

Episode 39: How To Get Your SIGN From The Universe

Welcome to the manifestation Bay 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 come to the right place. I hope you enjoy today's episode. Now let's begin.

Hello gorgeous souls. Happy Friday. I missed you guys so much. I decided to simultaneously go live on Instagram and on Facebook and get my microphone out so that I can also put this up on my podcast. So first and foremost, I'm going to apologize that in my voice and the way I look right now, I am freaking jet lagged. Like, I literally thought that I was tired last night around like 11pm we finally came home. So first of all, for those of you who don't know, I literally just flew in from Singapore last night. So it's Friday morning right now and we flew in from Singapore on Thursday at 5pm. So we Literally just got to LAX and then Brennan and I went out to dinner, decided to work at one of our favorite cafes. And then we went to bed at like 11. And it's so funny because he and I both had the exact same really bad dream, like a nightmare dream. Oh no, Facebook's trying to reconnect. Please no, please connect. For those of you listening on the podcast, bear with me for just one second. Oh, where's my Wi Fi? Where's the Wi Fi when you need it? There's my WiFi. Okay, I think we're back. So him and I had the exact same nightmare, which is very interesting. It was all about Bali and monkeys and spiders and just like weird things happening and we both woke up at like 4:30 or 5:00 AM. And no matter how hard, no matter how tired I was, I just cannot fall back asleep. So I've been up for about three hours now. Don't know where I am, what time it is, what timezone I'm in, what country I am in and it's just one of those days where I'm like, alright, we're gonna do this. So I hope you guys are having a phenomenal Friday. I wanted to come on as the topic today. So typically lately I've been live streaming with no topic just kind of hanging out and answering questions, but I do have a topic in mind today something that's been really highly requested and something that's been coming like a question that I've been getting a lot via, Instagram, DMS and comments and especially in my Bali retreat. So in Bali, I just finished another retreat with some amazing women in Bali. We spent a week together, so seven days, seven nights in a villa in Bali and it was phenomenal. I love all the women who came, the vibes are high, there's so much fun and so much growth and so much crystal development and just watching, like my favorite thing in the world is watching these women come in on day one, and just seeing how much they transformed by day seven. I love watching these like closed up flowers coming in kind of unsure of themselves. And then by day seven, they just all bloom together. And it's been so amazing to watch. And it was my second retreat, and it went so well. And so Brennan and I decided to go to Singapore and kind of celebrate his birthday and celebrate this combination of another successful retreat. Now something that's been coming up which is the topic of today's podcast, the topic of today's livestream, is all about how to get your sign from the universe. Now this is something that every single babe, all my Bali babes asked me. Kathrin, how do you know that the map of the world is

your sign? Because when people hang out with me, they see that like what I posted in my Instagram stories about all those triple digits. For those of you who follow me on Instagram and watch my stories, you'll see that I'm constantly capturing the map of the world because I see it everywhere. I'll capture 11122233 of all of these numbers, especially 1111. And when these Bali babes finally got to hang out with me, I would see my sign everywhere. And it's just like non stop synchronicity after synchronicity after synchronicity. And there have been some women as well who have admitted through Instagram DMS that they were slightly envious that I see so many signs and they have yet to get their sign and I want to start this episode, first and foremost, to remind you that there is no science here. It is an art just like manifestation. Yes, there's a science but there's also this element of magic to it. There's this element of art to it and getting your sign from the universe there is no right or wrong and if you are not yet noticing these synchronicities, and numbers that appear in your life. Some people have their sign as a butterfly, or their sign as a heart, or the word love, or, for me, it's a map of the world. And they feel because they're not yet seeing it, they're on the wrong path, that they're not on the right path, that they have no confirmation that the universe doesn't love them, or whatever limiting belief comes up. And I just want to remind you that this is an art, not a science and the universe is actually waiting on you to open up that communication stream. So I want to kind of share a couple stories about how I started to receive my sign and a way to inspire you. Something that I told my Bali babes is I just shared with them the story and I just shared with them that receiving science from the universe, you have to first ask for them. If you do not ask for them they probably won't come because the universe doesn't think you're yet ready for them. Sometimes it takes living in alignment to start seeing your sign. So maybe you are not quite following your dreams out of fear. I know that before I made these rash decisions, and I only say rash not in a negative way, but just these crazy life decisions that I made two years ago in my life that completely set me up for where I am today. I thought I was going insane. And I really needed a sign to tell me that I'm not going insane. And that was literally the start of everything. Before then, not a single synchronicity, not a single confirmation. I would receive kind of these feelings that God is with me or the universe has my back or whatever it is, every now and then, but it wasn't until I actually started to chase my dreams, my desires, recognize that I am powerful, take ownership of my manifestation powers, as soon as I decided on that it was like synchronicity after synchronicity after synchronicity, but just know that if you're not yet receiving it, keep following your desires, keep following your path, make decisions out of faith not out of fear. So when I received my first sign it was actually when I left my very first Tony Robbins event which was Unleash the Power Within and for those of you who are around the Chicago area or are willing to travel to Chicago in July, I do have a manifestation babe discount for UPW going on. And for those of you who are interested, just go ahead and send an email to hello@manifestationbabe.com and we will give you the contact number for our guy who can get you that group discount, but just know that that's available to you guys because I freaking love this event and it completely changed my life. So when I was leaving my first Tony Robbins event, mind you before this, I've been studying the law of attraction for about maybe like five to six years at this point. Not a single synchronicity, you know, I'd always hear like, oh 11:11 make a wish. And that's as far as it would go. Like, I'm no signs at all. And I remember coming home from this event and deciding. So these are all just decisions that I made, like I was set on these decisions, I decided to move to LA, I decided to break up with my ex boyfriend of six years,

