

Episode 4: December Money Babe Challenge Day Two

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forgiving, forgiveness, life, relationship, money, situation, people, abundance, tony robbins, feel, holding, attract, brendan, day, manifestation, power, babe, free, resentment, person

SPEAKERS

Brendan, Kathrin Zenkina

K 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 Babe 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'm here with Brendan today because Brendan has a lot to say about our topic today, which is all about forgiveness. So those of you who are catching up, it is Day Two of the Money Babe Challenge. Pardon our voices right now, because Brendan and I got violently ill in the last two days. I have never really resonated with the word the term 'violently ill,' but let me tell you a week - hold on, let me mess with my settings real quick. I think it's good. But we seriously got violently ill in the last two days to where I think I slept for a total of 30 hours. And I'm not fully back yet, which is why my voice is kind of raspy. And I'll probably go to bed right after this and sleep for another 24 hours. Not gonna lie. But this is part of my gift, my calling, my purpose; it's to keep showing up for you guys. So, no matter how I'm feeling, I will always come from a place of serving and delivering the information that you need to hear in order to radically

shift your life and radically shift your finances. So, today is Day Two of the Money Babe Challenge, which is all about the 'F' word that will set you free. A lot of you are probably thinking, "Wait, the 'F' word? What 'F' word?" We are talking about forgiveness, which Brendan has a lot to say about, because this is a topic that he struggled with the most. For me, personally, I remember two years ago, when I first started doing forgiveness work, I was actually very non-resistant to it because I understood why it's so important. It clicked for me right away and for a lot of people it didn't click as fast - mainly because I wanted to be financially free so bad that I was willing to let go of the bullshit, and I knew that as soon as I could forgive everyone and everything and every situation in my life, the faster I can be financially free. I made the two connections, and for me it was very easy, fast and simple. I remember creating my very first forgiveness list in the notes section of my iPhone. I remember writing out everything that I forgive; everything, everyone, including myself, including my dad, including my previous version of myself; the one that overspent; the one that got into debt. I forgave all my decisions, I forgave people in my path. I just forgave everything and everyone. The way that I understood forgiveness is that your heart only has so much space. And when you're holding on to resentment, guilt, shame, or anger; when you're holding on to mainly resentment, you don't have very much space in your heart to allow for positive manifestations to come in. When you're holding onto all this junk and all this crap that's related to not forgiving people or previous situations in your life or previous circumstances, and really holding on to this negative energy. What ends up happening is that you become a natural, energetic match to a bunch of junk in your life. When you're holding on to resentment, all that you are is an energetic match to resentment, and that does not create a beautiful life. That does not create financial freedom. That does not create a happy life. That does not create anything that you actually want. When you clear all that shit out of your heart, what ends up happening is you create space. What we did yesterday - or what we did two days ago, because I know that I gave you guys two days to complete Day Two. What we did two days ago is we cleared out physical space. Physical space plays one role in the manifestation of money. Energetic faith plays another role in the manifestation of money. And so Day Two has to do with forgiveness. I know that a lot of people have a hard time because they're like, "Well do you even know what so and so did to me two years ago? Do you even know what so and so did to me 10 years ago? Do you even know who hurt me? Kathrin, how can you just say forgive them?" What I want to bring it back to is that forgiving someone, yourself or a situation does not mean that they never did anything wrong. Forgiveness has nothing to do with the other person, and that's where people get mistaken. Forgiveness has nothing to do with freeing the other person. It has everything to do with freeing yourself. And this is a breakthrough that I had at Tony Robbins recently where I realized that forgiving my dad doesn't actually free him; forgiving my dad for my past childhood and all the the stress and the sadness that it caused me, and all the frustration and this feeling of being unloved; it actually hurt him more than it ever hurt me.

I realized that my dad must feel very guilty right now for the way that he treated me as a child; for the way that he treated me into my adulthood. By me forgiving him, all I'm doing is freeing him because I in no way, shape or form, take his guilt away. So the only way that my dad could ever free himself has nothing to do with my forgiveness. It has everything to do with him forgiving himself. So when you are forgiving others you are doing yourself a favor. You're giving yourself a gift. You are setting yourself up for the positive manifestations of everything that you want. When you open up your heart to all that you want and release everything that you don't want, what ends up happening is that you naturally raise your frequency; you raise your vibration to where you just naturally attract good things into your life. In this case, it's attracting everything that has to do with financial freedom; everything that has to do with wealth; everything that has to do with abundance; everything that has to do with happiness; everything that has to do with every freaking thing that you want.

