

Episode 34: My Alternate Reality Reiki Experience & How It Can Help You Manifest

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 teaching, you need to manifest the reality of your wildest dreams. Think of this podcast is your daily dose of personal development to maximize your impact, your influence and your income. If you're ready to get you're asked 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.

Hey gorgeous souls. It is Kathrin from manifestation babe.com, and I wanted to hop on super quick to share a bit of a story that I just experienced here in Costa Rica. So I'm in Costa Rica right now and I just finished having a Reiki massage. Now I've had a Reiki done before, but I've never had it done before first of all on the beach, which is freaking awesome, and then also in combination with a massage, and I just had the most incredible experience. So many insights, just a really cool way of looking at life from a different lens that I knew I had to get on and share with you guys. Oh my God, where do I even start? So this morning, I was in a bit of an unresolvable state, I was dealing with a couple of challenges, a couple of problems, not feeling so inspired, just one of those days where it felt like a little bit of a drag to get up, a little bit of a drag to start working and I wasn't feeling as inspired, and so my mom, my amazing mom, has been seeing this massage therapist in Costa Rica on a summer beach. And she's been seeing her for about, I want to say 10 years, and so she highly recommends her obviously. And around noon today, I decided to walk on the beach and go and get my Reiki massage and I wasn't expecting anything of it, to be honest. And when I got there, I was really feeling down on myself and Brennan just finished having his massage and he said, "Babe, are you okay?" and I said, "Yeah, I'm just kind of dealing with my own, you know, just being in my head, obviously." I mean, think about all of our issues, all of our problems, any challenges that exist, it's always coming from us being in an unresolvable state and being in our heads, because when we are in our heads, we cannot see the outside perspective. And so therefore, we can never see the solution. We only see the problem and it's when we adopt a resourceful state, do we finally step out and see the solution. So I got to, her name is Danny, I walked up to Danny, and she put me on the massage table and she asked me, "Do you want a relaxation massage, a deep tissue massage, or I can do Reiki and then do a massage, but if we do Reiki massage, I can't do deep tissue, and Brennan's like, "Kathrin, your back really needs a massage like go for the deep tissue." And I was like, "No, I really need Reiki and I've had Reiki done before and I'm actually in the process of being Reiki certified granted, I haven't had much time to put towards it. So I've only been to a tune once and haven't had much time to practice yet. However, I feel really inspired to go back to it because of the experience that I just had.

Now one of my manifesting steps, step number two of my three step manifestation process is become the version of yourself, who already has x, who was already living x, who is already experiencing x, whatever x might be, and when you step into the perspective, like for instance, in my rich babe program, I talk about embodying the rich version of yourself and when you embody the rich paid version of yourself and you ask yourself questions from that state, all of a

sudden you have a different perspective on your challenges or problems and therefore you have new answers that pop up. So for some reason, my intuition told me I needed a Reiki and so she immediately was like, Okay, what can I help you with? What do you want to talk about? Like, do you want to say something? What can I focus on? What can I work on? And I was like, you know what I'm feeling a little bit of a lack of clarity like I just feel like I have a some sort of energy blockage that just needs to go ways that I can finally see things clearly again, gain my inspiration back and just be myself, because I haven't had the best morning I wasn't really being myself. And so I need a little bit of that Reiki power healing. And she's like okay, and so about 10 minutes, I don't know if you guys believe in alternate universes or alternate realities, I am not sure quite yet where I stand on it. However, setting quantum physics, I do know and do believe. And do you understand that at any point in time, we have infinite possibilities. We have infinite choices. And so at any point in time, we stand at the brink of infinity of infinite choices, infinite possibilities, infinite decisions, infinite things that can happen. And so it's a matter of us making a choice that takes us down the next path, and nothing is predetermined. I don't believe that our life is set up for us and that we are just following this path that has been pre determined for us. I don't believe it. You know, I don't believe that life works that way. I believe that at any point in time, we are creating our reality. And so that's as far as I go to understanding that, you know, when I talk about becoming the version of you who already has that thing, in a sense I am talking about alternate universes and alternate realities, where there's already a version of yourself out there who's kicking ass, who's embodying the rich, big version of herself, who's making the million bucks, who is running a business in a graceful and easy way, who has the relationship of her dreams, who has a hot husband, and the great kids and the hot body and everything that she wants. And it's a matter of you stepping into her and seeing what life looks like from that perspective. What are her thoughts? What are her beliefs? What are her conversations? How does she dress? How does she treat herself? How much does she love herself? And from there, all of a sudden you're like, "Well shit I haven't been loving myself. No wonder that I'm not getting the results that that version of myself has." Or my belief systems say otherwise, that I don't deserve it or I'm not worthy of it, so no wonder I'm not attracting money into my life. Or you know, that version of myself believes that money comes into my life easily and that success is easy, and I can do it with grace and ease. Oh, there you go. That's my issue right there. No wonder because I am in hustle mode or bla bla bla, and so you guys understand it, you know what I'm talking about. So that's as far as I go in believing in that stuff. So back to my Reiki story. I'm on the table enjoying myself, her hands are on my, I want to say like my chest or my neck, and all of a sudden, I'm laying there and then next thing I know, I'm floating in the palm trees. I'm not even kidding you guys. It sounds crazy but my eyes are wide open. I'm looking at palm trees, like the tops of palm trees surrounding me and I'm just looking around and just completely enjoying myself, and in that moment, all of a sudden, all of my problems, all of my challenges, everything that I worried about everything I was in my head about anything that was just messing with my mind set, that you know earlier today all of a sudden was gone. And then as soon as I realized that, as soon as I was conscious of it, all of a sudden I realized that my eyes were closed the whole time and I'm laying on a table and then 10 minutes forward, you know, five to 10 minutes later my eyes are still closed, I'm laying on the table, but all of a sudden, I swear I'm looking at my feet, wearing Nike flip flops, which I don't own. So I'm literally seeing it right before my own eyes as if my eyes are open as clear as day. I see Nike flip flops,

