

# Episode 185: Let's go DEEP into the spiritual realm with Mak...

Mon, 9/14 9:00PM 1:38:38

## SUMMARY KEYWORDS

people, ancestors, spiritual, experience, hierarchy, aspect, happen, soul, shaman, archangels, understand, consciousness, life, exist, questions, eat, spirit, talking, manifestation, essence

## SPEAKERS

Kathrin Zenkina, Makhosi Hefisah Nejeser

**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, 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 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 The Manifestation Babe Podcast. How are you doing? I hope amazing, as always. I am officially back in LA, back in my home office. I'm pretty much back to business as usual after just closing the biggest launch that Manifestation Babe has ever experienced, which is so exciting. I'm going to be doing a separate podcast episode on all the lessons that I learned while quantum leaping into a manifestation that I set for myself two years ago. The reason I bring up my launch in this intro right now is because today's guest has something to do with it. As you may already know, after the last podcast episode with Makhosi - which is episode #174 (if you haven't yet listened to part

one, I recommend you pause this right now, go back to part one, and then come back here). I hired her for an entire year for her 101 package of - I don't know what to call it. It's not necessarily coaching... is it shaman-ing? I don't know, but either way, so much spiritual growth has happened for me since then. I seriously feel like I have grown an entire lifetime in the span of just four weeks. I'm so excited to bring Makhosi back for even more questions. I've always wanted to ask the shaman about the spiritual world. In this episode, we get so deep and juicy. Oh my God. It is incredible. We talk quantum leaps, ancestors - we go really deep on that topic - spiritual hierarchy, the path that all of us souls go through, why people leave the new age and go back to religion, her thoughts on things like veganism, and what we should eat to be our most aligned selves, whether or not aliens exist - yes, we go there - the point of the entire reincarnation cycle, and so much more. I only got through, believe it or not, half my questions that I planned for this episode. I know it's already such a long episode, but stick with us because I, myself, was completely mind blown and speechless during so many parts of it. I heard things I've never heard before coming out of Makhosi's mouth, and they all made sense to me. But I had to pause and be like, "Wait a second. What did you just say?" So, I'm sure you're going to have a lot of moments like that. It is incredible. I know this episode will seriously lead you to wake up to a better understanding of who you really are, who you came here to be, and more importantly, why you're here. I don't want to spoil any more of it, so without further ado, let's dive into this epic conversation. And she is back! Welcome back Makhosi for part two of your spiritual interrogation. I seriously have so many more questions. In fact, I got my entire audience involved this time. So, we have questions for days. I don't know how far we're going to get into this but if you guys haven't listened to the first part of Makhosi being on the podcast, it's titled "Everything You Ever Wanted to Ask a Shaman." I think that this is going to be a continuation because there's so much more we can get into. I've had the pleasure of working with Makhosi one-on-one for the last month, and it's been incredible. I've been able to ask her a lot of questions for myself, and I'm just like, "Damn." She really needs a book. She needs her own podcast. There's so much wisdom within her. I am just so honored and grateful to have you on. How are you doing today?

M

Makhosi Hefisah Nejeser 05:09

I'm fabulous, and I'm super excited for the range of questions that I know we are about to get into - probably things that I've never even thought about. So, let's do it.

K

Kathrin Zenkina 05:22

Let's do it! Well, before we get into it, I just want to speak on - because this relates to a couple of questions that people have asked - but really, in the last month it's been such a

blessing, so much fun, and such a wild roller coaster working with you. So much has shifted for me, and I'm already - even a month ago, I think it's been a month now - in a completely different place. I have made an update, which I'll do a whole separate podcast about this, probably recorded tomorrow, about how I quantum fucking leaped in my launch since starting to work with you. It's been two years since I set the intention of manifesting a seven-figure launch. I've always had, according to my belief, the right strategy. The strategy wasn't there. I knew it wasn't about the strategy. It was always about the energy. I was doing everything. I was doing the being. I was trying to do the being, and nothing was breaking through, I would constantly hit amazing numbers - I'm not going to complain - between \$500,000 to \$600,000 launches. It wouldn't matter how often I would launch; it wouldn't matter when I would launch it. Nothing would matter. It would always hit that ceiling. I can almost guarantee that if I just open and then close my cart, it's going to be \$500,000 to \$600,000. All of a sudden, in the last week, since we closed our cart to the last Rich Babe Academy, we have closed with \$1.85 million, which is a three freaking X. It was just such an incredible - I don't want to say culmination, because we've only fuckin' started - but it was such a great culmination of something that I've put out into the universe for two years, have been stuck at, plateaued at, and then finally received it. From your perspective - because I have all my theories - can you share what shifted within me in the last month that you can see? Based off of that, how can people also experience a quantum leap in their life, when they feel like they've plateaued, or they feel stuck, or they feel like nothing has really accelerated? What can they do/be as well?

**M** Makhosi Hefisah Nejeser 05:49

Oh my gosh. So good. First, I have to say, congrats to you.

**K** Kathrin Zenkina 07:52

Thank you.

**M** Makhosi Hefisah Nejeser 07:53

It's absolutely incredible to go - I mean, you've already built an amazing business, but then to quantum leap. I knew that it was going to happen, but -

**K** Kathrin Zenkina 08:05

She knew! She was like, "I always knew you're going to get at least \$1.5 million," but she didn't tell me that until I think it was mid-cart, when I already surpassed a million.

M

Makhosi Hefisah Nejeser 08:16

Well, yeah, because if I would have told you, then it would have messed it up. So, this is one of the challenges with kind of seeing what's coming; is that we also have to learn restraint, patience, and not trying to be other people's savior. This is where the spiritual ego can really get in there and say, "I know this about you, and I see this in your future. Oh, aren't I so mystical, and cool?"

K

Kathrin Zenkina 08:46

Wait, if psychics tell you what's going to happen in the future, do they kind of ruin it energetically? They can.

M

Makhosi Hefisah Nejeser 08:51

They can.

K

Kathrin Zenkina 08:52

No way.

M

Makhosi Hefisah Nejeser 08:53

They could. Think about this, before we get into that. If I tell you, "You are going to 3X your launch," then you're like, "Oh, it's set in stone! I don't even have to think about who I am being, where I can shift, and what expansion is like for me because I've got this coming." Sometimes, it's not the same for every person. It really does depend on the type of person, the timing, the sequence of events, etc. Some people, if you tell them that at a certain time, then they may take a step that doesn't allow for that to unfold. Even a psychic, or even myself as I'm seeing what's coming, it's only just the most likely scenario. There are still scenarios - it's infinite possibilities. I'm just looking at what's most likely to happen. There's still the possibility that then you make a decision based off of what someone told you, that then makes you go and do this other thing that kind of hijacks the whole thing. So, there is a reason why whenever I work closely with someone, I try not to get too much into fortune telling.

K

Kathrin Zenkina 10:27

Yeah.

M

Makhosi Hefisah Nejeser 10:28

I try to really focus on what's going on in your life right now, what's popping up in real time; in your day-to-day life, what the challenges that you're experiencing are, where the growth opportunity in the now is, examining root causes so that we can then see where things need to shift, and allow everything to naturally unfold. So, that is actually one thing that people can take away from your quantum leap; to allow things to unfold as you go. So, I'm just looking back on maybe a year ago; you and I have talked, and you've even talked about it on your podcast, some of the events that you've been going through over the past year - various ceremonies, Kambo, etc., and all of those sorts of things. Well, if you get too attached to, "It has to happen this way," or "It has to happen at this time," or "It should have happened by now," instead of just holding that and knowing that it's going to happen; I'm calling in all of the things, so that I am really, fully prepared to hold that frequency of whatever it is that I'm calling in. So, those things that you went through had to unfold. Those perfect kind of synchronistic circumstances in that order had to come. Let's be real, Kathrin. Would you have been like, "Yes, I'm going to hire a shaman," maybe three years ago?

