

Episode 162: Bringing more Self-Love & Inclusivity into the ...

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SPEAKERS

Sabi Kerr, Kathrin Zenkina



Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and 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 gorgeous souls, and welcome back to the Manifestation Babe Podcast. Today, I have a special guest here with me - virtually again, of course. Sabi Kerr. Sabi is someone I actually met in beautiful Bali, back in 2019 at my own retreat, where Sabi was our yoga instructor. Sabi is someone whose beautiful energy exudes love and compassion. Every single one of my retreat attendees fell in love with her, and I know you will fall in love with her too. Here are some really important things that she wants to share with you guys today. Sabi Kerr is a self-love expert, self-love coach, and yoga teacher. She guides women to fall deeper in love with themselves and release the blocks that they have to feeling worthy, so that they can

create magical lives full of passion and purpose. Through one-on-one coaching, workshops, yoga retreats, and group programs, Sabi's mission is to guide as many people as possible back to their natural essence, to a place of deep self-love, self-acceptance, and joy. Sabi, thank you so much for coming onto the podcast today and sharing your work, your time, and your energy with us. How are you doing today?

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Sabi Kerr 02:28

Thank you so much for having me. I'm really excited to be here and to talk with you. It's been a while since we last saw each other, so I'm super excited.

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Kathrin Zenkina 02:37

I know, I'm so excited. You are tuning all the way in from the UK right now?

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Sabi Kerr 02:43

Yeah, I'm in London at the moment.

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Kathrin Zenkina 02:45

Which is awesome. Let's just start off with, can you tell us what it is that you do and how you got started? I know you're multi-passionate and have a fascinating history with how you got on your journey. And, more importantly, why you do what it is that you do?

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Sabi Kerr 03:02

So, I'm a self-love coach. Among many things - I always say these are just labels; I'm a yoga teacher, I'm a dancer, I'm a human, I'm a friend, and all of the things. For me, self-love is the glue that ties everything together. I guide women to fall deeper in love with themselves because that is the space from which everything else starts. Whatever it is that you desire, whatever it is that you want to manifest, it starts from feeling like you're fully deeply worthy of that thing, but also worthy just as you are right now. So, it really is such a beautiful place to guide women; to feel that. To know that they don't need to be fixed. They don't need to completely change. It just brings me so much joy to work with people to allow them to experience what that can feel like.

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Kathrin Zenkina 03:55

Amazing. How did you get started with this? I know that you didn't come out the womb

with self-love.

S Sabi Kerr 04:00
Yeah, totally.

K Kathrin Zenkina 04:02
Give us a little bit of your journey as far back as you want to go, as far back as relevant. How did your journey interweave into what it is that you're doing today? And how did it to get to Bali?

S Sabi Kerr 04:14
That's a really good question because, actually, the different things that I've done is such an important part of my journey. I've always been quite multi-passionate. I've always liked to explore. I was super academic at school, but I also loved dancing. I always wondered, "Do I go and study something really academic at university? Or do I dance?" I did a bit of both. I did a short dance course at a college. Then I went to university and studied Economics at one of the top universities in the UK. I've always had this, "Should I try out this thing, or should I try out that thing?" I think a big rule for my life is to follow your curiosity. Whenever I feel that tap on my shoulder, like "That feels right, there's something there." Then I know that I need to explore it. So, I studied Economics at university, and did many other things before getting to where I am now. I'm a qualified Primary School teacher. I taught in schools in London for a couple of years.

K Kathrin Zenkina 05:16
Wow, I had no idea.

S Sabi Kerr 05:19
Yeah. This was kind of all along the way to finding what it is that I really want to do, and what it is that feels right. I worked in Management Consulting for a little while for one of the big four professional services firms, just for a little while. It wasn't for me; I left after seven or eight months. That was a job that everyone thinks is the best job in the world, but it just wasn't right for me. What else... I spent some time working as a dancer. These feel like very different things to other people; dancer, management consultant, private school teacher. I then explored setting up a small business in dance events where I lead kids for their dance birthday parties; I taught wedding dance lessons. That was my first experience

in creating a small business. I then fell in love with yoga. I went to India and did my first yoga teacher training. The more that I got into self-development and spirituality, the more I realized I wanted to work with people one-to-one, which is why I started coaching. I did a diploma in Transformational Coaching. and I did a lot of work on myself as well. So, that's kind of the career journey. It's funny, because for a lot of people, they say, "So many different things." But I see that we're not just one thing. All of those different experiences that I've had are all different parts of me. It's been a really important part of my process to allow all of the different parts of me to be seen and to be expressed. Nothing is ever wasted. All of those experiences helped me so much with what I do right now, actually. Teaching seven year olds is like the biggest - so many of the things that I feel like I'm good at now, are because I had that experience teaching kids.

