



Episode 188: Manifesting tips from a MINISTER (SharRon Jamis...

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SPEAKERS

Kathrin Zenkina, SharRon Jamison

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 beautiful souls, and welcome back to The Manifestation Babe Podcast. Can I just take a few moments to send you all of my biggest appreciation vibes? It's because of you listening to this podcast that I have been able to attract some of the most amazing and inspiring guests, the most heartfelt, incredible reviews, and this podcast has already grown so much bigger than my imagination. So, thank you, thank you, thank you. Thank you for making this possible. Thank you for leaving your reviews that helped me out so much. Thank you for sharing these episodes with the people that you love most. Today's guest is no exception to the magic that this Podcast creates. Today I interview a minister and

preacher's daughter. Whaaat? And yes, we talk about manifesting. Yup. So, SharRon Jamison and I actually met at James Wedmore's live event called BBD Live, where I was a guest speaker about a year and a half ago, now. She is just such a vibrant soul, who just so happens to also be a minister and a coach for over 25 years. She is so passionate, and this passion is really going to show through in this episode. She wants to normalize, and is passionate about normalizing manifestation for the groups of people who just don't think it's possible for them. For example, people from religious backgrounds, which she has a very deeply religious background, so it's really cool to see how she bridges the religious Christian background with the more New Age beliefs of manifestation, so it's really cool stuff; people above the millennial age - SharRon is actually 50 plus, which I think is so awesome; - and people from the BIPOC committee community, and SharRon Jamison is an amazing black woman who loves to talk about this topic because she is so passionate about normalizing this for the people who just don't have the kind of access in terms of belief that manifesting is a possibility for them, too. So, I was so excited to bring her on. this woman is absolutely incredible, and I cannot wait until you hear the passion that she brings into this episode. She definitely took us to church with this one. So, without further ado, introducing SharRon Jamison. Hi, SharRon, and welcome to The Manifestation Babe Podcast. How are you doing today?

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SharRon Jamison 04:05

I am doing well, and I'm so excited about being here with you today. Thanks so much for the opportunity to share.

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Kathrin Zenkina 04:12

Yay, I am so excited to have you. Specifically, I'm so excited to have you because you have this mission of normalizing manifestation for all groups of people, specifically those that don't believe it's possible for them. Can you speak a little bit on that? Can you share a bit of your background? I know you have a very unique background that I don't often have on my podcast, so I'd love for you to go into that. And then, share why it's so important to normalize manifestation for every single person.

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SharRon Jamison 04:45

Sure, of course. Thank you so much. Well, I am a corporate leader, I still work in the corporate sector. I'm also an author and a speaker, but I'm also a minister. I believe that we need to normalize manifestation because it's just another spiritual tool. I think when you are building your life, building a business, building an organization, you need all the tools that you can have to not only build something, but fortify it and strengthen it. What I

find, especially in my age group, is that there is a lot of things around the word manifestation. I think sometimes we take sacred principles, and we market them so much, that they lose their sacredness, or their holiness. And so, people stopped understanding how these spiritual principles, like manifestation, can really transform your life. And so, I want to normalize it. I also want to let people know that it's just a different form of prayer. I believe, when I think of prayer as a minister, I think of discussion with God, debating with God, or getting direction from God. When I talk about manifestation, it's using that direction that I got through prayer, and manifesting - which means declaration. It means demonstration. It means delivery. So, all those things go together. When people can see that it's just another spiritual tool, they won't churn it, but they will embrace it and understand that they have more to do, or what they have been called to do in the world.

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Kathrin Zenkina 06:26

I love that you said declaration, because I know that from my personal experience with when I was a little more religious than I am now, I used to date a guy who was super Christian. I used to go to church with him, and all that stuff. When I started going back into manifestation, I really struggled with the word "declaration," like "declare what you want over your life." I know that I have shared that on Instagram before, after reading a book that changed my life called *Outwitting the Devil* by Napoleon Hill. In there, he also says, from the devil's perspective, that most people to understand that prayer is not about begging for things to change. It's about declaring things to change. A lot of people are afraid of doing that, because they think, "Who am I? I'm not God. I can't just declare something to God. I'm going to get punished for that," or whatever it is, whatever goes through their mind. Can you just speak a little on that, the word "declaration," and what that means to you?

