like, oh my god, I can't wait. So she comes in, and she's standing. And she's giving this talk on polarity, feminine masculine energies, the different archetypes, the feminine archetypes, things what to do and what not to do to cultivate the masculine energy and not cause it to shut down in your partner. And all this beautiful stuff. And there was a moment where I hear this voice that says, This is what you're meant to master. This is what you're going to be teaching. And this is who you're going to learn it from. Whoa, what I'm sorry, what, what, and the reason why I had that reaction is because you guys, if I'm just being honest, there's an area of my life that I haven't been very public about, not like public about that's the wrong word, because I have been public about it. But it's the one area of life that I don't offer teachings in, or any advice in. And you may notice I have a lot of shit to share when it comes to personal growth, personal development, manifestation money business, like so fucking good at these topics mastered. And I'm not saying that from an egoic place of like, oh, yeah, I already know everything I'm absolutely not. There's still so much for me to learn. There's so many more levels that I want to grow beyond in these areas. But for the most part, I don't struggle with like scarcity, limiting beliefs around money. I just I know that I'm going to be wealthy and successful like End of story period. And it wasn't because I was born that way. But it's because I have over a decade's worth of work here. realignment, unconscious rewiring, and so the other area is in relationships. is in marriage is in polarity, masculine and feminine energies. This area of my life whenever I would talk whenever I would ask my Instagram audience like, hey, what topics? Do you want me to create content around? What do you want me to create a podcast about or a course about and everyone would be like police manifesting love manifesting relationships talking about relationships, and I'm like, I'm literally a fucking hot mess in this area. Especially postpartum. I'm not ready to talk about it yet. And I have to because there's another person involved before I air out our dirty laundry. Okay, I'm gonna have to talk to Brennan. But I know that this is a huge it is the whole catalyst of why I'm being pushed into this new area of mastery. And I want to master this new level of mastery, for me is becoming the feminine leader. What is it like to be the breadwinner, but also be a feminine being, and also have mind blowing sex with your partner. And polarity, and love and relationships. Just all of the stuff that gets so tested postpartum, and it's very, very common. Like I think there was a Instagram or sorry, tick tock trend of a bunch of women using this like scene from euphoria. I think I've never seen the show. But I just read in the comments that that's where the scene comes from, where this guy and this girl are walking towards each other in the hallway. And then he just like, basically ignores her and keeps walking. And everyone says, This is what it's like in your relationship after having a baby. And I already I always looked at that trend, even though that

was my experience. For sure. I always looked at that trend of like, Nah, that's not it. Like, there's gotta be something better than this. There's got to be an answer to this. There's gotta be something to this. And it was like, and you're meant to teach on this, like you're meant to master this. And you're meant to teach on this. And thankfully, now I can say, and Brennan totally agrees with me that we are so much closer now. Than we were even before having a baby. Like we are so much more in love. There's so much more passion for each other things are they're not perfect. There's a lot of resentments that I am working through, we just started seeing an RRT based, like RRT trained couples therapist who is incredible. We just had our first session a couple days ago. So I'm not going to, you know, not gonna say too much about it. Because as we just started, but I can already tell there's a this is going to be so fucking good for us. But yeah, it was tested. And so it's funny because there's I went to my friend's Amy and Ellie's house. In Austin, they moved to Austin, and I was telling them about all these downloads. And then I realized I've been friends with these girls for three years. And this is what they teach on. This is their life's work. And I've never really paid attention because I never really had the genuine desire an urge to go there. And all of a sudden, I'm like, Oh my fucking god, I can learn from you guys too. And they just bam bam, bam, resource resource, resource, resource event, event, event, author, author, author, book, book, book, book book, like, boom, here's where you're gonna dive in Kathrin, like this is your next journey. And I don't know how this is going to unfold, I definitely know it's going always going to be with a flare of manifestation. I think that it will give a new flavor of how I present my teachings and especially like, even outside of relationships with your partners. Just relationships to yourself relationship with money relationship with all those other areas, I think it's just gonna help me once I embody it once I understand. And once I can teach it, I of course, I'm so excited to share it. And who knows, again, I'm coming. I'm coming to this podcast just being like, I don't know what the fuck I'm doing. I don't know how it's gonna look like with my personal brand and this download, but I just need to share it on the podcast. Like, that's, I need to talk about these things. I need to express them I need to talk more about how I've really been feeling about motherhood and postpartum because I feel