almost seven. So going on seven years, which is just a crazy decision to make. And I decided on a couple other things and I remember literally being at this fork in the road, where if I take the path to my left, I'm going to keep going on with life as it's always been, and if I go on this path to my right, then my life will look dramatically different. I will have pushed myself into a corner, stepped way outside of my comfort zone and life would never be the same again. And I remember that entire week I opened up the communication, I started to ask for signs. I need a sign that I'm not insane. I need a sign that this is actually going to lead me down the right path. And I remember the very first time that I made this decision was in my grandma's apartment because that's where I was staying. I lived in Seattle at the time I was staying in LA for the UPW event, my grandma lives in LA. So I was literally like, God, angels, whoever is out there. I need to see if I'm on the right path I need to see 11:11. That's the first thing that came to my mind. I didn't know the power of numerology, I didn't know the power of repeating numbers. I just chose 11:11 and you know, if I'm on the right path, please confirm. And literally like two minutes, between 30 seconds and two minutes later, I'm walking into her kitchen and grabbing a glass of water, grabbing a snack or whatever it is that I need and I see 11:11 in the microwave. The green digits of 11:11. And I was like, holy shit, it works. I got my sign, but I was still not yet convinced. And so I mean, I was convinced to a point but you know, like, it's a big decision, I need more confirmations. And so as soon as I asked for my very first sign as soon as I opened up that communication, I showed the universe like, hey, I'm ready to talk between you and I, I'm ready for these confirmations, I'm ready for you to back me up because I have no idea what the fuck I'm doing and it's kind of scary. And that entire week, it was like emails I would get like random emails about my horse, like things I'm not even signed up for, or things that like their old ass newsletters that I wasn't even reading anymore that I felt compelled and inspired to read. And I'm opening up these emails and every single one of them is like you just made some huge decisions in your life and this is the universe confirming that you're on the right path or God confirming that you're on the right path or whatever it was. And then my best friend and I at the time, we decided to go see a tarot card reader just for shits and giggles. And literally she was getting a reading done. So it was a reading for her because I had no money at the time. So I did not want to spend the \$40 for the half an hour reading. And she was getting her own reading done and she had like five minutes left or five, five to 10 minutes left and had no more questions and she looks at me and she's like, well, my girl is going through an interesting time right now she's making some big decisions. Let's give her the last 10 minutes. So this tarot reader decides to do like the two paths spread so she basically lays out these cards where it's a situation and she can read into the situation right away and knows what's going on. And it's like one path is if I stay meaning, if I stay in that same relationship, if I stay in the same location, if I make no changes, here's what's going to happen. And then here's the other path and that reading was like a direct confirmation. Everything exactly as I knew deep inside of me, but it was just another confirmation. And then later that day, her and I go to one of my favorite cafes, and that place has one single bathroom that always has a line. And I remember standing on this line in the bathroom, and literally taking out my phone. And I was going through emails, and I was about to delete another email and for some reason, my fingers were like, no you should probably read it. And so I read it and it's like, congratulations, the decision that you just made is the right one. Just know that God has your back like this is gonna be amazing, blah, blah, blah, blah. And so that was really the start of 11:11 in my life And ever since that point, I would see it every single

