



(#176) COVID, Child Trafficking, BLM and every other heated ...

📅 Wed, 8/5 5:05PM ⌚ 26:22

SUMMARY KEYWORDS

shame, blm, issue, talking, forced, platforms, activism, performative, hearts, podcast, life, timeline, person, personally, child trafficking, speak, support, figuring, movement, episode

SPEAKERS

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Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, Master mindset coach and multiple seven figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to, be, do and have anything that your heart desires. Think of this podcast, as your weekly dose of mindset development, to help you maximize who you are and where you're going. Leave it to me to provide you with the tools the resources, the strategies and teaching that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today. Now let's begin.

Alright, you guys, I do not even know how to start this episode. All I know is that it is on my heart right now. I am really passionate about it, and it must be sad. So obviously the title of the podcast, because I love to pre title, says: COVID Child Trafficking BLM and every other heated topic right now (this needs to be said) Where this is coming from, and the reason why I'm putting this episode up is because I've been really watching and observing with this fascination around what has been going on in 2020 so far. I feel called right now to use my voice and to share my message. I want to share my take and own perspective on the madness that we have created around every single heated, popular topic right now. You know what I'm talking about. Topics, like

COVID-19, child trafficking, elite pedophilia rings, the BLM movement, the election coming up and everything in between. You see, over the last few weeks I have for the most part stayed out of my DMs. This is because I just got sick and tired of receiving DM after DM for not talking about this topic or not shutting up about that topic. Also call out after call out, for not caring about this issue, and not speaking up about that issue. Then shame after shame, for caring too much about this issue or not caring enough about that issue. People will go as far as to call me a "horrible leader" for not shaming others into talking about XYZ issue. Then, I supposedly do not care about human life because I am not promoting that issue. I have honestly come to the point where I have just had enough. This podcast needs to be put up, because I know that I am not the only one who is going through this. I know that there are lessons that I have learned through all of this. I know that there are lessons within this, that may help you in some way as well.

So just to give you guys some context, let's back up for a second. I want to review the timeline of 2020 and how crazily it has played out so far. As I read this to you, I am curious if you will begin to notice the exact trend that I have noticed, and why specifically, I feel called to upload this podcast right now. So let us go back to march. We started talking about COVID, this dangerous virus sprouts in China and then makes its way across the world. We all together get on board with protecting ourselves and protecting others. I remember immediately seeing this beautiful unfoldment of how we all tapped into love. We all tapped into gratitude very quickly, because we thought that everyone was going to die. Then some time passed and then the shame game began. We started to shame others who were not on board with this narrative. For example, if you were not wearing a mask, if you were not social distancing, if you were not staying home, then you were a bad person. Moreover, we needed to tell you and we needed to call you out. Then what ended up happening is people started questioning if COVID was real. I spoke about this previously during my conspiracy theory episode. I spoke about the power of questioning things. The power of always doing your own research and not listening to what everyone else is saying. So then we started to shame one another for not questioning the narrative. For not diving into the rabbit hole of what COVID is actually covering up in terms of other world issues. I remember immediately seeing influencers getting called out, tagged and everyone just shaming each other. People would ask; "Why are you not talking about this? Why are you not looking into into this?" Anyone who was not questioning the narrative of COVID all of a sudden was a "bad person". People also started looking into; if COVID was made up? Was COVID being faked? Is this even a dangerous virus at all? What happened to the flu all of a sudden? Did we cure it with COVID? Why was no one talking about the flu or pneumonia? Who the f*ck does Bill Gates thinks he is right? Why was a computer programmer all of a sudden our medical expert? Then people started saying things like; "Hell no, I am not taking the stupid vaccine, and what really is in the vaccine etc, etc, etc. We then started going into the shame spiral around the very opposite of what the shame spiral was to begin with.

