

Episode 38: The BEST Manifesting Ritual That'll Give You Crystal Clarity On Your Life

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 for manifestation babe.com and I'm so excited to be recording another podcast for you. I just got super excited about finally breaking out of my box yesterday on this whole perfection thing. And I decided to sit down again and share with you guys a powerful manifesting ritual that will give you crystal clarity on your life. To give you a little bit of background, actually about a year and a half ago, I really sat with myself and I asked myself you know, I have all this knowledge on manifestation, I have all this knowledge on the law of attraction, I've manifested some pretty incredible things up until this point, how can I create a system? What are the most effective things that I have done? And how can I put it into a process that contains the least amount of steps possible so that I can share this with people? And so I basically created my three step manifestation process and now I call it my manifesting ritual, and it's actually something that I share with Brennan and those of you who know Brennan or maybe do not, Brennan is my fiance, and he's someone who used to look at me like I was crazy when I talked about manifestation, law of attraction and this ritual is actually something that excited him and it was easy enough for him to do it. It gave him crystal clarity. He closed the notebook after we did it actually Friday night at a hookah lounge that we were at together. We were kind of sitting there having some food, enjoying ourselves, having some tea, and we had our laptops out and we often like to go to high vibe places. And just these environments where people are typically socializing and partying and having some fun, and Brennan and I are always bringing our laptops and we like to soak up the energy, have fun while we work. So that's our little system. But anyway, that's what we were doing on Friday. And I decided to bring a journal, my journal, and then Brennan brought his journal and finally came time to us, for us to know we get a little bit tired. And we realized that we didn't even do what we kind of came there for, which is I asked Brennan, if we can go out and kind of bring our journals and redefine what we're working on and redefine our goals and redefine our vision and redefine our desires and figure out a new plan and because every about six months, you know as things manifest, and as things change, you need to keep getting clear so that you're never feeling stuck. I hear from a lot of people that they feel stuck in their life and it's probably because they haven't redefined their vision in a while. And I promise you by doing this manifesting ritual, I'm struggling between calling a manifestation process and a manifesting ritual so sometimes I combine the two, but anyway, this is a really powerful process to give you that crystal clarity so that all of a sudden, you have the action steps that you need to take. A lot of people sit down and they create a vision board or they sit down, they write out their desires, and all of a sudden, they're like, well, I have no idea how this is gonna happen and I know it's up to the universe, but I seriously don't

even know where to start, and they get so caught up in that, I don't know how it's gonna happen, that they never actually believe that it's possible, but if you have such crystal clarity that comes out of the manifesting ritual, where you actually identify the first steps that you can take, all of a sudden it's more believable, because all of a sudden it's like even though ultimately this vision is so large and I don't really know how I'm going to get there, but at least I can kind of see how I can help it unfold by taking the first, one step, two steps, three steps, I know where I can start so that the universe can come in and basically do the rest of the work and and help bring the people and help bring the circumstances and the events and the ideas and the thoughts and the beliefs and everything that I need to help this vision unfold. So are you guys ready for me to share with you the manifesting ritual? This is actually something that I am going to be creating an entire academy out of, and obviously the academy is going to go really, really deep into manifestation law of attraction, it's going to be called the manifestation babe academy, and it's a four week live course that I will be releasing, starting in May. So if you're super interested in working through an entire course on kind of the science and how the law of attraction works and how manifestation works and how to really apply it to your life so that you have even more crystal clarity and that you can actually start to see this magic unfold in your life and have it be explained by someone who's not using all this jargon in this complex language and it doesn't feel so kind of like, I don't know how to explain it, not woowoo but you know, sometimes you listen to spiritual teachers, and it's like, I don't know what plane they're on right now. I don't know, this is some sort of metaphysical plane that I am not a part of so I don't understand what they're talking about. It's almost if the words are just kind of floating up in the air, and I need someone to bring it back to Earth. I need someone who lives in the 21st century, talks like the 21st century and actually takes these concepts and applies it to the 21st century. So that is something that'll be released in May so stay tuned for that. I'll announce if there's going to be any waiting lists, I'm not sure yet. I'll announce if there are any five day challenges that will lead into this course, but I will make sure to keep guys updated. Just make sure you're following me on Instagram at manifestation babe and on Facebook just look up Kathrin Zenkina manifestation babe. I'll make sure to keep you updated. And also the best way to stay updated is obviously my email list and any freebie you sign up for on my website, if you just go to manifestation babe.com and whether you choose the freebie library or something else, or sign up for a free five day challenge, whatever it is, you will also get the update.