K

Kathrin Zenkina 12:21

No, I didn't know that this existed three years ago. Three years ago, plant medicine was a drug. I was like, "I'm never doing drugs." In fact, this is just a fun side story. When I was 16 years old, I was very rebellious, and I tried some hard drugs. I tried ecstasy, and my second time doing it, I thought I was going to die. I started hallucinating. It was totally laced with something not normal at all. With MDMA, you don't typically hallucinate. I started seeing clowns. I started blacking out. I started freaking out. I just remember creating this pact with God in that moment, saying, "God, please let me live, and I will never touch drugs again." And I literally did not touch anything until a year ago. My first time doing psychedelic mushrooms, I was terrified. The first hour is the greatest lesson I had to learn. The first hour, I was struggling with the fact that I could get punished for this, and that this is a drug, and I might die. I then had to learn what the difference between a drug and a plant medicine was, and I did that through ceremony. It wasn't like someone told me that; it was like the plants taught me themselves. Um, why did I bring this up? What did you just bring up?

M

Makhosi Hefisah Nejeser 13:42

We were talking about the sequence of events that had to occur in order for us to even connect.



Kathrin Zenkina 13:47

Yeah, yeah. Shamans, what is that, right? Plant medicine, what is that? It's just a drug. Yeah, I would have never predicted this.



Makhosi Hefisah Nejeser 13:57

And so, there are so many people that are going to be listening to this that are holding a desire. Their souls are desiring a certain experience, and then at the first sign of, quote-unquote, trouble, or at the first sign of challenge, they automatically assume, "Well, not for me. Must not be for me because if it was for me, then the universe would have would have just brought it in." Well, what if the universe is bringing in the circumstances that you need in order to expand into the next level? Certain things that we desire require a certain level of experience for us to hold it. It's like the difference between learning how to make a million dollars, versus a win from a lottery. There's a reason why people who win the lottery tend to lose it very quickly. They haven't developed the capacity to be the container for that level of experience. And so, the universe, if you're desiring certain things on a soul level, it's going to present you with the obstacles that are really the opportunity for you to expand your capacity.



Kathrin Zenkina 15:37

I just had a download.



Makhosi Hefisah Nejeser 15:39

Oh, what is it?



Kathrin Zenkina 15:40

My download is that it makes sense why I plateaued for so long, and why I finally quantum leaped. It is because that entire time, it was preparing me for having a team who could handle such a huge volume. If we had such a huge volume of students signing up two years ago, we would literally ruin the fucking experience for the students because we did not have the team, or I didn't have the energetic capacity to handle so many people on a live stream that are my students that paid me that I'm here to serve. Now, I've gotten used to having at least a couple of hundred students, and I can handle that energy. Now, I feel like I'm finally in a place where I can handle it. There's another reason why it was 1.85, and not 5 million. That's an energetic capacity that I think that we still need to grow into.

M Makhosi Hefisah Nejeser 16:30  
Right.

K Kathrin Zenkina 16:30  
Boom!

M Makhosi Hefisah Nejeser 16:32  
Boom, drop! So, we don't need to continue because everybody's got everything, right? No, but the other thing that I think is really important that I've seen in you, that's just such a great example, is alignment with your essence, and with your authentic self. Even though it's been - what, five weeks, maybe, that we've been working? Four or five weeks?

K Kathrin Zenkina 17:01  
Four to five, yeah.

M Makhosi Hefisah Nejeser 17:02  
Not very long, but some of those very seemingly small tweaks were in areas where you had let yourself be fully expressed. That little tweak of energy was what needed to come out in order to magnetize and call in what was for you. So, those conditioning thoughts, those conditioned beliefs, who we believe ourselves to be is limiting us, most of the time. So, as we go on and we start releasing those identities that don't serve us, and then just step into what is the next step. That was, I think, one of the big things you and I talked about. This next level you're going to has not been before. So, you cannot reverse strategize this identity here.

K Kathrin Zenkina 18:15  
I hate that word. I've always hated the word "reverse engineer," because yes, there's so much you can reverse engineer, but it's to a point, and especially when you are further along on your spiritual evolution, as Makhosi kept saying to me, "Kathrin, what you're creating, you haven't seen yet. You can't even imagine yet. It's so much more beyond. It's so unknown to you, that it's impossible to reverse engineer it, and you literally have to take it one step at a time. You have to trust just the next step. One step at a time, day by day." You gave me such a great perspective by saying, "Kathrin, your 10-year plan - screw that 10-year plan, because who you were at 17 years old. Can you imagine if you had

followed that plan? You would be fucking miserable." And it's so true, I would be so miserable if I followed that plan. So, it's literally just about letting it unfold. I do have a question about that, though. If you are just allowing things to unfold, let's say that you are in a very negative mindset. Let's say that you don't have very much awareness of how much power you have within you to create your dream reality. A lot of people aren't even aware of things like the law of attraction, or the manifestation principles. For them, do they have to do something before they allow it to unfold? Is the allowing it to unfold just creating more of that, quote-unquote, unwanted reality? What is the balance? Because I know a lot of people who are listening to this right now are people are aware of their thoughts and aware of their beliefs. So, to them it makes sense to just trust the path. But to someone who's unaware, there has to be more steps before that, right?

M

Makhosi Hefisah Nejeser 19:57

Yes and no. It really just depends on the person. I can most certainly take someone who isn't aware, and guide them step-by-step, without them having the whole strategy. There are some really great step-by-step methodologies and frameworks that do exist out there to help people tap into their power, at least. Once you have that, then you feel like you can surrender more into truly unfolding. Although a lot of people still have trouble with that aspect. But if somebody isn't even aware, focusing first on getting into the awareness stage that every obstacle has an opportunity within it. And so, that can also be a step-by-step, or day-by-day thing. For example, today was my first day of homeschooling my son, and I'm seeing so many other parents who are doing virtual school. And so, there's this whole group of people who are like, "How dare the school system do this to me? How dare the government do this to me? This is terrible, I can't do this and also work from home, etc." So, we don't have to sit and come up with a whole methodology of, "Okay, we're going to reverse engineer how you're going to get through to the end of the year." We don't even know what's going to be happening over the next month, three months, six months. But we can say, "Well, what's actually on your plate right now, today? And where's your power?" If your child has to be online at this time, what opportunity is there? Is there opportunity for you to maybe shift your work schedule? Is there opportunity for a grandparent to come in and assist, or a neighbor? Or is this an opportunity for you to explore your child not even being in school at all, like I did? I was like, "Oh, so this is what you guys are doing? Yeah, I don't want any part of that. I'm just going to do this myself." This is actually the easier way than sticking with that, and then there's a lot of opportunity for him and for myself. So, there are so many truths, right? There are so many ways and paths. I don't claim to have the only way or path. It is about each person utilizing discernment. I personally choose to believe that all of our higher selves are calling in exactly what we need. So, if somebody is really trapped in their logical brain and they're unaware, they probably are going to have something called into their life; maybe one of



the classic personal development books pops into their life that does have a methodology, and they start using that, and then another thing comes in, and so on and so forth. They then awaken to their own power, step by step.

K

Kathrin Zenkina 23:38

Speaking of multiple paths, there's a very juicy topic that I brought up to you. You gave me so much insight, and I would love to share this because people are starting to ask me this question. To give you guys some context as to where I'm going with this - I think Makhosi knows where I'm going because, again, she's a shaman, so she can probably read my thoughts. Right? Can you read my thoughts?

M

Makhosi Hefisah Nejeser 23:58

Not all the time!

