

(#327) My EXTREMELY SIMPLE tim...ed my dog's life & my keynote)

Fri, May 02, 2025 9:54PM 1:01:08

SPEAKERS

Kathrin Zenkina



Kathrin Zenkina 00:00

I want to give you a powerful, potent tool. I want to give you a process that is so ridiculously simple and easy on HOW TO TIMELINE jump, how to literally put yourself on any timeline that you wish in literally a minute or less, if you could guarantee making your dream life your reality, what would that be worth to you? Welcome to The Manifestation Babe podcast, where we take topics like manifestation, universal laws, quantum physics, personal growth and spirituality and turn them into simple, powerful, practical steps to apply in your life. I'm Kathrin Zenkina, manifestation expert, Master mindset coach and multiple seven figure entrepreneur who has generated over \$25 million in just seven years. I am obsessed with helping you achieve everything that you once thought was impossible. There is no such thing as an unrealistic dream, and with the tools that I give you, don't be surprised when every area of your life receives a massive up level. Are you ready? Let's manifest. Hold on a second before you get into this episode. What if I told you that the hottest post nears eve party isn't some glitter filled soiree, but a five day live celebration where you go from simply setting goals to actually manifesting them. That's exactly what we're doing inside my signature program, epically aligned. And trust me, you are not going to want to miss this. The truth is, most people stop at goal setting. They write down what they want. They get hyped for a few weeks and then wonder why nothing actually changes. But epically aligned takes you beyond the surface. We are moving into the deeper work, the energetic shifts, the subconscious reprogramming and the alignment with your desires that guarantees this time will be different. Forget about wishful thinking or resolutions that fizzle out by February. I am giving you a proven step by step process to recalibrate your energy, clear out the blocks that are holding you back and create an aligned game plan that magnetizes your goals to you. In 2025, Are you ready to make 2025 the year where everything just clicks for you? Then head over to manifestationbabe.com/ea, right now again, that's [manifestation, babe.com/e](https://manifestationbabe.com/e). A Hello, my gorgeous souls, and welcome back to another episode of The Manifestation. Babe podcast. I know it has been a while, it seemed like I just dropped off of the face of the earth, but honestly, you guys, this break this podcast, break that I've taken the last couple months has been so good for me. I went on a streak like I promised, of uploading weekly episodes for an entire year, and I did it. I probably did like 11 and a half months, to be honest, but I did it okay. I'm just gonna consider it done. And I've just learned that my style is very much working with the energy of inspiration rather than the energy of pressure. That is just how I am built. I am not one of those people that do better with pressure. I am not one of those kids in school that could write an essay at three in the morning the night before it's due and perform my best work. Like girl needs some time. You know what I'm saying? Girl needs some inspo, some time. Some some energy to flow through. So anyway,

I am so excited to be back. I hope that everyone is having a beautiful holiday season. Whatever it is that you celebrate, Merry Christmas. Happy Kwanzaa, happy, Hanukkah happy. New Year. I cannot believe that this year is almost over. And honestly, you guys like, Thank God it's almost over, because I don't know about you, but 2024, has been the most emotional year of my entire life. I swear to God, there have been months where I have cried every single day of that month. It has been insane. There have been so many identity shifts, identity crises, lots of mental turmoil, lots of questioning everything, lots of shamanic deaths, and I am just in a really good place right now, so I figured I would pop back on the mic, especially since I faced one of my greatest fears in this whole wide world, which is public speaking. And I just spoke at BBD live very recently. In fact, it has something to do with the stories that I'm. Be telling you today, so I'm super proud of myself, and now I'm back in my office on this mic, and there are just two cameras looking at me, and I don't have a whole audience, which is a lot less pressure, so I'm way more in my zone. Well, the cameras kind of Yeah, the cameras are still something I'm getting used to. I'm used to podcasting and talking to a literal wall. Okay, that's how I've been podcasting this whole time. The cameras are new to me. But anyway, I digress, you guys. I can go on a million different tangents, and I want to stick with the plan here, because I have some stories to share with you. It's going to be Story Time With Kathrin today. I want to give you a powerful, potent tool. I want to give you a process that is so ridiculously simple and easy on HOW TO TIMELINE jump, how to literally put yourself on any timeline that you wish in literally a minute or less. At least it takes me a minute. Maybe, if you're not used to doing this process, it might take you a little bit longer. Bit longer. But this is something that there have been two situations in my life in the last couple of years, one of them or months, actually, many situations. But I just want to highlight two specific situations, two specific examples that I have used this very simple, very easy Timeline Jumping process that has literally saved my dog's life one and number two saved my keynote at BBD live. If you're not familiar with what BBD live is, it is an event that's put on by one of my really good friends, James Wedmore. It's called business by design. It's a program that he runs and he runs a live event to go with that program every single year before I share the stories you guys, before I share this process that I am so excited to give you, especially because I think this is the best way that we can end the year on this podcast and start the year on this podcast by you literally Learning how to quantum jump, how to jump on any timeline, how to shift into any reality that you want to shift into quickly and easily and effortlessly. Okay, before I dive into those stories, though, I do want to share that I am hosting my one of my favorite programs of the year, called epically aligned. So if you want to learn how to create, how to manifest your New Year's goals in a way that actually works, in a way that is in alignment with manifestation, not with those like 3d goal setting, super logical, tangible reverse engineering here, step one. Step two. Break it down. Every day you do something very robotic kind of goal setting programs epically aligned is all about activating the power of Timeline Jumping, quantum leaping and manifestation. I invented this process back in 2016 I will share the story with you inside of epically aligned. If this is something that you're interested in jumping into, because it is so freaking good. It is the year that I figured out how to actually set New Year's goals, New Year's intentions, in a way that actually manifests. So I've been running this program. I think I did the first one in 2017 or maybe even 2018 I've been doing it ever since last year. I did not run it. I don't remember why, to be honest, but I'm bringing it back this year so it is coming out. We are doing it live mid January, which means that you can get on the wait list right now. And you can also download some journal prompts as well while you wait for the launch of epically aligned. I'm going to post all those links in the show notes. But if you're like, Kathrin, I don't want to miss epically aligned this year. I really want to, like, master the art of creating my Quantum Leap Year, which is what I talked about at BBD live and like, I'll show you the tangible steps on how to actually do that. You can head over to manifestationbabe.com/EA. The E stands for epically A stands for aligned. Super easy to remember manifestationbabe.com/EA, and this is like, remember 2016 the end