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Kathrin Zenkina 07:17

Because we're all seven year olds at heart.

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Sabi Kerr 07:21

Absolutely. So, holding space for adults now is so easy. If you can teach thirty kids in London - 30 seven year olds - then you can teach anyone. So, I just feel like every experience is an unfolding onto the next. That's why I always say when people get so stressed out about "What's my purpose? What's my one thing that I've got to do right now?" First, take some of the pressure off and follow what you feel is right, and follow that tap on the shoulder of something interesting to explore. Maybe exploring is not right. That's okay. You know you've exploded, so what's the next thing? So, that's kind of been my journey up until now.

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Kathrin Zenkina 08:10

I love that. How did you make it to Bali though?

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Sabi Kerr 08:14

Oh, yeah, I missed that question.

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Kathrin Zenkina 08:16

That's where we met, and that's where you were our yoga instructor, so that's why I just wanted to hear it.

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Sabi Kerr 08:20

Yeah, totally. So, up until Bali, I was in London and I was teaching yoga and I was just starting coaching. My partner at the time wanted to come to Bali. He asked me, "Would you like to come?" I was kind of like, "Well, why not?" It was very much like it would be silly not to go. It would be silly not to try it out. London, I love London, but London will always be here. I can always do the things the things that I was doing then in London, I knew I could always go back to them if if Bali didn't work out. I think that's what I always asked myself as well, when you're trying to make decisions that feel big, like, what's the worst that could happen? Or what's the why not? For me, there wasn't really a why not. So, I said let's do this thing. I ended up living there for over a year, and then COVID, so I'm kind of back in London for a little bit, and I'll see where I'll go after that. So yeah, that was an incredible experience living there.

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Kathrin Zenkina 09:35

Amazing. So, coaching and yoga for you, do you feel like your journey is going to take you elsewhere after this? Or do you feel like you found the thing where you're thinking, "Wow, I think the universe built me for this, and I'm going to stick in here. Maybe it's gonna look different in a couple years." You never know how things are going to change and how you're going to change and evolve, but how do you currently feel about what you're doing today versus what you were doing before, with all the various different professions that you were in? I'm just curious to hear.

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Sabi Kerr 10:08

That's a really beautiful question. I think I feel - way more compared to when I was a school teacher or Management Consulting - I feel way more like this really feels like me. Now, this feels real. I get signs I that this is right, when you feel like you're making a really positive impact. It also feels like a really incredible way to use all of my skills. I can use my my teaching skills and my dance background. I teach dance classes as well, sometimes, in a self-love space, which has been really beautiful. So, I'm able to use a lot of my different skills in my current work, which feels incredible. That being said, I never want to restrict myself to the mindset of "I have to do this forever." So, I'm open. If, at some point, it doesn't feel right and something else feels more right, then I'm like, "Okay, let's see." For now, this feels good.

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Kathrin Zenkina 11:08

Good. I'm just super curious, Wwat do you think gets people to restrict themselves when it

comes to what it is that they do with their life? Because I see this struggle a lot, especially with the female entrepreneurs that I serve; they are so ashamed of being multi-passionate, where they feel like it is something that's hindering their success because we're taught that you have to find your "one thing." I am all about finding your niche and really serving your niche, but I also think that the illusion that you have to pick this "one niche" and stay in this niche forever is a little delusional. We, as human beings, as Sabi mentioned, which is so beautiful, We human beings have so many different parts to us. We're not just this one thing. I'm curious, for the women who are struggling right now, who are like, "I love this, and I love this, and I love this." What is some of your advice to help them feel normal? And what should they do with all of the various things that they're passionate about?

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Sabi Kerr 12:15

I think sometimes it's genuine when they say, "I have all of these things that I love." I think, sometimes, people also use that as a bit of an excuse to not actually get started with anything. I see that quite a lot; that feeling of "I'm stuck because I just don't really know which way to go." Even always "I'm stuck" is sometimes avoiding elevating myself to the next level. So, sometimes it's on the subconscious level, our mechanisms, just to keep you where you are. Not all of the time, but I do see that sometimes. Otherwise, I think it's just scary to pick one thing, when you have many different passions and things that you like to do. What I have noticed in myself is that I was really - so, this is just on a personal level. I remember when I was wanting to get more specific with my niche -in the UK we pronounce it "niche" - in coaching.

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Kathrin Zenkina 13:22

I have had so many arguments - like funny arguments, not actual arguments - with people. I was promoting a program for my mentor. It's called Nail Your - well, I call it "Nail Your Niche." Half of us were calling it "niche," and half of it were calling it "neeche." So, I don't really care what you call it. It's not about how you say it, it's about what you do with it.

