

Episode 160: Social Justice, Anti-Racism, White Privilege an...


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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 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. Hello, my gorgeous souls. I wanted to record a podcast addressing what has been happening here in the United States this past week. I want to share a message with you that I have just waited too long to share, and today is the day that things change. Today is the day that things shift. It has been such a heavy week here in America. Unfortunately, another black person has been murdered, simply for the color of their skin. People are rightfully outraged right now. Enough has been absolutely enough. I wanted to record a podcast answering some questions that I've been getting for quite honestly a while now, around manifestation and how it relates to white privilege, social justice, and more importantly, what we can do about it. I get the

question so often, "Is it possible to manifest in a world where such injustices happen?" First and foremost, I just want to take a moment to publicly apologize for being part of the problem. I am so sorry for not doing my best of being inclusive of black, indigenous, and women of color on my platform. I have not done this intentionally, but that's still no excuse. There will be changes happening here inside of Manifestation Babe where all women are represented, and all women's voices are amplified and heard. From this day forward, I promise to bring more diversity to my podcast interviews, to my live streams, to student success stories, and basically anywhere where I involve other people and their expertise. I promise to bring more diversity to that. I promise to get educated in a topic that I know so little about because of my privilege. I haven't had to learn about it until now, and that really upsets me. I hope this podcast inspires you, especially if you're white, to do your own research and educate yourself too. More importantly than that is to use your voice, to take a stand, and to let people know that this work around anti-racism is needed. This is the real spiritual work to be done here on Earth. This is the real Shadow Work; that if we all come together to shine a light on, we will see transformation on this planet. I, personally, will be bringing on some beautiful souls to help me open up a dialogue around this, as well as feature a few beautiful souls who are black and bring manifestation to other women of color. There's a lot I don't know, and I just want to put a disclaimer out right now that in no way, shape, or form am I an expert here. I'm doing my best, and I apologize for any ignorance in this episode or any other episode, past and future. Once I know better, I promise to do better. Because, here's the truth, babes: I don't want this to be a white woman's industry, specifically speaking to the spiritual manifestation and law of attraction industry. I don't want to only surround myself with other white women here in the seven-figure coach space. I don't want only white women to benefit from the law of attraction and manifestation. I want to be and am committed to being part of the solution and use my throat chakra for good. I, from this day forward, want to highlight and amplify black, indigenous, and women of colors' voices. I promise that you will see this change - because it's one thing to talk. I want to show you action; that you will see this change from this day forward. I will do my best and my team will do their best. We are committed to this. I also promised to bring an anti-racism expert to educate me and my team on how we can make our business a much more inclusive space; as well as share resources and books, and doing anti-racism work, so that we as white women can support the stand for black and women's of colors' lives and well-being. Admittedly, when I first heard about white privilege, I didn't understand what it meant, and I've been hearing this word for a really long time now. Every definition I came across, I really struggled with because of where my family came from. We did not have an easy start when we immigrated here to USA. I remember growing up so poor; we were on welfare and actually had to drag in furniture from outside on the streets because we couldn't afford to furnish our one-bedroom apartment that was given to us by the government. I didn't understand how people could say that the only reason I am where I

am is because of my skin color; that all the success I'd manifested was only because I was white. But then, recently, for the first time, it finally made sense to me, and I 100 percent agree. White privilege isn't about white people having no hardships or struggles. It's about their skin color not being one of the reasons why they're struggling. Their skin color isn't a barrier to success because of the systemic racism we have in our current paradigm here in the US. And I really want to use my platform to help dismantle this and create a new paradigm where no one is left behind because of their skin color. I want this to be a safe space for all. Over the last couple of days, I wrote a newsletter for my email list this week. It's actually June right now, as I'm recording this, but every single month, a few days before the first of the month hits, my team asks me to write a newsletter. If you're on our newsletter list, you know that every month, I make a list of a message that I want to share, a favorite quote of the month, my favorite books, my favorite products, or anything that I have been diving into over the last month. I decided that this newsletter does not need any more products or any of my favorite books; it needs to have this message in it. And so, I wrote a newsletter for my email list. I was always going to record a podcast, but I also want to read you guys the newsletter so that it can exist in podcast form. Emails, they disappear; but podcasts are always in the archive, and you guys can always go back to this podcast. So, in my newsletter, I also included a lot of the resources that I will be mentioning in this podcast. I won't be reading every single one, but I just want you to know they are in my newsletter. Then I'm going to literally put the same resources in the show notes. So please, as soon as you're done listening to this, swipe up on the show notes and do the inner and outer work around this very important topic. This will probably be the most important show notes that you ever dive into and read. So the newsletter that I wrote out to send this week, I'm going to go ahead and read it to you guys. "Hello, my gorgeous friends. My heart has been so heavy all week. Many tears have been shed. The energy right now is filled with sadness, anger, rage, frustration, and everything in between. It's the year 2020 and we are still living in a world where innocent people are getting murdered for the color of their skin. I literally cannot fathom the level of pain, fear, and outrage that the black community has endured this week, let alone the pain that has always been there running in the background and the foreground for as long as our oppressive systems have existed. The fact that I cannot fathom that level of pain right there shows my privilege and proves that the oppressive system still exists. Systems that have been created from hate, ego, corruption, the illusion of hierarchy, and perpetuated by people who forgot that the law of divine oneness states that we are all one, we are all equals, and we must see each other as such. There is absolutely nothing I will ever be able to say that will take this pain away. I will admit that I'm ridiculously uneducated when it comes to this topic. This week has brought to light so much shadow work that we, especially white people, must do if we want to see the change in this world that the black indigenous, and people of color communities deserve. Though I have so much to learn, I'm not letting this be my excuse to not do better. I am choosing to use my platform to speak

