

Episode 183: From Basement Breakdown to Rich Babe with Cia W...

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SPEAKERS

Cia Wiggins, Kathrin Zenkina

K 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, my gorgeous souls and welcome back to another episode of The Manifestation Babe Podcast. I am currently still in Sedona, soaking up all of the epic vortex vibes with my husband, and our little pop Leyah who likes to show up in my podcasts every now and then. It's been so much fun to just get out of LA, and come to a place that inspired me so much. I just knew that I had to launch my Rich Babe Academy from here. Speaking of which, I am so excited to share an interview that I did with one of my previous Rich Babe Academy students, Cia Wiggins. Cia is an RBA grad from 2019, who had a very rough start to her journey when she found herself out of work, pregnant, and living with her parents in their basement with her husband and child. I

was so inspired to hear how Cia transformed her reality through the spiritual principles and tools that I share inside of the Rich Babe Academy. It's seriously amazing what she accomplished by working on her mindset, persevering, and staying consistent with the belief that her success is inevitable. Cia is a master at doing all of the things. She's a mom, a wife, a Creative Content Marketing Coach, as well as a Licensed Marriage & Family Therapist. You guys are going to love her, and you can find out more about Cia through the links in the show notes, as well as the link to sign up for the Rich Babe Academy. Doors close on Friday, September 4 at midnight, which is just a few days away. So, without further ado, let's dive into today's episode. Hello Cia, and thank you so much for joining the Manifestation Babe Podcast and choosing to share your awesome Rich Babe story with us. How are you today?

C Cia Wiggins 03:10

Hi Kathrin, thank you so much for having me. This is such an honor. I am doing well. I'm excited. I'm ready to share my story with the world.

K Kathrin Zenkina 03:20

Yay! So, before we dive into that story, can you just give us a bit of a context as to who you are? What is it that you do? Just a little background story so that people can get acquainted with who you are.

C Cia Wiggins 03:34

So, I'm Cia, and I do a lot. That's exactly what I do. I'm a creative at heart. When I'm not doing anything creative, I'm also a therapist. So, right now I run a content creative business, where I help business owners uplevel their content so that they can sell. When you're selling, it's really about value, and not really your product and your connection. Outside of that, I am a Marriage & Family Therapist. I also own my private practice where I do a lot of creative arts and helping adults, actually - not just children - but adults gain a bit of clarity.

K Kathrin Zenkina 04:13

Amazing. You're also a wife and mother too, right?

C Cia Wiggins 04:18

I am a wife, yes. I'm a mother of two Irish twins. So, not quite there, but they're a handful.

Outside of that, as well, I do short films and things like that. But again, like I said, I'm a creative at heart.

K

Kathrin Zenkina 04:34

So, you really do everything. You weren't kidding. Wow. Cia, can you just take us back? Because I know we were talking right before we aired that you were in the last year's Rich Babe Academy. Can you just go back as far as you need to, and just kind of paint us a picture as to where you were before you came into the program? What did your life look like, and what is it that led up to that defining moment, where you were like, "Oh my god, I need to sign up for this. I have invest in myself."?

C

Cia Wiggins 05:04

Yep. So, I actually remember the exact moment. Right before I had my son, I was told I was pregnant, even though I got a negative pregnancy test twice from my OBGYN. At this time, we were in a rough spot in life, where I had just had my first daughter. I had some medical complications, so I lost my job, and because I lost my job, my husband was going through this transition. So, we kind of resorted into living back with my mother. And so, if you can imagine, it's a house of four people already, and then we had another three, with myself, my daughter, and my husband. We had to live in a basement that wasn't really living friendly, but because we were in such a tight spot... So, I'm on the phone, and they're like, "Congratulations, you're having a baby!" I was silent. And she was just like, "Are you happy?" I was just like "No." At the moment, it was just more so I was thinking about my finances. I was thinking, "I have no idea what I'm going to do." My husband is more so of, "We'll figure it out." He's an optimist with no plan. But I say, "Well, no, we have to provide for a family of four pretty soon." So, I was talking to my cousin, who was just like, "I know of a program that might be really great for you." She was raving about Kathrin, saying, "Kathrin, Kathrin!" I was wondering, "What is this Kathrin?" And she said, "Oh, it's called Manifestation Babe." She gave me your link, and I took a look at it and said, "Jodie, how do you expect me to pay for this? I can't even live on my own." So, fast forward I think I was ruminating on it for probably - at this point it was June when I found out that I was having my second child, and then I think your RBA was closed. She told me that I should probably do RBA instead of Manifestation Babe since money was my focus, but it was closed. I thought, "Oh well, this isn't really a solution for me." But then the time period between June to September, I was doing everything that I could possibly do in order to gain money, but I felt like it was just a means to no end because I was doing things that I didn't enjoy. As soon as I had the money, it was just escaping from me. And so, I think I started demonizing money even more during that time period, and then I forgot about your program. I don't remember what exactly happened; it might have been an ad or

