



Episode 181: Even more BS money beliefs (part 3).

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SPEAKERS

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Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hello, my gorgeous souls. How are you doing today? Today, I present to you Even More Bullshit Money Beliefs, Part Three. We're continuing on the series that I started two episodes ago. I hope you guys have been loving it. The feedback has been incredible, and I have more to go. I'm actually going to dive into three more, this time. Usually I do two per episode; I'm going to do three, because two are closely related, and hopefully this will help you dismantle and really break down this bullshit that's continuously being repeated in our society, over and over again, that's keeping you from fulfilling your highest potential when it comes to your divine prosperity. Before we dive into the three beliefs that I want to talk about - about money that may be

currently holding you back from experiencing your divine prosperity - I want to make sure that you've got yourself on the waitlist. I've been talking a lot about the Rich Babe Academy, and it's for a reason. Once the enrollment period opens up, it goes by so fast, and this is the last Rich Babe Academy round that I am offering where you're going to get live Q&A's and live breathwork trainings. It's going to be so good. So, the Rich Babe Academy opens up on August 31, which is Monday. It's the last round, and because the enrollment period goes by so fast, make sure you get yourself on the waitlist. I can't stress this enough; every single time, I have potential students who will send me a DM the week after I closed my enrollment period. They are so bummed to have missed the cart because somehow, they missed the announcement. So, if you genuinely want to master the art of money manifestation and eradicate all of these limiting beliefs that are deep-seated in your subconscious mind, that you don't even know are there, and can only be discovered through certain tools and processes. Make sure you get on the waitlist. It is RichBabeAcademy.com. Just go there; put your name down; sign up; and make sure that you are the first to know when the doors officially open. I am so excited about this. Obviously, I get very jacked about money. If I can dedicate this many podcast episodes to money, just imagine what happens inside of the Rich Babe Academy. Okay, so the three beliefs that I want to talk about today are the following. So, the first one is, "Money is just not that important. There are way more important things in life." How often have you heard that one? The next one that is tied very closely, so I'm just going to cover this one pretty quickly, but it ties into a lot with the first one, which is, "Money doesn't buy you happiness." And the third one is, "The more money you have, the more problems you'll have." Mo' money, mo' problems, right? So, let's dive in, shall we? Believe number one; let's expand on this one. "Money is just not that important. There are way more important things in life." Here's the thing, you guys; when you say things like this, you are expressing that money is not a priority for you. Therefore, of course, money's not going to flow your way because why would you put any effort into something that is not important to you? For instance, playing golf is not important to me. My ex actually got very involved in golf - he loved golf, and his best friend went on to playing professional golf - and I could give, excuse my language, a rat's ass about golf. So, of course, I'm not going to prioritize golf in my life. So, of course, I haven't become a golfer and improved my golf game because it's just not important to me. I'm not making it a priority in my life. So, when you're saying things like that - "Money's just not that important" - then is it any mystery at all that money is not flowing into your life? Whether you like it or not, here's the thing, money is going to exist. Like it or not, love it or hate it; money exists. It's going to exist as long as we are here in the 3D physical world. Just like other resources exist that also have roots in the energetic world - for instance, the air that we breathe, the sunshine that we absorb, and the food that we eat - all of this stuff is important and crucial to our survival. If you look at it closely - I like to say look at anything under a microscope that's strong enough, and you're just going to see a bunch of vibrating atoms. Atoms are made up of

99.9999999999% empty space. And what is that empty space? It's 0.000001% matter, and then 99.9999999999% - a thousand nines - of empty space. What that empty space? That empty space is just energy. So, everything is energy in its most broken down basic form. So, money is a resource and a tool that's going to exist here, as a physical manifestation of its energy, whether we like it or not. And sure, I completely agree that money isn't the end-all, be-all. Lots of problems arise when you put it on a pedestal. I've been talking about putting money on a pedestal, which is what prevents us from attracting money, but then you also see the people who have a lot of money, have a great relationship with it, but also prioritize that relationship above everything, and make it the most important thing above family, above love, above health, etc. That, of course, is going to cause problems. Your priorities are a little out of whack there, and I totally agree with that. It shouldn't be the most important thing, but it should be pretty high up there. My dad was - and I say "was" because I don't really have a relationship with him, and I haven't really seen him in four or five years, but I'm guessing he's probably still the same way - my dad was one of those people that, to them, money was the most important thing. He would constantly make decisions, prioritizing money over family, over his own health, over everything. And was he happy? Never. Money on a pedestal is not fulfillment, primarily because you can't get fulfillment from a tool. Think of any tool in a toolbox; you're not going to get fulfillment from any tool. But it's still an important tool. It's an important resource. It helps you buy the things that make life more pleasurable, or comfortable to live. It gives you options; it allows you to pave your own path in life where you're not making decisions based purely on money. Now you're able to make decisions based on alignment, which changes the whole game when it comes to freedom. That's actually one of my favorite things about building wealth. I make decisions purely based on how in alignment they are with me and my spiritual expansion, because my spiritual expansion is very important to me. A lot of my decisions and the values that I hold according to my decision-making has a lot to do with alignment, spirituality, and stuff like that. But I prioritize that over how much things cost, or how much I'm going to earn through doing something, because I make decisions purely based on things that are in alignment with me because I have money. I've made money an important thing in my life. It's a freedom unlike anything I've ever experienced. Some people believe that the more money you have, the more you're going to think about it; the more you're going to obsess over it. People think that wealthy people, rich people, prosperous people, or whatever you want to call them - the label doesn't matter - people with a lot of money; a lot of people think that they just sit there and think about money all day long. Actually, I used to think this way too, but in my experience, it's actually been the exact opposite. The more money you have, the less you think about it. I know it sounds so counterintuitive, but if you think about it, you're not constantly stressing about the lack of it. The people who think about money the most are constantly stressing about the lack of it. When you're thinking beyond money, is when all of your needs are completely taken care of because you don't