K

Kathrin Zenkina 24:02

Okay, not all the time, but she can. Awesome. So, I was on YouTube once, maybe a couple of months ago, and I noticed a video pop up, which was about, "How I left the evil New Age thinking," or cult, or something like that - whatever they decided to call it - "and came back to Jesus," or "came back to Christianity." I thought, "This is interesting." I think clicked on it, maybe listened to the first minute, and was like, "I don't get it." So, I went back. And then, you know how the YouTube algorithm picks up things that you click on, and so more and more - and in fact even people I used to know - would show up. They've created videos like this. They were talking about how they are woken from this evil, New Age, demon-worshiping, law-of-attraction-is-evil kind of thinking, and came back to Jesus and Christianity. A lot of them were people who are going from organized religion - like Christianity - believing that Jesus is the Savior, to coming into the manifestation world, and then leaving that, and coming back into Christianity. I asked you, have you noticed? Is that a trend? Is that something that's happening? Or is it because my YouTube algorithm is just picking up these people that were already doing it? I just wanted to ask your opinion on this of what is going on. I also have people asking me, "Kathrin, is the law of attraction evil? Is manifestation evil? Are we actually speaking to the devil when we're talking to the universe?" There's just so much about this, and it really made me so curious to ask your perspective on it. To me, it just doesn't make any sense how it can be evil. I see the value on both sides, between New Age and Christianity. Also, seeing how when Jesus came about in his time, he was "New Age thinking" at that time. He was the New Age at that time. So, how can we create these labels? It just doesn't make any sense to me, but I really loved your perspective. Can you take this topic on?

M

**Makhosi Hefisah Nejeser 26:16**

Yes. Let's dive into it because it's a juicy one. After you sent that to me, I thought, "What is she talking about? Let me look this up." It took a couple of days because I was busy. And then I start scrolling, and I'm like, "Oh, this is good. This is fun." There is so much of these really interesting things that are coming out. Not just this one, but this time period is just bringing forward so much of the shadow out into the light, and so much of the potential darkness into the light. So, I think that number one, I have to be very clear: I am not anti-religion. I'm not. I'm also not anti-New Age. I'm not anti-tradition. I'm not anti anything, because the minute that you do that, you start to give it energy. You start to put focus on that. When people try to get me into, "Are you this, or this?" I'm like, "Actually, guys, I'm way out here. I just created my own little thing off here on its own. So, how about we get out of the box completely and live out here?" And so, if someone is still in either the New Age or the religious paradigm, I can see it, understand it, relate to it, and I'm not going to fight someone on whether they want to be either-or. But what we have is really interesting because we can get into a place of spiritual ego, where, number one, we want to be right. The ego aspect always wants to be right. Even if it means backtracking on yourself, that aspect of you wants to be right all of the time. So, when certain things come up and challenge the way that you've been thinking, most people will get into a place of retreat - like, "Oh, I don't want to actually look at this." There's been a lot of stuff coming forward about New Age spirituality that a lot of people don't want to look at. We want it to be perfect, but it's never going to be perfect. And so, sometimes it's easier to just say, "Oh, this is scary because I don't get it, and I don't fully understand it. Let's call it demon-worshipping, and I'm going to retreat back to this identity that, to me, feels safe because it's what I grew up in. It's what everyone around me is in." That is what I see happening on just a very surface level. We're in a very scary time. Most people are like, "I don't know what's happening in the world. I don't have control over anything." There's so much unknown, which PS, was always unknown. We never had the amount of control that we thought we had. That did not exist. But when you're faced with all these things happening, it is much easier to go into what you believe is comfortable, safe, secure, etc. We're doing what I told you, which could be -

K

**Kathrin Zenkina 30:18**

What's comfortable is whatever that's familiar to you, right?

M

**Makhosi Hefisah Nejeser 30:23**

Yes, yes. So, what I said to you about this specific topic was that a lot of people didn't actually shift. They didn't actually -



Kathrin Zenkina 30:36

This is a mic drop. Keep going. Oh my God, this one - Makhosi, this needs to be a fucking quote.



Makhosi Hefisah Nejeser 30:44

Yeah, and this is something that I've been seeing in New Age spirituality, but also in traditional spirituality. People trying to return to that, etc., where we try and carry the same paradigm and identity with us, but we put a different bow on it. But it's still the same. And so, what I told you was that - and I hope that people hear that I'm saying this with the most love, and that this is not an attack on anyone - but if you actually shift your identity as you are embracing a new paradigm, you can't go back. You can't return. This is as if you had a surgery that is a permanent surgery. Your identity shifting is hopefully expansive, and so you can't just go back to the way it was. If you really knew things, you can't forget them.



Kathrin Zenkina 32:00

I can't imagine going back how I was five to 10 years ago, but applied to right now. It's so funny because even the things that have happened in the last month with spirits that I've been seeing and stuff, I can't unsee that shit. I can't not believe in it anymore. It's just like I can't unsee the spiritual world. It's impossible because I've had such a huge identity shift. Just 2020 alone has been crazy. Even what I've learned in 2020, I can't imagine going back to 2019 and trying to apply it to this year. So, you're so right about that. If you actually had that shift, it would be impossible to go back.



Makhosi Hefisah Nejeser 32:47

Right. So, I think this is where you and I may have an understanding of beliefs that not everyone has. I know that you talk about this in your programs and the podcast, but I need people to really understand that it's not about what you think you believe. That's easy to change. That's easy to say, "Well, I believed this, and now I believe that." But your actual beliefs are how you see and experience reality. That's what your beliefs are, and they are not easy to just pinpoint. Anyone can just say, "I believe in the law of attraction." But that's very different from having the experience of, "I did this, and then this happened, and then this happened." That's a very different thing. That is where embodiment comes in. So many people miss that practical application, expansion, and integration piece where whatever you are reading, watching, receiving guidance on literally becomes who you are. So, this is actually a problem that's really rampant in the spiritual and personal

development communities, and the world at large. We're in an information age. Everyone thinks they want to learn more stuff. Well, I don't care how many hours you spend learning stuff. If you can't figure out how to take that little piece of knowledge and become it, and make it wisdom, then it's done nothing for you. That's where I live. That is what I care about. I don't care about putting out the most amazing, crazy, "Oh my gosh, that's such a wild thought!" I don't care about any of that. I care about, "How do we take this, and then put it in your life?"

K

Kathrin Zenkina 35:22

That's such a powerful distinction because it's very much alive in manifestation. There are all these concepts, and then there's making it a way of life. You could have a thought of, "I desire that," but then you can also have that desire. The wanting, versus the having is a completely different universe. It's when you embody that energy of having an actual experience in your life where you can't unthink that, go back, or undo it. I had that thought, I became it, and then it's here in my reality. How do I just go back, pretending that manifestation isn't real? But if you just keep it as this thing that's very much just a mindset, or a way of thinking, without actually allowing it to integrate on a subconscious level, it's always going to be just a concept. "Oh yeah, the law of attraction. So cool. Let's law of attraction it up in here, and then never experience it." You're never actually going to believe it on a subconscious level. So, I love that distinction. Speaking of distinctions, I brought up new age, versus religion, then you also brought up traditional spirituality. My perspective was always that new age was like taking ancient wisdom, and modernizing it. But is it different? Is there a whole other thing? What's the difference between the two?

M

Makhosi Hefisah Nejeser 36:46

Oh, such a good question. So, that is what New Age spirituality tries to do. That's what it tries to do, but the challenge in that, that most people don't recognize is that in order to build, you have to destroy first. Destructiveness is a part of creation. You don't create without destroying something. So, when you're moving from religious thinking, or the western paradigm, which is a mindset that is very destructive on a very subconscious level - people have no idea that's what they're operating from. So, in order to then shift into spirituality, ideally what would happen is that you have some destruction of your paradigm.

K

Kathrin Zenkina 38:00

Yeah, which is scary for a lot of people.