something, and I thought, "This has to be the world telling me that it's time for me to do something." So, I literally gathered all the credit cards I had, and I think I might have even emailed your team saying, "Listen, I really want to do this program, but is it okay if I split my payment over four credit cards?" They said, "Yeah, absolutely." There was something inside of me, and I was just thinking, "Maybe I should use this money for something else. We have other bills that we can pay. Maybe I can use this for a down payment, or something like that." But I was literally going to puke. I literally felt everything in my stomach coming up into my throat when I hit submit. I thought I would have vomited, but I remember having this huge sigh of relief. I felt like a weight had been lifted off my shoulders, and something told me, "It's going to be okay." And that's how I joined RBA.

K

Kathrin Zenkina 06:11

Aww. Okay, I have a couple of questions for you based off of what you just shared. Can you share a little about how far back your story around money goes? I know that you said that you were struggling after you lost your job, and you didn't have the best relationship with money, and you felt like there was not enough, and that you weren't going to survive. You were just very worried about it. Does any of that extend back to your childhood, or anything like that? Was it a repetition of something you've experienced before? Or was this the first time you have ever experienced struggle with money?

C

Cia Wiggins 09:27

So, to be completely honest - this is very selfish of me - but I thought my struggle started when I got married, because that's when we started joining finances and I thought, before that, money was great. But looking back, after doing your program, I looked at my habits prior to getting married, and going all the way back to childhood. I remember my mom was a really huge factor. She would always say, "We need money. We don't have money." In my head, I kind of took that perspective to always think, "I don't have money." From there, I would think, "Even if I have this money, I don't have it because it has to go to bills, or I don't have it because we have to go buy groceries." So, from when I was a child, just hearing that all the time. So, I'm not from America. I'm from Jamaica, and I remember being on the plane and coming to America, and my mother just literally worrying. I don't know if she was just worrying about being on the plane AND money, but I remember thinking specifically, because my aunt was with us as well. I lived with my aunt, my cousin, and my mom at the time. I remember her saying, "We're going to America, maybe so that we can get more money and not struggle." I think what stood out to me was "Struggle," thinking, "Oh, I guess we're struggling." When we got to America, we're still struggling because our mom is still saying, "We need more money. We don't have enough money." And that's kind of what stuck with me, and I think that became my money story; not

having enough.