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Sabi Kerr 13:45

Yeah, totally. So I was in a bit of a stumbling block with getting specific with what my niche was in the coaching world. I just wanted to be able to help everyone and I wanted to work with women more, but I didn't really know what thing. As I decided, or just realized, that everything that I was helping women with was to do with self-love, that was the glue that linked all of the things I was doing together. As I got more specific - I'm going to focus

on self-love - that actually then started to open things up. I'm a self-love coach and I guide women to love themselves, to feel deeply worthy of their desires, so that they can have the relationship and the career and business that they love. But then once I got more specific with my niche, I was actually able to use all of my different skills. I'm still able to teach yoga. Yoga is a massive part of self-love. I teach a lot, and teaching is one of my older skills - as I've mentioned before, I was a school teacher. I'm starting to teach dance a lot more, because it's such an incredible way to help women feel really worthy and empowered. So, I just realized I'm able to use so many of my different passions, but more actually how specific I got with my niche.

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Kathrin Zenkina 15:14

That's interesting.

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Sabi Kerr 15:15

It was really interesting for me. So, I think that you never know what might happen when you get more specific. Also, you can change, things aren't fixed. If it doesn't work, that's okay. I think we get so stuck because we think, "If I choose that fit, I'm done." But that's not always the case.

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Kathrin Zenkina 15:35

And we're so afraid of something that is counter-intuitively helping us. It's like, this is the thing: if you just go into that cave that you're so afraid of going into, you'll find that it's not actually a cave, but a passageway to this big, open meadow on the other side. I don't know if that metaphor made sense, but that's how I just see it. It opens you up to a whole new world where you're like, "Wait a second. Everything that has ever happened to me in my life, every single occupation or job.", I attribute my 9 to 5 job that I got when I moved to LA and I was on my grandma's couch, to being an expert on getting anything done on the phone. I was a receptionist, so I was on the phone 24/7, from 9:00 am to 6:00 pm, every day, Monday through Friday. I used to be so afraid of talking to people on the phone; I could talk to you in person, I could talk to you via text, but as a phone call, it ain't gonna happen. For some reason, maybe it's a story around how introverts aren't good on the phone, but I had to force myself to be the best person I could possibly be on the phone, to talk to these doctors and hospitals, or whatever. It's just so interesting. We often forget that everything, even what we're doing right now, even if it feels - like for Sabi and for me, it feels so part of our purpose. It feels like so part of what is most in alignment with us. But how do we know? Who are we to say that this is not actually preparing us for something even bigger? That's so exciting for me.

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Sabi Kerr 17:09

That's so exciting. Oh my god, I love what I'm doing now. Imagine if this is like in preparation for the next step. That next step is going to be incredible.

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Kathrin Zenkina 17:17

Yeah. Oh my god. So, Sabi, you are just as big on manifestation as I am. You talk a lot about the big link between self-love and how it relates to manifestation. Can you dive into what that link is, how it shows up, and how we can basically make it work for us in our lives and manifesting our dream life?

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Sabi Kerr 17:38

Yeah, I love this. I think it's often a missing step, or something that people forget about; but for me, it's like if you don't feel fully worthy of what you're desiring, then how can you actually believe that that thing is possible for you? To really believe that whatever it is that you want to manifest is possible, you've got to feel worthy of that thing. So, for me, that's the link. And then, if you think about this idea of having to be in the energy of what you're calling in, that is self-love for me. Being the one you're looking for. I'll give you the example of a relationship: You're really desiring a partner. Starting from the place of "Can you be?" rather than "I just want the partner," all of those qualities that you're desiring in that partner, can you work on being that for you?

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Kathrin Zenkina 18:36

Eww... From a place of self-love, can you get into the energy of those things that you're desiring, for you? Look at all of the qualities that you're desiring in a partner, write them all down, and then take another look at that list. Then, start to cross off the ones that you think you also meet. Any of those left, just realize "I'm desiring this in a partner, but I'm not actually being it myself. I'm desiring a partner that has really great communication, but I'm actually not doing it myself." How can I attract someone that has amazing communication, if that's where my stumbling block is? We don't attract what we want, we attract what we are. We attract the energy that we're vibrating right now. For me, that's self-love. I need to work on my communication skills in that example, for me, because that's actually going to make me a better human. That's actually deepening my self-love and raising myself up for me, and I can, for a moment, actually forget about that desire of having the partner, and work on me, for me. That's the space that we could really be cool in what we desire. That's what I call like the Paradox of Manifestation. You have to want it, but not need it at the same time. It's like it's a desire. "This would be awesome, but I'm not

