

Episode 153: That one time I fought off a dark spirit (POWER...

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SPEAKERS

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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 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 teaching that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So, thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls and welcome back to the Manifestation Babe podcast. Today's episode is here by popular demand because so many of you asked me to share a story with you. So it's gonna be a quick storytime, and really what I want to get out of this is to share with you the lessons that I learned from that one time that I fought off a dark spirit. Yes, this is 100% a true story, no, there were no psychedelics involved, no, I was not dreaming. This is so real you guys, whether you believe it or not, I know without a shadow of a doubt that this is real life and it actually happened. And I mentioned, I don't know actually if I didn't mention this, but I was thinking that we're ready to go to the next level on this podcast. And the next

level is lots more content similar to what I've already been putting out that you guys are loving so much and have been helping you, but also, I want to take this further out into the more esoteric spiritual side that I have, that I hold back very often because I'm like, "Alright, I don't know if people are ready for this one." But I really think that so many of us are waking up way faster now in 2020 than ever before, especially since we're in what's called the Great Awakening right now. And I just think that you are all ready for this stuff, so this is going to be my introduction. And as promised, as always, I'm going to leave you off in a great space, even though I'm going to be talking about some dark spirit, I don't want you to be afraid of anything number one, and number two is I'm going to share with you how you can overcome any dark energy in your life. And it starts with a universal law, and this is an episode I recorded about a million years ago, but there's an episode that is called "Make Sense of the Universe in 45 Minutes," and it's literally me doing a live stream at the time sharing about the 12 universal laws. And this is something that I go in-depth inside of my courses and I have a course called "The 12 Universal Laws of Manifestation and Success" and this is all about how manifestation is a lot more than just law of attraction. Okay, there's the law of attraction, it's a very powerful law, it's very important the manifestation, but it doesn't tell the whole story. And because it doesn't tell the full story, so many people are left so frustrated with the law of attraction thinking it doesn't work, not recognizing that there are actually 11 other laws and there are actually so many more there are thousands of laws. Think about the laws of physics, there's about a million, and so there are a million laws that are spiritual laws, however, I like to focus on the 12 laws, just to keep it simple. And I think it gives you a very well-rounded viewpoint of manifestation and how it works and especially explaining those times when things aren't going your way when you think that you're falling backward and you think that you're messing up the process and you're confused, and there's always a law to explain it all. And so the law that applies to this episode that helped me overcome this, that helped me stay grounded and sane is the law of perpetual transmutation of energy. The law of perpetual transmutation of energy basically states that all low-vibration frequencies can be overcome with high-vibration frequencies and that in the face of light and dark, the light will always prevail over darkness. And I know you've heard me say that about a million times in the last couple of episodes, but it comes from the law of perpetual transmutation of energy, how when you are vibrating at a high place, surrounded by people low vibrating in a lower place, eventually the people will come up to your body vibration or there's simply fall away. Because low vibration cannot stand itself around high vibration, hate cannot survive very long around love, fear is eradicated through love, it's just the law. So that's one of my favorite laws, and so just know that this is not I'm not sharing the story to scare you, but maybe you've had a similar experience, which I'm super curious to hear if you've had a similar experience. And ultimately, it's showing you the law of perpetual transmutation of energy in work, and maybe just maybe I'll leave you guys with a hack, a tip of how if this, God forbid, ever happened to you, how you can overcome it as well. Now

I was about to say that I'm not a professional witch or anything like that, but really come on, I think we all are, I think there have been many past lives. In fact, I know that there have been many past lives where I have been a witch, or I have been a shaman, and I've done this crazy, deep, incredible spiritual work where I have regularly communicated with spirits in order to facilitate healing. And maybe just maybe, who knows, maybe in a past life, I did it for darker reasons, you never know, and so maybe this is why this happened, and maybe this is why I knew exactly what to do in fighting off this dark spirit is because I've had experience with it in the past. But anyway, I digress, okay, so let's get into the story. So one night, I was having lunch or dinner with one of my good friends and you guys have already met my good friend, Henry Ammar. And I told you on the podcast how as I was having a conversation with Henry, Henry's very quickly became one of my best friends, he's like my soul brother, I know we've had many past lives together, it's just so, so obvious. And same with Brennan and when the three of us are together, it's a game over, we're going to shut the restaurant down, we're just not going to leave. I know you have friends like that when you walk into a restaurant, you think you're going to catch up for an hour, and then five hours later, you're like, "Oh my God, it's been five hours, holy show, we've been having so much fun." So at this dinner, Henry was telling me a couple of stories, and I'm not going to go into his stories, because that's his stories, he was telling me some amazingly crazy stories. And Henry is someone who's very tapped in, and just sees things that not everyone sees, and works with energy in ways that I've never seen, and is really a being of the light, and he is all about spreading the light because he's been through darkness and has seen darkness. And I remember coming home, and I remember specifically at that dinner being in this place where I felt like I was stuck. And I've expressed this to you guys, how I've been running into roadblock after roadblock in terms of some of the things that I've been manifesting into my life for the last six months and of course, you know, even the strongest of manifesters, even the people who teach on manifesting and coach others on manifesting, they get frustrated from time to time because we're all human beings. You know, the law of relativity was definitely teaching me a lesson because the law of relativity states that we will always be given a challenge or an obstacle that serves us for our growth. So I've been growing a lot in the last six months. And I remember listening to Henry's story and feeling, "Wow, I want to experience that, I want to be such a powerful healer, I am just fearless and I just infuse people with light and love, and create incredible shifts in other people, and can stand on stage and do this kind of work in front of 40,000 people, etc." And so I went home, and I said a prayer. The prayer was essentially where I told the universe that I was ready for the next level of being a healer, I want to work with energy on another level, I want to open up my psychic abilities, I want to see things, I want to hear things, I am ready, I am ready to take my spirituality to the next level so they can raise my vibration, and help other people raise their vibration as well. And any dark entities or any dark spirits that I know exactly how to send them to the light and I can remove them for people or remove them from houses or