K

Kathrin Zenkina 11:12

How old were you when you immigrated? Four or five. So, that's very young. So, based off of this, what made you decide to - you were talking about how you were kind of deciding, "Maybe I should be using this money that I do have, that I was able to accumulate, for something else. But instead, I'm putting it into this program where there's literally no proof as to what's going to come out of it." What was it? Did you have a spiritual connection? Was it something your higher-self said? Was it just something that you intuitively knew to do? Or was it something that maybe your cousin helped you make this decision? I'm so curious to hear what that thing was, because I have my thing and I talk about it all the time. It's a voice inside my head that told me to do it. I'm really curious to hear what your deciding factor was. How did you forego this, quote-unquote, certainty and security of using that money to pay for bills, or something like that, and instead you decided, "No, it's going to be this program."? I'm glad you asked this. Before I do anything, I always try to pray and ask God, "If this is for me, give me a sign." When I was talking to you about gathering all my credit cards, because I saw the ad or whatever I saw, I remember looking at one of my cards and not having enough money on it. When I looked at another card, I didn't have enough money on it either. It might have been three cards, but I remember the numbers across all cards being "333" or something like that. I remember looking it up, and I was just like, "This is confirmation." I can't remember what 333 means, but at the time, I was just like "This is it, because all the cards have exactly this amount for exactly what I need." That was kind of my confirmation. I thought that God was probably saying "Alright, this is it. This is for you." So, what happened after you invested in yourself? You don't have to go into the specific details because I know this was last year, so it might be hard to think of exact details, but through the course of - because it's been almost a year now - can you paint a picture of what happened since then? What does your life look like? Where do you live? As many details as you possibly can because I'm super curious what shifted for you because of the decision that you made. So, I no longer smell like mold from living in a basement. We actually have a really nice two-bedroom condo, but we're probably going to move again to buy a house because of the expansion. We're in the process of doing that, so that's a really huge investment that we're excited about. I started my private practice which takes money. And that's super exciting. And most of all, I think I have been able to really catch on to when I'm starting those negative habits, and then kind of shifting into a more positive space to have the money flowing. Immediately after doing the program, I remember getting checks in the mail from rebates and things like that, that I don't even recall submitting for. At some point - it was either December or January - I won \$1,000 for doing absolutely nothing. Honestly, I don't know how these things came. It just flows in. Who cares? Who cares of how or why?



Cia Wiggins 14:47

Yeah. And then even my husband - one of the biggest things is when I was doing RBA, I never told him because I felt like he would have thought I was insane for using the money to do something that didn't have a sure return. But even after that, I think he was picking up on some of my habits and the way I was talking about money. So, I used take what my mother would say, and I would say things like, "Well, we don't have enough money for this," or "We can't afford this." I then started saying more things like, "We're not going to do that right now. We're going to save that for a different time, because we're going to use our money to do something else." I just kind of reframed and changed the way I thought about money, and he started saying the same things, like "We can afford this, but we're going to pay for this a little later." I think that was a huge change for me, because I wanted him to be on board with motion that money is always infinite and enough for us. So, that was a huge change, even though it didn't happen directly to me. It was just something that I was super excited for him and proud of.



Kathrin Zenkina 15:15

And you also had a baby, right? The baby was born.



Cia Wiggins 15:59

Yes. I had a baby in January. That changed my life as well. In June, sitting downstairs in the basement on that couch, thinking, "How are we going to afford another baby?" Now, that's not even a thought. We're literally affording this baby. He is doing excellent. I can afford a nanny. It's just insane.



Kathrin Zenkina 16:25

That is incredible. And then you also had an internal transformation. In your transformation video, I remember watching it and you were talking about how much love you now have for yourself. Most people come into Rich Babe focusing on money, but what people find out once they sign up is that we go deeper than money. It's about being rich, wealthy, or whatever word you want to use in all aspects of your life. One of the biggest transformations that I personally love to see is when women finally feel worthy of desiring and having whatever it is that they want, and watching that self-love journey come about, first and foremost. Money is a byproduct of that - of you valuing yourself and feeling worthy of receiving the things that you want. Can you talk a bit more about that journey that you went on in terms of self-love? Any internal transformations that you had?



Cia Wiggins 16:27

Yes. So, to this day, on my phone screen, I still have my Money Manifesto that I look at every day, simply because it wasn't just about money for me; it was about me being kinder to myself. I was really hard on myself. I would beat myself up every time I would make a credit card purchase that I felt like I shouldn't have made. That is self-hate in a way. Through just the program, I felt like I was more so able to see why I did these things, and I see why I was trying to invest in myself in a way. It's part of my language - my love language. I love receiving things, and receiving things from myself was just a part of me saying to myself, "Cia, I love you." It was interesting just to see how I transformed from the self-hate and the hate-hate relationship that I had with money, to the love-love relationship I had with money and myself, just through throughout it all.



