

Episode 174: Every question you've ever wanted to ask a SHAM...

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SPEAKERS

Kathrin Zenkina, Makhosi



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, beautiful souls and welcome back to The Manifestation Babe Podcast. I am so excited for today's episode because I got to sit down with a very special soul who just so happens to be a shaman. I got to ask her a million questions about her work as an authentic African shaman and how she helps people elevate themselves into their most authentic spiritually aligned selves. I won't lie; I could have spent five hours with Makhosi, and she's definitely coming back; every single time she spoke in this episode, which you'll find out very soon, I had 10 more million questions to ask her, and I just could not contain myself. Shamanism is such a fascinating line of work to me. It's all about mastering the spiritual realm, so that we can learn to

figure out how we can enjoy this human realm, live our best lives, and really live up to our human potential. In this episode, I go deep with Makhosi in asking her everything, from why she became a shaman, to her experience being initiated as a shaman, to working with the spiritual realm, to how she helps her clients get out of their own way using her gifts as a spiritual guide. Makhosi is not afraid of diving deep into the esoteric stuff. So, if you're ready to go out there and you're not afraid of the woo, this episode is definitely for you. Again, like I said, Makhosi is coming back, so think of this episode as part one. For anyone who doesn't know Makhosi, she recently showed up on my friend James Wedmore's podcast, talking about the root cause of racism. It really opened up my eyes to what is really happening here in the 3D world, and how we can come together to heal this aspect of darkness together. It was such a good episode that I had to have her come on here. Here's just a bit more about her. Makhosi of the RoyalShaman.com is a Spiritual Guide and Authentic Shaman that helps soul-seeking high-achievers create an extraordinary business and life using mindset, mindfulness, and metaphysics mastery. Through shamanic DNA activation and energetic alignment, she assists high achievers to discover their purpose decode their essence and break through the blocks, keeping them from creating limitless abundance, unparalleled freedom, and exceptional impact. She bridges ancient spiritual wisdom in a modern and practical way to resonate with people from all walks of life by applying fundamental spiritual truths to help high-achievers consciously create satisfying success in the real world. The wisdom she shares is all inclusive, non-religious, and super practical. Her clients walk away with a completely different perspective of their life and the world, and obtain the tools that they need to be happy, successful, and fulfilled spiritual beings having a human experience. You guys are in for a rabbit hole of treats. Are you ready? Let's dive in. Makhosi, I am ridiculously excited to have you on The Manifestation Babe Podcast. I am so ready to nerd out on all things ascension, upleveling spirituality, DNA activation, ancient wisdom, and learning more about your journey as an Authentic African Shaman. So, thank you so much for coming on. How are you doing today?

M

Makhosi 04:52

Fantastic. I'm looking forward to being able to dive really deep and go places Let's explore the final frontier.

K

Kathrin Zenkina 05:03

Oh my god, I love it. Before we started recording this episode, Makhosi asked if it's okay to go really out there and really woo. I said yes because I know that you guys listening are ready for this stuff. I know, from personal experience, that I started going way deep after my experience with plant medicine and even opening up with plant medicine. I was so

nervous to do because I was like, "Oh my god, they're going to think I started to do drugs for spiritual ascension." I know that there are some people that judge that. I swear to God, I know my husband thought that we're going to legit lose half her following for me opening up about that. But the exact opposite happened. And so, I'm really excited to go deep into the rabbit hole, but before we nerd out with all the metaphysical stuff, can you just share who you are, what you do, and how you help people?

M

Makhosi 05:59

Well, I'm going to have to actually stop calling myself just an African Shaman soon, because I have what is essentially a universal calling. I'm getting ready to actually complete another level of initiation with an Indigenous Mexican shaman into my medicine. So, I'm going to start calling myself a Universal Shaman.

K

Kathrin Zenkina 06:22

I love that.

M

Makhosi 06:23

Yeah, all of these ancient wisdom teachings. I really mostly help soul-seekers, high-achievers, who are struggling to find their energetic alignment, ready to ascend and transcend the self-master, the inner-frontier, and really open up their own spiritual gifts, as well as create infinite abundance and freedom in their lives; through mindset, mindfulness and metaphysics, and mastery, You really dive into findings.

K

Kathrin Zenkina 07:07

You've just described my audience to a tee, just so you know. If there was a paragraph to describe them, you just gave that. Makhosi, before we started this episode, you were talking about how you have a background in pre-med - similar to me - and we were joking about DNA just a little. There has to be a story behind how you got to where you are today. There's got to be a story behind how you came into the spiritual world and how you were called to get initiated as a shaman. I love that you are calling yourself a Universal Shaman and learning from different cultures. That's really exciting. Can you just get into that? How did you get into whatever it is that you're doing today?

M

Makhosi 07:49

Well, this has to go all the way back to when I was a little baby, and even before I was

born, because my mom had some knowing about who I was coming to be in the world. I was one of those strange children who remembered who I was before. And so, I would be telling my mom really strange things about my last time here and how to make sure that I was mummified in order to preserve my body. It was just really weird stuff.

K

Kathrin Zenkina 08:20

At what age?

M

Makhosi 08:22

I was telling her that stuff at four, but I can remember all the way back to being two, and telling her and knowing things.

K

Kathrin Zenkina 08:31

Wow.