of 2016 when I created the epically aligned process, I had finished the year making just \$9,000 in my business, and in the end of 2017 applying the epically aligned process, I ended the year making \$600,000 in my business, and I continued on to double and triple my revenue, literally creating over \$30 million in the last seven years. So if you are like Kathrin, what is your secret? What are your step by steps? It's all inside, epically aligned. And this is one of my more I hate using this word, but affordable programs. Just because I think anyone can afford whatever it is that they set their minds to. But this is one of those programs where it's much easier to get into. The barrier to entry is a lot less. The investment is a lot less. It's only 222, \$222 and yes, there will be a payment plan where you can pay two payments of \$111 I like to have as many people inside of epic way line as possible, because it truly is such a Kickstart to the new year, and it's a great entrance point to get inside of the manifestation babe Academy when it opens up later in the year, as well as Sovereign Money, for those of you who want to master your money mindset and really tap into the frequency of money to manifest as much of it as you could ever want, because we can all do that. And that's the magic of this life. That is the magic of manifestation. That is the reason why I started this whole company, this whole brand, this whole business. I live and breathe this shit, and you got you guys, like, I really genuinely believe that you can be do and have anything that you want in life. So that is my spiel. Now let's get into story time. Okay, so I have two Timeline Jumping stories, and within each story, I'm going to share with you the process of exactly how I did it, and it's going to seem so much simpler. And I know you guys are gonna be like, literally, that's it. Yes, literally, that's fucking it. Okay, that is it. That is all that I did, and that's all I'm gonna share with you, and then I will summarize the points at the end. So for anyone who likes to have a list of, okay, what is step one? What is step two, what is step three. But this, like, really deepened my understanding of manifestation and really simplified it for me, because even I at the end of these two stories, one is more intense than the other. So I want to share kind of like one is more of a life and death scenario, which it might be harder to apply this to something that has so much emotion tied to it, and one has a little bit less emotion tied to it, which might be easier. So I just want to show you like you can apply this to literally anything, okay, anything, anything, anything, Oh, I feel like I'm hyper today. I feel like I have so much energy. I'm in a really good mood. You guys. I've been sleeping so well in the last week. So this is going to be a really good episode, all right, number one in October. Literally, one of the reasons why I took a podcast break is because right after the manifestation babe Academy launched, actually, in the middle of that launch, something happened to my dog, my dog, Leah. We got her in 2020 she is our COVID baby. She is the first baby that my husband and I had together before our actual human baby. Leah is a French Bulldog. She's only five years old, and she is just so special to us. Something happened to her, and she's had issues before. If you guys know Frenchies, if you know, you know, you know, they come with issues. Unfortunately, I don't know if we're gonna get Frenchies after these two. We have two of them, Leah and Zeus. We might kind of not get this breed anymore, just because they have so many issues and it's really hard to operate on them surgically. And when things go wrong, things really go wrong because of the way that they've been bred. Unfortunately, even though they're so fucking cute, and I literally think they have the best personalities, it is what it is. So Leia has had, like these back issues before, some neurological issues that come with the I guess, like the discs in a Frenchies back are similar, like, have a similar problem to, if you guys know the wiener dogs, dachshins, I forget. I think it's called IV DD or something. And don't ask me what it stands for. I just know that, like, there can be some slippage, okay? And we've noticed that before, and it's something that either needs to be taken care of surgically, or can, just like, kind of heal on its own, or go away, or at least the symptoms go away. Now, I'm not a fucking vet, okay, so don't quote me on this. Do your own research, but that's basically our experience with it. So we thought that was what's going on one day, we just noticed some symptoms where actually the scariest symptom which we didn't connect to for some reason, we thought it was like, oh, maybe it's her IVDD flaring up. We just noticed that