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SharRon Jamison 07:31

Sure. When I think about declaration, I think it's biblical, where the Bible says, "Call it for. Call those things as they are, or as they're not." So, to me, it's biblical. I think what happens is that people get the Bible, and they twist it, because everybody has their own understanding of faith. I'm not even saying my way is right. Everybody has a way, and they should. God is a God of diversity, so of course, there's a different way. Even though I was a Christian, I married a Muslim in my first marriage. So, I'm very open, because I feel that there are more ways and paths to God. So, that's why I'm open from the get-go. But I think that when we understand that biblical principles, religious principles, and spiritual principles are not owned by any one religion, and so declaration is not only a command; it is a petition. And pleading and begging are two different things. Saying, "God, please!" is one thing, versus, "God, this is what I desire. This is what I want." And so, I think that we

have to put some understanding around declaration. But I want to say this, too; one of the challenges with manifestation - it's not even a challenge; I want people to understand that challenge is just because we want it, doesn't mean that we're always going to get it. I think that we have to understand that. Now, I'm putting on my minister hat. And the reason why I say that is because I have seen people coming to me, and they have been crushed by their own success. They wanted something, but they didn't have the internal infrastructure to maintain it.

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Kathrin Zenkina 09:11

Hmm.

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SharRon Jamison 09:12

And so, I think we have to be careful that when we are manifesting something, we're also manifesting a mastery to take care of it. The worst thing you want to happen is to be overexposed, but underdeveloped.

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Kathrin Zenkina 09:28

Can you dive into that? What does that look like? What does it look like to not have the infrastructure for something? Do you have an example you can share?

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SharRon Jamison 09:35

Sure. An example would be money. I hear people say, "I want to manifest money." Now, manifestation means that you are acting as if you have it. If you're acting as if you have it, that means you have to go to school to learn how to manage it. That means that you have to take a class. You have to become, what I call, financially literate. If you are financially literate, you are participating in what you're praying about. Why should God manifest or give you money, when you have never studied how to take care of it? It's kind of like when I do marriage counseling. "I want a marriage!" But you have not done the work that you need to do, to heal yourself, to get you a partner. So, that's why I believe manifestation means that you have to participate in your prayers. That's why we have to understand that sometimes we might manifest something, we might ask for something, but we're not ready to receive it. And so, sometimes God is not saying no, or the sources are not saying no; it's saying, "not yet." When people understand that you don't just get great, you are groomed for greatness, and that grueling process makes sure that whatever you get, you get to hold on to. That's why we have to understand that manifestation is not magic. It means that you're acting as if, and acting as if means, "I'm

going to get the skills to handle it." You just don't pray for a baby and never learn how to change a diaper, or never learned how to be a parent. They go hand in hand, but people miss the preparation. They miss the development. So, now what happens? Their blessings become burdens, and they get crushed by the very success that they manifest. And I see that all the time on my side.

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Kathrin Zenkina 11:31

Yeah, I would love to share an example of that, because I have had something that I've been manifesting actively for two years now that finally manifested. A lot of people have been asking me, "Kathrin, you are the master. What happened? How come you couldn't get it in sooner than two years?" Or "Kathrin, why do you think it took so long?" I keep telling them, "It was the perfect timing." Two years ago, I set a business goal and an intention of manifesting a million-dollar launch. I've been watching my mentors and my peers in the industry manifesting multi-million-dollar launches. I am just watching them, thinking, "I know it's a possibility. It's totally a possibility for me." But why wasn't it happening? And so, finally it happened about a week ago, and I realized that if it had happened two years ago when I set the intention, I would not have the infrastructure; I would not be able to energetically handle that many people. I think I could handle the money, but I don't know. I would not be able to handle that many people in my energy sphere at once, as my students. My team, for sure, would have dropped the ball somewhere because we would have so many emails, payments coming through, and tech issues that we would need to fix in a launch with that much volume. We just wouldn't be able to handle it. Our customer service would decline. I would decline as a teacher. So many aspects of myself just wouldn't show up properly in the way that I now can show up. These two years have really groomed me for becoming the version of myself who can handle such a manifestation. And so, I love that you're sharing that. I've seen that show up in my life. I've seen it show up in other people's lives. It is so true. That's why sitting on your couch, just visualizing what you want, or just praying and then not doing anything about it, and not preparing yourself for it is not going to work. Absolutely not.

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SharRon Jamison 13:36

Absolutely. And I think people think that visualization means victory. That's not true. I think that visualization gives you the picture, but you still have to participate. I think when we talk about participation, something you just said I thought was key. You said, "infrastructure." So, when we talk about the business and people think, "business infrastructure." But the bigger you get, the more you have to grow inside. You never want your business to outgrow you emotionally or spiritually.