M

Makhosi 08:33

I always had certain spiritual gifts; being able to see into people, through people, and see what's coming.

K

Kathrin Zenkina 08:45

Now I'm nervous. Well, I wouldn't be here if it were really bad. That's good to know. Yeah. And for the most part, I try not to do it. I've gained some mastery over that. It can just be overwhelming if you're constantly open. I would see entities, etc. My mom was a single mom and a teenager when she had my brother and me. I'm also mixed; my mom is white, my dad is black, and I grew up in Southern West Virginia. There was lots of racism. I dealt with racism regularly. There were also a lot of expectations of failure, essentially. So, there was a lot of cards stacked against me because I was growing up in poverty with single teen Mom, being mixed, and all these things. I also have a little bit of a rebellious nature. So, in school, I was like, "Okay, I'm going to be a high-achiever. I'm going to be the smartest person in the room." Because no one at the time was finding me attractive. That was a thing that I dealt with. It wasn't until I was 15 when my best friend was murdered; we had just gotten back from the beach, and her boyfriend who she was pregnant by, shot her. This was on a Friday. He shot her in between the eyes. She was still alive but in critical condition. I had to tell her mom that she was pregnant. Her mom had to make the difficult decision whether to keep her on life support or not. So, the next day, her mom decided

that they would pull the plug because she was only five months. It was going to be so expensive to keep her alive for another four months, and she was not there. She was just a body at that point. So, they pulled the plug on that Saturday. I had been staying with a friend, and I went home and got ready for bed. I went down, laid in my bed, was reading, and all of a sudden she appeared at the end of my bed. Whoa.

M

Makhosi 11:13

I started tripping. I had seen entities before and had some knowing before, but I always talked myself out of it. "That's not real. You're trippin', right?" But this time she appeared, and it was just like -

K

Kathrin Zenkina 11:28

Just like real life?

M

Makhosi 11:29

Real life. I was like, "Okay, it's nine o'clock." I look at the time. "Okay, no, it's not late. Did I accidentally fall asleep?" I started pinching myself and blinking really hard.

K

Kathrin Zenkina 11:41

And she's just looking at you?

M

Makhosi 11:42

She just laughed. She giggled after I started doing all this. She giggled, but there was no sound. I saw her doing the motions of it, and then she telepathically told me that she just came to let me know that she was okay and that she was going to be moving on to the other side. Ever since then, I've only seen her in in the dream world. I haven't interacted with her on this plane. But after that, I was like, "Okay, this is a real thing. This is real." I went through a stage where I barely spoke for a year. I really went into this deep contemplation about "Who am I? What am I doing? Why am I behaving in this way?" I was dating similar guys to the kind of guys that she was dating. I started digging into the experiences that I had. That kind of catapulted my personal development journey. I then started to get, what we call, the Calling Sickness. That started to manifest in different ways, where one doctor would say, "She's schizophrenic," or "She's hallucinating." I started to have these full body aches, and I would just be screaming because my bones would hurt the whole time. That started at 16, and it kept going and manifesting in all these

different ways. I then started to interact with higher level entities - literally divinities at this point. And I'm going to college. The thing is, I had a single teen mom, and the way that you get out is that you have to get an education. My only goal was to go to college. I didn't know what I was going to study. I changed my major four times. It took me six years to get out of college because I kept changing my mind. Eventually, I was like, "What is the thing that you get into that is the highest level? Okay, I'm going to go to Med school.



Kathrin Zenkina 14:01


There are so many similarities in our stories, oh my God.





Makhosi 14:07

Right? So, I decided I'm going to Med School because Science and Math are my jam. I was like, "I'm top of my class in this area, I'm going to make money, and I'll be able to take care of my mom someday. I'll be a doctor." The whole time I'm having these experiences. I'm getting really sick, but everything really started to change when my husband and I got married. We met in college and we were married a few years. I was having so many issues with my womb. My gynecologist, who was my mom's gynecologist, said, "You have a very limited amount of time to have children. So, if you guys are going to do this, you should probably go ahead and start trying to get pregnant." I was 22, 23 at the time. I spent a year going through treatments trying to get pregnant, and I finally gave up. They scheduled a surgery that was going to help remove severe endometriosis and polycystic ovaries. So, they scheduled me for surgery. I didn't end up having to go back into surgery, because - boom! Miracle baby. I'm pregnant right before they roll me back. But I had a really challenging pregnancy. I was on bedrest for six out of the nine months of my pregnancy. This was also my final year, so I'm taking Chemistry, and teaching myself Physics from home. I then have him, and I had one semester left. And so, I'm literally breastfeeding, drop giving him to my friend, going to class for two hours, coming back, breastfeeding again, and also working. I went through a year and nine months, and almost died after having him. I developed postpartum preeclampsia. That's another wild story that we could probably get into because it has to do with spirit. I was like, "I can't just leave this. I can't leave him." It was so hard for me to get pregnant. Now I'm going to go to Med School and study all day, and get maybe an hour or two with him at night, and then go to residency, and do 80 hours. No, that wasn't for me. So, I decided not to go to Med School. I went and got myself a job. All I could get a job in was at Target as a Manager. I was like, "Man, this is crazy." I'm still having to work all these weird hours And I'm dropping my kid off at daycare, so I'm still not being with them. So, that kind of catapulted me into entrepreneurship. I started building a business from home at that point in Direct Sales. And I blew up in Direct Sales. I went from zero to the top one percent