whatever, so I said this prayer, and I didn't think much about it. And two weeks later, I was laying in bed one night, and I couldn't fall asleep, and I couldn't fall asleep for the longest time, I usually fall asleep within five minutes. So this was a night where an hour goes by and I am just wired, it's not like I had caffeine, it's not like anything was different this night, it was just I was super wired. And so I was laying in bed, and all of a sudden, I started getting these visions of exorcisms, and I don't know why I haven't watched a scary movie in about 20 years, I'm very anti-scary movies because why the hell would you want to put that in your consciousness? Why would you want to focus on that? And why would you want to invite that into your life? So I have literally not seen a visual from a scary movie except for an advertisement on YouTube or an advertisement on Netflix or something like that, where they're advertising a scary movie, and then I get really pissed because I'm like, "What the hell now that's gonna be stuck in my head," because I'm very suggestible, I'm very sensitive, things are very memorable inside my head. And so I just kept these visions of straight-up Exorcism of Emily Rose, and I remembered I read Shaman Durek's book, which if you haven't read it, it's a really great book, I don't remember what it was called, but I think it's his only book, so if you search him on Amazon, you'll find it. And he talks about his work as a shaman, as an urban shaman, and tips and tricks on how you can send entities from a lower vibration up until the light. And so I started doing that, and I was like, "Okay, I'm going to send them all to the light. And I would just envision myself sending them to the light, sending them to light." And I felt like I sent 1000 entities to light, and I was exhausted. And even though I could feel like I didn't feel 100% amazing, I didn't feel like it was 100% clear, I just was so exhausted, I was thinking, "I'm ready for bed, I just didn't care." You know, when you reach that point of exhaustion where you just don't care, you just want to fall asleep, so I was pretty much there. And about 10 minutes later, I feel the ground rumbling, and I live in Los Angeles, and so earthquakes are very common here, I felt various earthquakes. There's about an earthquake a day here, they're very tiny, most of them we don't feel but when there's a big one, it's not like a shocking thing, it's something where we're like, "Whoa, did you feel that?" and no one really freaks out beyond that. And I would say that goes up until the 6.0 range and anything above that, of course, people are gonna freak out. But anyway, I'm like, "This doesn't feel like an earthquake, but the ground is rumbling," I remember getting out of bed or sitting up in bed and saying, "What the fuck is happening?" And then, all of a sudden, I realize it's not the ground shaking, it's my bedroom shaking, and I'm like, "This is weird." And then all of a sudden, I realize, you know when you put the pieces together, as details unfold you put the pieces together and you're thinking, "Okay, now I'm getting more information. It's not my bedroom shaking. It's my fucking bed shaking. And my bed was shaking violently," and I'm like, "Oh my God," and I remember closing my eyes and seeing through my third eye. I feel it through my 3D body, but I don't see it with my 3D eyes, I see it with my third eye. And so when I tapped into my third eye, I could see this dark, looming energy over my bed funneling itself into me, trying to come inside. And even with my channeling that I've been

