

Episode 173: The deep WOUNDS that are preventing us from man...


📅 Wed, 7/29 8:25PM ⌚ 1:01:20

SUMMARY KEYWORDS

women, people, manifesting, manifestation, feel, shadow, instagram, life, wound, business, means, god, grew, energy, talking, holding, katie, healing, circles, taught

SPEAKERS

Katie Jones, Kathrin Zenkina

 K Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a master mindset coach and success strategist for entrepreneurial babes, just like you. I absolutely love helping you uplevel your life, your business, your finances, and helping you see the infinite potential within yourself to be, do, and have anything that you want. It is my duty and obsession to give you the tools, resources, strategies, and teachings that you need to manifest a reality of your wildest dreams. Think of this podcast as your daily dose of personal development to maximize your impact, your influence, and your income. If you're ready to get your ass kicked to the next level, then you've come to the right place. I hope you enjoy today's episode. Now, let's begin. (edited) Hello gorgeous souls, and welcome back to The Manifestation Babe Podcast. I have been loving having guests in the podcast this year so far because of the kinds of conversations that happen when frequency energies come together to co-create and co-conspire a podcast episode. This episode is no exception of that magical connection. Today's guest on the pod is Katie Jones of Womanifester. I hope I keep saying that right. It's Womanifester, like manifester. She's all about the divine feminine, so it's a Womanifester. Her and I go deep into all things related to shadow work and how it compares to light work, the power of sisterhood, and all the traumas and wounds that we have endured, and that have prevented us from manifesting great relationships with other women. The sister wound, the witch wound, why we feel like we need to compete with other women, the power of women's circles, what it

actually means to sin in a Christian sense, and how to get even more in alignment with your spiritual connection to God, the universe, source, or whatever it is that you believe in, plus so much more. I absolutely love this episode, and Katie is such a gem of wisdom. I've been ready to go deeper into the more esoteric side of manifesting this year. The guests that I've been interviewing lately are ready as well, and Katie is no exception. If you don't know who she is, Katie J. is a Manifestation Coach, Meditation Guide, and Women's Circle Facilitator with a dream to change the world through the women's empowerment movement. She started manifestation circles to share the power of leveraging community manifestation, and to help heal the collective sister wound, preventing women from changing the world together. Katie's purpose is to empower women everywhere manifest their best life, regardless of where they come from. This is a powerful shift in conversation that we have together that I know will unlock something inside of you that's been wanting more. So, without further ado, let's dive right into it. Hello, beautiful souls, and welcome back to The Manifestation Babe Podcast. I have a very special guest today that I'm so excited to introduce to you because this is someone who I came across because of the Manifestation Babe Academy. Ever since then, I've been following Katie and she has some incredible content all around manifesting, spirituality, and all the incredible things that we are all about. Katie, thanks so much for coming on to the podcast and sharing your beautiful energy with us. We are so excited to learn from you. How are you today?

K

Katie Jones 04:13

I am wonderful, Kathrin. Thank you so much for having me on the podcast.

K

Kathrin Zenkina 04:17

Yay! I am stoked. Katie, can please share a little about who you are, what you do, and how you help people, specifically women? Because I know your brand is called Womanifester.

K

Katie Jones 04:30

Yeah, exactly. So, I am a Spiritual Life Coach and Manifestation Coach. I also do guided meditations, and I facilitate online and in-person women's circles. I primarily help spiritual women step into their power and manifest with grace and ease. That is the signature part of what I teach; manifesting with grace and ease; dropping the struggle and dropping the hustle.

K

Kathrin Zenkina 05:00

Speaking of grace and ease, what does that mean to you? What does that look like to

you, to be able to manifest without grace and ease? Can you offer an example of what it means to manifest without grace and ease?

K

Katie Jones 05:12

Absolutely. So, manifesting without grace and ease feels like hard work. It feels like struggle, hustle, and grind. You can definitely make things happen in your life that way, but that's more of a masculine way of going about the manifestation process. Honestly, that's how I was manifesting for years until I took your course and started learning from other spiritual mentors how to just, what I call slip into the flow of the abundant flow of the universe.

K

Kathrin Zenkina 05:48

Oh, slipping into the flow. I love that. Okay, before we dive deeper, can you just share a bit about your manifestation story? Is this something that's always been a part of your life? Or is this something that you stumbled across? Similar to me, for instance, where someone handed you a book or a movie, and you either think, "Holy shit, this is incredible," or you think stuff, "This feels so familiar." What was your experience with manifesting? How did you discover it?

K

Katie Jones 06:17

So, I grew up in a very religious home. My grandfather was a Southern Baptist pastor and I grew up in Texas, going to church every single week and singing in the choir. With that came a lot of rules. We can dive into that later if you want to, but along with that came a process for speaking, communicating, and interacting with Spirit. We didn't call it that; we called it Jesus or God at the time, but now I would say God, universe, or spirit. I use these interchangeably; angels, ancestors, etc. When I was in High School, I was super ambitious. I was a straight-A student, class president, cheer captain; I was a part of it all. I really wanted to get into a good school. That was my main goal as a 16 and 17-year-old; to get into a good university. And so, I did my research. I knew I wanted to one day run my own business. I knew I wanted to study business, or I thought I did. I really wanted to get into the University of Virginia. Being in Texas, the out-of-state acceptance rate is maybe 3 percent, so I knew it was going to be really hard. But I told myself, "I can do this." A good friend of mine introduced me to *The Secret*, and I said, "Great, I can apply these principles with what I already practice in my own religious practices. I can get myself into the school by manifesting." I didn't really call it manifesting, but when I watched *The Secret*, all I understood about it was that I was supposed to surround myself with what I desired. That's all I got from it. So, all I did was -

K Kathrin Zenkina 08:05
What did you think that meant? How did you do that? What was the tangible result of you implementing that principle?