in my company, which is one of the biggest Direct Sales companies out there in relationship enhancement products. People probably know what that means. I did that in nine months. When I got to the top, I realized that I have been getting bamboozled. The society is bamboozling us to believe that our fulfillment is based on this achievement. I got to this level of success that other people were really desiring. I'm getting flown to Vegas, this trip, these designer handbags, parties at mansion, and all of that. And I realized that I'm still not fulfilled. So, what is it? Why am I here? Who am I? What is the meaning of life? So, I start asking all those questions. Some crazy synchronicities happened, and the next thing you know, I find myself in this organization that is one of the Ancient Egyptian Mystery Schools, through the Dovan of West Africa. I spent three years in that initiation, and over that time it came out that I have to become a priestess. "You have to become a priestess, a shaman, etc." Things just unfolded, literally like magic. I was still experiencing some of the calling sickness. One night I was literally lying in my room with a piercing migraine because I was seeing so much, and it was just intense. I literally said out loud - because at this point I'm basically practicing shamanism and communicating with spirit. I said, "Listen, ancestors and spirits, whatever the heck it is that you want me to do, I will do it. I don't care how much money it takes. I don't care how much time it takes. I don't care how hard it is. I don't care what I have to do. I'm going to do it." As soon as I shut up, my phone went "Ding!" Someone had messaged me on Facebook. Now, this woman I had dreamed of a year before. But when I had the dream, it was confusing because we look the same.

 Kathrin Zenkina 14:07
What?

 Makhosi 19:54
Yeah, so in the dream, I was like, "Wait a minute, I was learning from this person, but she looks like me. Am I teaching myself? What does this mean?" Well, boom! She randomly pops up in my Facebook land, and said, "Hey, are you a healer?" I was like, "Well, I know I have to become one. But I'm not yet." And everything just unfolded from there. She lives in South Africa. I got the confirmation, and then I went to South Africa to complete - I think it was seven initiations to become a Sangoma or a Zulu Shaman. What are the ends?

 Kathrin Zenkina 20:33
I love that. What does it mean by initiation?

M

Makhosi 20:36

Oh, initiation, just the word by itself means education. A lot of people associate initiation with just the ceremonial aspects, and that's really important. But there also is the education. In our case, especially in the first initiation I went through that was three years, it was a re-education; a new paradigm; seeing things from our ancestral, ancient perspective, which is very uncomfortable. That by itself is really challenging. I was like, "I did that. I was great in that. This whole becoming a shaman thing is going to be fine." No. Any African spiritual initiation is challenging. I can't speak for all of them, but to become a Sangoma, a Zulu Shaman, or any of those - there are some that are very closely related. It's hard; the word hard is not describing how difficult it is. We were drinking bile, walking on our knees. Like, on concrete. I slept on the floor for four years. We're being tested on our spiritual gifts. So we have like this game, where our spiritual teacher, grandmother, God, parent, or whatever you want to call them; any of them at any time that are around can all of a sudden call you and say, "I've hidden something." You then immediately have to go down on your knees, get into spirit and access the spirit realm; number one, you have to find what it is that they've hidden, and they can hide it anywhere in the house or the art; then you have to tell them what they've hidden and where it is, and you have to go get it once you've told them where it is, using only your spiritual abilities.

K

Kathrin Zenkina 23:09

Wow.

M

Makhosi 23:10

So, there's a lot of testing. Our ancient systems had these safeguards through their initiatic processes. You don't just call yourself a shaman, a Sangoma, or whatever the title of that is. There's a spiritual safeguard, because we understand that the spiritual realm is more powerful and realer than the physical. So, you may look like you know what you're talking about, but we need to know that you know what you're talking about, and that you can demonstrate innocence, influence and connection with spirit. It safeguards the shaman or the initiate themselves, because now they're learning how to interact with the spirit realm. It also safeguards anyone who comes into contact with this person because now they've at least met the minimum requirements to then go out in the world and be helping people spiritually. They're not just picking up a tarot deck - I don't even read Tarot. I did read Tarot when I was like 11 or 12. Somebody gifted me a deck and I just started reading. But this is a very different thing, not to say that people can't do that. But a lot of people are doing things right now, and they don't know what they're accessing.