B

Brendan 07:19

I was just going to say, one of the things that we learned - we did a lot of learning in the past week at Tony Robbins, and it totally kicked our asses, which is why we had the two most painstaking days.

K

Kathrin Zenkina 07:32

Can I mention something? I think that we are definitely shedding some major layers because I've never experienced more breakthrough in a single week than I ever have in my life. Becoming violently ill in the last few days really brought attention to how grateful I am for my health, and everything happens for a reason. I just feel so grateful. Yesterday, especially when I slept for 30 hours and when I kept going back to sleep and waking up and telling myself, "Go back to sleep, go back to sleep." I remember thinking, "This puts such a perspective shift in my life, because I realized that health has nothing to take for granted. And when you do have great health or perfect health, you have no excuse, but to deliver and contribute to the world. I thought to myself, "You know what, Kathrin? You have no excuse, but to follow your dreams, because you're able to; because you have your health." And this is just an example of what life is like when you don't have your health, so it's a great reminder to fucking kick ass when you feel better.

B

Brendan 08:43

And the whole point of the day is forgiveness, and the root of that is that suffering is a choice. We learned a lot about this. I can tell you, just being in the group and seeing from your guys's stories, you guys have some amazing stories. You have some really

challenging stories, and you're not letting those define you. But the stories that we heard at Tony Robbins, they are absolutely atrocious. No human ever deserves the pain and the suffering that those people went through. But what Tony teaches us is that suffering is a choice. It's self-inflicted. Forgiveness is about freeing yourself, the truth will set you free. If you live in victim mode, if you live in the state of, "I was raped," or "My dad beat me" or I mean all these things that are horrible that no human should ever fucking endure. If you live in that state, the only person you're hurting as themselves is yourself. And not only to mention, you're not hurting that person who hurt you. As a matter of fact, you're helping them, then they got what they wanted. If they had the power over you, we all know that most times rape and these things are about power. If you live in victim, then they got what they wanted. So it's the most amazing lesson for me.

K

Kathrin Zenkina 10:06

And it is about bringing back the power to yourself. By actually forgiving, in this case, horrible situations like that I hope none of you ever endure. Or something as simple as the things that I bring up in this book, like someone telling you "We can't afford that." That's something where you connected. "I can't afford with money." Therefore that completely shaped the way that you grew up and the way you looked at money. That's something else to forgive. No matter how big it is, or how small it is, when you forgive you actually bring the power right back to yourself and you actually show yourself that you're 100 percent responsible for your happiness; 100 percent responsible for your wealth; 100 percent responsible for your health, depending on what you're forgiving. You bring that responsibility back to yourself, which means that with 100 percent responsibility comes 100 percent power.

B

Brendan 11:00

Yes, exactly. Because no one needs to suffer. That's the one of the biggest takeaways that I learned at Tony Robbins, and it ties directly into Day Two. Day Two is about forgiveness. Listen, I know she's gonna bring it back to some of my story, because I had a really hard time forgiving on a number of levels. The only person I was hurting was me. And I was hurting others too. But the person I was feeling the most was me because I wasn't willing to forgive, because fuck that person! Fuck that situation! This is stupid, I don't deserve this, this hurts. But that was all about me owning my victimhood. And so by forgiving I stepped into my power and I recognized. And this girl, Kathrin is amazing and helped me realize this. What she helped me really realize is that I'm at cause for the way that I feel. I am in charge of the way that I feel. I'm in charge of my emotions. So if I choose to feel like shit, I'm gonna feel like shit. If I choose to feel great, I'm gonna feel great and one of the best ways to feel great is to start with Day Two, which is forgiveness.