Then the very tragic murder of George Floyd happened. During that time I saw such a beautiful thing happen. We all got on board with the fact that this tragedy should have never happened. It was atrocious, and the black community deserves so much better. We also needed be more vocal and adamant on promoting and upholding black equal rights. Then guess what happened? The shame game began once again. We started to shame one another for not talking about the BLM movement in a way that meets societal expectations. The societal expectations of it must be done in this way and this time. It was this idea that if you do not do it this way, and at this time, then we will cancel you. Then after some time passed, it only took a couple weeks for people to forgot the very nature of what we banded together about in the first place. Some people started to question the narrative behind that movement, not the belief that all people deserve equal rights, but the very nature of the organization itself, Black Lives Matter. What is the organization really about? Is it a Marxist movement? Is it this thing that is covering up Hillary Clinton's court date that fell in the same week as the BLM protests. Then the shame game began once again. If you do not question that narrative, now you were a bad person. You were actually against black rights and you do not know what you are supporting. People started saying; "How dare you not talk about this? How dare you donate to BLM when there is this issue? Do you guys notice the f*cking trend here? Also it did not stop there, because now we are in the midst of a new issue. I feel funny even calling it a new issue because none of these issues are new. These issues are so old. They are essentially ancient issues because these are things that we have been dealing with for so long. Now they are coming into the light and we are figuring out how to deal with them. How to heal, how to heal this darkness, but the darkness has always been there. It is just that no one knows the right answer. No one knows how to heal it. No one knows what they are doing. We are all figuring it out. Do you see the trend behind the shame game?

Then comes the Wayfair scandal. Have you guys seen that one? What ends up happening is it inspires people to look into the horrors of human trafficking, child trafficking, child sacrifices, and elite pedophilia rings. Then that becomes a new topic. A topic that is literally thousands of years old. a topic that has been talked about actually for a really long time. I have personally researched it since 2012. So I have known about and supported the anti movement since 2012. All of a sudden, this is the new thing, and if you are not talking about it, you are now officially a horrible person again. Your silence is apparently deafening. People think, "Let me f*cking tag my favorite influencer, who is a horrible person because they have not posted about it yet because they are talking about another issue. They are talking about COVID right now. Or they are questioning the COVID narrative. Or they are talking about Black Lives Matter, and doing their part with activism related to that. But they are not talking about this issue, and my timeline is now this issue. If you are not talking about this issue, then I am going to shame you for not talking about this issue". Guys, what the f*ck is going on? What happened to us?

The reason why I am so passionate about this topic, is because of the very nature of social media. I really do think that a lot of it is rooted in this. I think we have to remind ourselves of this. I have been educating my clients, my students, those who listen to my podcast and follow my social media. For both those who have platforms and followings, and those people who do not, it doesn't f*cking matter. It is the exact same thing. Whether you have an audience or not. Even an audience of two is still an audience. I believe that social media is only 0.0000000000, an infinite amount of zeros 1% of the entire picture of an individual. You can never actually know what the individual is going through, what they truly stand for, and what action they take in the other 23 and a half hours that they spend offline from social media. Yet we have created a war with each other based on very little evidence, very little information and we have closed our hearts to one another. We think that the entire person's consciousness needs to be downloaded into 15 second stories or a post on instagram. I always go beyond the allowed characters. I am the queen of long captions. We think that this person's entire consciousness, everything they care about, everything they donate to, everything they support and everything they do in their personal lives is supposedly reflected on this f*cking thing called social media. We have used this against us to where we now have closed our hearts to one another. Instead of using our hearts, our precious hearts, our beautiful hearts that are capable of healing, for social justice, for things that matter, for actually helping and doing our part and shining light into the darkness. No. Instead, we are wasting our precious energy leaking into each other's businesses. Why are we meddling in each other's business and timeline.

First of all, no one is talking about how we process things. A couple of my friends and I were talking about the very nature of psychology. People cope with traumatic events in their own timeline, in their own way. How and when we personally speak up about things in our own lives, varies from person to person. It does not matter if this person is a public figure or has an audience. They are still a person with their own way of coping with trauma. Why are we focusing so much on each other when we all have our own platforms. Your life is a f*cking platform. Whether you are on social media or not, you have children or family members or friends or acquaintances, you have your community, you have your own platform. Your life is a reflection of your platform. We all have our own voices, we all have our own missions, we have all been through different sh*t. What I care about does not necessarily mean you care about the exact same thing. You and I have not been affected by the same things. It does not mean that we have the same exact reasoning for supporting different issues. We have our own hearts and we have our own purpose in this awakening. This great awakening that we are going through, shining a light in this darkness, it has always been there, but is now being exposed. We have our own role to play.