Kathrin Zenkina 24:50

I keep hearing that. I haven't worked very closely with shamans outside of plant medicine, but I've been telling my team, husband, and friends that my next mentor will be a shaman. I feel like I've done the coaching, the masterminds, and all that stuff, and now I'm ready to go to the next level on a spiritual level. I am fascinated by this because I totally believe that the spirit world is realer than the 3D physical world. I believe that this is an illusion that's essentially a hologram being projected from the metaphysical world. That's the simplest way of putting it. I keep hearing from various shamans that most people don't know what they're doing. I'm curious, what does that mean? What do you mean by that? What are some things that you might see that could be potentially dangerous, disrespectful, or whatever it is, versus the people who do know what they're doing? Talk on that a little, but also my question is, you call yourself an Authentic African Shaman, but I'm curious - is there an inauthentic, shaman? Can anyone become a shaman? Is it something where your ancestors have to call you? Is it something where you make a decision? Do you have to be chosen by another shaman? How does it work? Besides you sharing that you've been connected to spirit since you were a kid, because I also hear that as a common thread as well. Let's definitely start there. To become a shaman, in any system that I've seen and interacted with - and I've interacted with quite a few on a very personal level, not just read some books - it's a calling. It's an agreement that we make before we come. There's also usually a lineage of it in our bloodline, and that manifests in the person as a DNA expression, or a gene expression. Essentially, if you're in a bloodline of people who are doing this work, not everyone did that. Most of the people in the family don't all have the calling. There's usually just one or two in the family, and it's usually like, "Okay, if I would be the person doing that, maybe I would initiate my grandchild." That can happen, even after I've passed; I can pass that on to a grandchild or a great-grandchild, but it shows up in the person. There's a gene expression that we carry that allows us the ability to work with certain medicines and activate them. In my case, right now it's with water, but very soon, (I'm almost finished) I'll be activating plant medicine. There are other things too. You cannot just decide to become a shaman. However, there are many callings. Technically, everyone's called to something. And so, being the shaman - PS: not fun! It's not a sexy thing. I mean, I love it. It's my life, but it also has been over-glamorized. There are a lot of spiritual abilities that are just innate to a human being without you having to do XYZ to become a shaman, in order to access. Everyone can access their own ancestors, guides, and angels, mind you. Most of the people who come to me are either spiritual practitioners in their own right, deep seekers, and also high-level entrepreneurs. Because the Royal Shaman - I'm actually initiated with a spirit - I come with a spirit - that works with royalty, or whatever that looks like in the time. So, in our ancient systems, the Chief - so my name Makhosi means Chief, Royalty, or King. It used to be that in our systems, your king or chief was, quote-unquote, chosen by God. That's where this idea comes from. But it actually was the person who was the most spiritually powerful.

They had to have and maintain a relationship with the spirits. High-level spirits, by the way, I won't say they're difficult, but they're particular. There's a certain level of quality that you have to operate in at all times. And it's a relationship that has to be maintained in order to continue to have this level of connection. So, the other kind of spiritualists would be Advisors to the Chief, Kings, or whatever. That's even why I came up with the Royal Shaman, because that's part of my destiny; that's part of my calling. But even within shamanic hierarchy, there are even different kinds of shamans; there are different callings within that. There's a whole other world. But now for the other aspect that you were asking about not knowing what you're doing - Yeah. What does that look like? And how can, God forbid, someone go and try something that they're not supposed to try? How do we know if we're accessing or trying to access? - because maybe we can't access unless we have that DNA expression? So, how do we know if we are ready to access something, versus not ready to access something, because we don't know how to work with it? What does that even look like to people? I know that maybe some people listening right now haven't even had their first communication with their own guides; they're very much just waking up. I will tell you where I've gone so far, as I have sent lower vibrational entities to the light; myself, I have spoken with my spirit guides; I channel beings; I never allow them to come into my body, but I'll bring them into my presence and into the room, and just get messages from them. That's as far as I've gone, but similar for me, I have the same question: How do I know if I'm not supposed to be communicating with something? Well, the first thing is, everyone can access their personal connections. Everyone has their own personal connections. The way that you start - because there is a hierarchy; not a hierarchy in the sense that one is more valuable, or one is better than - but there is an order to the universe. So, you have to start with understanding that there's an order to the universe. The first connection point is the ancestors. There's been a lot of misunderstanding around that, with people thinking, "We worship our ancestors." We're not worshipping our ancestors; we're venerating them. We're honoring them as a mode of honoring the self. You are not separate from them; they are not separate from you. The DNA is there. There's no part of you that's just you, and people get really triggered by that. Go look in the mirror; that's your dad's nose, that's your grandma's eyebrow. You're not a complete individual. So, we always start with ancestors because we say that no matter what God you believe in, he, it, or you chose the portal of this family - the ancestors. So, those are your first guides, and also your own head, which is your own soul. Your unique expression is also one of your guides. You then have other guides as well: Angels, aspects of nature, etc. There's a lot of complexity to that. So, accessing those, as long as you go about it in a certain way where you're very clear about who you're accessing - because you do have ancestors that were not great and are actually causing a lot of mischief, chaos, and will in your life if you're not careful about how you approach it. So, how do we be careful? What does that look like? So, very tangible and practical. Whenever I go to my ancestors, or I'm teaching people, you're very clear. "I'm calling on this bloodline that you

have that kind of reach back, and I'm only calling on those who come with unconditional love and the best intention for my life. I'm being very clear. The rest of you, you're not welcome here right now." I see. I love that.

M

Makhosi 35:15

But there's also still a responsibility because those are still your ancestors and they can still impact you. We can talk about this on a DNA level. It will show up in your DNA as trauma. Your ancestors went through trauma, and it has been misbehaving as a consciousness, and it's still showing up in your DNA. This is why we have certain ceremonies and do certain cleansing for those ancestors, so that they're no longer influencing you; so, that the level of trauma on a DNA level is healed. So, there are two sides. It's not just is not intention. I know that's a popular thing right now. "Everything is just intention!" It's not. Everything has an energy to it - even the DNA. So, one, you want to start with your spirit gang. Then, there are certain practices. So, if you are someone who has developed spiritually to a certain level and you're tapping into other entities, you have to learn how to interact with them, how to identify them, and how to, quote-unquote, protect yourself; it's not really like that, but cleansing of your energy regularly and knowing how to command negative entities. Most people don't realize that 9 times out of 10, who you're going to have access to, if it's outside of your lineage, is going to be a denser and darker entity. Once you start with spiritual awareness, you become this incredible lighthouse.