like it's just, it's just thought it's, it's nothing I was prepared for. And at the same time, it's also it's also hard to prepare for because it's not until you go into this initiation where you're like, Oh, I get it. I get what all the other moms are talking about. What else let me just check my journal because I wrote all of this am I journal like how none of this clarity would come through if it weren't for the whitespace and my sabbatical, I talked about my conclusion of it, my mastermind manifestation mama super excited about that already can see like, oh my gosh, there's so many details that I don't I want to under promise and over deliver. So I'm going to shut up right now because I almost revealed the guests experts that I would bring the just the format that I would be in. And I just want to keep that to myself now so that I can go all out for you. For those of you who are meant to be in this group. I also wrote in my journal identity shifts are not just something you cause to manifest something which it is, but they are also something your soul forces to happen so that you evolve into who you're meant to become. Whoo. That's a good one. That's what I feel like this portal of motherhood is. And then I wrote here, I don't know what the next chapter looks like, or how this is going to evolve. But I'm so grateful. And I am genuinely so grateful to have you. I'm so grateful to have you as a witness. I'm so grateful to have you. As a friend, really. I know. It's weird, where I'm like, you know, acting like we know each other, even though I'm talking, you know, alone in my bedroom on a microphone. I don't know exactly who you are, and what you look like and who listens to my podcasts. But there's a genuine love and appreciation for you that I feel were these words, and all the words and all my podcasts would not flow. If it wasn't for you being there as a receiver on the other side. So thank you for being here as my muse. I mean, that's genuinely what it is. You are my muse. And I am not making promises for my next podcast because like I said, I am in sabbatical, I am in this exploration mode. I'm being a mama. I'm being just a mama. Like, just a mama. You know, we hear this a lot, especially from stay at

home moms like I'm just a stay at home. I'm like, god dammit. That is a whole row. Roll. What am I saying? Role? There we go. That is a whole role. And its own. That is a full time fucking job. Let me tell you, I'm exhausted every day and I'm not even working. Okay, so on top of that, being a business owner or holding on holding down a corporate job like holy fuck people. By experiencing what it's like to just be a mama has been really special. I'm enjoying maternity leave part two, and I'm excited to dive into a world that makes me uncomfortable. But I know that every time I've listened to my intuition, I've come out on the other side living my fucking dream life. It's the reason why I live the life I live today is because I followed my intuition. Even when it didn't make sense. Even when it was scary. I followed my secret desires, I had a secret desire to really enjoy maternity leave, because I didn't get really fully get one. Right when my son was born, I had the secret desire to take a summer off like ooh, juicy. That sounds amazing. Like imagine having a whole summer to do nothing. What. And I didn't want to find out what how the universe would actually force me because the universe forces you to manifest your secret desires if you don't fulfill on them, because it knows what you want. And it's just giving you what you want. You know, like when you say, if I can only just take a break and you don't give yourself a break. That's where you get sick, right? That's where you break a leg. It's like something happens that forces you to take a break. Don't let those things happen. They're not fun. Just take the goddamn break. I'm telling you this clarity that I have right now, this feeling of certainty, this feeling of peace. The fact that my team, I gave my team, the green light to just run a whole launch for me run my whole business, and they're doing amazing and they had the biggest affiliate launch like, this would not be possible if I didn't listen to my intuition. So I really urge you to fucking listen to yours. If I know there's something I know there's something there where you're like, I don't know, it seems so scary, but I really want to do it. Just fucking do it. And if you're someone who wants to take a break, take a break. There is so much juice on the other side of space. So with that being said, I love you so much. If you could be so amazing. And leave a review for this podcast if you've never if you're someone who's been a listener maybe this is your first episode. You're like, you know, I like this chick. She's cool. If you could just leave a five star review, it really genuinely helps the podcast I'd be so appreciative. You don't have to go into a whole paragraph of you know, writing if you don't want to just even a sentence, it takes like five seconds. It's so easy to do. You know, I like to do this as much as possible. If there's a book I like or restaurant just like two seconds, it really helps the business. It helps the author helps the podcast host whoever it is, I'd be so fucking appreciative. And I can't wait to deliver to you new episodes from this kind of energy that I feel like I was missing before the sabbatical. And I'm so excited. All right, I love you so much. I hope you have an amazing day. And I'll catch you in the next episode whenever that is. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media. Come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website @manifestationbabe dot 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 the magic