desperate for it, because everything I want about it - all the feelings, which most of the desires that we have is for some sort of a feeling - and so, if we can give ourselves that feeling and those qualities, as Sabi said, then we don't actually need the man or the woman. Then, in that space, they actually attract something that you just mentioned. I talk a lot about how women, especially, - because that's that's my niche too - how we relate to money, and how money is a relationship. And I just realized, you're describing all these things. And so, why do we want money? We want money for safety, for security, for freedom, for joy, or for whatever it is that money brings to us. "Wait a freakin' second. We could also work on those things and be that for us." What can we do to make ourselves feel safe? What can we do to make ourselves feel secure and worthy? What can we do to give ourselves freedom? It's so fascinating. In that space, you're like, "I have everything, I don't need money." And then, in that space of not needing money, that's how you receive money. So, that's just been a light bulb that I just processed that I wanted to share, because that's such a such a great point. What are some of the common blocks that you see women have when it comes to feeling worthy of the life that they want to live? And how can they overcome these blocks, or at least start the process of overcoming these blocks?

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Sabi Kerr 21:26

Yeah, super important question and a big part of my work - looking at the limiting beliefs, and I'm sure it's a massive part of your work too. The limiting beliefs that we have, that have lived for God knows how long, for years or decades -

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Kathrin Zenkina 21:40

Would you weigh the blocks as being limiting beliefs? Is that what they are? Or is there another element to it?

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Sabi Kerr 21:48

Not necessarily always. Maybe I can think of a specific example. I feel like a lot of the time, most of the barriers to what we're desiring can be translated as some kind of limiting belief; some kind of belief or thought process that we've been holding on to for a long time on a subconscious level, because of some - most of the time - past experience that hasn't yet been processed; that has been held in, that we have then acted upon continuously, without even realizing. So yeah. For a lot of the women that I work with, to feel really worthy of what they're desiring is looking at what are those blocks and limiting beliefs that are stopping them from feeling worthy of the partner, of business success, to have a home that you're in, or whatever it is. I'm just giving an example of external goals.

Sometimes there are internal goals; inner goals of feeling good and feeling more joyful. But yeah. A lot of the work is on limiting beliefs.

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Kathrin Zenkina 23:08

And how can we start that process? Is it awareness? Is it going within and just being like, "Hmm, why is it that I don't believe that I'm worthy of this?" Is it just like asking ourselves questions? Is there like a technique? Like what is something that you do? You don't have to give your whole blueprint, but how do you start that process? Just to give our listeners something actionable that they can do today in uncovering all of those limiting beliefs.

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Sabi Kerr 23:35

Hmm, yeah. Awareness is always a good place to start. I think the reason why so many people don't ever even get to doing this work is because they're not aware that these beliefs have been underneath the surface, ruling the show, for their whole lives. So, absolutely. Awareness of knowing, "Oh my goodness, I don't actually feel safe to have X," or "I don't feel like I'm worthy of being loved," or "It's too late for me to fulfill my dreams." I'm trying to think of some other really common ones that come up. At the root of most of these, in some kind of way, shape, or form, is "I'm not enough," or "How I am right now isn't quite enough, something needs to change. I need to change this one thing, before I'll get to that one thing." I often see the total links between the limiting beliefs that we have in relationships to the limiting beliefs that we have in business. I often see this idea of the perfectionist; the perfectionism kind of belief of, "I'm just waiting to get my website perfect first," or "I can't do this yet because I'm not ready." In a relationship that could look like, "I am not ready to start dating yet because I need to lose weight first," or "Something needs to change, I need to do work on myself before I start to date again." These are just silly, small examples, but right at the root of both of them - on the business side and on the relationship side - is "How I am right now isn't actually totally enough. Something in me needs to change before I'm ready to do these things." And that is getting in our way. So, yeah, that was a long way around of saying awareness of what everything is, as a first step. After that, start to notice when they show up. So, as an actionable thing, I like to encourage people to become more aware of their triggers. So, as you said that, there's so much work into this, but it's something that your listeners can do today. Take a piece of pen and paper, and whenever that limiting belief comes up, notice where the triggering moments are. Say, for example, your listeners - a lot of them might be in this kind of work as well. A limiting belief they might have is, "I'm not as good as that manifestation coach." Every time they scroll Instagram and see this manifestation coach, or this person talking about that; that triggers that belief of "I'm not as good as that; I couldn't do that." So, your task is to notice those triggering moments. What are the moments in your life that bring

up that realization, or that limiting belief? Start to note all of those different times down. For example, scrolling through Instagram could be one; opening up a magazine could be one; looking at your emails could be another. When you've got all that long - maybe probably long - list of triggers, you can go into each situation with the awareness that the limiting belief might come up. When you know that it might come up, you're more able to catch it when it comes. You're more able to catch it when it comes, so it doesn't actually impact you.