Kathrin Zenkina 17:25

That is so beautiful. Do you have any advice for people who are currently in your position where you were back in June? People who maybe have a hard time conceptualizing, "I don't know how I'm going to make this work. I don't know how this is possible. I feel stuck right now. A lot of fear, a lot of struggle at this moment. Right now, I know that my current location is not my final destination, but right now it really feels that way." Is there advice that you would have given your herself, back then in June? If so, what is it? And how can we translate that into advice that you would give to someone else struggling, or in that position as well who is struggling currently?



Cia Wiggins 19:12

Yeah, this is a good question. Looking back, I think I would have told myself that I deserve happiness. Happiness comes from within. Happiness isn't circumstantial. We create our happiness, and you do what you have to do in order to create happiness. So, if it's you maxing out a billion credit cards to uplevel yourself, then go ahead and do it. And only if you're in associates.



Kathrin Zenkina 19:42

You need to be in alignment with it, for sure.



Cia Wiggins 19:44

Right. One of the things that I always tell myself, too, is not just money, but everything is just energy. So, when you shift it, you shift as well. So, don't expect a change to happen

without you changing. I would tell myself that, too. In June, a change was happening, but I was thinking that my circumstances weren't going to change. But that's not the reality of the situation. Circumstances change because things are changing because energy is ever transforming.

K

Kathrin Zenkina 20:14

Amazing. Let's pretend for just a moment that, just like your cousin was telling you back then, let's say that your best friend or someone that you know and love is listening to this episode right now, and they're sitting on the fence thinking, "I know I have to do this, but it's really scary. Am I going to jump? Oh, no." And they're just going back and forth. What would you want him/her to know about RBA in order for them to take that leap off the fence, finally, and jump into working on their finances, their abundance, their prosperity, and money manifestation?

C

Cia Wiggins 20:56

Everything new in life is going to be an adjustment. It is going to be scary, and if it weren't scary, then it wouldn't be something new. Even though if you handle something new differently, it's still a new adjustment. So, going into RBA was scary, but that's just because it was something new. If I were speaking to a friend, I would definitely say to embrace it. Embrace that scared feeling that you have, and take it as a transition. But I think sometimes when we're moving through our emotions, we're going into different transitions in life. So, embrace it and know that you're going into RBA getting not just money skills. To me, I felt like I was gaining life skills. It was an opportunity in itself too. I was getting an opportunity to learn more about myself and to have an experience with others, since you're not just in the program by yourself. You're in the same boat as some other people that might be in the program. It's also an opportunity to build some relationships. I still talk to a lot of people that were in RBA too. Gaining relationships and the skills you need to move yourself out of that place of scarcity and lack, and into abundance, because that's what RBA provides. So, it's much more than just paying money to have someone talk at you, or do worksheets. It's an experience that you will have with you for a lifetime. These are skills that you're forever going to remember.

K

Kathrin Zenkina 22:25

So, you're saying it's more than just Kathrin blabbing at you?

C

Cia Wiggins 22:30

Yes, much more - although I loved it!

K

Kathrin Zenkina 22:36

Cia, oh my goodness. This has been so amazing. Where can we find you, and where can we hang out with you on the internet, and find out more about the million things that you described in the beginning of this episode that you do, and get to know you even better?

C

Cia Wiggins 22:51

So, for my private practice, if you're in Connecticut and you're listening, you can go to AssurgentHealing.com. I also do teletherapy in Florida. So, SergentHealing.com. For my content business, and you just want to hang out, or you want to just learn more about content for free, you can go to AchievHerPerfection.com. On Instagram, it's just @NearlyCia, because I nearly do everything in the world. So, that's me.

K

Kathrin Zenkina 23:21

Amazing. So, we're going to go ahead and link all that in the show notes. So, don't worry about mentally spelling it out. We'll spell it out for you. You guys can go and check out Cia and all the incredible things that she does. Cia, thank you so much for taking the time to come on here and share your story and your wisdom. I know it's going to inspire so many people who are in the same boat as you were before you got inside of this program. You are amazing. You're incredible. I hope you have an incredible day. And for you guys listening, I will talk to you soon. See 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.