K Katie Jones 08:12
Totally. So, I went all out, gathering. The school is known for its iconic library, which is built by Thomas Jefferson and looks a lot like the Jefferson Memorial in DC. It's called the Rotunda. So, I took that picture and put it as the background of my phone. I bought UVA gears when I was in a Sophomore in High School, so this was several years before I was going to college. I bought UVA t-shirts and mugs, and I actually put affirmations all over my room; things that said, "I can do anything through Christ who strengthens me." I ended up actually manifesting a boyfriend who had connections at UVA at the time. I mean, it was wild. So yeah, I actually surrounded myself with images and affirmations. When I submitted my application, I created a whole binder. I had visited the school twice before I even applied. I made this binder with all my application materials, and on the front was a picture, or what rather was the front of a brochure. It was a UVA brochure and it had students walking around campus and stuff. I took pictures of my face, cut it out, and put it on the faces of the people on the brochure. That was the cover photo for my portfolio that I sent as my application. I went all out.

K Kathrin Zenkina 09:23
You sent in that photo?

K Katie Jones 09:43
Yeah.

K Kathrin Zenkina 09:44
I don't even think I've ever went all out with something. You're kind of inspiring me. I'm like, "Wait a second, what if I went all out in that way? What else could I manifest?" That is freaking incredible. So, you obviously got into that school, I'm guessing.

K Katie Jones 09:57
Mm-hmm (affirmative). Yes. I got in and had a wonderful four years and I totally forgot about manifesting during that time. I literally just forgot about it.

K

Kathrin Zenkina 10:04

We have the same story. I swear to god; we have Sophomore year of High School is when I discovered the secret. I was trying to use it to manifest Medical School. I basically applied it for college and I was trying to do it for Medical School, but energy doesn't lie. If you truly don't want something in your heart, no matter how hard you try to manifest, it's just not going to work out. In college, I forgot about manifesting. The only thing I remembered about it was how to apply it to travel, but when it came to good grades, money, relationships, and all these things, it just flew out the door. I don't know why, but it makes me feel better that it happened to you.

K

Katie Jones 10:43

Yes, absolutely. It does happen because I think once you have that one goal, and you're like, "Great, I did it. Now I'm here and I get to enjoy it." I felt like maybe I was just enjoying it to the point where I ended up getting really lost in my journey. Like really lost. I stopped practicing my religion because of some things that I learned. As you know, as you continue to learn and grow into adulthood, you're like, "Wait a second, this does not seem right to me at all." So, I was no longer involved in my religion, and was just spiritually lost for a number of years, until I took Yoga Teacher Training. That's when I really had my first spiritual awakening.

K

Kathrin Zenkina 11:32

Yeah. If you're comfortable, can you just dive a little bit into - so I didn't grow up religious. My mom never really took me to church except for Easter. Easter is a big deal. If we go technical, I was baptized in the Russian Orthodox Church. I did that whole thing, but it wasn't a daily practice. We didn't go to church every single Sunday; we only went to church on Easter. There were certain things that my grandma made me repeat and she made me pray in certain ways. But it wasn't until I actually got into a relationship with my ex-boyfriend, who was deeply religious. His family was also deeply religious. Now that I look back, there were so many disconnects; they would follow the rules, but they wouldn't actually live the rules in their daily life, now that I look back. But anyway, I was basically inspired to go to church with him and get a Bible, like I was doing the whole thing. I was really trying to understand the Bible and live my life according to the Bible. What manifested out of that was this fear of God. As a child, I always remember being spiritual and having this connection with this life force, or this force that is supporting life and supporting all of us. When I got into religion, it manifested into me trying to figure out how to do everything in my power to not piss off God. That was something that I really struggled with because when I finally ended the relationship, I thought I was sinning. I thought that I would be punished. I actually thought that my business was going to burn

to the ground. I thought that someone is going to come out of the sky and zap me, and that was going to be the end of it. I'm curious, because I know that a lot of people who grew up with a religious background really struggle with manifesting because they're very stuck in this concept of "It's God's will and only God's will, and you can't have what you want because what you want isn't always what God wants for you." We can go deeper into that, and obviously, you have more of an experience than I do. I'm curious, can you share a little about your background, those rules that you were talking about, and how that manifested into where you are today?