K Kathrin Zenkina 14:08
Oh my god, no.

S SharRon Jamison 14:10
As your business is growing up, you have to grow up. If not, you will not have the spiritual maturity and the emotional fortitude to navigate at a higher level of destiny. It's so funny, I hear people all the time saying, "Oh, I want this. I want that." The question I ask is, "What are you doing in addition to manifestation? Are you building your internal house? Are you increasing your capacity?" You can't have more if you can't handle more. I think that we have to speak about that. One of the things I also know about prayer and manifestation is that it's so important to keep your eyes on your own road. We start blocking our blessings when we start looking at what everybody else is doing. We get distracted, and when we get distracted, we undermine not only our prayers, but our participation. Because then we get into this place of ego. "I want it because I want it", versus, "I want it, God, because you can trust me." And so, I always ask when I manifest in God, "Give me something that you know I can handle, because you know me better than I know myself."

K Kathrin Zenkina 15:32
Yes.

S SharRon Jamison 15:33
And "Give me something, not just for my good, but for the common good." I remember listening to your money mindset. You are talking about having money to do good. I think it's so important for people to understand that you are blessed to be a blessing. When you are a blessing, you can be trusted to be a conduit of more manifestation, versus a reservoir. A reservoir gets stinky and nasty. They become yucky, just think about that.

K Kathrin Zenkina 16:09
Totally, very smelly.

S SharRon Jamison 16:11
Yeah, very smelly. I say, "Let me be a channel. Let money come through me." And now, since I'm open, money is coming through me, and I'm blessing it and paying it forward because I understand that money is only one part of something I want to manifest. I want

to manifest money and meaning. Meaning means I want to have an impact on the world; I want to leave a legacy. When I leave, I want people to understand that I was on earth. That is really critical for me - more than money. If I could manifest now, if somebody said, "SharRon, do you want \$5 million to dismantle racism and sexism, and stop the fires in California? Keep the money, stop the fires in California, dismantle racism and sexism." Because I know then the whole world can manifest. I want everybody to be wealthy, however they define wealthy. And so, that's why I think money is important, but meaning is just as important. What I try to get people to understand is that manifestation is more than just stuff. That's just the lower part of it. I have been with people in hospice care. You can ask them, "Do you want a million dollars, or another year of life?" They'll take another year life. That's why I know to keep money in its place. Money is a tool, but money is not everything.

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Kathrin Zenkina 17:33

Yeah. Can you speak on a little bit more? I love the money and meaning part. A lot of people who interpret, you know the phrase in the Bible, "The love of money is the root of all evil." A lot of people think it says, "Money is the root of all evil," but it actually says, "The love of money is the root of all evil." Whenever we talk about money, especially people who are religious or Christians, they constantly bring up certain scripture that keeps talking about how money is not a good thing to have. You, as a minister have a very positive money mindset. I'm just curious, what is the missing thing? Are people missing a certain key? Are they misconstruing something? Is there something being twisted? Is that their interpretation? What happened, and what is your viewpoint on that?

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SharRon Jamison 18:22

Well, that was great question, and a whole bunch of different answers. When I was brought up, my father's also minister. I come from a very Christian family. I'm a very progressive Christian, so I don't fit in with my family either, just so we know that. I believe what happens is that we are taught in many churches - black churches, white churches, all churches - to not walk in total agency. We are taught to listen to the pastor. I don't believe that. I believe that it's my responsibility to always analyze the word critically because I will not blindly conform to anything. I don't care if it's the Bible or the Quran, I will not conform to anything that I don't understand myself. So, to be that type of Christian is gutsy. It says, "Well, look, Minister, I know that you're the boss, but you're not the boss of me. You're the boss of the church, but not of me." Two different things.

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Kathrin Zenkina 19:19

Yeah.