K

Kathrin Zenkina 37:25

And everything likes the light.

M

Makhosi 37:27

Everything! All the moths want to come and swarm the light. So, you have to know how to interact with them, and also understand that some of them are tricksters and are going to try to trick you and influence you in certain ways that feeds them energy,

K

Kathrin Zenkina 37:52

For what purpose? Why do they need energy? So, dark entities essentially only exist mainly through siphoning energy; they don't have their own energy source. So, because of where we came from - and we can get real super woo here - when we come into being, our souls have this spark of source that is an energetic lifeforce that is flowing into us; it's what's keeping us alive, conscious, giving us a temperature regularly, etc. It's like a stream

of energy that's flowing in, but on a higher level - we want to go a couple of dimensions up - we also created this experience so that we can be able to see ourselves and be able to have the human experience. You have to also create the opposite of, in order to be able to have an experience. You don't know light if you don't know dark. You don't know, quote-unquote, good, without knowing, quote-unquote, evil; grief, without love; and so on. So, these entities are created, and we are PS creating them with our thoughts, which then turn into emotions, and we keep cycling them, and then they turn into entities on their own. But they don't have their own source of energy. We have to keep feeding them energy, or we have to pass them off to someone and then that person is feeding them energy in order for them to, quote-unquote, live. By feeding them energy, do you mean fear? Is fear the energy that they live off of? Yes. And there's a lot of fear in the world right now. I want to just - I have a million fucking questions, by the way. After every sentence you say, I'm like, "Wait a second, now I have 10 more questions." But I do want to get into this really quick because this is so relevant to our times right now. I was joking with you before we started recording, saying, "2020 is what they thought 2012 was going to be, when they were talking about how 2012 is going to hit and shit's going to go down, and people are going to awake." It seems like that's 2020, and there seems to be a lot of darkness right now with the whole COVID thing, and then the racism coming to light, and then people going down the conspiracy theory - the rabbit hole - discovering a lot of unfortunate things about people who are in power, child trafficking, pedophilia rings, etc. More and more, I have people coming to me and asking, "Kathrin, how could we possibly worry about manifesting our best lives at this time, when there's just so much darkness? So many people are suffering. What is the point? How do we handle this? How do we find our truth? How do we find our light?" I'm curious, from a shamanic perspective, do you have any insights for people who are really struggling right now to figure out how to keep doing, quote-unquote, life within all this darkness? Why is this darkness being exposed now? What can we do about it? How can we keep doing our thing where we can bring more light into the world that so desperately needs our light? How do you spell this? I know you had a brilliant podcast on James Wedmore's podcast talking about the root cause of racism, and I'm just curious about the root cause of all of it compiled together.

M

Makhosi 41:55

Yeah. So, this is something that has been building for a few thousand years. Most of the time, whenever people start talking about stuff like this, they only go back to 100 or 200 years ago. No, this actually started shifting when we created this different paradigm from what our ancient systems were. If you take any time to look, there are cultural differences, but we had a shamanic paradigm, worldwide; it existed worldwide. But you had a little bit of variation, because of where people live; the divinities that they are interacting with; their way of seeing the world; they at least had this very common way of looking at the

world. We started to shift that approximately 2000 years ago, give or take. And so, what we're seeing right now is this magnificent - and I know people are going to think I'm nuts for saying this - but it's really amazing. It's this beautiful uncovering of what has been. If you look back to ancient Rome, you can find evidence of pedophilia and all sorts of crazy intense sexual disturbances, and so on. I mean, goodness gracious, look at medieval times and how we were treating human beings. Look at how colonization happened across the world; genocides, left and right. This stuff is not new. It's only that right now, we're being able to see behind the veil; we're being able to have this rug have lifted up, and are able to see the truth; we are able to see what's really there. But this goes back to what I was talking about, having the duality. However much you see that is this massive amount of darkness and insane things happening all at the same time. Well, that same energy exists on the other side as well. However terrible you think things are, it can also be that incredible on the other side in the light. And so, what I like to do is really use all these things. And by the way, this is super uncomfortable to do, but so necessary. This is how you create real transformation. When you see these things in the world, understand that you're able to see it only because it exists in you. You're only able to see it because somewhere, there is an aspect of you there. So, your responsibility then is not about, "How do I get those Hollywood pedophiles?" It's not about, "How do I get the president to care about COVID?" It becomes about, "I can't do shit about what they think, or what they're doing. What I can do is dive deep and ask myself, 'Where is this showing up in my life? How is this affecting me? How have I been programmed in this way? Where am I perpetuating it? Where am I supporting it?' And that's really uncomfortable for people to even think about. It's so uncomfortable, but that's where we have to go. So, if you call yourself a lightworker, a star seed, or I don't know - I'm literally just getting hip to what the New Age folks are talking about. I have no idea, because I have not read the books. No, I did not. I only saw *The Secret* a year ago, because someone was like, "Oh, you're talking *The Secret*?" I was like, "Oh, what is this manifestation thing?" "Oh, well, that's this." Yeah, I know that! So, I'm kind of behind on that. But if you're calling yourself all these things, then you are a person who has the capability to have this level of impact. You're becoming aware and awake to these things, not so that you can go out and change the world outside of you, but so that you can see that it's inside of you; so you can see how it's affecting you, and how you are also affecting it and perpetuating it. That's the part that no one wants to admit like, "I'm contributing to racism. I contributed, and I'm still contributing to racism in ways that I'm not yet aware of. But every time that I'm caught becoming aware of something, I'm like, 'Okay, wait a minute, how is that showing up in my life?'"