K

Katie Jones 13:46

Yes. And I want to give a shout out to my parents because I feel like they did a really good job. It wasn't them. I think they did a good job of showing up in love; it's the other people that were in process of teaching me about the religion. So, Sunday school teachers, pastors, and that sort of thing. What I ultimately found was that I would be taught or told something, and somewhere in my body, I would have this reaction that was telling me "That's not truth. That's not the God that you speak to every night." So, that that's another thing; we were what I would describe as super religious. We would pray before every single meal, we would pray before bed, we would speak to God regularly, and encouraged to write in our prayer journals. And so, from a very early age, I was interacting with God; I was interacting the Spirit, and that was normal for me. It wasn't until later on that I realized that was not normal for a lot of people. So, the process of growing up in the church was really hard for me because there were a lot of things I wanted to challenge and ask questions about, but I was just told that this is the way that it is; there's one path and one way. But then, like you mentioned about your ex-boyfriend's family, is that kind of notice that people are saying that they're following something, but then they're not actually showing up in that energy or embodiment at all. As a young girl. I thought, "Something's not adding up." That was very clear from an early age.

K

Kathrin Zenkina 15:34

Yeah, it's so interesting how you mentioned we would pray over food, we would pray before bed, and we would write in our journals. As you were saying that, I was thinking, "Wait a second, I do all those things now." But it's just a different connection; it's a connection of love, gratitude, and appreciation, rather than an energy of trying to appease this force that is supposedly going to create some sort of havoc in my life if I don't follow these specific rules. The different perspectives or ways of looking at it is just so interesting. I was on your story this morning - I think it was on your story or highlight, I don't know. I went deep down the rabbit hole on your Instagram to gather some inspiration for a podcast. You were talking about such an interesting topic. You were

talking about your perspective of what it means to sin. I didn't know that you come from a religious background, so it makes sense why you chose that topic. It was something very inspirational for me just the way that you described it. Can you go into what you shared in your story, so that people on the podcast can hear that too?

K

Katie Jones 16:41

Absolutely. So, even going back to the question before, when we were talking about the fear based teaching; it is so unhelpful. I remember being so terrified of sin as a little girl and. In the way that it was described, sin was like an act against God. There were all these different things that were labeled as sin, such as not blessing your food being a sin. So, growing up in that energy, sometimes you end up restricting your natural self and who you truly are for fear of sin; fear of the repercussions of that. What I have come to realize through my own studies of both- you know, the Spanish language and how we were talking about how we both love Costa Rica, where - well, I learned Spanish growing up. In Texas, you learn Spanish from the very beginning. So, "sin" in Spanish means "without." So, anytime you're ordering something in a restaurant, you say, "Sin ketchup," which means "I don't want it with ketchup." When that clicked for me, I realized that it's not an act against God. It's just being without God; being without your true nature. I know that it might seem like a jump to some people, but when you think about a child in your life, an innocent infant - when you look at that infant, they are so pure, and full of love, joy, and light. That is our natural state. That is how we came into this earth. It is the world and society that taught us to be something else. And so, in my experience, what I have come to realize is that sin is being without your true nature, and being without the love and the God within you. That's another big realization that I had as I was exiting the Christian faith; that I am God. God is expressing himself/herself in human form. And that's what we are. There's this facade of separation, and that we have to earn our way to God; but the truth is that we already are.

K

Kathrin Zenkina 19:07

Right, we already are God. I totally agree with you. That was such a revelation for me as well. Just understanding what the true meaning of being a child of God is; it means like we're literally extensions of God, of source, of energy, of universe. Just like you, I call it a trillion different things. Every day, when I pray, I say, "God, angels, universe, energies of the highest good, source," and so on. I then list off what I'm praying about, what I'm asking for, or what I'm commanding in my life. Another word that comes up for me, and it's like how you mentioned how "sin" means "without;" I think I heard this from Tony Robbins for the first time, and he said something like, "Where does the word desire come from?" If you break it down, it's "De-sire," which means "of sire," "of father," and "of God." He talked

about how we feel so guilty about all the desires that we want in our life, especially when we're indoctrinated into this belief that it is bad to want things for ourselves, and how that's selfish. The very nature of desire means it comes from God. So, if you have a desire in your life, it means that it literally came from source, angels, universe, God, or whatever it is that you believe in. It got implanted into your heart. It's for you to express that, and the reason it wants to express itself through you is because there is a much bigger thing, a thing that's so much bigger than you, that wants to play that out in its own individual expression and show how we're just individual expressions of God. This is a big playing field, where we are literally playing out this game as little gods. It's just so cool to think about. When I learned that definition - I know that it is going to be so good for people to learn what the very nature of the word "sin" is, and how just means "without love" and "without God." It just means being out of sync with your own alignment and your true nature. I know that when I learned desire, that freed me to where I can just unapologetically desire whatever the EFF I want, because I know it's not coming from a selfish place; it's not coming from ego. Ego usually keeps you away from these things that make you happy and fulfilled. It's just very afraid of those things. We have an honest desire for something bigger in your life that's coming from a very true loving and infinite place. So, I love that you mentioned that. I know that's going to be so good for people to hear. You talk about something that not many manifestation teachers address. I know that it's been brought to light, especially since the most recent anti-racism movement, where a lot of lightworkers were being called out on Instagram saying that they don't do enough shadow work, and how it's not just love and light, and that there's darkness in this world, and that you can't just ignore it - which I totally agree with. Personally, for me, that's in the context of the collective unconscious, but then there's the personal unconscious - shadow work - that a lot of people don't do. I love that you talk about shadow work. I get this question a lot, "Kathrin, what is Shadow Work? How do you do it?" I often have so many people that come to me that are so afraid of feeling a negative emotion, thinking a negative thought, or doing Shadow Work because they think that they're going to attract more things and create a bigger shadow when it's actually the opposite. Can you talk about that? I get really jazzed off this topic.