So back to the point of this podcast. So the three step process that I really want to talk to you guys about and let's just get frickin into it. Okay, so number one. Brennan and I did this on Friday and it was absolutely amazing. So number one is to list all of your desires on a piece of paper or in a journal or somewhere where you can just have at least I recommend five to six to seven pages. You know, give it some time, give it some energy. This will probably take you about an hour, but I don't see it taking you any longer. So number one is to list all of your desires unfiltered into your journal. And by this I literally mean I don't want you to envision any limitations. You have a genie in a bottle and I just handed you this genie in the bottle. What does your life look like? Or I'm a wizard with a magic wand and I literally have this magic wand and I wave it over your life. What do you want? And I want to make sure that you make it as big as possible and have a combination of all areas of your life. What do you want in your relationships? What do you want financially? It's okay to have smaller goals and there is no filtration. There's no like, this is for a year ahead or this is for five years ahead. Oh my god, I

don't know where I'm going to be five years from now, I don't understand, Oh, this is so unbelievable. You know, this is so difficult. I'm not even sure how this is gonna happen. I want you to stop thinking about all that crap and just literally list down, what you want. And then number two, so step number two, once you have all of your desires, and they're just kind of out there, and you have kind of shown yourself, your subconscious mind, the universe, what is it that you want? Step number two, is asking yourself, who must you become in order to live this kind of life? Who is the version of yourself who already has all of these desires? I want you to literally describe her in just whatever comes to you because Brennan and I both had descriptions of our versions of ourselves that already lived this reality and already lived this truth. And we both had different perspectives of how we would describe ourselves, but we ended up both understanding the prompt in a way, where it's like, oh, I see what the blueprint is, I see the building blocks of where I can improve and, or unleash what's already deep inside of me. And the key here also is to give this version of yourself some sort of a nickname okay? So the reason why, is because when you give this version of yourself a name, all of a sudden it feels so real. It's like, oh, let me just step into Cynthia, let me just step into Mary, let me just step into whomever. And for me, this is kind of funny guys, but those of you who are in my rich babe program or have been in my rich babe program, you know that my higher self or version of myself who already has everything that I want, I refer to her as Kathrin fucking Zenkina that's something that came out of me during a Tony Robbins event where he was like, you know, who are you? What is your truth? Give it a name and I was like Kathrin fucking Zenkina. With Brennan, it is actually Breton, so it doesn't matter, but if you give it a nickname, or some sort of name, and you put that at the top of the paper, all of a sudden you can keep asking yourself this question, how can I unleash blank? How can I step into the blank? And I want you to list out just the kind of beliefs that this version of yourself has, the kind of thoughts, the behaviors, the habits, how much she loves herself, what she does, what her boundaries are, just like anything that comes to mind and I want to say I'm looking through mine right now, mine took about two pages, and even random stuff came up you guys, something as simple as you know, I take impeccable care of myself and that includes stretching Yoga hit, and washing my face twice per day. So that's very random, but I know that by me taking care of myself, that's ultimately the version of myself who already has everything that she wants. She would take care of herself in this way. And then she would appreciate people in her life. And I just created this whole list of what Kathrin fucking Zenkina is like, and what I noticed from this list, and what Brennan and I both noticed was that ultimately, all of a sudden, we have the building blocks of where we can improve, because you can look at this list and think it's so interesting that the version of myself who already has everything that she wants, she has boundaries. She takes care of herself. She works a certain amount of hours per day. She also has a certain level of fun. I currently don't take care of myself. I don't have any fun. I feel like I'm overworking or not working enough. I feel like I'm not prioritizing myself. I feel like I'm saying yes to everyone and not enough no to the situations, the people, the events, the stuff that don't really resonate with me. So there are the building blocks of where I can improve. Or sometimes you might recognize that you are already, and this is true, because you are technically already this version of yourself, it's just that this is the future you're thinking about, and so sometimes you can look at it and be thinking that wow this stuff is already deep inside of me. I am already filled with so much faith and love and gratitude and appreciation. I just need to step into that and unleash what's already deep inside