Leia wasn't around us all day. It's like, you know, we live a busy life, and we have a toddler at our house. So our house is always moving. There's always moving pieces. Like our toddler is just running all over the place, doing his own thing, playing with his games and toys. And our dogs are just kind of like in it. And just, you know, in our lives, sleeping most of the day, and then in the evening, they're kind of like, where's the food? We're ready to play and eat. So where were my husband and I were like, we haven't seen Leia all day. Where is Leia? We've seen Zeus, but where's Leia? And that's when we noticed that she was on the couch. And, um. Um, she was like, faced, turned away from us, and not responding to her name. And so that was very concerning. We kind of, like shook her, woke her up. She did end up waking up slowly, came to get her dinner, but really wasn't eating. And so I don't want to give you guys every single detail, but basically, long story short, we took her to the vet. Said she's fine, gave her some medication. The next day, we had her sleep in bed with us. I had kicked out our dogs from our bed a couple weeks prior to this because they annoyed the shit out of me. They're always trying to stomp on me in the middle of the night. They sleep on my head. It's like, it's like a love hate relationship, because they're so cuddly and I love having them in bed, but at the same time, if I'm not sleeping, well, I'm not a nice person the next day, and I get so irritated with them in the middle of the night, to the point where I'm just like, shoving them off the bed or shoving them onto my husband. So anyway, this particular night, just my intuition was like, let's have her sleep in bed with us, and she was alone without Zeus. Zeus, we put in the crate, and I remember waking up at three in the morning and just I instantly got, like, a psychic message, because I could hear her going around the bed, but like, doing weird things, she was almost like twirling or spinning around. I don't know. I don't remember, because my eyes were closed, so I don't remember the motion exactly that I felt, but I felt like something was off, and I heard a message that said she's on the wrong medication. The medication has nothing to do with her issue. And then I heard Brennan get up, and Brennan is the one who does night duties now for everything. So if Orion is having an issue, Brennan gets up. If the dogs are having an issue, it's Brennan's job. And so I just, I just, I heard Brennan get up, and I just like, fell back asleep because I knew whatever it is would be taken care of. Long story short, next day, overnight, Brennan said Leah was having these, like, weird seizures all night, and she was, like, trying to alligator roll, and her eyes are just starting back and forth and like crazy stuff. So we looked up the symptoms, you know, he didn't want to take her back to the VCA, because he didn't feel like they knew exactly what was going on with her. He didn't want to just go back to the place where they misdiagnosed her. And so he found the best neurologist for dogs in the Phoenix area. And he was like, as soon as they open, I'm going to take her there, and just like, I don't care if they have space for her or not, I'm going to beg them to see her. And thankfully, they saw her. But that's when everything went sour. That's when everything went south. That's when they asked us if they could put her under, which is always a risk to Frenchies. And we agreed, yes, we're going to put her under because we wanted to get her scanned. I was like, There's something happening that is not has nothing to do with her back. It has, it's a neurological issue, but there's something deeper here, just like my psychic senses were going off like crazy. So we get a call later in the day, and mind you, this is the day before we're going on a Disney cruise with my son. Don't ask, I just became a Disney mom. Literally overnight, we went to Disneyland in the summer. I saw my son react to the characters, and that's it. I fell in love, and now we're just like a little Disney family, and we're actually making up the cruise that we missed next month. And I Yes, I'm very excited about it. Am I into cruises? No, but Disney Cruise? Yeah, fuck yeah, take me. So anyway, we were supposed to fly to Florida the next day, and basically what happened is the neurologist called us and said they've been having a hard time extubating her. When they tried to extubate her, she couldn't get oxygen, blah, blah, blah. Basically they couldn't take the breathing tube out of her after the scan, the scan also showed that she has an abscess in her throat, and if they remove the tubing, it could push on the abscess. They don't know which way the head of the abscess is facing. It could basically go into

her throat and suffocate her if they do it wrong. So they don't want to risk it, they're now closing for the day, the doctors have to go home, and so they're going to transfer her to the this emergency and Critical Care Center. And my husband and I were like, critical care, like, What the fuck? What's going on? But it didn't seem so serious. It just seemed like they needed to put her on antibiotics, get that abscess down, figure out what to do with it. Basically, they made it sound like one night in the ICU is all she needs, and it wasn't even the ICU, just one night at the hospital and she's going to be okay. So we were talking with my mom, like, what do we do? Do we go on this trip? Do we not go on this trip? Like we don't want to abandon Leia? But also, my mom wasn't going on this trip, and my mom loves Leia, and like is a nurse herself. I know she's not like a pet nurse, a dog nurse, but she's a nurse. So she understands, like, medical issues and how to take care of wounds and how to take care and how to, you know, deliver medications and things like that. So we really trust her with our dogs. And my mom, like begged us to go. She's like, Guys, there's no reason. Then to not go, just go, go, go, go, go. And even, like, my intuition, you know, wasn't really telling me to stay or go. It was just kind of like either way, something. It just either way. There needs to be movement in either direction, so just make a decision. But one thing that did stand out to me was I kept asking Brennan, like, should we stay? Should we stay? And I need to learn that when I start to question, like when I start to ask questions, should we do this? Should we do this? Did you do this? Did you do this? It's because my intuition is speaking right. So in hindsight, I'm like, shit. My intuition was telling me to stay but anyway, we left to Florida, and we on our way to the airport, we were asking the doctors for an update, and they basically said they try to extubate her. The extubation failed, so they intubated her again, which means they put the two back into her throat, and they're just going to wait it out and see if they can do it later. So far, no progress. The antibiotics are, you know, flowing through, so hopefully brings down an infection. And I forgot to mention this part, the infection came from a deep inner ear infection that has been chronic and going on for years, and it's something that is very easily missed, because dogs are so good at hiding their pain. So we never had any indication that Leah had an ear infection, so she just like hid it from us for what seems like years, and so we get to Florida, and when we land in Florida at the Disneyland Hotel there, which I forget, I think we're staying at the contemporary resort, which is right by the Magic Kingdom park, we finally checked into our hotel, and Bren and I are crying now because we're like thinking, oh my god, what if she We never really said goodbye. What if we lose her? Oh, my God. What's going on. And from that point on, every single update that we got now, Leah is in the critical care unit. She's in the ICU, and every update we got from that point on was just negative, negative, negative, negative, like we can't extubate her. We can't extubate her every time we do. Now, the abscess ruptured. Now it's overflowing in her mouth. We have to suction it out. It's just like a fucking mess, right? That night, Brennan and I are just hysterical, because this is our first baby. We didn't expect to lose her so quickly. We didn't expect to lose her at all. We thought that she would just come home the next day and my mom would just give her, you know, antibiotics help clear the infection, help clear the abscess, and she's all good, and she'll come home, but it was all the complications that happened that kept her in the ICU for so long. So overnight, we got at least three different phone calls. None of them had good news. And then the next morning, I was like, Brennan, I can't go on this cruise. Like, I cannot. I can't, like, at the very least, we have to say goodbye to Leia, right? Oh, I forgot. Hold on. I went a little too fast. So it's still the night time. Okay? So Brenda and I are still questioning, are we going to the park tomorrow? Are we not going to the park? Like, are we gonna fly back home? Are we not whatever? Like, what are we gonna do? And my mom kept saying, No, she's gonna be fine. She's gonna be fine. She's gonna be fine. You guys, don't worry. Like, don't feel guilty. Like, go and have fun, even though it was impossible to have fun at this point. And so I remember Brennan and I are just both sobbing, and I've never seen this man cry so hard in my entire life, and I was I couldn't bear the thought of losing Leia because she is my soul dog. She's someone I'm very spiritually connected to. She's come through so