K

Katie Jones 22:51

Yeah, me too. I love this topic so much because I ignored shadow work for a long time when I was still very much in the masculine form of manifesting. From a very early age, a lot of us are taught that we shouldn't feel our emotions. "Stop crying. There's no reason to be angry." When those types of things are told to children, they are integrated as truth because their subconscious minds are open. I learned that from you. They are wide open until they're seven years old. And so, a lot of us have been taught not to feel the negative emotions. And then you learn about the law of attraction, and you think, "Okay, so I

should always be happy all the time and not feel the negative emotion. If something bad happens. Just block it out and shift to something positive. Stay positive." I think that one of the issues with the things that we learn on Instagram or that we see pop up with the "good vibes," "high vibes," and those types of things is that it lacks context. The context of Shadow Work is that when something happens in our life, an emotion comes up, or a thought comes up that doesn't feel good, that contrast is something that we need to look at. When you don't look at it - like we were taught to - and you shove it away and push it to the side, it's still in your energy field. It's going to continue to attract similar vibrations. So, you're better off pulling it up, looking at it, and asking, "What is actually going on here? Where do I feel it in my body? What is the source of this? What does it want to tell me? What's the message here?" And then I can look at it and say, "Wait a second, this is not true. This is what my grandma would always say," or "This is a wound that I acquired from my brother teasing me growing up." But it's not who I am, really. And that's what Shadow Work; it is the process of looking at it and shining light on it. And Shadow Work is very daunting, but it really is the process of shining light in the dark places. That's what it is.

K

Kathrin Zenkina 25:11

Can you just quickly define - because I know people are going to ask, "What shadow? What is this shadow? What are you talking about?" We have become accustomed to knowing what light is, but what is the shadow thing, and where does the shadow come from, and how is it created? Can you just give a bit of definition to it?

K

Katie Jones 25:29

Absolutely. I like to think of the shadow - I mean, if you think of it literally. You're standing outside on a sunny day; what causes a shadow? Your human body, right? It's the physical part of you, and therefore, it's a collection of your human experience and all the things that taught you that you are not love, God, or infinite power and creation, living and pulsing in you. So, it's all of the things that don't feel good; that feel out of alignment. Everything from childhood traumas, to sister wounds, to relationships ending really poorly, and feeling out of sync with love, light, and your true nature. It's a combination of everything that doesn't feel good. Really. You just hide under the rug. Exactly. You sweep it under the rug and say, "I don't want to look at my relationship with my father," "I don't want to address the real reason we actually broke up." You just keep sweeping it under the rug instead of bringing it to light, talking about it, and healing it.

K

Kathrin Zenkina 26:50

Yeah, and guys, just so you know, like if you sweep it under the rug, it's still in your home,

your home is still dirty, and you have to clean it at some point. For some people, they are literally sitting on a bed of trash. It's like limiting beliefs; a lot of people think that if they just don't worry about their limiting beliefs, that they are going to go away; then they can't understand why they keep manifesting it in their life. It's because you're not looking at it. You're not just admitting to yourself that there are parts of you that are not integrated, that you're afraid of, and that feel low vibe. You have things in there that are traumatizing. Though the process of Shadow Work, I'll admit, is very hard and can be very daunting, there's a reward on the other side. I think that's my motivator for doing Shadow Work; I do it for the reward. People ask me, "Kathrin, why do you work with plant medicine?" I do it for the reward. It is not for the process. The process does is not fun at all, but the reward on the other side, when you feel free, like all these energies have lifted, it is incredible. Shadow Work is removing this cloud around that is just tainting your vibrational field. As you mentioned, we're all already loved. We are all already high-vibrational beings. We just have this cloud of energy that we need to release, and we do that through something called Shadow Work. Can you give an example of what Shadow Work might look like? Is there a quick step-by-step process? If someone is literally hearing about this for the first time and they're wondering how to do Shadow Work, what does that look like from your experience?

K

Katie Jones 28:31

So, I'm really glad that you brought up limiting beliefs because that is what I'm mostly working with, with my clients. We do shadow work around the limiting beliefs and stories that are preventing them from manifesting what they want. The process that we usually go through is that we identify the limiting belief or sort of stuck energy that they're experiencing in their life. My first question to them is always, "Where do you feel that in your body?" That tells you so much information right there, especially if you're familiar with the chakra system. They'll say, "I feel it in my lower belly," "I feel it in my throat," or "I feel it in my heart." That then reveals some things about what's going on. We then talk to that feeling, and we ask it, "What do you want to say to me? What does this fear want to say? What is the message that it is trying to bring through to you?" And you listen. Sometimes we do it in the context of inner child healing, depending on the source of what talked about in the coaching or the container that we're in. If it's an inner child healing, then I ask them to imagine that their younger self is speaking to them and saying these things. So, we listen to what they have to say. But then if it's a child, what would you say back to that child? What is the re-parenting that you have to do with yourself to move through this, and like you said, to the other side? Where it's this juicy goodness of relief. This doesn't have to hold me back anymore.