Guess what you guys, if we did it the exact same way at the exact same time, we would not make

any progress. This is because we are meant to do this differently. Some people are meant to talk about one issue. Others are meant to talk about another. Some people are meant to use our platform for activism. Others are meant to use our platform for empowering moms to be better moms. Some are meant to use our platforms to empower individuals to change their lives so that they can contribute to the bigger picture of life. Some are, meant to use their platforms to empower large groups of people and make a collective debt in social justice, not one is more important than the other. It is all coming together as pieces of a puzzle, this grand cosmic puzzle. Here is the key you guys, it is not going to look the same nor as is supposed to. Everyone has a different way of waking up, educating themselves and helping promote the betterment of humanity. Some people speak up right away. Some people the moment an issue happens are ready for stage and they're ready to speak. Some people need process for a couple days to a couple weeks, it does not mean that they're silent. I get the argument, I totally get the argument behind, if you are silent about an issue then your sided is on the side of the oppressor. I totally f*cking agree with that. However, we have to start looking at timing. Just because the timing does not match someone else's timing it does not mean that person does not care. Some people are dealing within that moment with massive cognitive dissonance. I do not know if you have ever been through a spiritual awakening, where you had to deal with cognitive dissonance that was excruciatingly painful. Some people only get a second to go, "Whoa, what the f*ck is happening here" without needing to process it so quickly and so publicly to. Some people take action right away while staying quiet. Some people do not make a d*mn post but they are signing the d*mn petitions. They are out there protesting, they are out there donating their money. Who are we to say that just because there was not a post about it, that they are not doing anything. Some people are going through something entirely different. I personally know someone who their cancer came back during the BLM movement, and they did not have the energy to speak up about it. They did not have the energy to go on social at all and they were shamed for being silent. Eventhough, they really do care and they really do have a heart, it is just that they have f*cking cancer. They have a whole other issue to deal with. Or maybe someone is going through the death of a family member and is not able to process and be present and hold space for a current world event. Instead of doing our own work, which I'm all about, we just watch each other, and we shame each other for each other's own way of processing and handling things. We call those who are not on board with our message and our timeline silent and not using their platforms responsibly. As if we created our platforms for people to tell us how to use it. I mean, I do not know about you, but did you start your Instagram, your podcasts or whatever, so that people could tell you what to do with it? Or did you start it as an expression of yourself? Did you start it to be a voice for the things that you care about and finding your community who care about similar things? Listen, babes, it has come down to this, we must honor each other's hearts. Everyone cares about different movement right now. Some people are down one rabbit hole, others are down another. Everyone plays a role in a different cause. Everyone is part of waking people up to different issues.

There are so many issues that are not even the mainstream, that people aren't talking about. We are so hyper focused on what we think we should be focused on that we are not even paying attention to literal genocides that are happening in the world right now. That just have not hit the mainstream yet. People are allowing the media to determine what they should care about, or what's important right now. People can have someone literally be affected with something that has nothing to do with the mainstream media right now. So this is what they will choose to care about at that moment. Everyone is shining a different light in a different corner of darkness. Personally, when I go online, I do not tell people what to talk about. I do not shame people into talking about what is important to me. Oh my God, what a f*cking mess I would create doing that. I trust that I am my own sovereign being as is everyone else. I respect and honor what others choose to use their platforms for. I respect and I honor everyone's timeline for their own self discovery. Pushing an issue down someone's throat is not going to inspire them, it's only going to cause them to become performative. This also applies to you guys's own personal lives. I see a lot of women ask me how they can get their partners on board with manifestation. They do all this stuff, they play the shame game. If you' have ever been in my Manifestation Babe Academy, me and Brennan do a module together and we talk about how I inspired him to go down this rabbit hole with me. I inspired him to explore the Law of Attraction and manifestation and I never once told him what he should be doing. I never forced them to make a vision board. I never forced him to buy a crystal. I never forced him to do plant medicine, he is yet to try it. I do not force him to do these things, because I know that force creates performative action. With the BLM movement, specifically, let's go back, and just look at that. Do you remember how many people came across as inauthentic? Then we created a shame spiral out of that. Why were we so upset with how certain people handled talking about the topic of equality for black lives? Because we shamed one another into how it should be done. Performative activism is not the f*cking point. Do you guys want a bunch of actors? Think of any issue that comes to mind, do you want a bunch of actors, nothing against actors, by the way. I am just speaking about performative activism, because I know some actors follow me. I am not talking about the act of acting in general. I am just talking about actors in real life. Do you want real life actors, or do you want heart centered people who are in full alignment with getting on board. Change is made when change is inspired, not forced. I believe that education is important. I believe awareness is important. I believe that actions important, activism is important, speaking up is important. However, start with you first, please.