need to worry anymore about what's in your bank account, how much things cost, what's coming in, or what's going out. You just know that there's an overflow and an abundance, and you can afford whatever you want. You just know that you're always taken care of, and money isn't even an afterthought anymore - which is so bizarre. I know a lot of you are going to be like, "But Kathrin, you teach on money, you talk about money all the time. How can you say that?" Well, of course. I'm talking about money all the time and I had to talk about it all the time in my own life when I first learned to make it a priority, but it's the kind of conversations that I was having about it that shifted. As I started to experience more money in my personal life, I still revere money to be a very important relationship in my life. That's something that completely shifted my experience of money in my life; when I realized that it was just a relationship, but once I had that relationship, I didn't have to obsess over it. I wasn't obsessing about the lack of it; I was grateful for the abundance of it. It was just something that was present in my life, is present in my life, and I just hold gratitude for it, but I'm not constantly obsessing over it. When it comes to paying for things, I make a mental note - of course, I'm going to think about money and then I'm going to say thank you for my ability to purchase it, or thank you for receiving that money - but it's not like I have nightmares about or it's not like I'm thinking about it, 24/7. So, let's talk about relationship, because this is very important when it comes to the belief that money is just not that important. What shifted my experience of money in my life is when I started to see money as a relationship. I realized that it's how you relate to the energy of money that determines how much you have. I always jokingly say that money is my boyfriend because I treat money like it's a super valuable relationship in my life. Imagine for a second, you look at one of your relationships in your life - for instance, the one that you have with your partner, or your kids, parents, business partners, best friends, whatever, and you look at one of them, and say, "You're just not that important to me." Can you imagine looking at your wife, husband, boyfriend, girlfriend, or friend, and saying, "You're just not that important to me. There's more important things in life than you." Do you think that relationship is going to grow? Let's just answer an obvious "Duh, no." Do you think that they're going to feel valued? Do you think that they're going to want to stick around in your life? Relate that to money for a second. If you're constantly affirming that money just isn't that important to you, but you're still in need or desire of money, then start prioritizing this relationship. Start exploring what happens when you do see it as an important resource during your time - your temporary time here on planet Earth. And don't be surprised if all of a sudden, when you do this, and when you prioritize money, and you do make it important, that all of a sudden money wants to hang around you more. If you value people in your life, they're going to want to spend more time around you. They love being in your company, and they love being in your presence. They feel this energy from you, and you feel this energy from them. Well, it's the same thing. Money is energy; there's an energy that's being felt, and money is going to want to hang around you way more often, and vice versa; you're going to want to hang around money more often when

you prioritize this relationship. So, the belief that is kind of attached to this one, which you hear all the time, which is the second belief I'm going to talk about, is "Money doesn't buy happiness." Money doesn't buy you happiness, we've all heard that. Well, here's what I want to say: Duh! You can't just put happiness and fulfillment into an online shopping cart, ship it to your house via one day shipping, open the box, and say, "Oh, I'm happy now," and then call yourself happy. It's not something that you just buy. Happiness is not a goal. It's not a tangible thing; it's actually a state. Happiness is a feeling, and you can actually tap into happiness, no matter what the circumstances are. Whether you have money or don't have money, that shouldn't impact your happiness because happiness is a state; it's not a goal. So, money itself doesn't buy happiness, but what it can do is create space in your life to find your joy, and bring more fulfillment into your life. When you have more money, you have more space - more mental space, for instance - to tap into that energy. I ask people all the time, "If money were no issue because you had plenty of it, where would you invest your time? What would you do for work? And what are your true passions?" These are the things that most people can't even fathom of doing, or even answering this question, because they're so busy just trying to get by. When you're just trying to get by, you don't have the mental space to even consider what an ideal day in your life would look like. Taking certain vacations, or time off, or spending two hours on a lunch break instead of the 30 minutes that you get because you don't have time, because you got to make money in order to make a living. There's no space; you can't even fathom. When you're just trying to get by and you're unhappy about it, it's so easy to think that money is going to buy you happiness. That's kind of the picture or the promise that society has painted for us; that if you just buy this car, just buy this house, and just have more money, all of a sudden, you're going to be happy. And when you're struggling to manifest money, it's also very easy to justify it by saying, "Well, money won't buy you happiness anyway, so it's okay to struggle." And so you get this conflicting message of "The more money you have, the more happiness you're going to have, but at the same time, money does not bring you happiness, and so you might as well not pursue it. You might as well not even attract it. Why even bother?" And so, you then normalize the struggle. It leaves you in this circular, hopeless place, almost like you're on a hamster wheel of wanting more, but denying more at the same time. It's no wonder that we have a love-hate relationship with money. But when you realize that having money won't buy you happiness, but it creates space in your life to slow down, discover yourself, find your joy, be happy, and make decisions that come from alignment, you realize that there actually is a connection here between money and happiness; it's just not how society paints it to be. Society, once again, as I already mentioned, paints a happy life to be one that's spent in a mansion, driving a super car, eating caviar for dinner with the biggest bottle of champagne that you can imagine. That is joy for some; some people might enjoy that. I know I would personally enjoy that. But not everybody. Some people want to live in an RV, travel the country, going from city to city with their family along, and that's what abundance,