Kathrin Zenkina 47:38

So, your reality is a mirror as to what's inside of you. And the reality is a holographic

projection of aspects of yourself that you have either denied, rejected, or chosen to express. It's all of it, and it shows up in front of us so that we can look at it and so that we can do something about it within ourselves. I think that that's such a beautiful way of explaining it. When it comes to taking responsibility, I find that a lot of people are very resistant to the term "Take responsibility for your life." But I think that the way that you described it, why wouldn't you take responsibility for your life? The work that you do on yourself is what impacts the collective conscious and the collective unconscious. That is how we change the world, by first changing ourselves. Initially I was thinking that some people could be like, "Well, that's selfish. You have to go and help people over there; you have to go out in the world and do the missionary work; you have to go out in the world and save the poor," But you're saying that first you need to work on yourself, and if we all take that responsibility of working on ourselves, then that's how we're going to shift the world energetically. The way I like to look at it, and how I think that you see it, is that everything that is being expressed 3D here is first being created in another dimension. In order for us to shift what's here in the 3D world, we have to go and first shift it in another dimension. Is that how you would see it? Absolutely, and here's the thing too; the worst things that have been done on this planet - this is why consciousness, really developing and expanding your level of awareness, especially about yourself is so important. Some of the worst atrocities in the world - I would venture to say all of them, but I haven't seen all of them, but pretty much all of them that I've seen - have been committed by people thinking they were doing a good thing. Your mind is going to search for and create evidence that supports what you already believe. You then just gather more evidence, and so you bring up missionaries. I don't want to say that all missionaries are terrible. What I'm going to say is that if you look at a simple little Google search, you can see how missionaries were the Trojan Horse here in America, South America, Africa, Asia - and it even started in Europe; that's really where that started. They send the missionaries first, and then they come in behind with the vaccines that kill people, or the swords of the army, or whatever. So, we have to be honest about ourselves. Am I trying to go and change someone else because I think that I know what's best for them? As Americans on a collective level, we do that. We be judgin' by saying things like, "They're primitive; they're a third-world country; they have a monarch instead of a democracy. We're going to go give them democracy." And in the process, we end up killing thousands of people. But we're the right ones. So, we have to get really aware and examine, "Wait a minute, why am I doing this? Is this a distraction? On a collective level, are we going and doing those things to distract from all of the issues that we have here?" We spend way more on war than we do healing homelessness and drug addiction, which are literally killing. We have hundreds of thousands of children missing, and we're off galivanting at every turn of the - that's not even how I want to say it, but you know what I mean. We're off doing those things, when inside, we have some things to do. It happens the same on the individual level. We try to go and fix other people. We try to go fight for this cause, or go do whatever, without ever

taking the time to examine, "Wait a minute, how am I playing a role in this? Is this my responsibility? Am I actually helping? If I want to help other people, maybe I should ask them how I can help and support them instead of thinking I know what's best." People tend to skip that phase for some reason. Oh, man. Okay, going into the individual level, more on that and how it relates to your work, what do you do specifically? You help high level entrepreneurs; is that the only people that you choose to help at this time, or is that just one of your audiences? That's one of my audiences. So, typically, if I'm working with high-level entrepreneurs, there's a different perspective that they're having, and there's a different need there. We're talking about self-transcendence, how to become my most aligned-self and experience the highest level of freedom and abundance, in order to create the highest level of impact in the world. Then there's another group that I work with that are seekers; that group, some of them are practitioners in their own right, or they're just getting started - I wouldn't say they're just started, but they're a little bit on their way, and that one's more about actualizing. That level is more about finding your purpose, answering the calling, and really developing inner mastery. And so, if we're looking at the Maslow's Hierarchy of Needs, once people have their basic needs met - they have a community, they have love, they have a certain level of esteem - that's when they start caring about these final two little triangles. My mission is to get as many people in that tippy top. Let's get to transcendence; let's get to authentic conscious impact in the world. Right now, we have leaders who are not that. We're all impacted by that. So, I'm like, "If I can support these people because I've been through this journey myself, and I've done it - very few people have done it - let me let me support in that way." What does transcendence look like to you? When you say self-transcendence, how do you know the level before you transcend, and then what you look like after? How does that manifest into someone's like business, life, or relationship, and real life stuff? Real life, tangible, practical - because I just love talking about how it shows up in real life. It usually will start with just this nagging knowing that there's more. That's usually how it starts. That little tiny pinprick then starts to fester and starts to infect all these other areas, to the point where you're really doing great things in the world, but you know that you're capable of more. Makhosi, you're describing the last two years of my life. That's what I've been trying to describe to my friends. "I know I'm on the cusp, there's something more, but I don't fucking know what it is, and it's bothering the shit out of me." Yeah, that's what it is! And we talk about mindset and mindfulness, and those play a role. But what we're talking about is returning you to this unique essence, this unique expression that you came to be in this world, and allowing you to be that authentically. Most people don't understand what authenticity is because you can feel like you're in your truth, when most of the time, you're in the truth of this personality that you've developed. It's not your actual, authentic essence who you were before your parents started molding you, and your teacher started educating you, and you started watching TV. It's the societal-accepted version of you that gets in your authentic way.