day twice a day, and not even just on the clock like license plates. I would see it in barcodes I would see it in just all kinds of random places. And then what ended up starting to happen is I would notice not just 11:11, but I would notice 111, 222, 333, 444, 555, and so on and so forth. And at first, I was like, I don't really know what it means. But this kind of looks like 11:11 kind of reminds me of 1111. So I started to Google things. I started to use Google and I started to get a general picture of how, this is kind of cool. Is that like little confirmations from the universe? Because that's all these signs are. They're confirmations, or synchronicities or just the little wink that you get from the universe. And so I remember just starting to develop my own conversation and people always ask like, Kathrin how do you know what 111 means? How do you know what 222 means? Well, I started to notice patterns every time I would be in this really high vibe state where I would just think about the things that I want to manifest, I would visualize, see my desire, I started to notice 111 every single time. I remember googling also, what 111 kind of means and what it means is that sort of your thoughts are manifesting quickly and keep them on the right frequency. And so I started to develop this language between me and the universe, where 111 just meant like, oh, you're vibing high today. And then 222 was one that I started to notice every time I worried, every time I had a worried thought run through my mind, or I would panic or shit would hit the fan or something would happen. I would see 222. And so I developed this pattern and I started to notice the pattern. 222 means don't worry, you're on the right path, and so on and so forth. And so that's how I started to develop that language where now when I'm driving, when I'm flying, when I'm walking around, I start to see these numbers. It's not like I look for them, it's just that anytime my eyes dart, I would immediately see them. So it's like I wouldn't even have to try anymore, I would just open my eyes. And there I'm staring at 1111 or I'm staring at 222. And you know, finding games, I just capture it on Instagram, put on my story, circle it. And just because it's just like fun, by the way, I just saw a date out of nowhere. So it's really, really cool. It's just like my little confirmation that says Kathrin, you're on their path. Keep going, keep going, keep going. Then people ask me how does the map of the world come around? Like how do you know that the map of the world is your sign? Because numbers is something we can all access. How do people know that seeing a butterfly means that that's their sign? How do you know that seeing a map of the world or a globe means that it's your sign? And so here's the thing, back when I was having another really rough time, about a year and a half ago, I started to ask for a sign that I'm on the right path and I kind of left it open it was just kind of like I'm gonna leave it out in the open and just see what happens and I'm telling you guys it was a really bad day, I just was like about to give up that day because it's just like one thing after another, after another, after another and I was like universe if I'm even merely like close to being on the right path I need that sign, whatever it is, I just need a sign. A sign where I just know that there is no coincidence. This is for me. And so that day, I saw like four maps of the world. I kept seeing it throughout the day, whether it was online on Pinterest on Instagram, I was driving by a logo, whatever it was, and the cap on everything. The cherry on top was Brennan and I checked into an Airbnb that day because it was around the time when he was still moving into Los Angeles. He was still transitioning, finding his place, looking for a place to kind of sublet and we walked into an Airbnb and literally right over the bed is a giant map of the world. And the reason why I knew it was my sign was not only that, not only did I see it four times that day, but that sign has a lot of significance for me because I love to travel. I've always loved to travel. Travel is one of my things. It's one of the reasons why I get up in the morning.