M

**Makhosi Hefisah Nejeser** 38:02

Oh, it's so scary. Like, "Wait a minute, I'm going to be out here in limbo, and have no idea what my frame of reference is?" The ego hates that! The ego hates not knowing something. So, it has to be this step-by-step process because as soon as you destroy, you create this vacuum, and something's going to come in. Something has to come in to fill that space because there is no empty space in the universe. Even I'm sitting in this room right now, between this wall and that wall, there's a lot of stuff happening. There's a lot that's happening there. Even on just a scientific level, there are different molecules floating, and maybe some skin cells, dust, and so on. There's a lot happening between this space and this wall. So, the challenge that I see is that most people don't go through any sort of deconditioning process. They have this experience of being in a certain paradigm and a certain way of thought, and then try and step into spirituality and view ancient wisdom from outside. You're not operating from the same paradigm.

K

**Kathrin Zenkina** 39:29

It's like a layer. You're just adding a layer. You're just adding another framework over a framework that you already have.

M

**Makhosi Hefisah Nejeser** 39:36

Yes. So, we have to actually destroy the walls, bring it down to the studs, and then put something in place there. Ideally, if you want to understand ancient wisdom, you're going to have to learn how to be in the paradigm of ancient wisdom, which means you have to go through this very uncomfortable process of challenging everything that you thought you knew. And also, not trying to shift into observer from the very direct way of going about things. When we go about things very directly, we are more likely just to hear an answer that fits within what we desire to hear, not actually seeing everything that's there.

K

**Kathrin Zenkina** 40:45

Are there any specifics, in terms of differences between New Age and ancient wisdom that you can share? For example, in new age, they say this, or they believe this, or this is how things apparently work; versus the ancient spirituality, or the Traditional spirituality is actually this way. Can you think of anything off the top of your head?

M

**Makhosi Hefisah Nejeser** 41:06

Oh my Gosh. Off the top of my head, the main one is the concept of archangels. That one

is really interesting because most people are comfortable with the word "Angel." And so, they then go from religion, and then, "Oh, okay, now I'm over here," and so this is what an archangel is. The challenge with that is that you're expecting an angel to be similar to what you read in the Bible, or what you are taught.

K

Kathrin Zenkina 41:41

I see. It's like using a lot of the biblical references but in a different - it's like the same box. Same labels, slightly different box, but not actually. I remember you saying, "Whatever you think that entity or spirit is, if you think it's a demon, it's going to show up as a demon. If you think it's an angel, it's going to show up as an angel. But if you're open to 'It could be anything,' then it's going to show up how it's supposed to show up."

M

Makhosi Hefisah Nejeser 42:09

Yes.

K

Kathrin Zenkina 42:10

That makes so much sense. Can you talk about the Spiritual Hierarchy? I know it's a topic that you want to talk about. Speaking of archangels, I mean, I don't even know what specifically you want to say on Spiritual Hierarchy, but I know that one thing for sure that I never resonated with was archangels. For some reason, I've never called on an archangel, I've never resonated with one, and I never felt called to learn about archangels. There are certain concepts that I hear other people using. It's very new age-y. "We're going to call on Archangel Michael right now to do this, and to do that." For me, it's like, "Let's just skip that part and just call on something else, or call on our higher selves, or call on the universe." I don't even know where I'm going with that question, but can you speak on the Spiritual Hierarchy please?

M

Makhosi Hefisah Nejeser 42:54

Yes. And I do want to make sure before we go into that, that I'm very clear. It's not that the consciousness that people perceive as archangels does not exist. That is not what I mean at all. It's that these consciousnesses, and these conscious beings, or light beings, etc., don't have a body. They don't have a body. So, there is a lens through which they have to go through in order to communicate certain things to us. So, the more open we are to the full experience of them, whatever that means, without trying to put labels on it, without putting meaning on it, we are more likely to have the full knowing of what that being is.



Kathrin Zenkina 43:47

Which is scary because I had an experience in Sedona that I immediately boxed, Makhosi. I was like, "Am I ever going to get used to this?" I had a spirit, or something knock on my bedside table and open a door. I was just watching it happen right in front of me. I immediately went into panic mode because I immediately labeled it through my own conditioning. I know I have a lot of deconditioning here to do. I just labeled it as a bad spirit. "I have to get rid of it. I have to send it away." And that's exactly what I did, Makhosi. The next day was like, "Kathrin, did you ask how you can help it?" I was like, "Are you fucking kidding me? That is the last thing on my mind for me to ever ask how I can help it." That was just revolutionary for me, all on its own. I realized, wow, I am so quick to attach a label based off of my conditioning. I'm so quick to say, "This is bad," or "This is good," when I'm not even open to the full expression of what it could be.



Makhosi Hefisah Nejeser 44:51

Right. And by the way, you had disturbed it -



Kathrin Zenkina 45:00

With my presence?



Makhosi Hefisah Nejeser 45:02

With your presence, but it wasn't even a bad entity or anything; it was just - we could call this a mountain spirit, or a mountain entity. That's what we'll call it. So yeah, that one wasn't even that bad. So, Spiritual Hierarchy. This is also a piece that I do see that's missing in New Age spirituality, and that is because it's demonized in religion. Most people just crossover. I don't want to over-glorify Indigenous, aka traditional spirituality. Even using the word tradition - I know I said it before - sometimes can be a hard word to us because people think of religion as being the tradition, which it's not. When I'm saying tradition, I'm talking about these practices, and this ancient wisdom that's existed for tens of thousands of years. This paradigm. So, kind of in that common thread that exists in all of them is that there is an order to the universe. We look at the universe, and we see that there's this incredible harmony that exists; that this planet somehow manages to keep spinning around a huge fiery ball, and not crash into it. At the same time, it has another ball that's going around it, called a moon, and none of them are just colliding at every other turn. So, we just see that there is this order. There is this harmony that exists. And so, because of that, there is a hierarchy. Now, because of what's happened in the past couple thousand years, in the West we have a really touchy relationship with hierarchy - with just

the word. We believe that with power, there's corruption. With power, there's misuse of each other, etc. Not to say that doesn't exist, because it does in some places and some areas, but it doesn't mean that. It doesn't have to be that. What it is, is that it's a hierarchy of responsibility. Just like on the physical plane, there's a hierarchy of responsibility, and with great power comes great responsibility. So, we see this in the spiritual plane as well. Our Indigenous spiritual, or ancient spiritual - let's use that. Our ancient spiritual systems which still exist for the most part had ancestors - ancestral reverence - as the cornerstone of the spiritual system. There are a few reasons for that. One, is the reverence of self, and the honoring of self. When you have the shamans, priestesses, and priests kind of knew, if you honor yourself, you then honor others. Pretty simple, right? And so, there was this number one understanding that, first and foremost, you have your head; your own essence; your own higher self as your guide. This could also be the reincarnation of a family member. You then also have a connection with what we would call ancestors. Now, your ancestors are elevated spirits. So, a lot of people get murky there because they think everyone who died before them in their family is automatically falling into that category. You do have ancestors. This is where English gets really difficult and it would be better if we were using an ancient language because we have different words for these in different systems. You have different understanding of dead relatives, meaning people who passed on, either through accidents or incidents, or who weren't great people when they lived and carried all of this heavy karma. And then you have elevated ancestors, who lived many times, achieved a certain level of spiritual purity within themselves, and then they become guides for their descendants.

K

Kathrin Zenkina 50:21

That makes sense. I thought that it's every single person that's died before you that becomes your ancestor. I was just like, "How many of them are you?" It must be millions! But that makes sense. I want to go deeper into ancestors whenever you're ready for that, whether it's now, or you want to finish the Spiritual Hierarchy thing, but a lot of people came with ancestor questions. So, super quick, how do you become an elevated ancestor? Also, are you past reincarnation? Because there's ancestors - like let's say your grandparents died, and then they also have their reincarnation into their next lifetime. They're not going to become your ancestor because they're back on Earth. How does this work?