M

Makhosi 57:32

Yes, and by the way, the nagging starts off pretty innocently, but it does end up festering. Most people find themselves in what I call the void; this liminal space, where you're like, "What is all of this even for? Why am I here? There's still something more than I'm supposed to be in this world for." Most people interpreted as "be doing," but it's actually about "being." But you have to, you have to peel back the layers. And so, what I do is I take people from the void through that liminal space to become sovereign of their life and their domain, where they have mastery over themselves, and also are creating at the highest level, and having the greatest level of impact because it's coming from that energetic alignment with who they were born to be; not how they just like read 800 personal development books, hired all the best coaches, and did all the best strategies. The challenge with this - let me keep it honest with you - is that this is not a quick fix. You can have an incredible breakthrough, but this level is like you're exploring something that most people will never explore; a very small percentage of people end up getting to that place where they have the ability. It also requires someone on the other side.

K

Kathrin Zenkina 59:23

So, as a shaman what is your role in this? Can you literally see for people? Do you get messages? Do you literally like see what they're supposed to be doing? How do you help your clients? How do you say, "Hey, all this that you have going on right now, that's not everything for you. There's so much more." Can you literally guide people to their purpose? What does living your life purpose even look like? Do people have like an actual path that's pretty determined? Can you choose any path? Again, Makhosi, every time you speak, I have a million fucking questions. I'm very worried about being on time with this podcast, because I'm thinking, "Oh my God, this might have to turn into a five-parter." That's many questions I have.

M

Makhosi 1:00:08

Okay, so you would say that I'm an Oracle, or that I'm communicating with spirit. I am getting messages for people, once we've initiated the spirit link. Every once in a while, I might get some before that's happened, but when I'm working with someone, there's this energetic connection where, essentially, I'm opening myself up to be connected with your ancestors, family, etc. That could look like - honestly, depending on the level I'm working with the person - it could look like I'm lying in bed reading, and all of a sudden, one of your grandpa's says, "Hey, we need our grandchild to do blah blah blah," or "There's about to be this problem." And so, we then have to resolve that. This level of work is not just about seeing. It's also about the, quote-unquote, prescription, or how do we resolve this root issue to bring this person into further alignment. We also have to examine what

purpose means. So, when most people think of purpose, we're thinking of, "What goal am I supposed to achieve by the time I die?" This is not what purpose is. Let's get clear about your purpose here. Everyone has a purpose that is every moment. It's who you're here to be. It is that unique formula of energetic qualities that you are here to be, because that influences everyone around you and packs everyone. So, for example, you came into this world to be introspective, because you have an innate gift of being able to see very clearly the problems and then create a solution for them. But you have to be an introspection, but you learned as a child that you get further in the world if you're extroverted, and so you're operating. From your mind, you can create all the reasons to continue being extroverted. Most people approach personal development as that; as reprogramming to align with what I desire, what I want. But what I'm doing is now we're going to be in real time, real life, based off of what experiences are popping up, what messages are coming through, what dreams are showing up. We're going to align you with who you need to be and then the manifestation follows. You can't imagine what you're here for; your mind can't go there, because the mind only copies. It can only see. "Gary Vaynerchuk had this level of success, and these are the steps that he took. And then this is what he says to do. And now I'm going to just reprogram myself and align myself to be like that." But that's out of alignment for who you are. For this level of transformation, you can't operate that way. It doesn't work. Who you're here to be has never been before.

K

Kathrin Zenkina 1:03:37

A lot of people have a hard time trusting that they have a unique path. That's a breakthrough I actually had that I was going to save for a quick podcast episode. I realized that when we think of a goal that we want to achieve - let's say we set a goal - we immediately think of other people who have gotten there, and then we start looking at their path. I know that one mistake that I made that put me into so much mental turmoil was, as I was telling you before, that I don't talk a lot. I'm more introverted, so I save a lot of my energy for my podcasts. And as you can tell, I love my Podcast, because you can go so deep, share, be yourself, and all you need to do is push record. And so I find myself not having as much energy for the Instagram stories, IGTV, the videos, and whatever. I know people want to see me in a certain way. People are always asking, "Kathrin, we want to see more of the behind the scenes. We want to see your daily life. We want to see this and that." My team and I have been discussing having a videographer follow us around, and creating content on the go. And the more I think about it, the more it stressed me out. I remember at some point hitting this wall and thinking, "Wait a second. All I'm doing in my mind when I'm visualizing growing my brand and my audience, I am immediately looking at everyone who is in that place, and just looking at their path. I'm not considering the fact that what they're doing for their path is right for them, and what I'm going to be doing for my path is going to be right for me. If I'm following my authentic path, I will create the

success that I'm meant to create, I will get to my goal; the manifestation will happen, but I don't have to be on social media 24/7 to get there." That gave me so much permission to just take this weight off my shoulders. That's the message that I now want to share with people; that you cannot automatically let your mind, as you said that it's your mind that's doing it, fill in those gaps, when you don't even understand how you're going to get there. That's not going to be coming from your mind. It comes from another place. It comes from spirit, or whatever you want to call it. I love that you just mentioned that because I can so relate to that. And, again, that nagging - everything that you're saying - is literally my life for the last God knows how long. So, for people who feel that way, where can they get started? At the end of the show, I'll ask where can people follow and work with you, but for people who are listening today, what can they do to access those parts of themselves that they don't even know yet? How can they get themselves on the path to discovering the path that is more in alignment with who they truly are and who they came to be? Do you have any starting points, tips, advice or anything like that?