It's one of the reasons why I started my business. It's one of the reasons why I crave freedom. I crave financial freedom because I love to travel and so that has significance to me, but also it is a feeling that you get so here's the thing about signs when you ask for a sign and you can also choose. You can choose a sign or you can kind of ask the universe to show you a sign. And the thing is that when you see something, it's this confirmation that you get inside. It says gut feeling. It's this immediate reaction where you know, that is no coincidence that is your sign. And I have such a hard time explaining this to people who are more analytical and logical and need to have a science background. They need to have a rule book, or a book, or something written like Kathrin Zenkina sign is x. And the thing is that you're not going to get that. You have to use your intuition. You have to use your gut feeling. You have to kind of look at it and be like, Huh, I have a feeling, like I just know, it's this inner knowing where you just know that you know that you know, and some people will get that via a bird. Some people get that via a butterfly. It might be a specific color. It might be via a song, they'll get it in a song lyric. I mean, the world is your oyster when it comes to signs. The thing is that when you overthink it, and when you overcomplicate it and when you're looking for this science and you're looking for this rule book, it's not going to work. And so my suggestion for those of you who are kind of opening yourself up to creating this language with the universe is to first choose a sign or a symbol or something of meaning and just ask for the universe to show it to you. And the key is, it's just like manifesting anything. When you manifest something, you only get to choose the what and the why. The when, the how, and the where is not your job. And that's the same thing with signs, is that immediately when people ask for a sign, they start to look for it and they're like, Oh, my God, was that it? Was that it? Was that it? The thing is that the best signs come when it's a complete surprise. And you also get this feeling like holy crap, what a coincidence, except they know it's not a coincidence. What a synchronicity. This is amazing, and it's just like manifestation, you have to surrender the outcome, you have to surrender the timing, you cannot be like, you know, once you start getting more comfortable I will ask. Actually start asking for signs because I see so many of them. I actually start to give it a time limit where I say I need to see it within the next hour or I'm not going to believe it. And so now the universe, and I kind of have like more of a deeper quicker connection where I will ask for a sign and I will tell the universe that I need to see it within 30 seconds or I'm not going to take it seriously and I will get the sign within 30 seconds if I'm meant to get it. Kind of like with yes and no questions, so kind of like am I on the right path right now or not? Am I making the right decision or not? And if I am I need to see in 30 seconds, if I'm not then don't show me my sign. So I started to develop kind of like that timing, but if it's your first time and if you're a beginner, I would just leave it open to no timing and you're never going to know the where either. It could be on your phone, it could be outside, it can be in your house, it could be something that was always there but you've never noticed before. And that was huge for me as I realized that there's a lot of interesting things around my apartment that it's like, oh my god, I didn't even notice that the entire time 11:11 was on this thing. Or I didn't even notice that the entire time, the map of the world was behind my journal or just like or hidden somewhere. And so sometimes you might start to notice things. And it's kind of like the reticular activating system, like the part of your subconscious mind that works as the filtration process for your mind, where it starts to seek things that you decide to find, that you start to ask your mind you start to ask yourself questions or you start to set intentions and this part of your mind starts to filter everything out. That doesn't resemble your question, that doesn't resemble

what you're looking for and only brings in the things that do for you. Example, when you decide to go buy a white Mercedes, for example, all of a sudden you're driving home and your white Mercedes and everyone seems to be driving the same damn white Mercedes. Is it because everyone decided to buy a white Mercedes that day? No, it's just because the reticular activating system of your mind decided to filter in all the white Mercedes. And same thing with when you decide to start a business, all of a sudden, you come across everyone that has a business, or you think of a friend and all of a sudden they text you or all of a sudden they contact you. And so that, of course, is also activated when you start looking for signs where you start to notice things because your mind starts to filter out everything that doesn't represent your sign and bring in everything that does because you opened up that communication so it's really cool how it works. It's kind of like science and art at the same time, but you must surrender and trust that it will come. It can come from anywhere. It can come at any time and you cannot know the details. You cannot know that.

So that's my thing. Again, it is just an internal feeling where you just know and you know there is no right or wrong. It's not like someone can be like, oh, you did it right or oh, you did it wrong. It's just when you get it, you know, and when you know, you know. So that is my episode today on asking for signs. I hope you guys enjoyed this if you're listening on the podcast, please take a screenshot of this right now, tag me and let me know what you thought of the episode and for those of you who are not yet subscribed to the manifestation babe podcast go ahead and find it on iTunes or manifestationbabe.podbean.com and I would so so appreciate a review for me guys. It inspires more people to find it because every review brings up into the ranking, and more people can find this podcast and listen to these episodes. And I feel so very blessed when I hear your feedback about how much these episodes have helped you or changed your life and as well as my live stream for those of you guys who are watching right now. So I love you guys so freaking much, let me know what you thought of this episode, let me know what your sign is. Let me know if you have not yet received the sign but decided to ask for one and received it after this episode, or if you are someone who has already been receiving signs on a regular basis. I'm curious to know what your sign is. Okay. I hope you guys have an amazing, amazing Friday and I'm so excited to be back in LA even though I'm leaving for Milwaukee. I'm actually an opening speaker for an event, one of the first speakers for an event, called She's building her Empire. Now we'll be talking about mindset, manifestation, money mindset. I'm super excited for that and gotta go prepare for that. After that, I'll be in LA for about two and a half entire months, which I'm super excited about because that means more podcasts and more regular content. Manifestation babe academy is coming very, very soon, I decided that that's going to be the next program that I launched in May which is going to be a four-week course all on manifesting, all on becoming a world class manifestor and getting everything and anything that you've ever wanted, and it's gonna be taught live by me for four weeks. So I'm super excited to bring that your way too! Stay tuned for the details and there will be a fun manifesting challenge that precedes it as well. All right, you guys. I love you so much. Have a fantastic, fantastic 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.