M

Makhosi Hefisah Nejeser 51:12

I love this. We can go ahead and dive into this because in the spiritual, quote-unquote, hierarchy, our ancient systems saw the ancestors - which also include you - as the most important for a person to be stable. They're in your DNA. Their consciousness is in your



DNA. So, this is a complex topic, and I love diving into it. On one level, yes, everyone who dies before you that was in your family is an ancestor, but that's not who we're calling on. There are processes, etc., to resolve ancestors who have passed on, but were not elevated. In our ancient systems, it was just kind of a given that when somebody would pass on, they went through a spiritual process to assist them on the other side. This is why you see mummification, spiritual cleansing, etc. when someone passed. So, if we understand that their consciousness is with us all the time in our DNA, you don't want to have separation from your ancestors, number one, because that's creating separation and division within yourself. But you also don't want to be carrying around the energetic influence of chaotic ancestors, or chaotic dead relatives, rather.

**K** Kathrin Zenkina 53:07  
The racist uncles.

**M** Makhosi Hefisah Nejeser 53:09  
We all had'em! Everybody's had one that's just either been racist, or did some really awful stuff. We're all humans. And so, there becomes this kind of relationship where we feel a responsibility to uplift those who have passed on because if they haven't been elevated, and if they haven't moved on, all they can really do is influence us with that, quote-unquote, bad karma, or that negative influence because that's what they're living in. That's the consciousness.

**K** Kathrin Zenkina 53:54  
So, they're not around us. They're through us.

**M** Makhosi Hefisah Nejeser 53:58  
Right. Actually, it can be both, and. So, you have them there. People say, "I don't believe in ancestors." Oh, so you don't believe in yourself?

**K** Kathrin Zenkina 54:12  
Where do we find a separation between, "This is the expression of my soul, my higher self, and my consciousness," versus, "This is grandma coming through?"

- M** Makhosi Hefisah Nejeser 54:23  
Yeah, where do you find that?
- K** Kathrin Zenkina 54:25  
I'm so confused right now. That is just shattering my box right now. I have no words.
- M** Makhosi Hefisah Nejeser 54:34  
So, this is why we have to move into both-and consciousness.
- K** Kathrin Zenkina 54:37  
Yeah.
- M** Makhosi Hefisah Nejeser 54:39  
This is also why the spiritual hierarchy is so important to understand. There is a very thin line between what is you, and what is your ancestors.
- K** Kathrin Zenkina 54:51  
What?
- M** Makhosi Hefisah Nejeser 54:52  
Very, very thin line. Where do they begin, and where do they end?
- K** Kathrin Zenkina 54:58  
So, who's talking to you, Makhosi?
- M** Makhosi Hefisah Nejeser 55:04  
Typically, we would see that there's one ancestor who is very close to you. If you understand reincarnation, and let's say it was your Great Grandma Jean or whatever, and she is the closest to you. Well, it's the consciousness of that life, that she had many before.



Kathrin Zenkina 55:35

Wait, can you be your own ancestor based off of past lives?



Makhosi Hefisah Nejeser 55:38

You are your own ancestor.



Kathrin Zenkina 55:40

What the fuck? Okay.



Makhosi Hefisah Nejeser 55:44

You're your own ancestor! This is why we had ancestor reference.



Kathrin Zenkina 55:51

And that's so interesting that we just don't have that in the Western world, and no wonder we all feel so separate. We all feel so chaotic, confused, and lost.



Makhosi Hefisah Nejeser 56:04

Yes. This is also why you see such a rise right now in people seeking their ancestry. Everyone is being driven towards that because it's such a pivotal piece of spirituality. It's so pivotal to your wholeness, because there is really no separation between you and your ancestors. There's no part of you right now, Kathrin, besides the experiences that you've had in this life. There's no separation that's just you, even if your sole essence is.



Kathrin Zenkina 56:52

So, you said it's elevated ancestors, but you can also have the chaotic ancestors come through. How do you get rid of the chaotic ones?



Makhosi Hefisah Nejeser 56:59

You don't get rid of them.



Kathrin Zenkina 57:00

Okay, so it's like the ego. You don't get rid of the ego.

M

Makhosi Hefisah Nejeser 57:04

No, you bring it in. You heal because it's an aspect of you. That's where that paradigm around the destructive mindset - the destructive paradigm is like, "Anything that's bad, I want nothing to do with." Especially if you're a lightworker, oh no, honey. You bring in and bring light to the darkness. So, those, quote-unquote, bad ancestors, if you repel them, "I'm ashamed of them. They were bad people. I don't want anything to do with them," - yet you're walking around with their DNA. Even science is telling us, finally, that their experiences are remembered in your DNA.

K

Kathrin Zenkina 57:58

That's so true.

M

Makhosi Hefisah Nejeser 58:00

So, you then become blind to where that aspect of them is showing up in you.

K

Kathrin Zenkina 58:07

What? Okay, so how do we embrace the racist uncle expressing himself through us, or the murderer, or the molester? The ancestors that didn't do great things, how does that express through us? Do we necessarily have similar - I don't know what to ask because my mind is so blown. Do we have to heal that karma for them?

M

Makhosi Hefisah Nejeser 58:33

You heal it within yourself.

K

Kathrin Zenkina 58:36

And how do you know what karma to heal within yourself, and how do you heal that?

M

Makhosi Hefisah Nejeser 58:40

This is why we approach things on a step-by-step, day-by-day basis, and look what is coming into your life. If you understand law of attraction, you're going to be pulling that

in, and there's an aspect of you that you don't even know. That's pulling in things. So, you may be looking and wonder, "Wait a minute, why is this popping up for me?" Or "Why am I seeing this in the world?" Anything that you can see outside of yourself is a reflection of something inside. It doesn't mean you are your racist uncle. Because he was a human - he had a certain experience, he had a name, etc. - but there's an aspect of him that is within you that you can see outside. And so, then you go into reflection of, "How am I affecting, or being affected by this thing that I'm seeing in the world?"

**K** Kathrin Zenkina 59:47  
So, our aspect ancestors. This aspect of me, is that an ancestor that creates the aspect?

**M** Makhosi Hefisah Nejeser 59:55  
Okay, let's talk about reincarnation. This will help you understand this.

**K** Kathrin Zenkina 59:58  
Okay, that was one of my questions, so go for it.

**M** Makhosi Hefisah Nejeser 1:00:01  
Okay, good. So, if you understand reincarnation; let's say that your soul returns 1,000 times. Each one of those times, it had a life. It had a gender. It wasn't always female; it could have been male. It wasn't always the same complexion; it probably wasn't. It had different experiences. It had different names. So, when I'm saying "aspect," what I'm talking about is an experience that is not the fullness of that essence.

**K** Kathrin Zenkina 1:00:50  
Of the whole.

**M** Makhosi Hefisah Nejeser 1:00:51  
Of the whole.

**K** Kathrin Zenkina 1:00:52  
So, it's like all thousand lifetimes together is a whole.

M

Makhosi Hefisah Nejeser 1:00:56

Right. So, if I'm looking at, let's say, a Goddess, especially in Hinduism. Hinduism does a really great job of talking about aspects, or avatars. Reincarnations of; embodiments of. They're all different. You can have one God, and he appears and has different experiences in different bodies, different names, different genders, different paths. In some systems, they will even call them paths of one essence, and you have all these different avatars. Well, it's a similar thing for your soul, or for your ancestor's soul. They had many different experiences. So, this is not a very simple thing; you have to really decondition around time, first to fully feel the impact of that, and fully get that. The illusion of time is what makes it hard to understand.

K

Kathrin Zenkina 1:02:21

It's clearly so multi-dimensional. There's so much happening at once that we can't even fathom it. I can't even fathom what's going on right now. Just knowing the different experiences, the aspects, and ancestors. Who the fuck am I? This is amazing. I don't even know what's going through your guys' minds right now, but my mind is blown. Keep going.