many of my meditations, so many of my plant medicine journeys. She's someone who can read my thoughts. I'm not even joking you guys, like she can sense when I'm upset, and before I even start crying, she's already hovering over me, licking my tears, like ready to lick my tears, very spiritually, in sync with her. And I was like, There's no way. Like, there's no way I'm gonna let go of this five year old dog who is still so young, who is so healthy, aside from, of course, the ear infection. And so I went, I literally looked at Brennan, and I said, Brennan, I'm gonna lead us through an exercise right now, and I need you to do it with me. And we are gonna fucking quantum jump onto a new timeline. We're not letting her go. She nothing bad is gonna happen to her. We are going to save Leia, but you need to, like, seriously, hunker down and do this energy work with me. Are you in on it? Like, are you? Are you down to do it? And he said, Yes, of course, because this man gets me now. He didn't at first, but he definitely gets me now, and he trusts me with this energy work stuff. So here's what I did, is, again, remember, like this is, this is Saturday night while we're at the Disney parks. And I led us through this exercise where, first of all, we decided that we're going to quantum jump. We decided that we're going to Timeline jump. We're going to go on the timeline where Leah lives, and we have her in our home, and we are now. Talking about how in the past, at some point, oh my god, do you remember that time we almost lost Leia like, holy shit. That was so intense. That was so insane, but oh my god, she's here, she's safe, she's home with us. She's a fucking walking miracle. That is the intention I sent. That is the decision that I made. And so then I asked Brennan and I to create a scene together. So the scene was, there's a specific run that Leia does when she's excited. It's like this three legged run where she lifts kind of one leg, or it's like a pirate run, I don't know. She kind of like pretends one of her legs doesn't work, and she runs like that, and it's like a little hop and a skip, and it's so freaking cute. And then she does this, like, little look at us when she is excited about something. And I just created we, both of us agreed on a scene where we would be having a conversation of, like, Oh my God, look at Leah. She's a walking miracle. Can you believe she's here? I can't believe she almost died, but she's here. She's alive. Like, look at her. And so Brennan and I held those feelings. I asked, I asked both of us to tap into what we're gonna see, what we're gonna hear, and what we're gonna feel, and feel as if it's already done. Feel as if it's already done. This is it? This is the only option we have. This is the only reality that's going to happen, and no matter what update we get from this point forward, no matter what happens from this point forward, this scene is going to happen. This scene is going to be lived by us, because we just created it, and the mind doesn't know the difference between what's real and what's imagined, and whatever intention you set the universe cannot help but receive the instructions, receive the directions to create whatever it is that it has been intended on creating. And so again, all these years of knowing this stuff really like I've never applied it to something like this before, right? I was like, I don't know. Like, can this work? I feel so out of control here. It's not like I'm manifesting a specific dollar amount that I feel so confident in manifesting now. It's not like I'm manifesting a new car or a new home or anything like that. It's not like a material object like this is literally saving my dog's life, like, Can I do this? And so both of us, we set the scene, and we sat with that scene for, I don't know, 30 seconds. 30 seconds is all it took for us. And we agreed again. I told him, remember, no matter what happens, you have to know that the scene will happen. So even if it feels like or seems like it's not going to happen, I need you to understand that at some point in the future it is now inevitable that the scene will happen, and that certainty is crucial in Timeline Jumping, because the version of you who's already living that scene. They're not questioning if the scene has happened, because the scene has happened. Do you see what I mean? They're not questioning a memory that is forever etched into their reality, because it actually has happened. So in order for you to actually be that version of yourself who's in that new reality, who's in that reality, you have to have that certainty. So then guess what? You guys, every update that night got worse and worse and worse, and the next morning, I was like, Brennan, we have to fly home. So we literally booked flights, most chaotic flights in my life, because they were all layovers. There