K

Kathrin Zenkina 30:19

It's so much relief. We think that this heaviness that we carry with us gives us something, when it does on so many levels; it gives more to the ego, though. That's what most people don't understand. It gives them certainty, significance, and a reason for why they're not fully expressing themselves. But if you can just understand that the reward on the other side is so much bigger than anything this could ever give you, just try it once. Just try it one time. You'll become addicted to doing Shadow Work. You're going to be like "Whoa, let's do that shit again." You're not going to be afraid of going even deeper and deeper. It is really good stuff. I'm glad you're talking about it. I know there's not enough people talking about it. I just think it has nothing to do with people being ignorant of it. I think that, as you mentioned, you scroll on Instagram. Instagram is such a limiting platform in the sense that - well, all of social media is very limiting. Even podcasts are very limiting, because you can't express everything you could possibly want on a topic in an hour-long podcast, or I don't know how many characters fit in an Instagram caption. I always go above and beyond. So, for me, it's limitless. I just keep pasting in the comments, but it's so hard. I think that this is messing up a lot of people too, in terms of putting their mentors on pedestals, where they don't understand that you are just seeing 0.0001% all the content, or you're seeing 0.0001% of that person and what they have to say. That's why I encourage people to go into programs, like with people like Katie, or something like the Manifestation Babe Academy, because you get to learn all this stuff on a much deeper level. One Instagram quote, or once Instagram caption is not going to explain the depth of Shadow Work. It's really awesome to have these quotes to inspire us, but you have to understand that they're only showing just a tiny percentage of how deep this can really go. So, really good stuff. I want to talk about a topic that you're passionate about, and a topic that I have done some work with in 2020 so far, which is all about the sisterhood wound, or the struggle that a lot of women have in developing genuine connections with each other. Can you just dive into that? And then if we need to, I can share a bit of why this has been so revolutionary for me, but I just want to hear from your perspective why you're so passionate about this topic, and what you can share about it.

K

Katie Jones 32:59

Absolutely, and I would love to hear more about your experience with it too. I remember you talking from MBA about bullying, and how you were being bullied in Middle School, and how rough that was. I remember witnessing bullying. I just resonated so much with that story, so I would love to know more about your experience with healing the sister wound. But for me, I grew up with two brothers, so I never had biological sisters. In the summer before fourth grade, we moved from Houston to Austin. And so, I grew up in Austin, but I had to leave a group of my first set of girlfriends and completely start from scratch. And fortunately, that process was really easy, but even as I was stepping into

adulthood, that's when I was starting to have a really hard time, especially in college, I felt so much competition at this really competitive school that I got myself into. I constantly felt like they were the competition. They were the - enemy feels a little dramatic, but I think in some cases, some women do feel that. I didn't even have a name for it until I interviewed a woman named Ayesha Ophelia from The Girlfriend Manifesto. She has her own women's circles. I interviewed her for my podcast earlier this year, and she mentioned the sister wound. I said, "Oh my goodness, this is what so many of us are dealing with, especially in the online space where it feels so small." I mean, two years ago, I was just getting started with wanting to be a Manifestation Coach, and I found you. I thought, "Well, am I going to be competing with her and working through all of that? Are we getting sucked into that comparison paradigm that we are told is how our reality is?" I realized just at the end of last year that this comparisonitis that we so often do was something holding me back in my business.

K

Kathrin Zenkina 35:04

I can totally relate, and I can share a bit of how that manifested for me, but keep going.

K

Katie Jones 35:11

Yeah, I would love to know that. As I started talking about it more and more on Instagram, people said, "Yeah, I feel like the market is oversaturated," or "I can't do what I want to do because it's already been done before." Ladies...

K

Kathrin Zenkina 35:27

We heard all the stories.

K

Katie Jones 35:29

Yeah, all the stories. Exactly. What it really boils down to is that you and I can both teach about manifestation, and we're going to come about it from a completely different place. We're going to attract completely different clients, and our brand is going to be entirely different. We each have our little sliver of the market. We are here on this earth to serve. So many women are holding themselves back because they think that they can't compete with what's out there, when really there's no such thing as competing.

K

Kathrin Zenkina 36:01

We give our power away to other women when it just creates a void within them and