of me. And then what is step three? Well, I promise you after going through steps, one and through steps two, the third step is really easy. It's three action steps you commit to as the version of yourself from step two. So what are three things that you can think of right now? So it has to be something that you recognize and I promise you, you're going to recognize something. Remember how I said, the version of myself, who already has everything she wants, has boundaries. She says no more often. Wait a second, here's an action step. There's something that is just annoying the hell out of me on my calendar. It's not serving me. It's not taking my life to the next level. It's really because I'm trying to please this person and I'm afraid to say no, wait a second, I can step into the version of myself who already has everything that she wants by committing to that action step. And so it's really, really easy to identify this because all sudden, you have so much clarity on what you want, and who must you become in order to have these things. And so what are the first three things you can do starting right now that you can literally take action on immediately that will propel you forward? And once you have these three steps, once you identify what you want, who you must become, and you actually take the first step, well guess what? The universe is going to come in and unfold the rest. This is where you know the universe is always matching what you are doing, you know law of vibration, law of attraction, law of action, so many different laws but the universe is always going to match up what you are doing, law of cause and effect, law of compensation. I can go on and on. And so, if you are not taking the first steps if you are ideally waiting for perfection or you are ideally waiting for things to be perfect, for the timing to be right for you to have enough knowledge, you know, I just need one more course, I just need one more book, I just need one more symbol from the universe, I just need one more confirmation, I just need one more essential oil or whatever your one more is. A lot of us are just waiting and waiting and waiting. But guess what? The more you wait, the more the universe waits. It's an exact match. If you are idle, the universe is idle, but the magic that happens really is that when you start to put energy in, even though the universe matches that energy, the thing is that we live in such an incredible universe where the universe is in charge of doing the hard lifting, the dirty work, the stuff that we cannot even imagine we cannot even come up with. It's going to feel like we take three steps and the universe takes 10 because even though to the universe, it's essentially taking like a human version of three steps, it's actually going to feel like 10, 20, 30, 40 steps to us, where we're like, holy crap, this is amazing. My life is finally unfolding. And as you start to actually act as a version of yourself who already has everything, I promise you, you're going to get more information. You're going to get more knowledge, you're gonna get more nudges, you're gonna get more intuitive Just like these intuitive urges to do something, to call someone, to create something, to write a book, I don't know what's going to come forward to you, but I promise you by identifying what you want, identifying who you must become and actually taking action, this is how you manifest you guys, this is how you apply all of the laws of the universe into 1 three-step-process because you have the law of attraction. Here you have the law of action, you are actually taking action, which for those of you who have read or watch the secret, you know that the number one thing that they left out of that movie, sadly, or that book is the law of action, and you have to take the first step, the more you wait, the more the universe waits, and all of a sudden you're 90 years old, you're looking back at your life and you're like, holy crap, I missed out. But if you just do one thing, I promise you, like, for me, it was so so simple. One of my steps is I have to practice yoga stretching or hit at least three times per week starting right now and I

make it a priority. How easy is it for me? I live in frickin Los Angeles to find a yoga class or do a stretch right next to my desk, just get on the ground and stretch my body, or do some sort of hit. I literally live upstairs from 24 Fitness and so I have a gym right there. How easy is it for me to go to the gym and take action. Now this might seem completely unrelated to, you know, my financial goals that I have set for myself, my travel goals that I've set for myself, you know, the kind of dogs that I want, you know, you know, the kind of houses I want to own and what my investment account looks like, I have all these desires written here. It's kind of like how the hell does the gym have anything to do with this? Well, it has everything to do with it, because the version of yourself who already has these things is you. For me working out and taking care of herself and stretching her body and making it a priority and so this really does encompass all the levels of manifestation. And all of a sudden, you can watch the universe kind of come in and take over and you can open yourself up to receive because there's gonna be a lot and a lot and a lot to receive. And so that is my three step ritual, and I hope you try it. Remember, number one, list all of your desires. Number two, ask yourself who must you become? And number three, what are the three action steps you commit to? I want you guys to do this in your journal as soon as you hear this podcast episode. I know that life can get in the way, you might move on to another podcast episode, you might make yourself some lunch, you might scroll on Facebook, you might be at the gym right now and you might come home and just forget about it, you might be driving right now and you're just kind of like, this is cool. I'll do this like later or I'll do that. Next week, I want you to do it right now, as soon as you get a chance to whip out a pen and a piece of paper, I want you guys to do it and to hold yourself accountable. I want you to screenshot this episode tag me and let me know that you have put it into practice. And also let me know, how much crystal clarity, you have in your life right now and how excited you are to implement this, how excited you are to take the first three action steps and if you have taken the three action steps already today, bonus points for you. I want to know what too, send me a DM leave me a comment. However, you can contact me however you can tag me, let me know once you've done it. And then also you guys, I wanted to mention one more thing I've already mentioned about the MB Academy which is something I want you guys to look forward to because it's really exciting. And then shortly after that, I will release the next rich babe round which is super exciting. I know so many of you missed out that you are watching, you know maybe my DMS, seeing all the incredible results that my current rich babe round is getting and you're probably like shit I shouldn't have missed out. Oh my god, I don't want to wait. I need those results right now. Don't worry rich babe academy will be here before you know it. But before I sign off or stop recording this, I wanted to share one more thing with you. I actually have my VIP tribe. And recently I recorded a masterclass for my VIP tribe. That is, basically remember, I don't know if you guys have listened to this podcast, maybe you're new but I do have a podcast on the 12 universal laws of the universe and how it's not just law of attraction that is in charge of manifestation but it really is the full picture, the full 12 laws and how for most of my life, it took me so long to manifest my desires because I took the law of attraction literally and I didn't understand that challenges and obstacles were actually part of the process and people who are taking law of attraction literally, they see themselves as failures. Once they come across a challenge and obstacle, they don't understand that it's actually part of the process and there's a universal law that guides it. And so a lot of people don't understand that a lot of people, me especially, would give up, I'd be like, you know what, I'm not cut out for this.