You know, I have a journaling prompt of the f*cking century for you guys. If you are ready to do some real inner work, this is this is what you need a journal on. This is what I do personally, before I meddle into someone else's life and how they should be doing things differently. I always ask myself, what part within me that is unhealed and needs love and attention right now. This is because I know I am projecting something that is unhealed, that needs love and attention. What part within me, am I seeing mirrored in someone else that needs to rise up to the surface for

healing? However, remember, I said what part within me not what part within them. This is because they are just mirrors to you. What can I do to better my life first? What can I do to take care of myself and then take action for the causes and issues that I personally believe in before I venture off and see how others are doing it. Why do I feel the need to escape my own darkness and point out someone else's darkness? Again, what part within me is unhealed and needs my love and attention right now? That is the journaling prompt of the century. That right there. If you start there, you will find that you still have a lot of inner healing to do before venturing off and trying to force others to heal by doing activism in your own way.

This is a really cool thing, guys, here is where the law of attraction comes in, and here is where this all ties in with manifesting. By doing activism in your own way, your own truthful, authentic aligned way, you are actually going to attract the people who are ready to learn about an issue and who are ready to do something about an issue. This is because I agree, it is when we speak up about things that people get educated on it. I completely agree with that. If you care about something, please be vocal about it. However, if you are vocal about it in your own authentic way, and allow others to be vocal about it in their own authentic way, you will attract people who are ready. You will attract people who will come into this cause with you and make it way more powerful. If you are performing, then guess what, via the Law of Attraction, you will attract more performers. Again is performing change, actual real change? It's important to do what is in alignment with you. I want to remind you that God, Universe, Source, designed you in a very specific way. You are a piece in this giant cosmic puzzle. We are all pieces. We belong in different corners, connecting with one another in different ways. By forcing everyone else to become the same piece of the puzzle, leaves us incomplete. Incompleteness is why we are so wounded in the first place.

Anyway, I just wanted to get this out and really speak into this because I do not see anybody talking about this. All I am seeing is a shame game spiraling out of control, thanks to groupthink. I want to use this episode to inspire the healing of the shame spiral for anyone who needs it. If this episode triggered you in any way, good. I am so glad that it did. It means it is making you think it means that you needed to hear this message to heal something within you, something is being mirrored back at you right now. If this episode resonated with you in any way, then please share it, I would appreciate it so much. But no pressure, though, because again, I honor your sovereignty. I honor your timing. Not everyone is meant to hear this message. However, if you believe that you are meant to hear this message and pass this message on, of course, I so appreciate you sharing this podcast. I personally choose to talk about BLM. I personally choose to support black lives. I personally choose to donate to organizations that support black lives. I also choose to personally support the halt of child trafficking. In fact, a great organization that you can support is Operation Underground Railroad. It is an incredible, incredible organization that is

very aware of what is going on in the world, and it is doing something to help. You guys can go check them out. You know, I personally research the dark hole of elite pedophilia rings and figured out my part in helping it stop. Shaming other people is not helping it stop you guys. Shame attract shame. Shame is the reason we are so unhealed.

I also personally do believe that COVID is a real virus. I have just also personally chosen to learn how to live with it rather than hide from it. This is because it is going to stick around for a while. I believe it is real. I take precautions. I also know that I am taking risks when I travel. I also know that I am surrounding myself with other people who take risks. When I went on a sisterhood trip to Sedona I had a slew of people come shame me. They questioned, how dare I travel during a global pandemic. I did not force anyone to come with me first and foremost, and no one forced me to go either. I am taking my risk. I am also wearing a mask. However, I am not wearing a mask when I am alone outside because that is just stupid. I am figuring out how to live with this virus rather than letting it control me and letting the narrative of the mainstream media control what I should think about this virus. Just because I don't talk about one thing on my social platform does not mean I do not care. It does not mean I do not support. It does not mean I do not know what I am talking about. I trust the same for you. I trust that you have your own path. You have your own life. You are doing your own thing and keeping your own puzzle piece, because you matter in this cosmic puzzle. I love you guys so so so so much, seriously, so much love for you. And I will see you in the next episode.

Bye.

Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website at manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.