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Kathrin Zenkina 27:05

I love that. I think triggers are such a great signal from our subconscious mind to pay attention. It's not an accident that you're feeling this way. For me, when I get triggered, I feel it in the space between my heart and my throat. It's like an energy blockage between my heart and my throat. I don't know if everyone feels that way, but when I feel some energy pierce me, it feels like - I don't think I've ever described this, by the way, like I'm just having downloads through you. Thank you for holding space for these downloads that I'm getting, let alone the downloads that you guys are getting listening to - it feels like a dagger right here. Whenever I feel that dagger, I don't see it as, "I'm feeling this way for no reason." There's always a reason, and it is not something to be ashamed of. It is not something to create a new belief. Sometimes we have triggers about our triggers; feelings about our feelings; thoughts about our thoughts; beliefs about our beliefs; and that just makes an even bigger mess that we have to uncover. If you don't add to the mess, you'll be able to go into the original mess and say, "Okay, what is going on here?" and really looking at that and seeing that a trigger is just a physical manifestation in the body of inner work that needs to be done around whatever it is - self-love, worthiness, not being enough, business, or whatever it is. Speaking of triggers and deep inner work, Sabi, I feel so honored to have you on this podcast, because I do want to go into some very important things that I know that you have right now in your heart to share, in regards to everything that's going on currently in our industry: the wellness, spirituality, manifestation, and self-love industry, or whatever you want to call it. You wrote a very beautiful, eye-opening posts. You wrote two, actually. For some reason, my brain didn't connect that they were part one and part two - I shared one of them them, not the first one. But you did share two posts relating to everything that's going on right now, in terms of race, white privilege, and white fragility. You wrote in the quote - and I just want to read the quote - "White people in the spiritual and wellness industry, you are part of the problem, but you can also be part of the solution." I want you to speak from personal experience. I know you're not an expert on anti-racism, but you are a mixed race woman who has experienced your own traumas around this. I was wondering if you can dive a little bit more into like what you see to be the problem. And then, can you tell us what you also see, from your own perspective, to be the solution for this?

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Sabi Kerr 29:45

Thank you. This has been really eye-opening for me. All of this coming up in the world right now, so many different things have been coming up to me. One of them - this is not the answer to your question yet, I realized I'm going off track a little - but one of the things I've been realizing is this trauma that's been in my body, actually. On Monday or Tuesday, I was feeling pain and achy, and really tense in my body in a way I haven't for a long time. I didn't realize why at first, and then I realized that it was because I've had so many years of suppressing my voice and not really being able to speak about this stuff, and feeling a lot of pain and frustration internally. When you speak about race, normally, it gets pushed down. It gets pushed away and people get defensive. And so, I've spent so long not being able to speak about it without people getting defensive, that the physical manifestation of that is now starting to come out. So, that's been super powerful. So, in the post I was talking about the problem that I've seen and experienced as a mixed race woman. My dad's black, my mom's white, and I've always being the only person of color in the room - and not the only one, right? I grew up in London, so London is very diverse as a city. But within the diverse city, the yoga or the spirituality industry is a very white world. It's interesting how quickly I became used to that, used to being one of the minority, in a city which was actually very diverse. I would go into a yoga space, and there wouldn't be that many people that look like me. I would go to a self-development event, and there wouldn't be that many people that look like me. I would go to a yoga teacher training, and it was in all of these different activities, there wouldn't be that many people that looked the way that I look. When I look at things online, and I see the pictures of events and retreats, it would be a continuous reminder that there aren't that many people that look like me in this work. That plays out, for me, on such a subconscious level; I almost forget that it's a thing, because I've gotten so used to it. The more people I've been speaking to with about it this week, the more I'm realizing and remembering that this is a problem. While it was okay for me, and while I was able to still come into this industry, there are so many other people that think that they can't get into yoga. "They wouldn't understand me in that room. I don't think I can go to that event, I wouldn't fit in there. There are no pictures of people that look like me in that yoga teacher training, so I don't think I would fit in." So, it's this real feeling of "Would I fit in? Would I be accepted there? If I do this training with that teacher or coach, would they really understand my life experiences?" So, we really need to talk about this. Why, for me, it was such a problem in this industry, is because this is the industry where we talk about the love, light, and possibilities for all, and where everyone's welcome. This is the industry where we're talking about that, yet, this is the industry that is so white and not that inclusive.