M

Makhosi Hefisah Nejeser 1:02:45

So, if you understand all of that, when we're calling on an ancestor, we aren't calling on that one aspect that was shitty racist uncle. We're not just calling on that aspect; we are also calling on the aspect when he was a great knight, and when he was a street cleaner, and a woman who died in childbirth. That's what we're calling on. We're calling on the essence of that; not the human experience of that ancestor.

K

Kathrin Zenkina 1:03:34

So, I would see - and just confirm this for me - that the essence is the elevated ancestor, versus the more human experience, that can be chaotic, the less elevated.

M

Makhosi Hefisah Nejeser 1:03:52

Yes and no. The elevated ancestor has had multiple experiences, and gone through. So, when we have a baby soul, a baby soul essence, or a baby essence - I just like to say that because it's cute. We would see that a baby essence, quote-unquote, break off from source, and then they descend down into a lower and lower vibration, until they can become dense. This plane is farther away from source, but it's also still included in that. It's not separate, but in order for us to see ourselves as source, we have to have this

separation. No one can see the movements that I'm doing right now, but you guys imagine it. So, there's still kind of this tether, but that is the essence that is farthest from source. And so, these cute little baby souls are here to experience the most basic of humaneness. Overtime, through different lives as they gain experience, they rise in vibration, and they learn and learn, and they have more experience. As that's happening, their vibration is rising, until eventually, they become what we would call "elevated ancestors" when they transition. Those can still return through our children. So, our children are our ancestors.

**K** Kathrin Zenkina 1:05:47  
Wait, what? Our children are ancestors?

**M** Makhosi Hefisah Nejeser 1:05:50  
Our children are our ancestors.

**K** Kathrin Zenkina 1:05:54  
Okay, I get it.

**M** Makhosi Hefisah Nejeser 1:05:56  
That's why we get the term "old souls" with children because that's what they are. Not all of them. So, you have some that are coming and they're rising in their quality and their spiritual purity. We're not talking about, "Oh, they never had sex." We're talking about their mastery over their animalistic nature; over their ego aspect. So then maybe they pass on, they become an elevated ancestor, and they're assisting their descendants. Occasionally, they're coming back and they're having more and more experiences. Eventually, they've had such a level of experience, that they then break free from the reincarnation cycle, and are no longer are required to return.

**K** Kathrin Zenkina 1:06:50  
So, what happens next if you're past the reincarnation cycle?

**M** Makhosi Hefisah Nejeser 1:06:55  
Well, then there's another level of experience. Now you're an elevated ancestor, and so you're still interacting down here. There's a level of other experiences that you're having

that are now more about the harmony in the universe; more about having those types of experiences and connections with - let's call it your entity; the group of souls that you are connected to. And some return because it could get boring doing the same old thing. And so, you're like, "Hey, I want to go down there, hang out, have these experiences, and show up." And then you continue to have those experiences through guiding your descendants, and interacting with this level. There's higher and higher and higher, until eventually you reunite with source.

**K** Kathrin Zenkina 1:08:06  
And then what?

**M** Makhosi Hefisah Nejeser 1:08:08  
And then you start all over again!

**K** Kathrin Zenkina 1:08:10  
Do you really? So, then you become a baby soul all over again?

**M** Makhosi Hefisah Nejeser 1:08:14  
Well, you could but by then, you're probably a different aspect. Now, that part, that's something so beyond our thinking. Of course, what I'm even saying is so simplified. There are aspects where you eventually become an Ascended Master, and then you become a god or goddess in your own right, and then more and more, you're becoming less dense and less rigid with fewer boundaries between you. You become more conceptual rather than solid. You're moving away from being matter, but becoming even higher vibration in that process.

**K** Kathrin Zenkina 1:09:16  
You know how you said, your kids are going to be your ancestors? I'm curious; can an old soul give birth to a new soul?

**M** Makhosi Hefisah Nejeser 1:09:28  
Yes.



K Kathrin Zenkina 1:09:30  
But then are those just ancestors coming from source, back into baby souls?

M Makhosi Hefisah Nejeser 1:09:36  
Yes.

K Kathrin Zenkina 1:09:37  
Interesting.

M Makhosi Hefisah Nejeser 1:09:38  
And a new soul can birth an old one on a physical plane, because you're just being a portal. You're a portal that's allowing them to come through. Now, this is not a hard and fast thing. I should also let people know that there is complexity to this. So, in some of our ancient systems, there is this knowing that number one, you can be a portal for souls that are not in your lineage. Jesus would be a great example of that, probably one of the most extreme examples because apparently, she was a virgin, quote-unquote. But that is a perfect example of how that can happen. Also, we have this understanding as well that you can give birth to souls that are not part of your lineage; that may even just be wandering.

K Kathrin Zenkina 1:10:42  
Wandering...

M Makhosi Hefisah Nejeser 1:10:44  
Like a ghost, or a wandering spirit that's still close.

K Kathrin Zenkina 1:10:48  
You can give birth to a ghost? What?

M Makhosi Hefisah Nejeser 1:10:51  
Because it's the spirit.



Kathrin Zenkina 1:10:55

Makhosi, can we make sure I don't give birth to a ghost?



Makhosi Hefisah Nejeser 1:10:59

Listen, there are certain things that you just want to make sure you have in place. I don't recommend having sex in a haunted house. Probably not a good idea to do it in a corn maze.



Kathrin Zenkina 1:11:13

What if you don't know it's haunted? Does intention matter here?



Makhosi Hefisah Nejeser 1:11:19

So, what really matters; intention does kind of play a role, but it's more about designated spaces. So, that's a whole other talk. We could do a whole course on these kind of very foundational things, but typically, just like you would have a sacred space for prayer, or a sacred space for your connection with spirit, you have a designated space to poop and pee. You have a designated space to eat your food. You have a designated space to get busy and sleep. You see? And so, having those spaces creates energetic boundaries that are really important.



Kathrin Zenkina 1:12:14

Okay. I know there's a part three coming. So, let me just dive in as quickly as we can into some of the questions that I know I want to be part of this podcast. If you're down for it. I mean, come in as often as you like, because I'm so fascinated. This is so incredible, and I know that so many of you are enjoying this because of the feedback that we got for the last one. I know that we're going way deeper with this one, so I'm so excited to see the feedback. Can we talk about - super quick, or as long as you want to go, I don't care. I don't care anymore. A lot of people want to know what you eat, Makhosi. I know you're passionate about this topic in terms of people thinking that veganism is the way to spirituality, and I know that I had a lot of backlash. This hasn't happened in a long time, actually. Maybe when I first started Manifestation Babe in the first two years. This is probably why I don't post my food as much anymore because it got so annoying. I would post, "I'm out to dinner," and there'd be a steak on my plate, or I would be eating a burger or chicken. It's very evident that I'm eating meat. I would literally get people messaging me saying, "Kathrin, if you go plant-based, you would be a better manifester. If you would

just go vegan, you would be a better manifester." I understand the ethical side of veganism, which is so beautiful. Honestly, it's so admirable. Also, for myself, being a meat/animal eater, I make sure that the source that my meat comes from is as ethical and pure as possible, and making sure the animals are treated as best as possible until they are killed for our consumption. So, there's a lot in that, but let's just keep the ethics aside for a moment. In terms of, "I'm a better channel if I go vegan, or "I'm a better channel if I'm plant-based," or "It's cleaner," or "Your intuition is stronger if you're vegan." Can you speak on that? Because I know where you're going to go with this, and I just want more people to hear this, especially people who might feel guilty for eating animal products as spiritual people.

M

Makhosi Hefisah Nejeser 1:14:34

Yes. Okay. I'm just going to leave a little something here. Plants have consciousness.

K

Kathrin Zenkina 1:14:42

They do.