were like, the last three seats on the plane in the back row somewhere, right? And we're so used to flying first class now, so we're like in the back somewhere in coach, all separated. Thankfully, they put me and Orion together, because that would be insane to just leave my two year old with a stranger like No, it's not going to happen. And and the worst update of all was before we were heading out to the airport, where we got a call, because the plan was to do a tracheotomy on Leah so she could just breathe on her own. At the very least, let's get her breathing before we tackle this infection before we go into the ear before we consider ear surgery, because removing her ear canals and rendering her death was one of the options. So first things first, we got to get this girl breathing, because she's at her cutoff point. We don't want to intubate her for longer than 72 hours. And we're approaching the 72 hour mark, and it's going to become more and more dangerous, because she's at risk of catching pneumonia now, which is not going to help her infection at all. It's just going to add to the infection. And the antibiotics she has is already the strongest antibiotics there are. So in preparation for the surgery. We then get an update that says her blood pressure just dropped severely, and we're doing everything in our power to get it up. I'll never forget this update. I remember being on my knees begging God to not let her go and we cannot perform the surgery until her blood pressure goes up. And I remember thinking like, oh my god, what if? What if we do have to let her go? Like, what if? This is it? Again, really fucking testing the faith right in my time Timeline Jumping exercise that I did the night before. And so, with a lot of prayer, with a lot of energy work from my shaman, just surrounding her with saints and angels and just gathering her strength for the surgery. Thank God, the surgery was successful, and I had one of my intuitive friends do a Reiki on her and essentially read her thoughts. And in her thoughts, she kept asking, Where's Kathrin? Where's Kathrin? Where's Kathrin? I don't know where Kathrin is. I don't want to be here anymore, and I'm losing my strength, and I don't know if I could fight this any longer. Where is Kathrin? And I remember being like, oh my god, she misses me. She wants me. I never got to say goodbye to her. I never got to even talk to her since she's been in this ICU and so on our way home, we were able to have a face time with her before she went into surgery, because my mom went to the hospital to visit her before her surgery. You know, just in case anything happened during surgery, my mom could be with her, by her side while we're flying home. And I, you know, Brenda and I are talking to Leah, and my mom is saying, like, her eyes, like she's very unconscious, she's basically put in the medical coma, but she was responding to her voices, and I swear to God, that's what saved her life, because it gave her the strength to be able to go through the surgery. And then the surgery was successful, and she was breathing on her own, and we got to visit her that night, and then every single update from that point on was just positive after positive after positive. And yes, we had to remove one of her ear canals. But what is so cool was that the other infection on the other side wasn't as serious, and it could be something that could be remedied through oral antibiotics and certain medications, so we were able to save half her hearing. And there were supposed to be a lot of issues with her neurology, where she would be very dizzy, probably wouldn't walk very well, probably wouldn't have function of her legs, like all kinds of issues that were supposed to happen, right? But guess what? We picked her up from the ICU. She was in there for eight days. We went to her first Derma she now sees a dermatologist, a neurologist and the surgeon to remove her sutures. So she saw three doctors, like, a week after we picked her up from the ICU, and all of them, especially the ones that didn't meet her in the ICU, and were like, meeting her for the first time, and just they were reading her chart. You know how? You know doctors will read, like, the surgical report, the chart, just to catch up on what's what's up with the dog before seeing them? And they were like, I'm sorry, what she is totally normal. Like, yes, she lost half of her the function of half of her face is, like, kind of paralyzed. She doesn't blink with one eye, so we have to put eye drops in there. And yes, she has a little bit of a head tilt, because the abscess essentially pushed on cranial nerves that then created some issues, but they strongly think that she'll regain function of that, because she's already regained so much

function, the fact that she's running and playing and being a completely, totally normal dog, and she can hear us, even though she's missing half her hearing, she can fully hear us. And it's funny, she's so smart, like she literally will test us and pretend that she doesn't hear us, but we know that she does, because when there's food involved, we will use the same volume and she'll hear us. So it's like, Dale, come on, like you're just fucking with us at this point. But anyway, every single doctor was like, I have no idea how this miracle pulled through. Like, we have no idea that is insane. And you guys are incredibly lucky. And a week after that, once Leah's like, she had a big chest wound right from the tracheotomy that had to heal on its own. And she had a bunch of like, scabs on her paws because of all the fluids and stuff that they had to give her. And then she had her ear, you know, surgically, like the canal surgically removed. So she had all these wounds that, of course, had to heal. But after they were healed, guess what that exact scene that Brennan and I created, even though, yes, we still went on a wild fucking roller coaster. Until then, that scene that we were so certain would manifest, would be created, is now etched into the timeline that we've now jumped onto fucking happened. And I live this scene every single day. I get to watch my little baby girl run around the house with her three legged run when she's excited, and she is the most Leia Princess, Leia dog, like just the same personality she's always had. It's almost like nothing fucking happened. It's insane. So that's my first story to kind of demonstrate the power of certainty in the scenes that we create with our mind and how we use our minds, we can either use our minds to create doom and gloom and imagine the worst case scenarios, or we can use our minds to Create faith and certainty and abundance and joy and love and experience those things in life, because we're using the power of our minds to create it. So it's, it's all, it's all in choice, right? That's not to say everything in life is always going to be butterflies and rainbows and whatnot, because it is life, and we're humans, and we came here to live the human experience. But it's about understanding that you're creating certainty in the scene, which means that, yes, it could be a bumpy ride. It could look like it's not happening, but then eventually it happens. Inevitably it happens. So my less emotional, less serious story that I want to share has to do with my keynote at business by design live. Okay, so you guys, I got the strangest virus in the whole wide world, like a month ago, and it started with like muscle pain, but it wasn't muscles more like neurological pain. I don't know if I had like, a virus in my nerves or something. It was bizarre. And if it wasn't for Brennan having the exact same thing just a week prior to me, I would be I would be, like, freaking out, but because he had it. And of course, men, they just have to hide their weaknesses and they have to hide their pain and be like Leia, where you just never know what's wrong with them until, like, they're on their deathbeds. God damn it. He told me to calm down, because he had the exact same thing, and it's gonna go away. Kathrin, he was like, Don't worry. It's gonna go away. First it's gonna transition into a sore throat, and then it's gonna transition into a cough, and then it's gonna go away, and you're gonna be okay. I'm like, what? So it was like this. It felt like this burn on my skin, but it wasn't a burn. It felt like I got burned, not like a sunburn, but, you know, like a hot iron that kind of burn, but just very surface level on my skin. And it was like under my armpit, around my breast, and then my scapula. So it's like this, like muscle region around, like the My, my, what do you call these muscles? Oh, my God, my pec muscle, my left PEC muscle, and my left like trap and whatever is on the scapula, which is the rhomboid. I think if I remember my freaking anatomy and physiology classes from like, 10 years ago, hopefully I get an A on that, anyway, so, and then I transitioned to a sore throat, just like Brennan said, and then it turned into this cough. Okay, so I thought the cough would last, I don't know, a day, two days, three days, like Max, six or seven days. No, this cough lasted two and a half weeks. And the worst part of it is that the week before my keynote, it was Thanksgiving, and I was hanging out with my family as well as my friends, and James and Jen, who were hosting BBD live. They were there, and I was telling them, like, Guys, I promise I'm gonna manifest this cough away by next week. This is insane. I could not say three words without coughing. It's like three words. Cough, three words, cough,