doing for about a year and a half of dipping my toes into channeling, and connecting with other beings and beings of light especially, of course, I always connect with a being of light. And I can go in a whole thing about that, it is a separate episode. And with channeling for myself, I don't feel comfortable ever letting anything into my body, my body is my body, my soul is the only thing that can inhabit in my body. And so when I channel, I really resonate with inviting a being into your space or into your room, but never through your body and I know a lot of channelers allow an entity, a spirit, or a being to overcome their body, I just don't feel comfortable with that just because I don't want anything touching my vibration and touching my body. So anyway, when the spirit was funneling itself and I could see it's coming after my mouth, it's trying to enter through my mouth and enter through my throat, I was like, "Oh my God, this thing is trying to possess me," I immediately started flashing these exorcism images where someone gets overtaken by a negative entity, and then they start acting really strange. And so that immediately started coming into my head, and I started getting so afraid, I've never felt deeper dread and fear, and just doom, impending doom. And my bed is shaking and I see this thing funneling and in my head, I'm like, "What the hell do I do? This is crazy. Where's this coming from?" I don't even know if I was thinking at this point because if you can imagine if this is happening to you, you probably don't have very much time to think, so I don't even remember what I was thinking. But for some reason, the very first thing that came to me was to start saying out loud, chanting, I started chanting, and what I started chanting was "I am love, I am love, I am love, I am love," and I started getting louder and louder. And as I got louder, my voice started to change, and it changed into the deepest growl of a voice that you only hear in movies coming from demons, it's so demonic, and I was freaking out. And I remember in my head immediately thinking, "Oh, my God, it's possessing me," that's the only thought I had. I was like, "Oh, my God is possessing me," and then something in me just went louder, "I am love, I am love," but my voice is coming through like a demon's voice, and so I'm like, "I am love," my voice doesn't even go that low. That's how I know this is so wild, it is because my voice does not go this low but I could feel my vocal cords moving, and I could feel pressure in my vocal cords, I could feel pressure in my mouth, and pressure in my vocal cords. And I remember thinking whatever you do, do not let it touch your heart, not let it go into your heart center because that's what it's aiming for, it's literally aiming to go into your heart center. And so I kept going, "I am love, I am love" after the 25th "I am love," all of a sudden I could hear my voice again, and I kept going and I was like, "Thank God" and I just kept doing it, "I am love, I am love" and all of a sudden I could feel it start clearing. And as it started clearing I sent it to the light, and how you send something to the light is literally envision it getting scooped up by a source, or scooped up by God, or the universe, or whatever you believe in and take in all the way up to the source. And the way I see the source is like this beautiful big ball of lights, that's pretty much what I saw on my Ayahuasca vision of this beautiful white light that the white owl took me to. And so that's what I see, and when the entity when I see it

hanging out with God, or hanging out with source, I know that it's with the light and it's no longer lost here somewhere on Earth, it is no longer in its low vibrational form, it's now transmuted into something high vibrational. And so when I let that go, I all of a sudden felt like such a clearing, and I felt exhausted at the same time, and I remember thinking in my head, "What the hell was that?" And I remember pinching myself and being like, "Am I dreaming? What is happening right now?" and I could feel that, "No, no, this happened with my 3D body, 3D eyes are here in real life that I experienced it." And from exhaustion I passed out and the next morning, thinking about it, I consulted with this incredible healer, who was a shamanic healer, and she did this beautiful healing. And when I was telling her the story, I asked her, "First of all, where did this thing come from? And why did it come after me?" And what she said was, "Kathrin, did you think anything of the fact that you knew exactly what to do, that you immediately tapped into the power of love and sort of saying I am love, I am love in order to send it to the light, in order to basically fight it off? It's because you were a witch in many different past lives, and you knew exactly what to do with it." And I said, "Why was it coming after me?" And she said, "It wasn't coming after you. Your higher self called on it to clear it from someone else because whoever it came from couldn't clear it. It was coming from their past life, it was coming from another dimension, it was coming from something. It was just something that someone's ancestors really needed to let go of, and you essentially your higher self attracted it to you because your higher self has done this before, and your higher self knows how to light work and knows how to use love for the greatest good. And so you sent it to the light and literally, you're just continuing on this past life work." And I was like, "Whoa, that's so cool." And so that night, I did a meditation and I actually went into many different past lives where I was a healer, I was a witch, and I was a shaman, and I used to work with dark forces, keeping them away from each other, protecting people. I used to clear them from people, really crazy stuff is happening, and I've pretty much been seeing past lives every time I meditate since then. So what I realized after that experience, a few days later, I was like, "Oh my God, this is what I asked for. I fucking asked for this experience because two weeks prior, I basically prayed for this spiritual quote-unquote, spiritual initiation. And as I was telling you guys in my Ayahuasca Aftermath episode, I believe it's two episodes back now, how Ayahuasca really opened me up to seeing spirits and really seeing what's on the other side of the veil and basically made the veil between 3D reality and the other side, very thin for me. And so it was like the spiritual initiation, and I tuned with my higher self and I was like, "What's the lesson from this? What does that mean? Is that gonna happen again? What's going on here?" And the lessons that I've received that I ultimately want to share with you guys, first and foremost, the law of perpetual transmutation of energy, keep your vibration high. When your vibration is high, absolutely nothing can touch you, nothing of a lower vibration could ever come and actually attach itself to you or position you, if you believe in that kind of stuff, again, I'm just speaking from my experience here, low vibrational people will basically fall off from your life, and people who are ready to