my feet in them, dangling over a cliff. And this cliff, I can just see it's this rock and I see a bunch of greenery and I just see this beautiful view. And I'm just enjoying this view, having a great time. And all of a sudden, as soon as I realized, "Wait a second, I'm not at this cliff. I'm not at this rock. I'm not sitting on this rock.", all of a sudden, boom, I come back to the table. And then it happens again. Next thing you know, I think I walked on the beach afterwards. That was my next experience. And so every time I floated away into the distance into this, if you want to call an alternate reality, each time I got new insights, I got new perspectives. All of a sudden, I realized that, you know, all of my challenges and all my problems are only seen this big because of the perspective I'm looking at them from and I'm looking at them from the state that I'm in resourceful state that I'm in and resourceful Catherine that I'm being, I'm not being my higher self, I'm not embodying my higher self. And as soon as I became these other versions of Kathrin, you know, dangling her feet over a cliff or floating in the palm trees, somewhere all of a sudden, everything just melted away. And so it reminded me instantly of one of my manifesting principles, step into the version of yourself, who already has everything that she wants, become that version, because from that place, you then have a 360 view of the challenge that you're dealing with. All of a sudden, it might not be that bad, all of a sudden, it seems much smaller. All of a sudden, you realize that the solution has nothing to do with the challenge. It just has to do with the state that you're in, not really seeing the challenge from a different perspective. Or maybe it's the thoughts that you keep thinking or maybe it's the conversations that you have, maybe you're not seeing something, maybe you're not noticing something, maybe it's the way you're treating yourself, maybe it's the actions, that you're not taking, maybe the version of yourself is taking the freaking actions is scared out of her mind, but she's doing it anyway. She might have those worries and those fears, but she's doing it anyway. And so, having this Reiki experience also by the end of it, I felt my right hand when I was getting attuned, my very first time my right hand was on fire. And I felt like something escaped, like some sort of just negative and resourceful, stagnant energy just left from my right hand. And when, as soon as I felt that she was like, "Okay, I think I'm done. Do you want me to keep going because I can keep going or we can move on into the massage part." and I was like, "No, let's move on into the massage parts. I feel like I'm done." and she's like, "Okay, because I felt it escaped from your right leg." and I was like, "Really? I felt it escape from my right hand, both right sides." But it's just so funny because we knew at the same time, that dealing with just that energy, that wasn't serving me, I finally had let it go. And on my way from the Reiki place to lunch all the way back to the beach, and now I'm literally sitting in my hotel room trying to hide because there's like kids out in the pool, and people walking around, and I didn't want to get distracted, or for you guys to hear any noises or screaming or anything. So I'm sitting in my hotel room, and I was like, this is so powerful when it comes to manifesting, because so many people, they only have this one perspective. And they think that that's it. They think that they can figure out the how and the when, and all these details on how to unlock their potential from this one place. And it isn't until they are given time to think about things or given more resources or they switch their perspective or have a conversation that they finally see things differently and oh my god, it's not that bad. Or oh my god, there's the answer the whole time or they have a session with a coach that helps them unlock what hasn't been serving them or what's been in the way or what they keep focusing on that doesn't even need to be focused on, but then you can just take a shortcut and do it all yourself and literally use your mind to take you to that version of yourself so that