S

SharRon Jamison 19:20

And so, as I studied for myself, I understood that the love of money is really the lust. We make money an idol. And that's anything; I don't care if it's popularity, a car, or another person. I think when we make anything and idol, we make ourselves a slave to it. And so, I think one of the things that's really important for people to understand is that money is not bad. Money is just a tool, but what happens is that money really exposes who a person is. You give a person who has no ethics money, they can do a lot of pain and have a lot of trouble because you have a person without morals. Money does give you access. Can we be honest? It gives you access, but money is not wrong. Even the Bible says that how the money answers to all things - things, not people! But things. So often growing up in a church, I used to hear people pray all the time for things that money could buy. I don't pray for a car or rent; I pray, "God, cure cancer. Please change the environment. Let's dismantle sexism." I don't pay for stuff because money can get that. But I do believe that I am endowed with a lot of gifts, talents, and wisdom - and you are too! So, my goal is, "God, show me, me. Show me what you had in mind when you created me. Show me the gifts that are buried under my dysfunction. Show me the talents that were buried under my conditioning. Show me, me." Because I know that I have the tools in my hand to make my dreams come true. Because the Bible talks about, "Our gifts make room for us." So, okay, where are my gifts? Tell me where my gifts are. What I do pray for a lot is discernment. I believe that if I'm discerning, and I have wisdom, then I'll make the decisions. I never pray for money, but I do pray for plans, because plans will give me the money. So, I think that sometimes we see a lot of abuse in churches around money. Can we be honest? There's a lot of abuse. People are taking advantage of. I think that's a mindset that you have to listen to your leader, and I don't believe that. I think when people understand that the Bible also says, "Study to show yourself approved." Yourself - you study! I think that I have a very different understanding of money, but to me, I want money. I want a lot of money because I can do a lot of good. I can be trusted with money. I can be trusted to help people on the margins. I can be trusted to start schools. I can be trusted to help the sick, because I have already demonstrated to the source that I'm a good investment, and that I can be trusted. I'm still going to buy me some nice things. I still want to look cute, but I also know that if I continue to develop myself and demonstrate to the universe that I can be trusted, that I'm a conduit, that I'm not a reservoir, and that I'm a bridge in the channel, it will be easier for me to manifest money. With manifestation, you get better at it as you do it. That's why I think people need to understand that too. Sometimes, it takes a while to get into that manifestation space, because you have all this old thinking, this conditioning, systemic influences, and all this history, that sometimes you can't even imagine yourself bigger. I think when we don't have

bigger imaginations, it's hard to have bigger manifestations. So, I imagined myself having everything, but I'm in my mid-50s. It took a while - two or three decades - to push through all of that systemic racism, sexism, homophobia, ageism, and denominationalism. I had to purge all of that away so I can be my purer self; and so, my soul could come here, and so that I could manifest and get myself in a mindset to receive. So, we have to understand that sometimes we have to clean up our lives, our hearts, and our minds to give room for manifestation to operate in our lives. So, there's a lot of different steps. In church, we call it, "Name it, claim it, haul it, call it." You hear that a lot in church. "Just name it, claim it, haul it, call it." Well, it's not that easy. If it were that easy, everybody would have money. There's a process, and everybody's process might be a little different, but you have to clean up your insides, so you can create space for what you want on the outside.

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Kathrin Zenkina 24:32

Hmm. You speak on something called P.E.S.T.S. Passed down beliefs, Expectation, Systemic influences, Trauma, and Stories. How can people manifest their best lives in the face of trauma, systemic influences, racism, and sexism? You talk about how you had to overcome so much, and it took you a while to build up that belief system, and to build up that manifesting muscle, which is what I call it. Can you talk about that, and especially to the people who are listening to this podcast who aren't necessarily my age group, or not necessarily white? Because I know we see a lot of millennials and white women in this field, but part of my mission is to bring in as many different backgrounds and examples to show that every single person can manifest their dream life. It's just that we all have different adversities. We all have different challenges. It's very important to speak on those things so that we can dismantle them. Can you share a little bit about that? Because I love that you put it in an acronym.

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SharRon Jamison 25:42

Right. I started using the acronym when I was doing diversity training. This had to be in the early 90s. What was happening is that I realized what for my own work, and as I work with other people, that it was hard for them to imagine themselves in better situations because the P.E.S.T.S were making a mess. That's what I call it; the P.E.S.T.S are making a mess in your life.

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Kathrin Zenkina 26:08

I love that.