Kathrin Zenkina 12:02

And so, today's assignment is all about thinking about 25 situations, 25 people, 25 events, just anything that you can think of. I know at first, a lot of people look at this and they're like, I have no idea what to forgive. Number one, put on yourself, okay? Once you put yourself down, once you forgive yourself, all of a sudden, everything else is so much easier and it's going to flow. Think about any negative situation, any negative experience, anything that's negative that's ever happened to you, write that shit down. Sometimes you might need to open up another journal and keep writing and keep writing. And I know you've had two days to do. If you did the assignment yesterday, then come back today and see if you can come up with 25 more. Remember, if it's a rewarding experience, the more that you do it, the more that you forgive. Your goal is to put in, the minimum is 25. But why not look at 50? Why not try 75? Why not try 100? The more that you free yourself, the more space you open up for that financial freedom, abundance, or positivity to come in. Whatever it is that you want to call into your life, you are creating space in your heart for it. I love the practice of Ho Oponopono, which is the ancient Hawaiian practice of forgiveness. Ho Oponopono, I remember from memory, stands for to make right twice. It's a really beautiful practice, and so I share with you how to use Ho Oponopono and I want you to use it for every single thing that you're putting down in your forgiveness list. A lot of people ask like, "I forgive you make sense, but why do you say I'm sorry? Why do you say thank you? Why do you say I love you? I don't love this person, or I don't love the situation. Why would I thank them for the pain that they've caused? Again, you want to be as nonjudgmental in this practice as possible. You want to be so loving and forgiving that you're not afraid to say I love you to this person and thank you to the person or circumstance, because this circumstance, this event, this person, whatever happened to you happened for a reason; it served you. Everything always serves you, whether you are willing to admit it or not. You will not be the same person that you are today if that never happened to you. So really being grateful for all the negativity that happened to you, and being really grateful for all the pain because without that pain, you wouldn't have the appreciation for life that you have today. So I forgive you means I release you; I will release this for myself and it is no longer my problem. I will no longer allow that situation to affect me and block my money vibe. You say I'm sorry because I acknowledge a situation and I'm sorry for holding on to it for so long. It has nothing to do with saying sorry to the other person, it's more saying sorry that you hold held on to it for so long. Again, forgiveness is about you. It will no longer be allowed to bother me. Saying thank you for all the lessons that the situation taught me. I love you; sending love to the situation will allow you to heal and get through it. Everything is accomplished with love. There's only two emotions in the human spectrum. All the other emotions come from these two emotions, but there's two prime emotions. There's love and there's fear. Everything stems from love and the absence of love. So forgiveness comes from love and everything is accomplished from love. Not willing to forgive and holding on to resentment

all comes from fear. So really ask yourself, what are you afraid of? Are you really afraid of the fact that you know by forgiving this person, it's going to allow them to think that it's okay to keep doing it? Or by forgiving them, are you afraid to free yourself. You're afraid of life without victimhood and life without really setting yourself free. Asking yourself "What am I afraid of?" Because if you have no fear, then forgiveness will be extremely easy for you to accomplish. And that's the perspective and mindset that I want you guys to all be coming from. So maybe you started Day Two yesterday and had a harder time with it. And maybe after our chat today, you realize that forgiveness is a lot simpler and a lot easier than you've ever led yourself to believe.

B

Brendan 16:34

It's okay, it's a journey. It's not always easy to wrap your head around the people who have hurt you. But the main thing you have to understand is that from immense unspeakable pain comes the strongest emotional power and strength. The reason you've been through a shitty situation. I thought for a long time that I was a result of life. That life had happened to me. But in the last two years, I realized that all of my gifts are from my experiences and how I dealt with them. You don't always see in the moment how life is serving you. But a great question that Tony taught us is that if something feels bad and it's hurtful, you can't figure out "Why am I feeling this pain? Why is this person doing this to me?" A really great question to ask in the moment to get your mind in the right place is, "What else could this mean?" Let's say your boyfriend broke up with you. I actually got a great example about an ex-girlfriend of mine that Kathrin and I have talked about a lot. I'll actually go through it really quick. This girl was a friend of mine for years, and it had never never been emotional. It had never been a relationship, it had never been sexual, it had never been anything like that. And then we began to date years after we've been best friends. It was good for a while, and then it wasn't. And she broke up with me and it broke my heart. It took me a long time to cope with that. Then I met Kathrin and our relationship developed, but it wasn't until maybe eight months ago, years after I've been over this girl, a number of years after this person has been out of my life, but still holding on to resentment. Someone helped me realize that perhaps she was in my life for a purpose. The purpose was to lead me to Kathrin. Perhaps she was literally my guardian angel, in the sense that this girl recognized that we were friends and that it would never work between us. But she had to break my heart to build that emotional strength, that drive, that motivation, that power that led me to some ones like Kathrin. And so, I could have hated her forever. But in the reality that I live now-

K

Kathrin Zenkina 19:07

What can you hate her for?



