



# Episode 2: Jealousy Podcast

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## SUMMARY KEYWORDS

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## SPEAKERS

Kathrin Zenkina



Kathrin Zenkina 00:04

Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina and I'm a spiritual mindset coach, author, manifesting expert and creator of the manifestation faith brand. Each week I'll be bringing you inspiring chats, interviews and dialogues all based around how to unleash your inner magic, break through your limitations, and manifest a reality wilder than your dreams. If you enjoy listening to topics on money, mindset, and manifesting, then you have come to the right place. I am obsessed with helping women see through to their highest potential and transform into the greatest, most badass versions of themselves. I hope you enjoy today's episode. Now, let's begin. Hello gorgeous souls. It is Kathrin from ManifestationBabe.com. I am so sorry. I'm 45 minutes late to this live stream, and I just went to that post that I made yesterday. And so many of you are like, "Oh my god, did I miss the live stream? Did I miss the video? Where's Katherine?" I am so jet lagged today. I did not expect to be this jet lagged. Yesterday, I don't think I woke up until 2pm. And today, or last night, I couldn't fall asleep till 3am, and then I woke up at eight and I'm just like, oh my god, I'm so tired. So I don't know what time it is, I don't know what day it is. It's just crazy to transition from Bali to Los Angeles. Coming back home is always harder than going there. So I'm just transitioning and making sure my energy is on point for Miami because Brisbane is on Sunday and Monday, so I'll be doing a live event with Kareena on Sunday and Monday. So my energy priorities are right there and I have to do so much packing. Anyway, that's besides the point. Hello gorgeous souls. I'm so excited to have you on here. Let me take a sip of coffee real quick. Don't laugh at me, Brendan's laughing at me. So today I wanted to talk about - aww thank you! Today I

wanted to talk about jealousy. And the reason why I want to talk about it, it has nothing to do with my engagement or my posts, even though a lot of you admitted that some of you felt a little bit jealous when I made the post. Coming from someone who used to be so jealous of her best friend growing up, and pretty much anyone who had money, or anyone who went on vacations all the time to Europe and all these places with their parents. Kids who had Abercrombie & Fitch when my mom told me that we couldn't afford it. I used to be a very, very jealous person. It wasn't until I went on a personal development journey that I realized that instead of getting jealous, I could use that energy in a way that serves me and in a way that serves my manifestation. So, I know that I'm the creator of this group, and I know the kind of posts that go on. And I know that a lot of women use this group to celebrate all the amazing things that they're manifesting. And I know that if you're in the wrong mood, sometimes, I come into the group, if you're not in the right mindset that day, you might be like, "Oh my god, well, she got this and she's manifesting money, and she just got engaged," and this, and this, and this. And it's like, holy fuck, where's my desire? How come I'm not manifesting what I want? Why is everyone else getting what they want, but I'm not getting what I want. So, I know that those feelings exist, and I thought that I would address them and share with you how jealousy can mean that you are on the right path and how jealousy can be used, that energy can be transformed into excitement. Because first and foremost - hi Amanda. Jealousy and excitement are just emotions, and emotions are energy in motion and any emotion that you ever have can be taken and transmuted into - or transformed or whatever word you want to use - into another emotion. And so what I want to talk about today is how to use jealousy to understand that you're on the right path, to understand that that's probably something that you desire, and how to take that energy and bring it into excitement. Oh, I miss you too, Caitlin. Okay, so let's just get right into the content. First and foremost, jealousy. Anytime you come across something when you're like, "Oh, I just have this feeling in my heart where it just, I have this jealous feeling. What does that mean?" First and foremost, it means that whatever you're jealous of probably means that you deep down desire it. And actually, deep down, because we are just mirrors and we're always, what we're seeing in reality is reflected back at us, what we're seeing in other people, we actually see within ourselves. Sometimes we get jealous because there's a quality or something within someone else that we are too afraid to bring out of us. It's something that deep, deep, deep down inside. Or maybe it's a thing, or a milestone in someone's life. For instance, someone got a raise, someone manifested money, someone got engaged, someone bought your dream purse, someone lives in your dream house, someone bought your dream car, someone's flying in a private jet and that's your biggest dream. If you ever feel any bit of jealousy, it just means that it's a confirmation that that's something that you really want. Now when you feel jealous, the thing that happens is that your vibration around that thing actually lowers because you're showing the universe that you don't believe that you can have the same thing, or you're not capable of having the same thing,