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SharRon Jamison 26:10

However, when we can identify the P.E.S.T.S and identify the influence in our lives, we can peel it away and dismantle it, so that we can think bigger and bolder in our lives. For example, one of the past beliefs that I had to overcome was that as a black woman, that I could never be wealthy. I learned that in school. I grew up in the 60s, and I learned it in school. When I was growing up, it was said that I'm a woman, I had to be a teacher, I had to be a nurse, I could never have influenced, I can never be a leader, and that black people could never be in leadership roles. Now, it didn't matter if I believed something different. That's all I saw. And remember, we learn by what we see, not only by what we read. So, in the books we're not saying good things either, let's be honest. So, everywhere I looked, I was less than. I was a second-class citizen and a second-rate woman. Now, you can't tell a person to manifest over that, and expect to have abundance. What you can do is say, "Listen, let me show you where your blocks might be. Your blocks might be your passed down beliefs. Why? Because we learn such and such from our ancestors and history books. We learned that we had to operate like this because of slavery to save our life. We learned this. But that's not true. That time is not this time. You have to peel that away, slowly but surely. Remember, you were bred and conditioned in it. And remember, some lessons are taught, but some lessons are caught." So, I had to address that I was nothing and understand that I was taught nothing so that I could be oppressed. Now, I started to learn, "Oh, that was a tool to make me think less than I would be so that I would never walk in total agency." Then I started understanding what walking in my agency felt like. Then it was time. "Okay, I want it all. I can handle it. I can understand it." Remember, internal infrastructure. Let's do another one; that "E" is for societal expectations. What was expected of me as a black woman in the late 60s and 70s? I had to pull that away. Why? Because remember, our manifestation is influenced by our imagination. Your hopes are affected by what you think is assessable to you. So, if you think that you can never be anything, you're not going to dream it because it's too painful. So, what happens is, you start shrinking down your life down to your reality. That's dangerous. So, what we do with expectations is to understand that you're living as a sliver - just a sliver, a fraction - of who God says you are. And so, you have to move that stuff away to create more room, and then you can manifest. You can't manifest from a marginalized identity. You can't manifest from a place of desperation. You can't manifest all that you desire from a place of worthlessness. That's difficult. So, we have to address those things and help people identify what those things are. If abuse is your normal, that's going to be your filter. For example, Kathrin, I had one of my clients say, "My husband is not abusive. He just picked up the gun, but he didn't shoot me."

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Kathrin Zenkina 29:53

Oh my goodness.

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SharRon Jamison 29:54

But in her mind, remember, if that's her experience, that "being good to me means you can hold a gun, but you don't shoot me," what are you going to manifest from that? A smaller gun? What are you going to manifest from that? That's why it's good to allow people to understand so they can see the P.E.S.T.S. The passed down beliefs, the societal expectations, and the systemic influences. What if Barack Obama said, "Systemically, I could never be president." However, now all the little black boys and black girls are saying, "Wait a minute, Barack Obama can be president. He looks like me. I can be president!" Now, guess what? Now I'm not just trying to be the class president; I'm trying to be the president of the USA. Why? Because now I can believe bigger and I have more room. My father used to say, "Sometimes, the problem is you don't give your imagination room to play with." And so, now, I try to give room to my imagination. Now, it's kind of like, "Lord, bless me indeed. Bless me according to my faith and according to my capacity to receive." So, now I have to receive a lot. But before, I can receive only a little bit, but I thought the little bit was a lot because I didn't know any different. Does that make sense?

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Kathrin Zenkina 31:19

Yeah. In your experience, is it like a process? It's not a one-and-done. You're not just like, "Oh, here's my P.E.S.T.S.," and you just remove it and throw it away. It's not a one-and-done. It has to be a process, right? And if it is a process, do you have any advice for people listening right now that are do have those passed down beliefs, the societal expectations, systemic influences, traumas, or stories that are telling them that they're less than? How can they go from feeling less than, to feeling more than enough? What specifically can they do? Or how specifically can they show up in order to start transforming and transmuting their reality to the reality they want to create?

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SharRon Jamison 32:09

Yes, what a great question. Three things; one, is community. You never become your best self by yourself because we all have to be witnessed, or seen. To me, one of the roles of manifestation is to get in a room with other manifesters. So, manifestation becomes the norm. It's not an anomaly. And so, when you are around something, it's the norm. You can believe bigger, and you can know that you're not the exception. It's just the rule. So, community; are you in the right groups? Secondly, is consumption. What are you reading? What are you taking into your spirit? What are you watching on TV? Remember, we're always being fed, whether we know it or not. And so, I make a conscious decision to feed myself goodness, grace, generosity, and to travel in my mind to read. I'm always reading. The reading is going to expand my mind, which is going to expand my capacity for manifestation. You have to give your imagination some room to play with. Give yourself