on this, provide resources for others who want to join me, and do a much better job of making everyone feel included in the Manifestation Babe brand. That means bringing on more people who identify themselves as BIPOC - which is short for Black Indigenous People of Color - onto my podcast to share their message; highlight more of my BIPOC students and follow, shoutout, and share more BIPOC people in the manifestation, spirituality, mindset coaching space whose message deserves to be heard and amplified to. In this week's newsletter, I have taken out all the usual products and books that I share with you, and instead of having included a list of resources that you can dive into to explore the uncomfortable, but necessary if we want to make an impact, world of anti-racism, white privilege, and social justice. This list is pretty long, and by no means exhaustive -" and again, you guys can find this in the show notes - "but it's the most important shadow work you will ever do, and my hope is that you will join me. I have personally set aside all the other usual books that I like to read and replaced them with the ones I share in the book section of this newsletter. I haven't shared a single resource I haven't personally dived into, because this isn't just about sharing resources. This is about being the work. Lots of my babes have asked me the question of how manifestation relates to social justice. Is it possible to manifest a world where social injustices do not exist? As someone who knows a lot on manifestation - but admittedly not very much on social injustices - I will do my best to address this in the only way I can right now. I admit that addressing this means exposing myself to scrutiny, criticism, and disagreements; but who am I not to address this, simply because I am uncomfortable with the repercussions that can never compare to what those who have been oppressed, feel and experience on a daily basis? I will choose to offer you a perspective anyway; a perspective that has personally allowed me to share this tough work in the first place. If manifestation exists, and is something that we all experience and can tap into to manifest our dream lives, then why does social injustice still exist? Why can't we manifest it out of this world and manifest world peace? I talk a lot about individual manifestation, but not as much on collective manifestation. I've also spent a lot of time talking about light work, but only recently started to talk about shadow work, both of which are evolving my work as I go. Collective manifestation is a manifestation of the state of the world that we contribute to as a collective population inhabiting Earth at this time. Individual manifestation equals the manifestation of your individual reality as an individual consciousness, aka your own belief systems; while collective manifestation equals the manifestation of the reality we experience together as a collective consciousness, the belief systems of the majority of people. Light work means focusing on what you want, being the light, sharing love, giving back gratitude, meditation, visualization, etc. While shadow work means or equals to accessing the hidden parts of ourselves that we are ashamed of or have previously denied or oppressed in order to bring light to them, integrate them, and bring us back into wholeness. A shorter way of putting this, embracing our humaneness, and becoming partners with our egos. When a large percentage of the population believes that they are