M

Makhosi 1:06:49

The very first thing that comes to my mind is the thing that my clients give me the hardest time about. There are literal jokes like, "We're going to get a t-shirt that says that I survived this." I call it "the day of nothing." And what I mean by that is actually nothing; not Netflix and chilling; not sitting down with a vision board; not sitting down to get a massage, a mani, pedi, and so on. That stuff is important. Get your mani, But reading your life, because this is really about empowering you to become a sovereign being, meaning that you are the owner and the queen of your life, with total responsibility; but also, total power in your life, which requires you to be still. It requires you to learn how to not always be doing stuff; to actually pay attention. As a shaman, one of the things that we get really good at and everyone can learn is being in tune with the communications that are coming in. Your higher self - your soul - in every single moment of every day is constantly trying to get you back into alignment. And so, it will create and pull in experiences. It will pull in synchronicities, it will pull in animal signs or incredible opportunities, or whatever. It will pull in, or also the opposite of that; it will pull in some chaos, if need be, so that you have the opportunity - again - to examine the alignment there; "Is this actually me? Where did this come from?" That level of communication - learning how to listen to your higher self - a lot of it happens in the doing of the less. You can't do it when you're always distracted, staying busy, hustling, and in other people's drama, scrolling on social media, and all those things. So, also getting back in touch with what lights you up; my clients will say, "I'm feeling stuck today. I don't know. I'm just feeling off." And I will say, "Where's the energy flowing today? Where's your energy? Is it pulling you to strawberries? Is it pulling you to work in your living room? Is it pulling you to drive two hours to see your best friend? Or is it pulling you to create in the world? Do it." So, first you have to listen. Surrender is a piece of

that, which no one wants to talk about - everyone hates that word. But that's the most important piece. Surrender to where your energy is trying to take you, and this is not about you trusting. Everyone's saying, "Trust the universe!" You ain't even got to trust the universe. This is about you trusting yourself. Look back at your life; look at all of the hard things you've been through; look at all of the challenges; all of the backstabbing, and the drama, and the really difficult times with the debt. Look at all of that, and you're still here. So, this is about getting back to trusting that, no matter what happen, I got this. I'm going to be okay. I'm going to be okay because I'm choosing that I'm going to be okay, no matter what life throws at me, and surrendering that expectation of how life is supposed to be. It's supposed to be like this. Get out of the mind, and into the body. The spirit is in the DNA. It's in the body. The consciousness is literally in your body.

K

Kathrin Zenkina 1:11:35

I can go on for hours, Makhosi, but I want to respect your time and also respect the length of the episode. If you're open to it, I think I'm definitely going to invite you back to go deeper because holy fuck, this has been so incredible. I had so many lightbulb moments go off. I'm going to do a day of nothing. Actually, last year, I was working with my coach Jim Forte and he challenged me to do a 10-day silent meditation retreat. He said, "Kathrin, this is all you need. You just need to go learn what bullshit goes through your head every day, figure that out, and just let it go. You just need to be still because all the answers are inside of you." I've been looking - it's so funny, because immediately, my ego was like, "I can't do this alone. I need to find a friend who also wants to do a 10-day silent meditation retreat." So, I literally like asked around, and the only person who said maybe was James Wedmore. So, we'll see. But I just know that 10 days is one thing, but I love that you suggest one day because that's totally doable. People can find one day in their life to do nothing. When you think of doing nothing, you immediately think, "Oh, so I can read a book. I can do laundry." No, no, no, no; it's literally nothing. So, I feel like that's such a great challenge. I challenge all of you guys to do that. Makhosi, where can people go and learn more about you and work with you? Where do you hang out on the interwebs? Where can people access more of your amazing content? You can find me on my website. So, I'm at TheRoyalShaman.com. Also, on Instagram, Facebook, and YouTube, you can find me at [The Royal Shaman](https://www.instagram.com/TheRoyalShaman). She IS the Royal Shaman. So, you heard that. It's very easy to spell. Guys, screenshot this episode right now. If there's anything that Makhosi said that just blew your mind, you had an a-ha! moment, a breakthrough, or a takeaway that you want to share with her, tag [@theRoyalShaman](https://www.instagram.com/theRoyalShaman) and [@ManifestationBabe](https://www.instagram.com/ManifestationBabe), and share that information with us because I am sure that Makhosi would love to hear from you guys. Send her all your love for her time and energy that she spent with us and in going deep, and not being afraid of going deep, because I know that some people kind of beat around the bush, and I love that you don't do that. That's the kind of energy that I would love to

bring back onto this podcast. Thank you so much Makhosi. This has been incredible. And I will catch you guys on 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 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 following @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.