something to play with. So, that's the second thing. The third thing is your conversations. You have to speak it. I know you talk a lot about that. Out of the mouths. Life and death are in the tongue, so what do you say? I think when we have community with our conversations and consumption, you provide the environment for manifestation to take place. That's why I always have these ABCs of manifestation. One, is awareness. What do you want, and why do you want it? And remember, when you're clear about what you want, it's easier to get it. You just can't go to Target and say, "Okay, that's it." That doesn't work. The "B" is, are you being that person? For example, even though I'm in my mid-50s, I'm an athlete. So, I do what athletes do, I work out, I be. The "C" is conditions. Conditions help us stack the odds in our favor. What's your conditions? Your consumption, your community, your conversations, your curiosity. What if? Why not say "what if"? Why not curiosity and wonderment? The "D" is decisions. You decide your way to destiny, every decision that you make. So, you need to say "hell no" to some things, so you can say "I'll have a holy yes" to some things. So, decisions. The "E" is environment. Am I setting myself in an environment? And the environment is external, or outside, and an environment is internal. Am I meditating? Am I nurturing my spirit? Am I creating a space that I'm learning to control my thoughts? That's an environment; external environment, and internal environment. The "F" is faith. Does your faith have feet? Meaning your faith has to do some work. Those are the ABCs. Everybody has a different way of explaining it, but I try to explain it so people can hold on to it. I think when we put that manifestation in that place and understand that you might graduate from High School or college, but you never graduate from self-development. Never.



Kathrin Zenkina 35:37

That's so true



SharRon Jamison 35:39

You never graduate from self-development, because the more you know, the more you realize you don't know.



Kathrin Zenkina 35:43

Yeah, that's the most frustrating part. You're just like, "I feel like I know nothing. It's been 10 years, and I still feel like I have a lifetime to learn." We've been so conditioned through our schooling and the society that we live in that there's a graduation day. When you graduate, you supposedly know everything. I know a lot of people get stuck in that, and they don't realize that there's a whole - I mean, I wasn't taught in High School that there's a whole world of personal development out there that I can get into, and that there are

other things I can learn. It's just so incredible how much is out there, and just how limitless we truly are, where we can expand beyond measure. We don't even know how far we can expand because no matter what, there's always going to be more; more possibilities, and more that we can grow into. But it's a fun, exciting thing. I know for some people, they're like, "What? It never ends? I don't want to go to school forever." This is the best school in the world. I mean, seriously. I'm curious for you, SharRon, what has been possible for you in your life because of manifestation?

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SharRon Jamison 36:46

Yes, so many things. First, I want to say something about graduation. Graduation is your funeral. When you graduate to go to the other side, that's your funeral. I want people to understand that's the only time you graduate. If you're breathing, and if you have a pulse, you're learning. So, I just wanted to say that. There are so many ways for me that I have seen manifestation in my life. One of the ways - remember, faith has feet - is when I really started understanding the power of it. I had to be maybe in my late 20s. At that time, I wanted to be a workout person, but I was overweight, etc. But I knew that I was manifesting it. So, since I couldn't get a job at a gym, I started teaching aerobics at churches, cancer centers, and anywhere that can have me. Then the papers saw me. I kept teaching, then Reebok picked me up. I kept on teaching, then I ended up on Good Morning America with Bob Greene talking about spinning.

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Kathrin Zenkina 37:55

Wow.

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SharRon Jamison 37:55

So, that can give you an idea of manifestation. Now, what happened was, I said, "This is what I want. I'm going to find opportunities," because manifestation makes you know that if you want it, there's no closed doors. You just have to find which one opens.

K

Kathrin Zenkina 38:16

And you have to walk to those doors.

S

SharRon Jamison 38:17

Yes.

K

Kathrin Zenkina 38:18

People expect the doors to walk to them, but you have to walk to the doors. The doors are there. There is so much opportunity. It's not as hard as you think, but you do still have to apply the law of action.

S

SharRon Jamison 38:30

Yes, and when you walk to the door and the door says no, that's a blessing. To me, I feel like rejection is always protection. Like, "Oh, good!" That's when I started realizing that your faith has to have feet, but I start realizing what was possible. Who would have thought this chunky little black girl would be spinning, in Reebok, and traveling around the Caribbean talking about exercise? Who would've thought that? And I'm on with Bob Greene in West Palm Beach on Good Morning America. That let me know that before, my manifestation was too small. That's why it's so important when you have one big win because you're like, "Oh my gosh, this is bigger than this. Okay, you get bigger? Okay. Now I have eight books? Okay." You just keep getting bigger and bigger. But it was a process; like you said, your "manifestation muscles." And so, I think that created evidence of what was possible. There's always evidence; evidence of what you can't do, and evidence of what you can do. But even when I don't get my wish, that's still evidence that I could I'm a good trier. So, I still don't think I'm going to fail. I love that reflex. You have evidence that you have guts; that you can take a lickin' and keep on ticking; that you can fall and get back up. You have evidence that you can trust yourself to rebound. That's powerful. So, I think that I continue to manifest. I'm working on something now, but it's not really around money, but the money will be a consequence of it. Right now, I'm working on manifesting having a New York Bestseller.