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Kathrin Zenkina 33:47

There's a disconnect between front facing message, but then there's something going on

subconsciously that we're not talking about that, for many of us, for the first time ever, unfortunately - and that goes to show that white privilege is real - is the fact that we're just talking about this for so many of us. I'm not saying everybody - I know that there are a lot of you that maybe have been doing this work for a long time and have been contributing to the solution in the best way possible. No one is to blame here in particular, but I would say the majority. It's so interesting. I'm also someone who is unfortunately seeing this for the first time. I've been mentioning that I'm doing my best to deal with my own, what they call, "white guilt." It's where no one needs to hear how guilty I feel and all of these things; I just want to be part of the solution. I'm focusing on what the action steps we can take are. It's so interesting, as you mentioned, there is such a disconnect between "We're all love and light, and everyone's welcome." It's all about love, acceptance, and you are enough and worthy. That's on Instagram, 24/7. "Everybody's worthy, everyone's equal," blah blah blah. But it's not manifesting for some reason. There are subconscious biases, subconscious judgments, and subconscious beliefs that are taking - it even goes, I'm telling you Sabi, you're giving me so many downloads again, because now I realize my conscious mind is responsible for 95 percent of your reality. If these are the beliefs and biases that you have on a subconscious level, of course, this is what's going to show up above your conscious message, above your conscious decisions, above your conscious, or whatever logic that you are spewing out, writing about, or creating or talking about. It's going to be the unconscious stuff that's going to come through, which I never thought of before. It's so fascinating. But yeah, keep going.

S

Sabi Kerr 35:48

That's why this topic is so complex, because people have not even realized that this was a thing. People just thought being racist was saying a bad word. People thought the racism was the obvious, aggressive, overt racism. People did not realize that they've been living their lives - and, again, when I say "people" I'm generalizing for the sake of this chat. People did not realize that a lot of the ways they've been operating for a long time has been under the system where these beliefs are there. And, for me, that's why a lot of suppressed trauma has maybe come up. It's all of these things that I knew since forever that is finally coming to the surface for everybody else. I haven't been able to speak about it with my white friends without them getting defensive. So, years or a lifetime of a white friend saying, "No, I don't see color," or "No, that didn't happen to you because you're not white." You know, all of these things that people didn't realize were wrong to say. They're now realizing, and so all of those years of conversations where I try my hardest to say, "No, don't say that." And then I realized now, all those years where I tried to speak gently to people just so that they would listen and educate themselves. For me, when I've been feeling frustrated and angry, I haven't allowed myself to get angry about it. I've tone-pleased my voice and my manner, and spoken about it really softly, so that I would

hopefully be heard - which was often not the case. And so, I realized, years of pushing that stuff down, and now it all coming up to the light. That's been a lot for me, personally, to process.

K

Kathrin Zenkina 37:55

Yeah, this is so eye-opening. You mentioned that most people think being racist is being overtly racist, like saying a bad word. I'm just curious, how does it show up? Not necessarily overtly, but what's the opposite of that?

S

Sabi Kerr 38:14

For me, lots of it hasn't been overt because I'm a mixed race and I have pale skin. I haven't had a lot of overly aggressive racism. But lots of people have, and I don't want to downplay anyone that has really struggled with that. I think it's been more subtle, but more subtle doesn't mean easy. More subtle means when people say, "No, where are you really from?" And say, "I'm from London, I'm from the UK." And they say, "But no, where, really?" Subtle is more when they say, "You look so exotic." And I'm like, "Yeah, that's nice. Maybe, it's not, actually."

K

Kathrin Zenkina 38:54

Yeah, it sounds a little back-handed.

S

Sabi Kerr 38:57

When I'm at an airport, and I get searched - and this doesn't happen all the time - but that question of, "That white person next to me didn't get searched... Is it random? Or is it because I'm not white?" So, these kind of things, those are just a few examples. But these things go on in the background forever, without them even being questioned. And when you do call someone off on them, they get so defensive, because they don't want to be racist. They get so defensive that you end up shrinking your voice. This topic is really deep, so deep.

K

Kathrin Zenkina 39:45

Very deep. I'm curious, you mentioned you have an ex-partner, right? You interviewed your ex-partner on a live stream - which I'm going to watch, just so you know. It's on Instagram, but before we go and dive into where you can follow Sabi and everything; something that stood out to me was, for instance, Bali. It's like this spiritual wellness Island, but it's become

mostly for white people. You were talking about how you and your ex-partner felt like you were the only two. I know you're mixed race. I don't know what he is, and I don't want to generalize, but you are the only two black people or black yoga instructors on the island. I'm just curious, what did that feel like for you guys? And what was that experience like? And once again, just to kind of bring it back, how do you see in your perspective can we be part of the solution? What can we do that goes beyond just educating ourselves; going beyond just listening to this podcast? If you can tell us some just tangible, actionable things that you see that would make a difference, whatever that difference might be.