come with you on your journey will raise their vibration in your vibration. It's much better to lift someone up than it is to be dragged down. And as long as you keep your vibration high, clean, and clear and you do your inner work, and you do clearings, and you let go, and you forgive, and you accept, and you invite love into your life, nothing could ever overpower that. And notice how the automatic - I didn't have to think about this, I don't know where it came from, it was just coming from my soul, I kept saying, "I am love, I am love, I am love." And ultimately what I learned from this is that love conquers all. There are only two energies in this world, which are love and fear, and fear is just the absence of love. Fear is just the forgetfulness of love, when you forget about love, then you experience fear, and how love is the highest vibration that you can tap into. And when you invite love into your life, you know why is self-love so important guys, it's for this reason, self-love is very clearing, self-love keeps you in this space where you're a magnet to all that you desire. And then loving other people when you create heartfelt connections with other people through love, how well does that feel? How easy it is to feel good when you are in the vibration of love. Right? And so that's the lesson that I learned that day, it was that love conquers all. And remember when I talked about in my episode, and maybe you haven't listened to it, I suggest it, but you don't have to, of course, in my conspiracy theory episode I talked about how the origin of conspiracy theory, the phrase itself, where does that come from? And then, not knowing where Woo-Woo originated from, but just how the word Woo-Woo, the phrase when you say, "Oh, that's so Woo-Woo," it's very diminishing to all of these incredible spiritual modalities and healings, and essentially the spiritual world, like energy, it's very diminishing to the fact that we are all energetic beings expressing ourselves in human form. And how very often what I noticed carrying on that theme, that we think about love and tapping into love and loving each other unconditionally and loving ourselves unconditionally, and we immediately go, "Oh, that's so hippy-dippy, that's so Woo-Woo" and so we dismiss it. And we don't actually get to experience what it means to sit in the vibrational love, to sit and operate from our heart chakra, to make decisions in life that come from our hearts, not just from our fear-based brains, or our minds, and really focus on operating from our hearts, operating from love. And because we just pooh-pooh on it and say, "Oh, that's so hippy-dippy, that's so Woo-Woo," we don't actually get to know that power. And that was a massive lesson for me, in this whole story, if anything like that ever happens again, first of all, I know to bring love into my space, and how love can really protect you from that as well, and how love is the most magnetic force out there. And when you have love for yourself, for other people, for the planet, for the world, that's when we're all magnetizing the most incredible experiences to come into our space together on a collective. And bringing this into what we're experiencing right now as a collective, we should not be separating ourselves from each other, we should not be seeing each other for differences, but instead for similarities and how we're all brothers and sisters on this planet just here to play the game of life. And how though we have different beliefs, and we have different experiences, and we

experience things through different filters, and we come from different backgrounds, and we might look different, we're different genders, different races, different ethnicities, different backgrounds. Ultimately, what routes us together is love, and Tony Robbins calls love "The oxygen of the soul," and I love that description. Love is the oxygen of the soul, and that's like saying, "Love is whatever, who cares about love," that's like saying, "Who cares about oxygen? It's just oxygen. It's only the most crucial thing that you need in order to survive in human form, in order for your body to thrive, you need air you got to breathe," it's like saying the same thing. And so anyway, an affirmation that I want to leave with you guys today is "I am love." Why not try saying that to yourself 100 times today? Maybe that's gonna be my challenge, yes, that's gonna be my biggest takeaway for this episode for you guys, it is to repeat 100 times today, "I am love, I am love, I am love," and just tune in to what that does to your vibration, and how that opens your heart, and what that invites into your life. And don't be surprised if you start magnetically attracting things into your life or you're like "Whoa, is that a coincidence or is that because I tapped into the power of love? Is that because I decided to tune into love instead of focusing on all the things that I have to fear today?" Because the world will give you lots of things to fear trust me, the media is filled with it, social media, anywhere you look, there are plenty of reasons to be afraid. But that's just the absence of love, and all there is, is love and all there is, is light. Anyway, let me know what you guys thought of this episode, screenshot it, share it, post it on Instagram, tag me @manifestationbabe. Let me know your takeaways, I'm curious if you guys had a similar story to this, if you've experienced what I've experienced, if you guys are ready to take this content to the next level, if you guys want to hear more about this more esoteric stuff and out there, spiritual stories and ways that you can protect yourself, and ways that you can energy work on other levels, and all that stuff. Let me know, I'm super curious about that. And I hope you guys have an incredible day, an incredible night, evening, wherever you are, and I'll catch you guys in the next episode. 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, or visiting my website at 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.