

Episode 133: Should I Stay Hush About What I'm Manifesting? ...

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Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a 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, 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 tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. To share or not to share, that is the question. Hey gorgeous souls, welcome back to The Manifestation Babe Podcast. I am answering a question today that I got over the weekend by someone who was actually another student in a class that I was taking. So, I got certified in Theta Healing this weekend, which is awesome. If you guys want to look into it, it's a really cool healing modality that is so simple and easy to use and has created such profound shifts for me in just a couple of days. It's really awesome stuff. I was in class this weekend and we were talking about manifestation. Both the instructor and the other student - because there are

only two of us, which is awesome as it's such a small class environment at my instructor's house, actually, which was even cooler. It was so casual, cozy, and comfy. We learned some awesome stuff together. So, we were talking about manifestation, and my instructor and the other student know about my business. They know that manifestation is my thing. And so, we were talking about this topic, and the other student mentioned something that sparked my memory of a question that I get all the time, which is, "Do I share my manifestations with the world? Do I tell people what I'm manifesting, or do I keep them to myself?" There are two different schools of thought; some people believe in only keeping it to yourself, because you don't want that energy to be spread out and you want to keep that energy condensed within yourself. If you keep it a secret, only then is it going to manifest. That's what some people believe. Others believe that in order for it to manifest, you really have to put it out into the world. You have to share it as much as possible and tell everyone you know because the more you talk about it and put it out there, the more likely it is to happen, to occur, and manifest. The way that she brought it up was such a great way to spark this podcast episode. We were writing out all of our manifestations in a list format on a sheet of paper. We were asked to write down 35 things that we want to manifest; we were going to use theta healing to lock it in and give it up to the universe and the creator of all that is (that's what they call it in theta healing). We were then going to visualize, and then it's going to manifest. We just have to let it go, surrender, or whatever. Basic manifestation process. And so, she said, "This is all great, but then all I'm going to do is hear my mom's voice asking, 'Why aren't you a millionaire yet? Are you a millionaire? See it doesn't work. Are you a millionaire yet? Why aren't you a millionaire yet?'" She can already hear her mom's voice saying that to her as she's going through this process. I told her, "Hey, I think this will be really helpful for you because I help a lot of people manifest, and that's what I do. That's my jam and what I'm most passionate and excited about. I've helped so many students with this exact scenario that you're describing, where when you are first beginning your journey, for instance, and don't yet have the necessary faith within your abilities, manifestations, the universe, or whatever it is that you believe and have faith in, in order for it to manifest, it is best to keep your manifestations to yourself." The reason I say this is because when you are still working on your ability to believe and when you're still working on your own faith and belief in the process, you're very vulnerable and susceptible to other people's opinions. You are not yet strong enough to stand on your own and say, "World, I don't care what you think. I'm going to manifest this anyway." You don't have that foundation yet, because you don't have enough proof that this process actually works. It's only when you build enough proof that you are able to literally post whatever you want to manifest on the internet and for it to manifest. Here's the thing, and for those of you who are my students or who have commented in the past when I asked, "What would you like to manifest in your life?" Or if you're my student, we obviously talk about all the things that we're going to manifest in the Facebook group for Manifestation Babe Academy and Rich Babe Academy; before