better than another simply by the color of their skin, and that those who do not have the same color of skin as them must be silenced and oppressed, then that large percentage of the population, that is being led by their ego, goes on to create a system of oppression that oppresses and silences those who are believed to be 'not as worthy.' This is what has unfortunately manifested here in the United States that we live in today. On an individual level -" and this is the individual work that I hope all of you guys get into - "if you have unconscious biases -" and remember, these individual levels contribute to the collective level, so the more that we do this individual work, the more we can contribute to the collective consciousness because every single soul on this planet matters. So, "On an individual level, if you have unconscious biases that are giving you the illusion that you are someone else who's less worthy or less valuable, this will manifest into an unconscious divide that stays silent on, doesn't do anything about, or denies social injustices. This only further contributes to the collective consciousness of the divide that we have already been experiencing. This is why silence is no longer an option. And this illusion makes us completely unaware of, or unable to, acknowledge things like white privilege." Because, again, those who are privileged don't necessarily see it. "I full-on admit that I've experienced this illusion myself, and I had no idea that it was lurking in the shadows for me. I had no idea how prevalent this was in society because of my own biases. And I know that I'm not the only one, which is why I want to share this work with you. As our inner world creates our outer world, both on an individual and a collective level, the only way we will ever be able to manifest social justice is to do the deep, ugly, uncomfortable shadow work. Shadow work is just as beautiful as light work. In fact, I see it as one in the same. Because all this comes down to is deciding to love ourselves, love one another, shine a light on our darkness, and contribute to creating equality; rather than pretending that bad things don't happen, and injustices are not a real thing. I think that there's a misconception about manifestation that I see so often, which is that manifestation means you turn a blind eye to all the negative things in your life and in the world. But the way that I practice it, manifestation means very much the opposite to me. What manifestation means to me is that together we have the power to change the world: through our thoughts, through our beliefs, through our intentions, and most importantly, especially for change to occur here in the physical world, through our actions. This particular collective manifestation involves all of us to ally together. Our thoughts and beliefs about another person or type of person or group of people create a reality in which we marginalize them and treat them as less than. Again, this can happen also on an unconscious level for so many of us. And going even further, if you believe in past lives or generational trauma, many of these biases we may have picked up from our lineage or past life, if we come from a lineage or past life, in which we have previously contributed to the oppressive systems. And if you believe in parallel lives, it's the same thing. So, if you're someone right now who's going, 'Who, me?' Right now, I just want to invite you to dig a little deeper. Biases exist in all of us. The best place to start is with your mind. Educating yourself on

how you've benefited from oppressive systems, or how you may have excluded people who look different from you, from your message, your platform, your services, and products - if you're in business - or your friendship, your support, and your trust as a human being. This will raise the consciousness toward creating a more conscious world, both on an individual level, and as more of us do this, on a collective level as well. Once informed, the next best thing to do, of course, as always, is to take action. Take action from that place. Can you speak up? Can you share this message? Can you support more businesses, products and services founded by the black, Indigenous, people of color communities? Donate to organizations that bring resources, capital, education, community, leadership development, and support to those who have been marginalized. Can you call out racism when you see it in your life? Your family, your friends, your community, on social media. Can you call it out when it happens inside of your own mind, inside of your own heart? Can you pass the mic to those who haven't been well-represented in your industry and allow them to share their message and be heard? I am committed to manifesting a world where this is no longer a reality for anyone. I'm committed to making changes on my platform, in my life, and my business that will support inclusion. I'm committed to doing the best I can, even if I make mistakes along the way. I am committed to empowering people to manifest money for good so that they use their resources to empower less privileged communities. As a leader in the spiritual community, I hope that this inspires more white women - and men, of course - to realize that silence and inaction is no longer an option. People are hurting. If we are committed to ending suffering, this begins with us. Educating ourselves and committing ourselves to do better and be better so that we can all experience better. My team and I -" and this goes for you guys as well. So please, if you have any ideas around this, any resources, I would so appreciate them. "My team and I are currently looking for organizations that we can donate a percentage of our next launches with Business By Design and the Rich Babe Academy. We'd love to support one or a few that supports BIPOC entrepreneurs. If you know of any good ones that are doing good work, please send them to Londa@manifestationbabe.com." There's also going to be this in the show notes as well. In my newsletter, I go ahead and list a couple of books that I'm currently reading to educate myself on social justice and how it pertains to racial equality or inequality. Those that are going to be in the show notes. We did our best to directly support the authors; so, we did not give Amazon links, but we gave links that support the author's themselves, and a link to shop local. There's also a compilation of resources, a compilation of black and Indigenous founded companies you can purchase from and support, an essay on the effects of white privilege - just so you guys can get a good sense of why this topic is so important. That's all going to be in the show notes. I also mentioned a couple of accounts that I've been following lately to educate myself. Really great people. One of them is Rachel Ricketts, another is Layla Saad. I might be mispronouncing her name - Layla F. Saad; and @theconsciouskid. again, those will be linked in the show notes. In my