S

Sabi Kerr 40:54

Yeah, thank you. So, the first bit on being in Bali and being the only new teachers. It's weird how quickly you almost normalize it and accept it as how it is. But deep down, there is a feeling of, "Why is this how it is?" I realized, and recently more than ever, how tired and how exhausted I was with holding down the fort; why aren't there more of us? I think it was tiring to want things to change. But they just weren't. This exists in this industry because this exists in the world. This exists in the self-development and yoga industries, because this exists in the world. It was just a tiring and frustrating feeling, but I don't think I realized how frustrated I was until these last few weeks. Lots has been coming up. So, definitely go watch the IGTV I did. It is funny, actually. We did the video today; it's very real and raw, emotionally, but also because Bali internet is cutting in and out. I think it adds to the rawness, to be honest, but it's super powerful.

K

Kathrin Zenkina 42:19

This is real life, even my Wi-Fi is cutting out.

S

Sabi Kerr 42:23

Yeah, it was so real life. In terms of action steps, there are so many things that can be done. I know you mentioned education, and the reason why that's so important is because if you do all of the things - for example, you're doing such a great job already. You want to have more people come on your podcast, and I know there will be more things that you'll do as well. But what you are doing, which is so important, that everyone needs to do first though is to actually start educating yourself. If you forget that step, and you just hire some people or you have some people of color on your podcast, but you don't do the education part. So, you don't know why you're doing it and why you're doing it. If you don't know why you're doing something, then it's not going to be sustainable. At some point, you're going to forget and stop. So, please, educate yourself. It starts with a book, or a webinar. Remember, this is not one book and you're done, kind of thing. This is

a commitment for the rest of your life. It's almost how I talk about self-love. Self-love is not like you go there, then you're done and that's it. You have to commit self-love every single day, for the rest of your life. Learning about a topic as complex as this is so similar. You need to commit to learning about this forever, and show up for it daily. And so, education first, and then look at where you are showing up. What platforms do you have? How inclusive are you being? Are you following more people of color in this industry? Collaborating, studios, hiring more people of color, and trainings - and it can be any kind of training: yoga teacher trainings, big self-development events. Have a look at your retreat, have a look at your photos, and take a look at the photo and see how many black people and how many people of color there are. I was actually a little triggered in this topic because I saw some beautiful pictures of someone's retreat. I thought, a white person would look at that photo and think that looks like a beautiful retreat. Amazing place, amazing venue. I looked at that photo and thought, "That looks like an amazing retreat and amazing venue, but there are no people that look like me there." There are no women of color. There are no black woman there. It's like this additional thought that I didn't realize how often comes up. It's been there, but I haven't actually noticed it so much until now, but it's always been there. So, look at those photos, look at who's going to your events, and see how your marketing needs to be shifted. See how you actually need to shift how you present your work and your services, so that you can make them more inclusive. I think this is such a complex topic. It's not like there's a list of things to do.

K

Kathrin Zenkina 45:23

It's not a check list. As you're talking, I'm thinking, how many of our listeners - including myself - have read books on quantum physics manifestation, self-love, and so on. You don't just read one book. And so, I do think that just reading one book about this is going to subconsciously seep in. You guys need that repetition. Something else that you mentioned, inviting more people of color on the podcast, stages, events, platforms, and stuff. Something that I was also thinking about, that I'm going to take no credit for because I've seen this on the internet over this last week, but that really stood out to me: As a white person being an advocate for the black, Indigenous, and people of color community, where you are being asked to step on a stage, or you're being asked to be a part of a brand. Let's say you're an influencer that's going to influence people to buy a certain product; or you are going on to a podcast or a stage. You should also ask, are they inclusive of people of color on their platforms? If not, bring it up to them. Is it just white people? Or is there going to be more diversity here? Also, taking a stand for saying, "This looks awesome, but it doesn't align with my values to be just another white person in the mix. Therefore, I'm going to politely decline." For many people, I know that this fear comes up forever. A lot of people who are afraid to speak out on this or people who are still silent about this, you're afraid of how this is going to make your brand look, or you're afraid of

how many friends you're going to lose or how many opportunities you're going to lose. But, I promise you, the universe is going to fucking reward you for this work. The universe is about inclusivity. It's people who discriminate, it's the ego that discriminates; when you operate from the ego and from this judgmental space, then there's no reward in it. You're just going to create more of that. You should take a stand for what's right. Just so you guys know, this work is not to be done for any reward, first and foremost. This shouldn't even be a thing in the first place, but it is a thing, and we're going to do our best to dismantle white privilege, racism, and all these things are creating this world. You have to take a stand, and you have to take a look at the people that you surround yourself with. What are they doing to be a part of the solution as well? There's that quote that we've all heard a million times, "You are the average of the five people you surround yourself the most with." So, look at their values around anti-racism as well. That would definitely be something that I would encourage you guys to look at. So, Sabi, you have a book that you've been recommending. I see that there's a particular book that stands out to you, at least for right now, that you've been recommending to your white friends and white followers. What book is that? And why have you chosen to give people an opportunity to start with their education?