This is bullshit. This doesn't work. This is not for me. This is for everyone else, but not me. I'm sick and tired of watching everyone else, have more money and travel the world and have nice things and they're so happy. Why can't this work for me? Well, it's because on an intuitive level, those people understand the full freaking picture. They have enough experience or enough life that they have witnessed or enough intuition to understand that there's a lot more that goes on. And so the podcast episode did so well. I decided to create a master class out of it. And so in the master class, I not only go way deeper into the 12 universal laws, but I actually teach you how to apply it. How to apply it to your life, to your business, to money to relationships, all different areas of your life, all 12 laws, and then I share with you, how you can create a manifestation process, which is basically what I've shared in this episode, but I have different insights in there that I share, where all of a sudden you're applying all the universal laws together and your whole freaking life makes sense. You no longer give up and you no longer get frustrated. All of a sudden you have enough patience, enough tenacity and persistence to create the life that you freaking deserve. And so this masterclass, I have taken from my VIP tribe. So those of you in my VIP tribe, it's already up there. For those of you who are not though, it's only a 16 minute masterclass. So, you can literally do this today. Think of it as podcast episode number two, and I also priced it at just \$8. So I made it super affordable, where I don't care about where you're at in your life, you need this information, I don't care whether you have plenty of money or not enough, whether you are in a relationship of your wildest dreams or you're not, or wherever you are in your life, I wanted to make it accessible to every single one of you. So I'm going to actually link it in the show notes. So if you go look at the show notes of this episode, you'll see a link to the master class. I don't know how long I'll be offering it for, especially at such a tiny, tiny price of \$8 or just in general as a master class that lives on its own. So if you are interested, and you want to learn this stuff, you want to learn this information, you want to make sure you're knowledge bone, you want to make sure that you go to the deepest level of understanding of manifestation as possible so that you actually start seeing results, you start succeeding, you start living the life of your dreams, go to the show notes, click on the link purchase it. If you just scroll to the bottom, it's not a very long landing page, just purchase it and you'll have instant access immediately. And then if you are following me on Instagram and for instance, you're struggling opening up the show notes or something, just go to the link in my bio. And I should actually put it on my website too. So I'll make sure to do that after I finish recording this episode as well. But I hope to see you in the master class and then let me know what you think of that master class and tag me and share with me, I love reading your feedback. I love reading your aha moments. Don't ever feel like you're bothering me. I can't promise that I can answer every single one of you because I used to have an assistant that helped me with my DMS with my messages and since December, it's just been me on my social media. So I don't have a social media manager. I don't have anyone that helps me with the DMS and the messages and stuff. And so I actually like to read all of it myself. And so whether or not you get a response, please understand that I get like about four to 500 DMs per day so it's a little much, but I read every single one of them and I enjoy reading every single one of them and the feedback that you guys give me really helps. So when I say tag me when I see DM me, I mean it seriously. Whether you're the kind of person to dm someone or to tag someone, I don't care. I'm giving you an assignment. So I love you guys so freaking much. If you enjoyed this episode, let me know. Leave a review, leave me a comment, send me a DM

and I hope to see you in the master class. You guys are amazing. And also Happy Easter, for those of you who celebrate Easter. I always say you know it's an amazing holiday because Jesus really was the master manifester and if there's a holiday to honor that man, then I am super proud to celebrate it too. So have a happy Easter and have a happy holiday. And I think it was Passover this weekend too. I live in a different reality where I don't even know what day of the week it is ever. I don't even know what holiday it is ever unless I see it on Facebook or someone like says oh Kathrin Merry Christmas and I'm like oh shit, it's actually Christmas. Oh my god, I had no idea. So anyway, love you guys so much. Have an awesome day. 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 so that 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.