creates a void within us, and then we are just essentially looking for someone else to compete with, which actually means stealing their power away, because someone stole our power away. It's not like they're actually stealing your power away; it's that we're giving our power away. And so, then we're like, "I need to like watch her like a hawk and make sure that like we're not talking about the same thing." It's so much energy wasted, it's ridiculous. You brought a bullying, which for me, for some reason, my mind didn't even go there. But yes, I grew up as an only child, and I didn't have any siblings. What I learned about relationships and friendships was through school. I didn't have like any connections to model in my family. For me, when I started with Manifestation Babe, I was inspired by other Manifestation Coaches. I was teaching manifestation in the context of my Beachbody business, so I was already doing this since I was 16 years old, but I didn't know that you could do it by itself. That didn't compute for me, and so when I discovered a couple of other Manifestation Coaches - there were a bunch of them that my friend sent to me on Facebook. She's actually one of my best friends today, slash mentors back then, because she's the one who got me into Beachbody. She said, "Kathrin, these girls are so similar to everything you're talking about. You should check them out for inspiration." I said, "Oh, yeah, cool. Are they in Beachbody too? What MLM are they in?" I'm scrolling through, and then I'm like, "Wait a second. They have their own business; they're selling courses; they're doing coaching. This world exists?" So, that was a huge inspirational move for me to branch out, and when I did branch out, we are always manifesting and reflecting back to us the wounds that we have. And so, what I reflected back to myself is that there were some manifestation teachers who ended up getting incredibly triggered by me being in the industry, or by me growing my business. I remember getting threatening DMs. I remember people coming at me and saying, "You're copying this person," or "You're copying that person," or "You're ripping off that person -" people I haven't even heard of. I'd say, "I've literally never heard of that person, so it's kind of weird that you're saying I'm copying them, because I've literally never heard of them." And some people, I have. My own direct inspirations at the time, even then, just seeing how that was all manifesting. I had to do a lot of this healing really quickly because I was feeling this wound through them and through myself. I really struggled with thoughts of, "Am I copying them? Are we competing with one another? What's going on here?" It took me years. But what I ended up doing is I ended up unfollowing every single person in our industry, just so I can come back to myself and really find my own true voice, insights, and teachings. After about a year of doing this, I was then able to come back with a completely different mindset and perspective, having had done a lot of my own healing work, where I can now encourage my students to become manifestation teachers; I encourage my students to become manifestation teachers, because I realized that this is not a competition. Like you said, we all speak to different people. I've also found that I have many mentors that are in the same industry. Who says that we can't coach the same people as well? We're going to have a lot of crossover, and that's completely fine. That doesn't mean that this person got

sick of you and decided to come to me, vice versa. It doesn't work that way, first and foremost. It just means that as our vibrational frequency shifts, their vibrational frequency shifts, and they're attracted to different people; how we all are meant to serve our people, and who is anyone out there to say that you can't do what we are doing? And so I love that you're talking about this because that was my struggle for the longest time. It really held me back, Katie. I remember wanting to quit because I thought, "Am I stealing content? Am I copying people? Am I not original?" Time and time again, I would go to energy workers and psychics for the wrong reasons, asking, "Am I following my life purpose? Can you tell me?" And they'd say, "Yes, Kathrin, this is what you came here to do. Do not let anyone stop you. Just keep going."

K

Katie Jones 40:54

Yeah, absolutely. Even on that same vein, for the longest time within my own business, instead of doing what I do now - which is tune in to my own inner guidance and wisdom - because I had the sister wound, hard, I was trying to do everything the way everyone else was doing it, and not honoring what me, my business, or my ideal clients needed. I realized that you don't have to show up the same way that they do because that's not honoring your truth. That was really empowering for me. I've since randomly started attracting clients who want to start or grow their own coaching business. And so, I see the same thing reflecting on them too. So it's like, okay, great, perfect. We can work through this.

K

Kathrin Zenkina 41:58

Yes, oh my God. I love this this topic. So, let's say that there's a woman listening right now, and she thinks, "Oh my god, I have that. I find myself constantly comparing myself, feeling like I need to compete. I don't know how to control it, and I don't know what to do about it." When you help women in your coaching business, is there a process you take them through? Is there a place that we can start to uncover this wound? - which by the way, you guys, is part of Shadow Work, just so you know. So, do you have a process for this, or somewhere where you start?

K

Katie Jones 42:38

Yeah, so I like to start with my manifestation circles, which are online women's circles. What's funny is that I use that language when I'm selling the course and getting people in. Once they're actually in the container, the magic is just in the intention. Within the container, there's training videos, weekly support calls, but then there's also Rotating Accountability Sisters. So, they're checking in with the other women in this circle weekly on

a rotating basis. When we gather in the group circles, I end up hearing about these calls - because I'm not in on those calls - and it's amazing how they are bringing out the light within each other. They are being - what do you even call it? Maybe translators or message carriers for one another. And so, I'll end up pairing them, but the magic happens with how they show up in the container. They end up realizing, "Wow, when I talk about my goals and dreams with other women, they're not going to cut me down, at least not in this container. They're going to actually build me up and they're going to actually connect me with other people who can help me get there, and they're going to give me insights, resources, guidance, and support that I need to get to where I want to be. Wow, women are not the competition. They're actually meant to be my collaborators and co-creators."