S

Sabi Kerr 48:47

I've been recommending the *Me and White Supremacy* book. There are so many books, and I'm sure they're all great, too. My reason when recommending one book is because I know how people work if you give them a list of five or 10 different books to read. They're like, "Maybe tomorrow." If you give them one book and say, please read this, and they've seen that three times, they'll say, "Okay, I'll go and get that book." So, that's really why I said one book. I'm sure there are other books that are incredible. I'm actually reading it myself, and more for my own education and just to get reckoning with white people, really. So, I'm reading it myself. It's a book that really puts into words all of the things that I've expressed in my life and experience. It puts it into words. So, for me, it's been eye-opening to read it, from my perspective. So, I know it's a great book, but it's not the only book. But encouraging people to read a book is better than not at all.

K

Kathrin Zenkina 49:58

Yeah. I'm about halfway through that book, and I really love it. It started from an Instagram challenge that was filled with all of these prompts. Prompts are a great way for anyone that journals. A journal prompt gives you an opportunity to do some self-exploration. I really love the book in this format; it's very easy to follow and understand, and it's very insightful. At times, it's very difficult to read in the sense of if you're someone who is gets triggered, gets defensive, or doesn't understand. It's going to push you outside

your comfort zone. But, guys, nothing good ever came from your comfort zone anyway. So, I also would recommend that book as well. That's actually the book that I started with. I'm the type of person who reads a little bit of every book. Today, I'm going to read two more chapters in this book, and tomorrow I'm going to read two more chapters in this book. So, I've been reading like three books at once, but I've made the most amount of progress in *Me and White Supremacy*, and it's by - I can't pronounce the author's name - it's Laila F. Saad. You guys can find it somewhere on the internet. I also recommend you guys looking for bookstores that are black-owned in order to purchase these books, just to make your dollars and your efforts in this work go even further than just buying off of Amazon. Sabi, thank you so much for being a part of this conversation. You're such a light to this world. I am so grateful and honored to have you be a part of this conversation and open this dialogue with me so you can inspire people to do this work. I wanted to ask, where can people find you? Where can we learn more about you, your work, your services, and all the incredible things that you're doing in this world?

S

Sabi Kerr 51:52

Thank you so much for having me, firstly. It's been such a joy to chat with you. I'm on Instagram, mostly. Just my name, @sabi.kerr. I share lots on there. So yeah, you can find me there.

K

Kathrin Zenkina 52:08

Awesome. So, that live stream, even though Sabi recorded it this morning at 4:00 am LA time, so I have not seen it yet. If I didn't watch it, it's because we started this podcast at 9:00 am and by the time this uploads, it may already be down from her feed. But it's in your IGTV, right?

S

Sabi Kerr 52:29

It's on my IGTV and my main feed, too.

K

Kathrin Zenkina 52:34

Perfect, so you guys can find it. Go look at her posts, go look at her stories. There's a story highlight that I almost made all the way through. I'm still working through any story that Sabi shares, or anything like that. You guys are going to get some really good information. Also, as you're listening to this, take a screenshot of this episode and tag @sabi.kerr. I'm going to put the link in the show notes, so don't worry if you miss a letter or anything like that, it will take you directly to her Instagram. Go ahead and tag her, and just send her all

the love and support, share with her through your tag the breakthroughs, the a-ha! moments, and any downloads that you had, and if you want to share how you're committing to being a part of this solution. Sabi,, thank you so much, once again, for coming on here, for sharing your work and your energy, for joining me in this dialogue around diversity and inclusion in the spiritual and wellness world. I cannot wait to cross paths with you, whether it's in Bali, UK, US, or wherever the hell we meet again. I'm just so excited to cross paths with you again.

S

Sabi Kerr 53:47

Me too, can't wait. Thanks so much for having me.

K

Kathrin Zenkina 53:50

Thank you so much. Alright, you guys. You heard from Sabi; go ahead, follow her. Take a screenshot, tag her, do all the things, get educated, get the book, do the work. I will catch you guys 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.