newsletter, I always share a quote that speaks to me and I wanted to share a quote by Nelson Mandela. "I always knew that deep down in every human heart, there is mercy and generosity. No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite. Even in the grimmest times in prison, when my comrades and I were pushed to our limits, I would see a glimmer of humanity in one of the guards, perhaps for just a second. But it was enough to reassure me and keep me going. Man's goodness is a flame that can be hidden, but never extinguished." Nelson Mandela, excerpt from a Long Walk to Freedom: The Autobiography of Nelson Mandela. In here, I conclude. There's a section on my newsletter called Monthly Spiritual Download. I just basically use this to conclude my message which is, "At a time when things feel so heavy, it's easy to fall into the trap of overwhelm. We feel overwhelmed by the feeling that we're not doing enough, or we feel overwhelmed by the feeling that we're already doing so much, but it's still not enough. Wherever you fall on the spectrum, I just want you to know that I'm proud of you. I'm proud of you for making it all the way to the bottom of this email -" and I'm going to say the same thing for this podcast, I'm proud of you for making your way to the end of this podcast. "I know this email wasn't the most high-vibe thing you've ever heard, but what's so freaking cool about this work is that the shadow work gives leeway to create the high vibe world so many of us are on a mission to create anyway. You see, there is no high vibe unless all of us are equally worthy and seen as divine love expressing itself in human form. No matter what our skin color, religion, sexual preference, socioeconomic status, or background is. Until we all shine light on this topic, commit to getting properly educated, unveiling our own biases. changing our belief systems and how we see one another, and taking action on the inner work, we stay in the shadows. This is about collective manifestation, collective healing, collective shadow work, because the BIPOC communities deserve better. And until we see each other the same way the universe sees us as divine love, there is still work to do. Do the work. Do the inner work. Do the outer work. Be the change. Contribute to the solution. Get educated. Use your platform. Stand up for what's right. Stand up for equality and justice. Use your voice. Be an ally. Start somewhere. And no matter where you start, please know that I'm here in the trenches with you. I'm literally far from perfect, but I choose to go down into the arena anyway, and so can you. It is up to us to rewrite the script, the script of racism and oppression. What kind of world do we want to live in? What script must be written to create that world? Who must we be to create that world? What must we do to create that world? What story must we tell ourselves to create that world? What must we choose in order to create that world? Whose voices must be amplified in order to create that world? Whose stories do we share in order to create that world? These are all the things that I'm personally thinking about, talking about, and taking action on. My hope is that you read the books, the articles, share them with everyone you know, and spend some time diving deep into

those uncomfortable places. If there's anything I do know, it's that the most uncomfortable places present us with the best gifts. That's the beauty of shadow work. If this month's download moved you in any way, shape, or form, then hit reply and respond to this email with a resource book or workshop that you have personally committed to diving into. I would love to hear from you." And same thing goes for this podcast. I'm so curious to hear from you guys. If there's something that spoke to you, don't just tell me about it. Just go ahead and share it with the people that you love the most: your children, your spouse, your family, your community, your social platforms, your email list. Whatever speaks to you, just be sure to share that. And just an additional side comment about any of the resources I've mentioned, please support and pay - especially pay - because this is about economic equality as well. Pay for the work that the people who identify as black Indigenous people of color have so generously created for us. And this is something that a lot of them have mentioned, and I just want to mention this to you guys, is not to overwhelm them. Don't overwhelm them with your emails, DMs, or social medias, for they don't owe us anything. This is our white people's work to do. As privileged as a white person's problem, it's going to be up to us white people to create a solution that no longer just benefits us white folk, and creates more opportunity for the BIPOC community. There's something called emotional labor, which is a terminology that I learned in the last week where it is emotionally exhausting for people who have been oppressed for so long to be responsible for making a change. It should be up to us - especially if you identify as white - for us to do this work. I just want you to be super respectful, especially at this sensitive time. A lot of them are going through a really hard time. It is up to us to do this work. I love you guys so much. Thank you so much for listening. Thank you so much for being here. Thank you so much for choosing to listen to this podcast. Thank you so much for committing to doing this work with me, if you have. Thank you so much for helping me create a safe space for all. And thank you so much for helping me dismantle white privilege in the spiritual community by looking at this issue and being a voice that supports women of all backgrounds. And if you do have a platform, I urge you to bring more diversity into your platform. I think that the best breakthroughs in the manifestation, law of attraction, and spiritual world are going to come when it's not just white women offering their experiences and opinions. I want to hear more from a diverse group of women. And that's my commitment. That's where I'm starting. I'm starting with education and I'm starting by amplifying the voices of those in my community who have previously not been able to share their message to the level or degree that they deserve. If this episode spoke with you and you think that someone can benefit from this, please share this episode and please share the resources I mentioned. With that being said, I love you guys so much. Thank you so much for being here with me and I will catch you catch you in the next episode. 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 up 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 searching @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.