three words, cough. And then I was practicing my keynote over and over and over again every single day, starting from like a week before, and I couldn't get through a single slide without coughing at least 20 times. And I just remember thinking like, I just feel bad for this audience who has to listen to me cough because I'm talking into a microphone that isn't a handheld mic where I can just, you know, move the mic, cough. It's on my jaw bone. It's like, literally right here. It's attached to my face, so if I'm gonna cough, it's gonna hear me. And it's not something I can just move without messing up the whole thing. And if you've ever had one of those microphones on stage before? Like, it gets caught in your hair, and everything is just very, like, attached to your face, and so I was just, I remember being so fucking frustrated, and then also being who I am. I'm like, what is the energetic root cause? What is the issue? What is this trying to teach me? What can I do about it? How can I manifest it away? So here's what I did. This is kind of besides the point, because I did do a Timeline Jumping exercise, but one of the cool things I did was I've recently gotten into internal family systems, which is parts work, and I decided to talk to the part that is coughing. This is about two days before, so I was very frustrated because the next day I had a panel that I was speaking on, and then the next day I had a keynote and a panel, and then two days later I had, like, my own event that I was that my team was running, and then I got to participate, but thankfully, I wasn't doing any speaking, but still, like, I'm still talking to people, right? And again, I wasn't sick. It was just a leftover dry ass cough that just felt like there's a there's a squirrel sitting in my throat, just tickling my throat and making me cough. It was so frustrating. So two days before, I had the beautiful Sam Harper come over to my house and do a sound healing for me and my husband, and I told her to do throat chakra specific stuff, because we need to clear this shit, right? I need it cleared by tomorrow. Sam, help me. Please help me. And it was during the sound healing that, first of all, she said it wasn't for my throat chakra. It's actually an old subconscious pattern that is rooted in my solar plexus, and it's like kicking up dirt, and I'm feeling it in my throat, and so I'm trying to cough it out. And she's like, it's actually good that you keep coughing and you don't hold it back, because it needs to just be released. So that was cool. But then during the sound healing, I connected with the part of me that's coughing, and this part of me that was coughing was this little girl who wanted to know if I would love hereven if she fucked up my keynote. I literally saw this little girl, and she was like, would you still love me if I messed up your whole keynote by coughing through it, because she knew how important that keynote was to me and this part of me, I guess. I don't know where she comes from, but I think she's rooted to, like, where my initial fear came from. Public Speaking started at a very early age, when I got laughed at by a bunch of kids in first grade, when I was presenting in front of the class, and I just, like, made the decision that this means I should never talk to people like in an audience format ever again, and thank God I didn't listen to that fully, because, oh my gosh. Can you imagine if I let that hold me back up until now? Oh my god. So anyway, I just remember talking to this part of me and being like, Yes, I you know what, I would still love you. And then I made this promise to myself that even if I coughed through my whole keynote, because I literally couldn't hold it back, you guys, I could not turn it off. I swear to God, I could not turn it off. It was just something so automatic. But I remember just making this promise to myself that when I get off stage, I would be proud of myself no matter what, even if I cough through the whole thing, I would just let it be and so my smart ass thought that, Oh, my God, I had my breakthrough. I addressed the breakthrough. Now I'm going to stop coughing. Did I stop coughing? No, I kept coughing through the next day, I went on my Q A panel at Kate Northrop's mastermind. Fucking love. Kate Northrop, by the way, she is incredible, if you don't follow her yet, she's also very Woo, woo, and into manifestation and into money manifestation and nervous system regulation and all the things. Massive. Shout out to her. So I went to her mastermind, and we did like a little Q and A with her BBD focused mastermind. I was coughing through the whole thing, and I just made a joke out of it, and I just said, Sorry, guys. Like, it is what it is. And everyone like, we all had a good time. I had a fantastic time there. It seemed like the attendees had a great time.