or what someone else has is completely out of your reality and that you'll never have it. And that's why you have such a negative feeling around it, which I want to spin that now and share with you that whenever you feel jealous of something, understand that when you see something that someone else has, for instance, your dream car drives by, or your friend texting tells you that you she's going on a three-week trip to Europe, and you've been manifesting Europe for six years now. Or you walk by the street and you see someone has your dream handbag, or you scroll on Facebook and all 12 of your best friends are engaged now and you're still single or your boyfriend's not quite catching up with where you want to be in your relationship, or whatever happens. When you see something that someone else has in your direct reality, that's a great sign that you are vibrating on the same frequency as that thing. And although it hasn't manifested quite in your reality, like you don't physically have this thing, by seeing your friend or someone else or seeing it online or seeing it anywhere in your reality, actually is a phenomenal sign that you are on the right path; that the manifesting work that you're doing is actually working. It's the universe showing you that that thing is already manifesting into your reality. The problem is that we shoot that down. We think that there's something wrong with us. We think that we're not capable of manifesting. We think that we're shitty manifesters. We think that this law of attraction bullshit doesn't work because that thing is not directly in our reality. However, that is the step before it's in your reality. So, anytime you see someone else have the thing that you want, turn that into excitement right away. Jealousy is going to knock down the vibration because it's showing the universe that you believe you can't have it, or it's kind of like, "I'm not really being grateful for that thing," and so you know that whatever you take for granted that you're not grateful for, you receive more of that lack into your reality. So by feeling jealous, you're actually going to manifest more lack of that thing. So if you feel jealous about a handbag, a crystal, a milestone in someone's business, or whatever it is, it puts you right into that "lack mode," and what you end up manifesting more of is lack of that thing. So instead, and I know this is a mind trick, and honestly, our entire reality is one big hallucination. It's one big illusion. It's one big mind game so you have to start. Especially if you're newbie to manifesting, understand that from this day forward, it is time to play tricks on my mind. It's time to play games with my mind. So train yourself. Everything is a habit and everything is a neurological connection. Nothing has meaning except for the meaning that we give to certain things. So it's our choice to feel jealous. We're neurologically wired sometimes to feel jealous about certain things. So if we can wire ourselves to feel jealous, it's not like we came out of the womb and started feeling jealous about things. So we can neurologically connect that anytime we see something that we want that someone else has, let's connect excitement to it right away. Let's just feel excited. Let's feel grateful. Let's celebrate the fact that if I see it with my own eyes, that means it is now manifesting into my reality. That means I am already so many steps closer to having that thing. And the thing is, when you celebrate something that someone else has, you actually bring it faster to reality, because you're

showing gratitude; because you're showing appreciation; because you're showing a sense of "Holy shit, I'm so excited for this person!" And what you celebrate, what you are happy about expands in your own universe; what you focus on expands. So instead of feeling jealous, start feeling excited and understand that you are on the right path. Another thing that I started to do with envy and jealousy is I started to use it as my own personal motivation. Because when I would see something that someone else has, or something that someone else accomplished, I know that what's humanly possible for someone else means that same thing is humanly possible for me too. What someone else has, you are more than capable of having the same thing. So whenever I would see something that in the past I would feel jealous about, I would start to get excited and I would start to feel extremely motivated because I know that if she has it and if she can do it and if it's in her reality, there is nothing that will prevent me from having the same. I just need to wrap my mind around it. I need to define what I want, embody the version of myself that already has it, and take massive action. By Law of Attraction, I can easily and effortlessly bring that into my life as well. So, really start using anytime you feel a twinge of jealousy, turn it into excitement, and then use it as your own motivation. Know that the universe just gave you something, a reminder that you want that same thing. And that's okay. Get excited that it's shown up in your reality, and then use that excitement as your motivation to go out there and get the same thing. Thanks, Amanda. It was a complete surprise. Oh my God, I did not expect for it to happen in Bali, especially in the last two nights, especially after a crazy road trip. Brendan's been telling me not to plan anything from January first - or end of December, until March - to not plan anything because he has something planned. And, of course, every woman's gonna be like, "Oh, that's the proposal." But I also always knew that I told Brendan from the start of relationship that I want to get engaged abroad. I want to be in an exotic location. I want it to be a complete surprise. And so he decided to twist it even more because he knew that if he were to surprise me as a trip - which he did, to Australia, we're still going Australia - that I would immediately, as soon as I got on the plane, would know that this is my proposal, and it would just completely kill the surprise. And so instead, he decided to surprise me with Australia. But he did it way beforehand, so I could not even expect it. He did it outside the timeframe that he told me that there's a little surprise coming, or whatever. And so that was just amazing and that blew me away. Thank you guys. Yes, using other's success for motivation, for sure. Oh, thank you Julian. Yeah, I miss this coffee. So, I'm in LA, as you can tell. Here is my messy apartment which, thank God this couch is hiding all the frickin' laundry, and the suitcases that I have behind me. And then I have all these boxes from packages that came while I was gone, and then Brendan's in the bed over here. So he's hiding and I decided to angle this so you can't really see my mess. You can't really see that my apartment looks like a bomb went off in here. And I have coffee, so it's a real live coffee chat. I missed you guys so much. Hi Lisa. Thank you so much, Gail. Also, Brendan and I have colonic scheduled at 10am Los Angeles time which is in about half an hour. And I know that sounds so sexy. I

guess couples who do colonic together, stay together, because that is some very intimate stuff, to have water go up your anus and wash out your intestines as a couple. So we're gonna do that. I have lots of packing to do today. I have a hair appointment, I have a nail appointment. I don't know why I'm sharing with you guys all the things I have going on today. I kinda gotta go. I will see if I got time in Miami to do another coffee chat. If not, I will see you guys next week, which I will be in Seattle back home, back with my family, back with my dog. I'm so so excited to spend about a week for Thanksgiving in Seattle, which is exciting. So I'll be sure to do more coffee chats from there. Lisa, did you say you love colonics too? Oh, thank you, Georgia. Alright, bye guys. Thank you so much for listening to today's episode. If you enjoyed this podcast and want to see more of the Manifestation Babe series, make sure to hit the subscribe button and share this episode with all of your friends. If you really enjoyed this podcast episode, make sure to leave a review on iTunes and let me know how much you enjoyed it. To go even deeper and unlock your inner Manifestation Babe, make sure to head over to [ManifestationBabe.com](https://ManifestationBabe.com) where you can find courses, events, books, blog posts, and all of my social media feeds. Until next time, beautiful. I'll see you in the next episode.