K

Kathrin Zenkina 40:16

Hmm, I can see that.

S

SharRon Jamison 40:17

And the reason for that being is because that's a legacy. I want to have timeless truth outside of all the religiosity, so people can access information without challenging their ingrained beliefs. That's why I call God "source," and I call God "she." I'm out the box, because I feel like God is still God, and God can be limited to our boxes. So, I just say whatever. I want people to understand that's how manifestation is. It's bigger than you can even conceive. So, just start trying. Just walk in, get into the company, get into the conversations, watch what you feed your mind, and clean yourself up; because again, just

because you're getting old, that doesn't mean that you're growing wise. People want to grow wise, because wisdom allows you to win in a variety of ways.

K

Kathrin Zenkina 41:19

SharRon, you are just music to the soul, born to do what you're doing. I mean, it's incredible. The book is seriously already done. I can totally see it. I can't wait to read it. I hope I get an advanced copy signed by you.

S

SharRon Jamison 41:37

I would love to do that. It's called Deciding to Soar 2, and it's all about unwrapping your purpose. What I think is so key, and I love the work that you do because I think that people expect manifestation to be a linear line. Nothing in life is that way. Life is a lot of mountain tops and valleys. You need the valleys to learn the lessons to stay up on the mountain. If we never have any failure, you would never get strong. And so, I want people to understand that many times, the messages are all around us. But we have not attuned our intuition to see the clues that tell us where to go, and what to do. They're all around us. That's what I hope, because I think if people can tap into their clues and their healing, they will manifest things. But it's hard to manifest things if you're operating from a place of desperation. Money runs from desperation. If you're really desperate, can you see the money just running? It's sprinting away. Love - love runs from desperation.

K

Kathrin Zenkina 42:50

Oh my god, that's so true.

S

SharRon Jamison 42:52

Money is just a type of love. Desperation does nothing but really repel everything that you desire.

K

Kathrin Zenkina 43:00

Hmm. On the opposite spectrum of desperation, like some people are very desperate to succeed, and then there are people who just don't feel it's even worth it to change something, or to get started. I see a lot of people my age growing desperate, because they're like, "I need to succeed because society says that by 25, I need to have a Ferrari, a mansion, this and that." I have a lot of people my age who are like, "Why am I not making multiple seven figures yet?" I've had clients in the past who are over 50, and for them, it's

been really challenging because they feel like it's too late. They feel like it's not even worth it, that it's going to be an uphill battle, and that they're not worthy anymore. All these beliefs come up. I'm curious, because you have such a unique background and you are - you said you're over 50, right?

S

SharRon Jamison 43:52

Yeah, I'm in my mid-50s.

K

Kathrin Zenkina 43:53

You literally look like you're 32, by the way. You have an old soul, but it's so vibrant. Don't take this the wrong way, but it's like a child soul. It's just so exuberant, adventurous, and beautiful. For someone who is around her age and feels like it's too late, do you have any advice for them?

S

SharRon Jamison 44:18

Yes. I totally get that. Sometimes, I struggle with that because I feel that the world is moving so fast, and that I'm behind. But I also believe that you're not done until you're dead.

K

Kathrin Zenkina 44:36

Exactly.

S

SharRon Jamison 44:38

Here's a good analogy that I use now that really keeps me grounded. As older people, we don't need to run as fast because we know where to go. Yeah, we have wisdom, right? So, I don't need to be 20 and have all that energy because I know where to go. I know myself. I know that everything that glitters is not gold. And so, now, I'm going to get to the finish line at the same place, but it's going to be a direct route, versus all the other ways that other people go. That's one thing. Two, this whole thing about not really understanding Google. Google is fine, but you don't need as much Google if you have guts. Sometimes, Google will tell you what to do, but it takes guts to do it. When you have had a lot of success and failures at my age, you have some guts. So, not only do you have direction, but you have guts. People always say, "I'm older, so I don't have to know technology." Well, maybe I don't know technology as well, but I know people. And since I know people, I can hire the people, and treat them well. I know how to love people, celebrate people, and the