I had a lot of great feedback afterwards. So you know, that made me feel better about the next day, because even if I'm coughing through it, it's not a big deal. And so the next morning, I woke up and I told my makeup artist, I'm so sorry. I can't have any conversation today. I really need to save my voice for my keynote, because I'm already struggling with this fucking cough. And she's also amazing, Kelsey from Kelsey and beauty. She was like, no problem. We will just, you know, turn on some music. Let's just listen to music. Okay, great, awesome. So got my hair and makeup done, and I go to the event, and I decided to wrap it into a joke and just tell the audience from the start. So my joke was, was I got on stage? Oh, wait, guys, oh my gosh. Wait, I'm getting ahead of myself. Let me, let me tell you this. I did the whole timeline jumping thing. And the reason why I forgot about is because I literally forgot about, I forgot that I did this. So after the sound healing, when I was like, fuck, my cough is still there. I. Decided to do the scene. So I decided that I was going to step into a timeline. I was going to timeline, jump into a reality where I don't cough during my keynote. And so I saw the scene. The scene was okay, because you want specificity, and you want a scene that tells you it's already done. So instead of seeing me on stage in process, the scene that I created was, I'm going down the stairs of the stage. That's what you do. When you're done, you go down the stairs and you go backstage. And I remember just the scene that I created was, I'm going down the stairs and backstage, and I'm having this thought in my head of, oh my God, I didn't cough the whole time, holy shit, I made it through without coughing. And so then I just made an agreement again, just like with the Leia example, no matter what happens, this is the scene. The scene is gonna happen. The scene is inevitable. No matter what happens, even if it looks like it's not gonna happen, it's gonna fucking happen because I said it so I declared it to be true. This is why declaration is so important. It's not about begging God to answer your prayers. It's about living as if your prayers have already been answered. Okay, so now I'm on my keynote, and I get on stage, and I brought with me honey, cough drops and tea, and I was coughing, literally going up the stairs on stage, I'm already coughing, and I get on stage and I tell the audience, unfortunately, I brought an accessory with me. I have a cough. And as much as I would like to think that I have all these snacks with me because I'm hungry, it's actually to support my throat. And unfortunately, while most speakers are going to be taking, you know, dramatic pauses in their speaking for dramatic effect, I'm going to be coughing for dramatic effect. And thankfully, the whole audience laughed. I turned into a joke. So okay, it's out there, right? Please forgive me, and I will have a cough drop in my mouth. I brought, like, homeopathy with me. I have, like, a special tea. I took so much cough syrup. You guys, I don't know if, like, it's even legal to take that much cough syrup, or is my body okay on that much cough syrup? I don't know. But I just went straight Robitussin, like downing robot awesome before my performance. So then I get into the keynote, I get into the vortex. I get grounded. I'm in it. I'm just things are flowing. Things are flowing. I'm not even thinking about anything except for connecting with the audience and just saying the words that I want to tell them. And it wasn't until I did a meditation for them. So I spoke for 45 minutes, and then the last 15 minutes, I had this plan to do a meditation for them. And right as I was about to start the meditation, I remember waiting for the music to start. Didn't start at first. I'm like, hello, is music gonna come on? Because I told the AV team, you know, like, this is the slide, and I'm gonna say this. And then the music didn't go on. And I'm like, fuck anyway. So I grab a drink of tea, and I remember saying out loud to the audience and being like, Guys, I haven't coughed once yet, and I could hear the audience also being like, yeah, no, you didn't like people in the audience, just kind of like clapping. And I remember being like, Whoa, what the hell. So anyway, go through the meditation. Essentially, grab my phone because I had it perfectly scripted out, because I only had so much time on stage. I needed everything to be buy the books, because that's the agreement I had with James, like, don't worry. 55 minutes max, and then I get off stage. I forgot, you guys. I forgot about the time Timeline Jumping. I forgot I did that whole process. I get off stage, and I start coughing again. So before stage, coughing on stage, not coughing for a whole hour, 55

minutes, and then I get off stage, and I'm coughing again like nothing fucking happened. And I remember telling everyone backstage, because they're like, Kathrin, you didn't cough once. And I'm like, I don't know what the hell happened. I swear it's like the grace of God at this point. I don't know, but whatever it is, I'm so grateful to my subconscious mind, to my spirit guides, to God, to universe, to source, creator, whomever, whoever, made that possible and made that happen. Thank you. I'm not going to argue with you like Thank you. Thank you. Thank you. Thank you. And so my joke about coughing was pointless, right? I was mind blown. You guys. I ended up coughing for a full week after BBD. I ended up doing a panel later that day, which the panel was like lower pressure. For me, I coughed through the whole panel. So this wasn't like a it wasn't like a mental thing. It was genuinely like, I'm coughing. And then it literally ended, like a couple days ago, and it's been 10 days since BBD live, and I remember driving home from my first day at BBD live like my, my main day, where I was doing a lot of stuff and spending a lot of time there, and all of a sudden I remembered, holy shit, I did the timeline jumping, but I completely forgot. I forgot, but I did it, and it fucking worked again. So you bet your ass in 2025 this is going to be my number one manifestation hack. This is my number one process. I am going to be creating scenes for every possible thing that I want in my life. In fact, one of my favorite scenes is boarding a private jet to like, a long distance range, like, let's say Europe, Dubai, Australia, something like that. With my family, I have this scene of us walking up the stairs and being like, oh my god, we can leave at whatever time we're on a private jet. Like, holy shit. This is so exciting. That's a scene that I love to live over and over and over and over again. I know it's inevitably going to happen. So excited. So it's like, what else can I create by setting these scenes, by deciding that this is the reality that I'm creating no matter what, and just kind of like ignoring any sort of obstacle or challenge, we're not ignoring them, but like facing every single obstacle, challenge, or whatever comes up in life with the knowledge of the inevitability that one day the scene will happen. So I want to put this in steps for you guys. It's very simple, but just for anyone who needs like step one, step two, step three, step four. I want you to try this shit. Okay, find something in your life that you want to live, you want to experience, create a scene for yourself, declare that it's going to happen. So here's the steps. Number one is decide you're hopping on another timeline. So intention is everything. Make the decision with certainty, you guys, that God is on your side. Okay, just the knowing that source, God, universe, whatever it is that you believe in, is on your side. That's it. End of story. There's no arguing that. And you were given the gift of creation. The same way that source created you. God created you in its image, in His image, her image, whatever you resonate with, you have the exact same powers as source. You are source. Okay, so just decide that you're fucking source, and you can hop on another timeline. Number two is create a scene that tells you it's already done. So what exactly are you seeing? Are you hearing? Are you smelling? Are you feeling? Are you tasting? Are you touching? Use all of your senses. Okay, what is the scene that will let you know you've already accomplished the manifestation? So, something I learned in NLP, there's a process where we do a timeline process where we go like, five minutes after the successful completion of the manifestation. So I like that, because it's like me going down the stairs after BBD live, or me a week after, you know, Leah's ICU incident. It's like, that's after it's already been accomplished, not in the middle of it, okay, not right when it gets there, but after knowing that it's already passed, it's already done, this is the fucking scene. So with the private jet example, it's not like me and Brennan booking it or talking about it. It's like we're already boarding the plane. It's already done, like we're here. It's inevitable. Or maybe you can take it further than that, it's like we've already arrived at our destination, and we're going off the stairs and saying, Hello World, we're here right wherever we are in the world. So what is that scene that's going to tell you it's already done. And then number three is, stay with the scene as long as you need to, until it feels absolutely real in your body. So Abraham Hicks is, I think, like the first person, or, I guess they're not a person, entity, being, energies, spirits. I don't know. Abraham Hicks always says that even 17 seconds is all you need. So 17 seconds, 30