K

Kathrin Zenkina 44:13

Yeah, because women at their core are love; they're encouragers; they are nurturers. Women at their core without fear, without doubt, without their own wounds, and even if they have wounds, part of healing the wound is going back to your core self. I find that when you come into these circles, when you come with other women who really want to have these genuine relationships, they are nothing but encouraging. They are the biggest cheerleaders. I love that you host these women's circles because they're what they are and how I see it is evidence builders. If you get enough evidence and if you get 10 friends who are celebrating - or even if you have one friend, you're like, "Wait, there must be two." If you have two, you're like, "Wait a second, there must be three." If you have three, you're like, "Wait a second, there has to be more of us." I noticed this in my own retreats. It's really funny because these women don't know each other, and I require them - I don't even make it an option that you could have your own room at my retreats. I make it a requirement that you have to room with someone. I don't pre-pick; they don't pre-pick. If friends come, I encourage them to separate. What I find is that, first and foremost, like you said, the intention doesn't work. And so, I set this intention that the first of all, the group that's meant to come together is going to be the group that comes together; secondly, the women that are meant to room together are going to room together. It is crazy. Even when, let's say half the retreat shows up because everyone's staggering depending on the flights on the first day; the second half, most of the rooms are already taken, and they have to find a room to put their stuff in. They don't even know who's in that room, and so it's beautiful. Sometimes they don't even look at each other when they choose the rooms and choose to be roommates. It's crazy because every single time, they are literally messengers for each other. They are healers for one another. They have a connection that you cannot make up, Katie. Just a small example; in our last retreat, I had an artist partner up with a makeup artist. They had that in common so that's where they started that connection, but then the connection but so much deeper, where they're like, "Oh my god, this is like medicine for my soul. You have a message that you gave me this

week that changed my life. And I have the women by the end of the week. They're like, "Kathrin, we came for you, we came for your content. We came for your teachings, but what we really got out of it is each other. You're cool, but we see why you do this. This is really about the community and about each other." It's also funny how on the first day, they're quieter around each other. I laugh like when I break the ice. I say, "Guys, just wait until the end of the week. I will not be able to stop you guys from talking. I will have to literally shut you up just to get a word in." I would do these workshops in my retreats and in the beginning everyone's quietly journaling, and then it's like, "Shh! Come on, we'll talk later!" The feminine has been unleashed within them, and when the feminine is unleashed, it can't help but connect; it can't help but nurture. The sister wound really relates to something called the Witch Wound. I got a book about this recently and this is where this excitement about this topic is coming from. I noticed within myself that not only did I have a hard time trusting women my entire life, for some reason, but there's also been fear that if I were to really express myself and share my alternative healing knowledge, this manifestation that you can heal yourself and can create whatever reality that you want, that somehow I'm going to get killed for it, get hurt by it, or something bad is going to happen to me. Another thing I noticed is that sometimes I'll take a course, I'll be really in it, and I'll say, "This is like I'm remembering this from a past life." And then a week goes by, and I unconsciously forget everything I learned. It's almost as if I didn't take the course. I remember really struggling with that, thinking, "What is happening to my brain? Why is it forgetting things? Why should I even forget these things? These things are already within me but I'm unconsciously blocking it." I realized, after reading this book, is that a lot of women who were, quote-unquote, witches in past lives; in Medieval Europe, there was a whole gender side where a lot of women were getting killed. The reason why the sister wound pertains to this is because women were guaranteed protection by outing other women. So, if you can say, "Actually, I know three witches over there in that house." They would say, "Okay, cool, we're not going to kill you. Thanks for letting us know," or they're going to threaten you and say, "We're going to kill you, unless you can tell us which of your friends are witches." And so, it just created this conflict with women where they just couldn't trust each other anymore. If you guys are familiar with epigenetics, traumas get passed down through our DNA for generations upon generations. Yes, it's been many generations since the witch trials, but if you think about it, if you're holding on to a limiting belief in this lifetime, even if it doesn't manifest physically, that belief itself will still get carried down. Whatever beliefs you have will get carried down to the next, they say, between seven to 12 or 13 generations. So, if you think about it, that gives you so much responsibility in a good way of "I need to do my work, because I don't want to pass this down." And so, anything else you want to share about this?



Katie Jones 50:11

Yeah, I absolutely love this topic because I am a part of a coven. This is our coven tattoo.

K

Kathrin Zenkina 50:19

I love that!

K

Katie Jones 50:21

It's a group of women who I did yoga teacher training with. The universe brought us together in such a beautiful way through that training. We are still a sisterhood, planning on co-creating together at the end of this year. It has taken me five years - because I took that training in the fall of 2015 - five years to fully identify as a witch, because it's so freaking scary. It's in our energy field, but it's not safe to identify it like that. You might get killed. It's definitely been something that I've seen hold back a lot of lightworkers out there; a lot of healers, yogis, coaches, and mentors feel that fear, especially when they come from a religious family, or a family that's unsupportive. Being kicked out of that family unit, at the base of our survival mechanism, it terrifies us. It feels like, "If they don't accept me, then I'm going to be lost and completely in exile. That threatens my survival." And so, from a very basic survival standpoint, we have been pushing away our natural abilities to heal, nurture, support, and honor the feminine. The book that you're referencing, the pages that you shared on your story. I was reading them, and it brings up a sticky topic because a lot of people are realizing how fucked up this world has become because of the patriarchy. There's a huge misconception that feminism means "down with men," and that is not the case by any means. We need a balance of both the masculine structure and the feminine flow.

K

Kathrin Zenkina 52:25

Yes, because too much in any direction is not a good thing. It's going to create an imbalance, someone's going to be left out, and someone's going to feel powerless. In any society. If we go too far into the feminine or too far into the masculine, it's no good. We need that balance. I love that you're in a coven. I love - my god, that tattoo is amazing. For women who are looking for sisterhood; for women who are feeling isolated and lonely, and perhaps even through this COVID era, are feeling even more isolated because they're not having that physical contact and they feel like they are struggling to find other women online - which is funny because I found all my women online, so I guess that's just a belief that people hold. Is it joining a women's circle? Where can women start to find other women who are supportive and have that connection and that community in their life?