wealth, and happiness is to them. And guess what? In both instances, you need money to do both things. Having money buys them the ability to be able to do the things that they want to do, whenever they want to do it, with whomever that they want to do it. When you forego the vision that society has implanted within you, you realize that you can create whatever vision that you genuinely desire, and then you'll be happy in the process of that pursuit. So, the third belief that I have here, which we have all heard in many rap songs, is "The more money you have, the more problems you'll also have." And here we go again. Another reason to not even try, right? Why bother trying at this point if this is true. Why have more money if you're just going to have more problems? Who in their right mind wants to have more problems? Do you want to have more problems? I definitely don't. This one is funny to me when I really think about it, because, again, it assumes that money either has a mind of its own that goes out, ventures off, and creates chaos in your life with more problems; or that money is going to change you, and you're going to all of a sudden become the kind of person who has more problems. And so, you're going to experience more problems because money changed you to be the kind of person that tracks more problems. But here's the thing; money is a tool that gives you more choices. This is a cool thing about having more money; you have more choices, and when you have more money, you actually have more solutions to your problems. You actually have more options when problems do arise. Money doesn't mean you'll have more problems. Money also doesn't mean that you'll have less problems. So, I can't speak for everyone here, but I would love to share my personal experience just being on both sides of the spectrum. I have the same amount of problems that I've always had, both as a multimillionaire right now, and back then - even four or four and a half years ago when I was completely broke. No more, no less. I literally have the same amount of problems; it's just that they're different now. They're different problems, and I have access to a lot more solutions - if they're the kind of problems that money can solve, because not every single problem, money can solve. There are certain human issues that money just doesn't always solve. So, some different challenges in my life, just to give you guys some examples, was that I had to figure out how taxes work. I went from being employed to self-employed, so I had to figure out how taxes work. I had to figure out how to manage my money. I had to learn the world of investments, which is so confusing at first, but now it's almost like a second language to me. I'm asking questions of, "Where do I invest? What do I do with my money?" Challenges like hiring a team, hiring the right people for my team, managing people, and managing issues that arise with having many people work for the same company. I'm asking questions like, "Do I buy a house? Or do we keep renting and use that money to invest in real estate properties? Do we start having kids now? Do we start having kids later?" It's not money that is a deciding factor anymore. Now, we can do all these things; it's just figuring out how we're going to solve them. However, even though I have the same amount of problems and the same challenges, I do experience way less stress in the process of solving my problems. I can actually pay for a lot of solutions, which is

awesome. You still have problems, but they get easier to solve if they're financially related. So, like I said, more money doesn't make you less human. Money doesn't take your humanist away. People can still die; you can still die; people you love can still die; your health is still important, something to take care of; anything can happen, it's just that you feel a lot less stress in the process. So, instead of saying, "More money, more problems," what I started saying to people who say that is actually, "More money, same problems, less stress." Repeat after me, everyone: More money, same problems, but less stress. Way different vibe, right? So, that concludes Part Three. That's all I want to share with you guys when it comes to dismantling these beliefs. I'm super curious. We still have one more part to go. I think I'm going to share maybe two or three more in the next episode. So, let me know what you guys think of this series. Let me know which belief in particular that you had that I was able to assist you with in breaking it down and dismantling it. As always, take a screenshot of this podcast episode, tag me @ManifestationBabe. And don't forget to get on the Rich Babe Academy waitlist because the enrollment is opening up on Monday, August 31. Save the date, put it in your calendar, get on the waitlist, go to RichBabeAcademy.com. I love you guys so much. Thank you for sharing your feedback, sharing these episodes with people that you love and care about. 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 up the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by searching @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.