people can do what I cannot do. You just shift your skills. I don't need to have great technologies; I have people skills, and people do things for people. So, that is why I think, at my age, I want people to understand that we have a hard-on wisdom. We know how to make lemons out of lemonade. We know how to survive market crashes. We know how to survive bankruptcies. We went through a couple of downturns in the economy. That gives you wisdom, resilience, and insight. That lets you know how to get grounded, so that you are not so affected by the highs and lows in the world. So, I really encourage women, especially my age, to do all the things that you really wish you can do. I find that so many people in my age have buried their desires and their dreams. Now, they're in their 50s, and they've never been happy. I have people who have never been happy. So, I say, "Let's clean you up. Let's clean up your mind. Let's clean up your soul. Let's start praying and manifesting because you're not done until you're dead." So, what they will have to do. That's why, again, get into the right community. Right now, I am around women who are 50, but we're playing basketball and volleyball. It's a different type. That's why I feel vibrant, because I refuse to let myself get old. I tell myself, "I'm not going to rust out. I'm going to wear out, but I won't rust out." And so, I'm going to do everything I can do for as long as I can do it. I know that now, I have an appreciation of arriving. I have appreciation of relationships. I understand that you don't work until you die. My generation, remember, you go to a job, you stay there for 40 years, and then you just die. I said no. You don't like something? Pick something else. So, I really helped women understand that you get to make choices. And get into the mindset. Get into that prayer, understand what you want, and pray and manifest what you desire because it's available to you. You just have to reach out and get it.

K

Kathrin Zenkina 44:50

Yes, you have wisdom. SharRon, I just freaking love you. You are so inspirational. I know that this is going to land with so many people. You have wisdom for any person, any age group, from any circumstance, any situation. I know that there are millions of nuggets of wisdom that you just dropped in here. So, thank you so much for coming on to the podcast. For anyone who wants to learn more about you, work with you, hang out with you - on the internet, of course - where can they find you?

S

SharRon Jamison 49:00

Especially pre-COVID, right? Everything is my name - SharRon Jamison. My website, Instagram, Facebook, everything is my name. My book should be coming out next month called Deciding to Soar 2: Unwrapping Your Purpose. I want people to stop looking for their purpose. Don't look outside; look inside. Look in the mirror, your purpose is there. Look at your life; your life has been leaving clues for years of what you should be doing.

K Kathrin Zenkina 49:30
Amazing.

S SharRon Jamison 49:31
I also have a program called Dare to Be Me. That is a program where we talk about who you are and who you're not. We talk about the P.E.S.T.S. We talk about the power of sisterhood, because none of us become our best selves by ourselves. We talk about how to be in relationship with other people because we were never really taught how to be a friend, and we all need friends because loneliness is at an epidemic right now. Even pre-COVID, loneliness was an issue. We also talk about how to manifest what you want. We talk about vision, values, and victory. It's a six-month program. My goal and my desire is for a person to dare to be who they were created to be, not settle for what society taught you, told you, tricked you, or tamed you. None of us, if we don't challenge these paradigms and challenge all these stereotypes, we will only function as a fraction of who we could be, and we will never manifest. You have to have a sense of knowing that you're worthy, and know who you are to have what you need. I believe I'm a queen, so I should have everything. Why? Not only because I want it, but because I can be trusted.

K Kathrin Zenkina 50:17
So important.

S SharRon Jamison 50:26
And that is important.

K Kathrin Zenkina 50:50
Yes. Thank you so much. So, we're going to go ahead and link that all in the show notes. So, you guys can check out her programs, check out her Instagram, or website, all of the good stuff. Continue the conversation. For all of you guys who have been getting lightbulb after lightbulb of, "Oh my god, I love that," "Ooh, I love that," or "Oh, that helped me so much," go ahead and take a screenshot right now and tag us both on Instagram. It's @SharRonJamison, right? @SharRonJamison and @ManifestationBabe. I will spell it out for you in the show notes, so make sure you tag the right people. I know I've made the mistake of tagging the wrong people before on Instagram, and it's super embarrassing because the person goes, "Umm, that's not me, Kathrin." So, we'll go ahead and spell that out. SharRon, thank you so much for coming on here. You are just such a light in this world.

You are just such a breath of fresh air, and you have so much incredible wisdom. I'm so grateful that you exist. I'm so grateful that you came on here. Thank you, thank you, thank you.

S

SharRon Jamison 51:52

Thank you so much. I'm so proud of what you're doing in the world. I'm so proud that you are being a beacon of hope and light, and that you're standing in your power, and that even when I know about your story when you started, I'm glad that you realized that you had something special to say. My father used to say, "You can't settle when you know you have something." And Kathrin, you have something, so I'm glad you didn't settle.

K

Kathrin Zenkina 52:16

Thank you so much. Alright, you guys. I will catch the rest of 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. 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.