K

Katie Jones 53:25

Absolutely. I mean, I would imagine - and I know that there are definitely places that are maybe on the more conservative side and wouldn't necessarily call them a women's circle - but there are women gathering in their homes all over the place. That's my intention with the online women's circles, that women start to get more and more comfortable holding space for themselves and holding space for others, so that they can go out into their community and host these for whatever reason. It can be just to bring people together for a potluck; it can be around a new moon or a full moon. The beautiful part about these is that you can be socially distant while you do it outside in a park, or something. My online women's circles are something that I'm going to continue to do and continue to hold space for because I'm seeing this ripple effect in the lives of the women, their families, the book clubs, and circles that they're starting. So, if there's not a women's circle near you now, know that maybe you can start one and if not, then I'm hosting them online and I would love to connect with you.

K

Kathrin Zenkina 54:41

Yes, we will put all that information related to your women's circle in the show notes. So, we'll get that link so you guys can join if you are especially feeling lonely right now, and like you need a sisterhood. You mentioned holding space for themselves and for others. I find it so fascinating how many breakthroughs come from just the space of someone holding space for me, or me holding space for other people. There's value in Masterminds. coaching programs, and courses, but there's also that divine feminine intelligence that just tells you what's up, and tells you how to heal it, that comes through from that space. What I mean by that is that I have a sisterhood with five other women, and we do these quarterly trips. We just got back from Sedona; before then we were in Malibu; and then before then we were at Rythmia. We do these trips, and a lot of people think these are business Masterminds. And it's so funny, because people always DM us, trying to pitch themselves and asking, "Can I please join? I have a seven-figure real estate business." We literally do not talk about business. We're just talking about spirituality, what it means to be a woman, healing, and we're just holding space for each other. Every time I leave these trips, I feel like my cup is so full even though there was no guided coaching, prompts, or Mastermind. It's not like we help each other with our businesses there; we literally just created space to talk about anything, and we just supported one another. We just allowed each other to be, and every time I come home, I have more business ideas than ever before; I feel more inspired than ever before; I feel like I know exactly what I need to do when I get home; I know exactly how to heal this relationship or heal that relationship, what my new mantra should be, what my new morning ritual should be. I just feel so connected and it just comes from that space, and it's wild.



Katie Jones 57:00

That is the power of collective manifestation, when there's that container of women showing up just to be with one another and to love one another. It can be in the context of a Mastermind, but it doesn't have to be; just the container of being able to hold space. People have been holding space for years; maybe someone listening right now is realizing, "Wait, I'm the person that people always come to vent to." You are probably naturally skilled at holding space. It's such a powerful way for women to change the world together. You didn't even have to talk about business, but because you were in the vibration of love, support, and all the good feelings that you want to feel, that ideas come.



Kathrin Zenkina 57:50

Yeah, I'm telling you, it's like this divine - I'm calling it from now on "divine feminine intelligence." That's what it is. It's so powerful. Well, Katie, I know we can talk for hours about this topic, but I want people to go and experience it for themselves. So, can you just share where on the interwebs people can find you? Where can people work with you? And then if you just have a quick link that you can list off for your women's circle, and if not, you can just hand it to me and we'll put in the show notes. But either way, where can people find you?



Katie Jones 58:21

Yeah, absolutely. So, I am predominantly on Instagram. That's where I hang out most of the time. My handle is -



Kathrin Zenkina 58:30

Priceless content, you guys.



Katie Jones 58:32

Aw, thank you, Kathrin. Yeah, my Instagram is @Womanifester. So, it's Woman and Manifester put together. That's my version of Manifestation Babe. On the internet, you can also find me at Womanifester.com, and specifically if you're looking for the circles you, you just add /circle.



Kathrin Zenkina 59:04

Easy. Amazing. Katie, thank you so much for coming on here, for having this beautiful

conversation with me, and for holding space for each other. I just want to tell you that throughout this episode, you can just tell that you are a space holder; that you are totally in your purpose and in your divine feminine in your circles, because as we were doing this episode, I was just processing so much. I don't normally talk this much when I'm interviewing, and I just couldn't help myself. I was processing so much, I had so many realizations, so many downloads, and so many incredible things that came out of this conversation. So, thank you from me and for anyone who is listening, if you guys resonated with anything that Katie mentioned in this episode, please take a screenshot right now, tag us on Instagram, and let us know what your biggest takeaway, a-ha! moment, or breakthrough was. And tag your girlfriends and start your own women's circle through this podcast episode. Inspire them to listen to this, and perhaps if you need to give a reason for why you want to be in a women's circle or why you want to invite other people into a women's circle, screenshot this episode, tag them in that episode, share it with them, and have them listen to this. I can promise you that magic is going to happen. Thank you, Katie, so freaking much.

K

Katie Jones 60:26

Thank you, Kathrin. I appreciate you and everything that you've done. Thank you for showing me what's possible as a coach. I really appreciate it.

K

Kathrin Zenkina 60:36

Aw, that means so much to me. Alright, you guys, love you so much. I will catch you 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 at manifestation babe or visiting my website at manifestation babe calm. 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 the magic