M

Makhosi Hefisah Nejeser 1:14:47

Nature is conscious. It has spirit. So, there are a lot of people who like to believe that if they eat plants, they're not eating a conscious being. Plants have spirits. Plants will communicate. It's a different type of communication, but they will. The earth; if you go and you eat some dirt -

K

Kathrin Zenkina 1:15:16

Did you have to do that in your initiation? Is that like an initiation thing?

M

Makhosi Hefisah Nejeser 1:15:20

I did not have to eat dirt. That's one of the few things. I didn't have to eat dirt, but I did have to put various medicines in my body. Various herbs went in my body and various animal products. Various aspects of animals went into the making of this. And so, I understand, in general, the ethical aspects. Part of that is coming because we are not, as a collective here in the West, operating from a conscious perspective. We don't honor our meat. There's no honoring of the animals who sacrifice their life in order for us to live. We don't honor the plants who sacrifice their lives for us.

K Kathrin Zenkina 1:16:23  
That's never talked about. I never hear that brought up, ever.

M Makhosi Hefisah Nejeser 1:16:26  
No. I don't even hear - and I have some great vegan friends, and I'm not saying that being vegan is bad, or anything like that. So, I don't want anyone to run off with that. But there's not an honoring of those things, which then makes us believe that we are separate from them. We feel that is them; this is me. And so, we had these practices of really holding consciousness, awareness, honor, and reverence for what goes into then becoming us. Because you eat some corn, that Spirit then is in you, and becomes you.

K Kathrin Zenkina 1:17:19  
What?

M Makhosi Hefisah Nejeser 1:17:21  
Think about that!

K Kathrin Zenkina 1:17:23  
Spirits are in me, Makhosi.

M Makhosi Hefisah Nejeser 1:17:24  
There are a lot of spirits. There are a lot of aspects that are making you, all the time. So, that's why when I'm doing ceremony, you're going to hear me call on lots of different - I'm going to call on the spirits of the mountains, I'm going to call on the spirits of the water, I'm going to call on the fire, because all of that is coming together to make you, and now I'm going to honor that. So, that's the piece that I think no one's talking about. That aspect of what's going into our body. Even water has consciousness. If you speak to it, you can program it. You can communicate with it; have communion with the water that then becomes your body. Whole different way of being.

K Kathrin Zenkina 1:18:20  
So, should we talk to our food, Makhosi, before we eat?

M

Makhosi Hefisah Nejeser 1:18:24

You can. People pray before they eat. I think that's great, or at least with your water, or at least holding some consciousness around what went into making this meal, and all of that energy in existence that had to move in order for you to be sustained, and honoring that. Now, as it relates to your spiritual being. There's so much to this because some of us had ancestors. So, we just talked about ancestors; we have to pull ancestors back in. Because this is who you are. It's in your DNA. And so, what you will find is that your body will need certain things based on what your ancestors were eating, because now it's become you. And so, I have seen people get very ill; they're missing certain things; having certain problems because they are so adamant against not doing anything their ancestors did, or not going to eat meat, or whatever. Now, there are some instances where we're eating things that don't sit well with our bodies. This is where intuition is really important. If you're not going to go on this certain path that then reveals your taboos to you, but really listening to your body to guide you to eating this. "Don't eat this, eat this, etc." But the whole blanket statement that if you eat meat, you are not spiritual -

K

Kathrin Zenkina 1:20:25

It's the conditioning again.

M

Makhosi Hefisah Nejeser 1:20:27

It is.

K

Kathrin Zenkina 1:20:27

It's putting spirituality into the box.

M

Makhosi Hefisah Nejeser 1:20:31

Yeah, it is.

K

Kathrin Zenkina 1:20:33

Wow, okay. So, are cravings, then, something that your ancestor wants?

M

Makhosi Hefisah Nejeser 1:20:40

Now, this is also where consciousness really just plays a role. So many of us are having

cravings because we haven't developed mastery over ourselves, or we have a hole that we're trying to fill with Twinkies.

**K** Kathrin Zenkina 1:21:02  
And it's not the ancestors.

**M** Makhosi Hefisah Nejeser 1:21:04  
That's not ancestors! I do have occasions, whereas I'm communicating with ancestors, there are certain things that they need the energy of. And so, that does happen, but I highly recommend everyone first focus on healing themselves. As you begin to heal, you just notice that a lot of those things that you thought you, quote-unquote, needed; if your body is saying, "I need this," and you can't help yourself, or you have to really fight to resist it, there's an issue there. There's something that needs healing there, that's causing you to then be overly-attached to XYZ.

**K** Kathrin Zenkina 1:22:02  
Got it.

**M** Makhosi Hefisah Nejeser 1:22:03  
So, there's a fine line. Really learning how to tell the difference between your ego and your intuition is super critical to telling the difference there.

**K** Kathrin Zenkina 1:22:15  
There's a question that came up a lot that I just want to make sure we cover. Because we keep interweaving ancestors into this whole conversation, a lot of people are asking, "How do I communicate with them?" If they are you, is it just communicating to yourself? Is it listening to your intuition? Is your intuition your ancestors guiding you and telling you certain things like "Do this, don't do this," or whatever? Or is that separate? Or can people call on a specific grandma to come through? How does this communication element work?

**M** Makhosi Hefisah Nejeser 1:22:51  
Yeah. So, this kind of, again, goes back to the Spiritual Hierarchy. So, we have this spirit gang - Spirit Squad - which includes your higher-self, but then it also includes ancestors.

They, as a team, ideally, if you've been healing and have been really connecting with spirit, etc., that is where your intuition is coming from. That is why we will even feel it in various aspects of the body. Someone who's really knowledgeable can also identify who's coming through based on certain areas of your body where you're experiencing it. For example, if I feel something in my right shoulder as I'm doing a certain thing, I will know, "Okay, this is a father because it's having to do with my shoulders, it's coming on my right side, and this is my masculine side." We can tell a lot through the sensations in our bodies, that is that communication from the - I wouldn't say that it's just one communicating. Your higher-self is essentially your most important aspect, but there's also interaction happening, there. So, it's more of a collective guidance; a collective type of support, or this little voice that says, "Blah, blah blah." Some people may smell their great-Auntie's perfume, and then that lets them know; or you hear a voice that was your great-great-papa or whatever, I don't know. So country.

K

Kathrin Zenkina 1:24:55

Okay, that makes sense. Is there anything else that you want to add on ancestors before we wrap up with our very last topic?

M

Makhosi Hefisah Nejeser 1:25:03

Oh my gosh.

K

Kathrin Zenkina 1:25:04

I know there's like a lot to say, but if there's anything that feels incomplete that you just want to clarify, or anything like that. I think ancestors has been the biggest topic that's come up in the Q&A.

M

Makhosi Hefisah Nejeser 1:25:14

Yeah, I'm getting so many questions too around ancestors. Everyone's really into uncovering that aspect. I think the only thing that I really have to say is kind of reiterating people understanding the difference between the ego and the essence of a human being. If you can understand the difference between those two in your being, then you can begin to really see that in the people that have gone before you. I do also get this question around; if I'm adopted, or I don't know an ancestor -

K Kathrin Zenkina 1:25:55  
Yeah, that came up.

M Makhosi Hefisah Nejeser 1:25:56  
Yeah. So, I do get that question a lot, too. If you have this experience, they're still in you. Even if you were adopted, that's okay. You can still connect with those ancestors. I will just say things like, "My mother's father," and that type of thing, and put my attention there. Or if you happen to know the surnames, you can utilize that as well. And you don't have to forget the people who cared for you in this life as well.

K Kathrin Zenkina 1:26:41  
They become ancestors, too?

M Makhosi Hefisah Nejeser 1:26:43  
They can. That's why I said that this is a very complex thing.

K Kathrin Zenkina 1:26:46  
Yeah. I can tell.