you freak out and think that you shouldn't have done that, while you're still building your foundation, let me explain one more thing: It is only when you are susceptible to unsupportive environments that you should keep the manifestation to yourself. If you have a family member, a friend, or co-workers who just aren't that happy with their own lives and don't believe in this stuff either, when they say, "Oh, yeah, right, that's not going to happen," you are more likely to believe them over listening to yourself and believing in your manifestation. When they say, "You can't do that!" you actually have more proof of what they're saying, than you have of what you are saying. Because you have more proof of what they are saying - which is, "That's not going to happen, you can't do that!" - because you technically do have more proof of that right now (because it hasn't yet manifested), you will actually be influenced by their opinions. Therefore, it's going to be much harder for you to manifest what you want in an unsupportive environment. On the other hand, when you have friends who are so excited for you, and are on their own manifestation journeys, and love talking about this stuff, then share with them all you can. If you're in a supportive, empowering environment, their energy of "Yeah, you can do it!" and their applause and for you, or all this energy that they're generating around your manifestation can actually help you. So, it's great to share in a supportive environment. But for the general public, for instance, if you just share it on Instagram before you're ready and before you have that faith and belief in yourself, then that can get really messy. You're going to get comments like, "You can't do this." Now, once you build that foundation, and once you have that faith within yourself, where you can stand alone and say, "I really don't care what you say because I know that my world is only created by my own beliefs, and your world is only created by your beliefs, and what you believe to be true about my world is not going to affect me; it's only going to affect you." Once you understand, truly believe, and have faith in that, then feel free to share whatever it you want with whomever you want. I share what I'm manifesting all the time on Instagram, on my podcast, on stage, with my friends, and with strangers, even. I have heard all kinds of variations of responses to what I share with people; from, "Oh my God, that's amazing! Yeah, girl, get it!" to "How is that going to happen? That's not possible. Who are you to want that?" I've heard it all. However, where I currently am within my journey, I'm able to stand alone because I have this foundation - I have so much proof in my life that it works, it's ridiculous - that I do not let anyone else's beliefs or opinions about my abilities to manifest affect me. So, in this case, you are more than welcome to share whatever you want to manifest with the whole world, and absolutely nobody can affect it. So, to share or not to share? It just depends where you guys are. If you are more vulnerable and more susceptible to other people's opinions, then would keep everything to yourself for now; you can then share it with the world once it has manifested. That's going to be an amazing validation for you, of being, "Oh my God, it freaking worked!" And then you do it again, and it works again, and you do it again, and it works again. "Holy shit!" You're then able to share with the world pre-manifestation. There are all kinds of other things I can say about

this; obviously, there are superstitions, but superstitions are only true if you believe in them. I can think about all these Russian superstitions from the background I come from, in regards to this topic, but I've essentially trained myself to ignore all superstitions, because it really is just a belief that something bad is going to happen if you do something. Is that really empowering us? Or is that more of an egotistical way of thinking? Is that a limited way of thinking to think that you're going to be punished for doing something? You're going to be punished if you put your purse on the ground, or you're going to be punished if you cross the road after a black cat has crossed it. There are all these superstitions, and so I can think of so many superstitions in regard to this topic, but I'm not even going to mention them because it doesn't matter. All that matters is how you feel about your own manifestation; if you feel confident, share it; if you don't yet feel confident, then keep it to yourself. So, that would be my answer to this question. I hope this was helpful for you guys. It's a short episode; I know I always say, "Hey guys, this is going to be a short episode," and then it turns into an hour. I stopped saying that because I just want to record it, and then say, "Oh look, it was a short episode!" or "Oh look, it was a very long episode." Anyway, let me know what your takeaways are, if you had this question before, and if this question was answered. If you guys have additional questions, take a screenshot of this episode, tag me on Instagram, share what you thought, share it with people who also have this question; leave me a comment, a DM, or somehow reach out to me and let me know what you thought of this episode. And, as I've mentioned in the last two episodes, if you guys leave a review for the Manifestation Babe podcast, I am giving you guys a free gift, which is a Manifestation Hypnosis in exchange just for leaving a review. All you have to do is click "Write a review," screenshot the review before you send it in, then send the screenshot to [Hello@ManifestationBabe.com](mailto>Hello@ManifestationBabe.com), and my team will send you a link with instructions and the audio for the Manifestation Hypnosis. Hypnosis is very powerful for helping you rewire your subconscious mind to eliminate all your negative limiting beliefs and, instead, replace them with new, empowering, positive beliefs to help you manifest a better life. So, definitely get that; definitely leave a review. And, of course, I appreciate you guys so much, as always, for listening and writing a review. I hope you guys have an amazing day. Please let me know if you have any other questions, I am all up for these shorter Q&A formats, so please let me know and have a fantastic day. Mwah. 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](https://www.instagram.com/ManifestationBabe), or visiting my website at [ManifestationBabe.com](https://www.ManifestationBabe.com). I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.