you can unlock all those answers. And I thought that was powerful. Gianna asked, "How do you tap into that version of yourself?" I literally close my eyes and ask myself, okay, I already have whatever it is I'm manifesting, so for instance, let's say it's a specific income month, right? So I'm already the version of myself who has that, those hundred thousand dollar months, and I have the luxury condominium that I want to live in a penthouse, and I have the car and I have the relationship and I have the health and I have everything that I want that version of myself when I do the sort of visualization if you're asking for like, specific specific so I do it from a visualization and I just envisioned this version of myself and I asked myself, "When I have all these things from this place, what am I thinking? What are my beliefs like? What are my actions? What actions am I taking? What time in the morning am I waking up at? What are my habits? What am I eating? What am I doing? How many hours per day am I working?" And so I basically created all these scenarios, I asked myself, "What are the building blocks that constructed this version of myself?" And then from those building blocks, I can immediately figure out, what is the missing piece right now? Obviously, this is a version of myself. So this is me, there are building blocks that I already have in place, however, maybe there's one or two or three that are missing and so then immediately, I know what to work on, right? So I know oh my god, it's the morning ritual. I haven't done my morning ritual and so longer oh my god version of myself. She's been meditating. I haven't meditated in a while. Or she takes care of herself. She gets regular massages, she takes regular baths, she dresses you know, wearing nice clothes, I haven't been doing that I've been taking care of myself. I barely showered in like a week, you know, like all of a sudden these building blocks click and they fall into place and immediately, you know, what is triggering the lack of results? That's one of my most powerful manifesting tricks. My most powerful way of understanding what exactly is holding me back that I access on a regular basis. And in my rich babe program, I teach you how to create the rich babe version of yourself so that you can then make financial decisions like for instance, when it comes to paying bills, the rich paid version of yourself who already has the income that she desires? Is she getting upset about a bill? No. Is she getting excited about paying for her services that these amazing companies offered her? Yes. How many hours per day is she working? Is she taking payment from a client who doesn't respect or doesn't love her? Is she undercharged for her services? No, she definitely gets paid for what she's worth. And so she has the set prices. There's a blog post if you guys want to check out I know as part of an email newsletter once, but it's a really great blog post of how I apply this principle to my business. It's called the game changing question. I asked myself to generate \$500,000 in my business and actually ended up being \$600,000 a year, but about May 2017, I was frustrated on a discovery call. The person who I had a discovery call with didn't show and it was maybe like my third or fourth time that someone didn't show a discovery call in my coaching business. And I was just livid because at that point, I was like, I am making this much money. I don't need another client. I love to help people. I want to help people. If I could help everyone in the world I could, I just can't reach everyone. There's only so much time, right? There's only so much energy. And so I remember asking myself, does a version of this Kathrin Zenkina already have that incredibly successful coach, or does she do discovery calls? And immediately when I went into that place I was like, no, she doesn't. She doesn't do discovery calls, people just book her just because they love her. They watch her coffee chats, they see her on Instagram, they hear stories about her, they read her blogs and read her email newsletters and they freaking love her. Those are the clients that

are the version of Kathrin who already has everything you know, that's how she operates in her business. So immediately I took off discovery calls. I doubled my clientele that month, and I doubled my income that month. So it's super duper powerful stuff. I love this stuff.

That's all I wanted to say to you guys. I hope you're having a phenomenal Friday. Hello, happy weekend. super exciting. I hope you have a phenomenal weekend. I'm going to be in Costa Rica for the next 10 days, which if you guys haven't been to this country you guys have to go. It is so good. Beautiful. My parents have been trying to get me here for the last 10 years. Actually, they've been trying to get me here for the last two years because before that I lived at home and I was the one who took care of our dogs right mom? So finally I made my way here. Beautiful country. Brennan decided to quit his job here. Last time I was here I created "She's killing it" If you haven't checked out "She's killing it" is my 30 day, my 21 day manifesting journal. I couldn't find it on Amazon. I actually literally created it right outside my hotel room, sitting on a chair at night, every single night trying to avoid mosquitoes and having like bugs literally sit on my screen and I remember like smacking them out of the way because I was so inspired and so motivated to finish this journal every night after dinner so I created that. Here is a lot of inspiring creative energy, just such a beautiful country. And also one more thing I want to mention before I go or maybe answer some of your questions. I'll just stop the podcasts so there's no awkward pauses or anything like that. And I'll do like a formal Q&A later for the podcast. I wanted to mention that on Monday, so Sunday is a Sunday by 10 AM Pacific is the very last day, but Monday is when the rich babe challenge begins. If you've ever wanted to make attracting money, easy and done with grace and tap into that rich babe version of yourself, where you don't have to hustle or struggle anymore for money, it just pours into your life, then you want to get in on this five day challenge. Every single day, I'm going to send you a five to seven minute video with super simple tasks. And a very simple way to win \$1,000 by the fifth day, so one lucky participant will win \$1,000 just by participating all five days. Really exciting challenge. So excited about it and also equally excited about the next rich babe academy roundup as well. So if you are interested in that my link is in my bio. I'm gonna post the link on Facebook. And the link is in my show notes for those of you listening to a podcast all right, I love you guys so much. Bye. Thank you so much for tuning in today's episode. If you absolutely love what you've heard today, be sure to share it with me by leaving a review on iTunes but 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 day or visiting my website at manifestation babe calm. 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.