seconds, 17 times two is what? 34 Yes, I can still do math. 34 seconds. Okay, just be in that energy. Stay with that scene. You can turn it into a movie in your mind. You can see it as a frozen scene. I honestly just see the scene playing out by like 10 seconds. So it's like a 10 second movie that I see playing out. I don't really see, like too much movement, for example, with the private jet example, it's going to be like me going down the stairs with my family. And so I know it's already done. And then, no matter what happens from now until then, you all know that it's already done and that there's nothing for you to do. There's you don't need to focus on it. You don't need obsess over it. You don't you literally can set it and forget it. Because you guys, I forgot that I even did this process when I was getting off the stage at BBD live. I completely forgot about the process, right? So you need to know that you're on the new timeline the moment you decide to be and it's a matter of reality shifting without your involvement in it. So you have to keep the faith, okay? But also, like I said, feel free to forget about it. And then number five is people go, Well, what do you do in between? Kathrin, what do you do in between? The manifestations like, what do you do? You live your normal life like you just live your normal life. You wake up, you brush your teeth, you wash your face, you take your kids to school, you come back home, you do your work, or you go to work, or whatever the fuck you do in your normal life, you just keep living your life. But you need to be open to the possibility that you won't know when or how it's gonna happen First of all, which is fact, truth. Okay, that's the sacred contract that we sign when we incarnate. Here is that we are going to be surprised with a lot of things, because there's this veil and we don't see everything. Okay? We're not going to see everything, and it's done on purpose, because if we could predict everything, life would be so fucking boring. So leave that element for of surprise for the fun of it. And then, very important, of course, your intuition is going to be speaking to you throughout. So follow your intuition. For example, my intuition told me to go home and be with Leia on the ICU. And for whatever reason, that was very important to this manifestation. So even though, like, I'm not a doctor, I'm not a surgeon, I'm not actually doing anything, whether I visit her in the ICU or I'm in on the Disney Cruise in the Bahamas, my intuition told me to be with her, because it's going to help her with her healing, and that's what's going to create the inevitability of the scene with BBD live, you know, I just followed my intuition with certain homeopathies and figuring out like a formula that suppresses my cough as much as it does. I listened to my intuition with doing that parts work therapy. I did the sound healing, right? So like, Listen to your intuition and see where it takes you. And like, work with the people you're meant to work so this is not fully about sitting back and relaxing, but at the same time it is, because when you're sitting fully back and relaxing, that's when your intuition is fully open. When you are not in your head and you're just allowing your your being, to merge with the cosmos and just be in the vortex, that's when the downloads come in, that's when the ideas come in, that's when everything you need to manifest, that thing will come in. And those are my steps, you guys. So I know that the stories themselves were kind of long, but you can see how the processes that I did to create those stories were like literally 30 seconds. So I encourage you to give this a try, and then please DM me. Once the scene manifests, okay, I need to, like, call it something, or come up with a name for it, but for now, we're just gonna call it a scene. The scene manifested. Kathrin I timeline jumped into my scene. Thank you so much for listening. Please share this episode with anybody who you feel called to share this with and come be a part of my New Year's five day live party. Epically aligned. I cannot wait to apply this shit to your whole year. Can you imagine 12 months of this shit. Can you imagine just the tools and the processes and the formulas and the stuff that I give you inside of epically aligned just applied over a 12 month period, how dramatically different and elevated your life is going to be by the end of 2025 versus the end of 2024, I cannot wait. I love this program so much, so I hope you join me. It's going to be taking place live in January. So you can go ahead and sign up for it, just depending on where when you're listening to this episode right, you can either sign up for it or get on the wait list by heading over to manifestationbabe.com/ea again, that's

manifestationbabe.com/ea I'll also drop some free 25 journal prompts to help you get clarity on your new year and really reflect on what it is that you most. Want to manifest in 2025 that's a free resource that you can download as well. I'll drop that in the show notes, and with that being said, I will see you guys in the next episode. Merry Christmas. Happy Hanukkah, happy Kwanzaa. Happy New Year, all the holidays. I love you all so so much, Bye. Thank you so much for listening to this episode of The Manifestation Babe podcast. If you loved what you heard today, it would mean the world to me if you took a moment to rate, review and share this podcast with someone that you think would benefit to sharing the podcast is the best way to help it grow and create a powerful community to join you on your manifestation journey. In the meantime, come hang out with me on Instagram at my handle at manifestation babe, or sign up for one of my next manifestation courses or offerings at manifestation babe.com, you