M Makhosi Hefisah Nejeser 1:26:49  
Yeah, it is! And people who are spiritually gifted can over time have these connections and work with spirits that weren't necessarily in their lineage, but very closely interacted, and now influencing one another. We're all connected. So, there is a lot of complexity to the topic, for sure.

K Kathrin Zenkina 1:27:18  
Clearly, I feel like it could take lifetimes to learn. It's so incredible. I learned so much today, and I'm so curious about what's going through your guys' head. So, as you're listening, take a screenshot, tag @theRoyalShaman and @ManifestationBabe, and just let us know. Let us know your feedback, your thoughts, put some emojis all over that. I know if I were an emoji right now, I'd be the mind blown emoji, so, that's the emoji I would use right now. Okay, so the last topic is - because this is something that when we got off the last podcast, you said, "We didn't even dive into that." Aliens. Do they exist? Are you an alien?



Am I an alien? What is an alien? Just a blurb on that.

**M** Makhosi Hefisah Nejeser 1:28:07  
A blurb on that, okay. Do aliens exist? Come on, now. Yes, of course they exist! This also - I'm going to kind of wrap it back around to one of the topics that I was talking about before - is around observing; observing, versus direct. So, number one, there's a wide variety. Some of them could come in physical form depending on their experience, but we also have to understand that this is a suit. This is an earth suit, and so we can have consciousnesses live on other planets and manifest in a physical form in order to walk this earth.

**K** Kathrin Zenkina 1:29:11  
Are you also about to say that aliens can be ancestors, too?

**M** Makhosi Hefisah Nejeser 1:29:15  
(laugh)

**K** Kathrin Zenkina 1:29:17  
Stop.

**M** Makhosi Hefisah Nejeser 1:29:20  
Well, yeah, why couldn't they?

**K** Kathrin Zenkina 1:29:23  
I don't know. This is so cool.

**M** Makhosi Hefisah Nejeser 1:29:25  
Yeah, I mean, this is a very vast and complex universe. So, in our ancient systems, we have so many stories around the origins of humanity, the prior experiences that our souls had, and also that, number one, just because someone's in a human body, that doesn't necessarily mean that their consciousness has always been that. We just talked about gods and goddesses. Some could even argue, quote-unquote, that could be alien, based on many people's understanding. I would not say that, but based on the way certain

people perceive that, it could be. But there are many different types of soul essences that can absolutely manifest as human, through a human body, come here and have a human experience, for sure.

**K** Kathrin Zenkina 1:30:51  
Do they follow the same hierarchy?

**M** Makhosi Hefisah Nejeser 1:30:53  
Oh, that's a really good question. Around ancestors, and higher-self etc.?


**K** Kathrin Zenkina 1:30:57  
Yeah, just like the level of that. I know people couldn't see it, but just like how you go back to source, you become a baby soul, go back to source, become a baby soul - that thing. You said if you're not human consciousness, and you come here to be human; whatever that soul is, are they following the same kind of hierarchy as they advance?


**M** Makhosi Hefisah Nejeser 1:31:21  
Okay, I'm glad you're asking this because I should also be very clear that it doesn't have to happen that way. There are entities who've never been human. There are essences that have never been human beings. They've never had a human body. They've never had a human experience. Then they serve as guides, and then maybe something does happen, and they say, "Oh, okay, I'm going to come down and be -" blah, blah blah. Also, we talked about it for just a split second, but entities have all these different aspects - we could maybe say 1000 souls in an entity, kind of like the government. You say the government, it's one entity, but there's individuals in there.


**K** Kathrin Zenkina 1:32:13  
Is that like Abraham Hicks? He says it's like a group of souls.

**M** Makhosi Hefisah Nejeser 1:32:15  
Something like that. You could have a group of souls, and then maybe one of them comes down and manifests as a person, as a representative, as an ambassador of this collective group. So, it's not a super clear cut thing, but I am going to challenge everyone listening to

take one little piece of that and figure out what that means in your life. You knew I was going to go there! This is one of those things when people talk about aliens, archangels, or even ancestors, we can talk about them as concepts, ideas, or mental masturbation, where we are just literally getting high off of like learning some stuff - and I love learning some stuff. I be learning a lot. It's my thing. But we have to bring it back around to what we really started on, which is what does that mean in your life? How can you apply that to create more freedom in your being? Freedom from, essentially, your own egoic prison; from your suffering. If you can't figure out that, then allow it to be a really interesting concept, set it to the side, and then come back to -

 Kathrin Zenkina 1:34:09  
Something to think about.

 Makhosi Hefisah Nejeser 1:34:11  
Yes, yes. And then let's bring it back to, "Okay, how can we utilize that in our life? How can we make the world a better place? How can we experience more wholeness because of that?" What I do hope that people, at the very least, take away from us having this conversation is that we are more interconnected, more alike, and so intertwined on a soul level, more than we would like to believe.

 Kathrin Zenkina 1:34:45  
Yeah. So, let's just leave it at that. That is a beautiful way to end this. I know we unpacked so much, and I didn't even get through half my questions. So, if Makhosi is cool with it, we can do a part three. But for now, you have part one, you have part two. I don't even know what to title this because there's so much. I wish I could just make a title of all the topics we talked about, but it's going to be too long. So, I'll figure it out later. But thank you so much for your incredible generosity, sharing your wisdom, taking your time, and putting your energy out there. This has been so enlightening for us. I remember you from the BBD group from last year. I remember you showing up because you said, "I'm a shaman," and I remember lighting up, but I wasn't ready to explore that yet. And when I heard you on James's podcast, I just knew there is a connection, and I was like, "There's something here. I feel so called to hire her, even though I didn't even know what you did yet." And then, through conversations and through hiring you, it's been so enlightening. And so, I just wanted to thank you so much for being in my life and for showing up for the Manifestation Babes to learn more about how connected they are, how very multidimensional we all are, and how incredible we are as these human beings, these very unique souls incarnated into this lifetime, into this experience. It's just been incredible. So, I wanted to thank you first

and foremost, and second of all, you guys... my God. Take a screenshot, tag @theRoyalShaman, tag @ManifestationBabe, and let us know your biggest breakthrough, your biggest takeaway, and all that jazz. For anyone who missed part one and just dove right into this clusterfuck of topics of, and is wondering, "Who is this chick? What is going on here?" Can you just share where people can go to learn more about you, some of your offerings, or anything else that you want to share, so that people who are hungry for more can dive a little deeper with you?

- M** Makhosi Hefisah Nejeser 1:35:04  
We could. Absolutely. Thank you for having me for this second round that we just literally scratched the surface, which is so crazy because we've been blabbing for a little while. If anyone wants to dive in deeper with me, they can find me on Instagram at @theRoyalShaman; or find me on YouTube at The Royal Shaman, or my website, theRoyalShaman.com.
- K** Kathrin Zenkina 1:37:28  
We keep it simple.
- M** Makhosi Hefisah Nejeser 1:37:30  
Yep.
- K** Kathrin Zenkina 1:37:30  
The Royal Shaman.
- M** Makhosi Hefisah Nejeser 1:37:32  
Everywhere.
- K** Kathrin Zenkina 1:37:32  
Alright. And that is it, you guys. To be - what is it? To be determined? What is it?
- M** Makhosi Hefisah Nejeser 1:37:37  
To be continued.



Kathrin Zenkina 1:37:38

To be continued! There we go.



Makhosi Hefisah Nejeser 1:37:40

Dot, dot, dot...



Kathrin Zenkina 1:37:41

Dot, dot dot...! We'll see how many parts this becomes. Makhosi and I are going to just follow our intuition, and see what happens. I'll keep you guys in the loop of what other quantum leaps come my way from working with her. So, thanks again Makhosi, and to the rest of you, I will see you in the next episode. Mwah. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @ManifestationBabe, or visiting my website at [ManifestationBabe.com](http://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.