



Episode 24: How To Raise Your Vibration FAST In Under One Mi...

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SPEAKERS

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Welcome to the manifestation babe podcast. My name is Kathrin Zenkina. And I'm a master mindset coach and success strategist for entrepreneurial babes just like you. I absolutely love helping you uplevel your life, your business, your finances, and helping you see the infinite potential within yourself to be, do and have anything that you want. It is my duty and obsession to give you the tools, the resources, strategies and teachings, you need to manifest the reality of your wildest dreams. Think of this podcast as your daily dose of personal development to maximize your impact, your influence and your income. If you're ready to get your ass kicked to take to the next level, then you've come to the right place. I hope you enjoy today's episode. Now let's begin. Hello gorgeous souls. It is Katherine from manifestationbabe.com And I am back in Sydney for my last day in Australia and I figured it was time to do a live stream and a podcast recording. And I literally had this conversation with six different people in the last 48 hours. So I figured that this would be an important topic to talk about or at least share with you one of my tips on how to raise your vibration super fast in under a minute and manifest super quickly. So I had a conversation with a couple people, my clients and actually my step brother, all about how "Thank You", literally the words "Thank You" is the most powerful prayer you could ever say to the universe, and how sometimes, especially when we're in a low vibe place, it's hard to believe in what we're manifesting. So for example, if you've never manifested a client before, if you've never manifested a certain level of success,

you've never manifested a thing or an experience before, sometimes, especially when you're coming from a low vibration place, or you're just not confident in your abilities, you're just not confident in yourself, you're not really feeling yourself, you're not feeling on top of the world, it can be difficult to be like, Yeah, right. I mean, it could actually be really easy to be like, Yeah, right. I don't think the clients are going to come or, you know what? What if this is all bullshit? And you go into a pattern of negative thinking. So, I want to share with you a tip, and this is one of my personal tips. And this is something that I share with my clients and share with anybody who is just not there yet. They're not really feeling themselves. They're not really in that high vibration space. And of course, the way to manifest super quickly is to go to that high vibration place. So I call this a gratitude rampage based on the words "Thank You", and how recently I started to write my desires in my journal, almost on a daily basis, not as in I want or I have, but as in "thank you for" because here's the thing when you're saying thank you for something, you are acknowledging that it is already done. When you're asking the universe for something for instance, universe I want two clients or I want \$10,000 or please send me \$10,000 or please send me two clients. The vibration that you're actually emitting to the universe is I don't yet have it. And because you don't yet have it, the universe is gonna bring you more of not having it. And so what we end up doing, is you end up attracting more of not having it and when you say the words "Thank You", it literally implies that you are thanking the universe for something that you already have. And to the universe as soon as you desire something on an energetic level on a vibrational frequency, you know these invisible waves and invisible forces, it is already done and you do already have it you just need to get out of your own way. You need to get into a path of least resistance. You need to raise your vibration quickly. Get into the vortex as Abraham Hicks talks about and that is how you're going to manifest that thing super quickly into your life. Okay, so I call this a gratitude rampage. And this is a super quick coffee chat super quick podcast I just wanted to share with you especially since it is Monday already in Australia, but I know that most of you in the United States and wherever you are in the world are going into a brand new week and tomorrow's Monday for you. So I want you to start off your week feeling a super high vibe and really start your manifest Monday with a bang. So gratitude rampage essentially is you go super quickly and start saying thank you, for all the things in your life and for example, this is literally takes less than a minute and as you raise your vibration, you can then go into thanking the universe for things that you do not yet have, but on an energetic level you do have and so therefore you are manifesting these things into your life and what I mean by this is when you are feeling low vibe, it's kind of hard. When you're saying thank you for the clients and you don't yet have the clients or thank you for the thing and you don't yet have the thing, or thank you for the experience or thank you for the business, thank you for the success and you don't yet have it, if you're in a low vibe space, it kind of feels like you're telling lies and when you when you're telling lies, your subconscious literally rejects it. And when your subconscious rejects it, it means that you

don't believe it and whatever you believe is what you manifest. If you don't believe it, you can't manifest it. Does that make sense? So something that I was telling these people in the last 48 hours is that literally whenever I'm feeling low vibe I start with the tiniest of things and I go super quickly through this process. Okay, so for example, I will start with thank you for the sun. If the sun's not out, I'll just say thank you for the sky. So thank you for the sun. Thank you for the sky. Thank you for the ground. Thank you for the cars. Thank you for my microphone. Thank you for my hands. Thank you for my fingernails. Thank you for my mouth. Thank you for my brain. Thank you for my laptop. And I'll just go on this rampage of Thank you, thank you. Over and over and over again. And as you see and notice after about 30 seconds to 60 seconds, how much you have in your life and how many times you just said thank you and how much you have in your life to appreciate. What ends up happening is your vibration starts to raise and as it raises and as you feel so freaking abundant and so grateful and so high vibe, you can then go into and transform into the thing that you are thanking the universe for that you don't yet have. So that's when you can start saying thank you for the money. Thank you for the clients. Thank you for the success. Thank you for the travel. Thank you for the first class ticket. Thank you for the whatever it is that you're manifesting. Does that make sense you guys? So, this is my trick. It's the gratitude rampage. And as you know, thank you is the strongest prayer you can ever say to the universe, it is the most high vibration phrase. Gratitude is the highest vibration frequency. And whatever you are grateful for, you will receive more of. So the trick is to always be grateful for something in advance. And that is my little trick. Just to recap quickly, thank you means you acknowledge that something is already done. And asking and wishing for something means that you don't yet have it, which means that you're going to be creating more and more lack of it. So that is my little quickie for you guys. I hope you enjoyed it. I hope you go into manifest Monday. I'm starting with a gratitude rampage. In fact, as soon as I end this livestream, and as soon as as I end this podcast, go ahead and try it. Start saying thank you for the tiniest of things. And as you start with the tiniest of things, you'll notice it's really easy to grow into the bigger and bigger and bigger and all of a sudden your vibration is just buzzing up here. And all of a sudden, you can literally feel the big things in your life, you can already feel them as if they're already done. And as soon as you get into that space of it's already done, and really embodying that version of yourself and those feelings and emotions and that passion and that just certainty that it's already done. That is when it manifests, you guys. All right. I love you guys so much. Have a beautiful week. I fly back to the United States tomorrow. So I'll be on an airplane for 16 hours off tomorrow. And then I'll be back in LA soon. And I'll be bringing you guys more live streams, more podcasts, more tips. Let me know what you guys enjoy the most. All kinds of topics I am open to. Let me know if you have questions, or you need help with something, you need guidance with something you want. So you know you want your questions answered on manifesting money, business online business anything I'm open to it. I love you guys so much. Have an amazing,

amazing day. Bye. Thank you so much for tuning in today's episode. If you absolutely love what you heard today, be sure to share it with me by leaving a review on iTunes I can keep the good stuff coming. If you aren't already following me on social media come soak up some extra inspiration on Instagram by searching at manifestation babe or visiting my website at manifestationbabe.com. I love and adore you so much and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.