Brendan 19:09

I can't hate her for anything because everything in my life happened for me. At that moment, I couldn't ask myself, what else could this mean?



Kathrin Zenkina 19:18

And thinking about soul contracts. If you are someone who believes in soul contracts - which I'm telling you, there's a lot of peace in this belief, which is why earlier on in my life, I always thought to myself, that's such an interesting thing to believe, or that's kind of silly. I'm not sure if this makes sense, but now it makes complete sense and actually gives me a lot of peace to my life. If you think about soul contracts, before you and the people in your life incarnated, at some point in the spiritual realm before you came into this lifetime, you sat down with each other and you wrote out everything that you wanted to learn in your next lifetime. For instance, I want to learn the lesson of forgiveness; I want to learn the lesson of deep true love; I want to learn the lesson of abundance. So let's start with those three examples. Then you and another soul literally sat down and were like, "You want to learn forgiveness? So I don't really want to do this, but I guess I'm going to have to. I'm going to come into your life and I'm going to do something really shitty to you. Because the only way that you'll learn the lesson of forgiveness is if you end up forgiving me." The next person will be like, "You want to learn the lesson true deep love. Well, I'm going to date you and then I'm going to break up with you and it's going to be a horrendous breakup. But because we broke up, it's going to lead you to your soulmate. The third one is the lesson of abundance, true abundance. You come into this lifetime, and you end up struggling with money your whole life. You end up in a lot of debt. That debt might be caused as a result of many souls coming together; like maybe the soul behind your credit card companies; the souls behind student loans; the souls whatever the situation is. And the only way that you can learn true financial abundance is if you first feel pain around money. So be grateful for every single pain that you feel in your life, because it has all served you and you wouldn't feel the appreciation or have the direction in your life right now to make your life better if you didn't first feel this pain,



Brendan 21:25

And underneath all of that as well is the fact that from immense pain, like we just mentioned, it comes with lengths of strength. But what are you focusing on? Are you focusing on how much it hurts and how much it pains you? Are you focusing on the victimhood? Or instead, are you focusing on the raw strength that it built inside your chest and your heart because you went through that experience?

K

Kathrin Zenkina 21:51

Yeah. So that's pretty much Day Two. I know we can talk about this for hours, but I know that my throat is acting up again. So, I don't want to lose my voice before it's over. Let us know if you have any questions. Let us know how your forgiveness work is going. Use the hashtag December Money Day Challenge (#DecemberMoneyDayChallenge). Let me know if you're struggling; let me know if you're having an easy time, a hard time; let me know how it's going. One side effect I will tell you, and the best side effect of this work, is you're going to feel so much lighter. You're going to feel so much freer, so much happier. It is no longer going to be all this shit weighing you down. You're going to take all that power back to yourself. You are no longer a victim. Your story does not define you. Your story makes you better. Your story makes you powerful. Your story makes you strong. So remember that. Drop the victimhood and begin your forgiveness work right now. I promise you, you're going to be so much happier. The only thing that you have to gain is absolute freedom, happiness, abundance, and financial freedom. And attracting pretty much every amazing thing that you could possibly want. Before Branden and I go back to bed - which is definitely another freakin' plan today is to heal - I wanted to bring up that Brendan and I will be doing a free training next Thursday called Six Ways to Manifest Your Sexy Loving Soulmate. So for those of you who are single and who want to manifest their soulmate and want to learn more about how to attract the man of the dreams and attract the soulmate of their dreams and attract the relationship of your wildest dreams, Brendan and I will be doing a free live training next Thursday.

B

Brendan 23:41

For the record, we knew a ton about this before we went to Tony Robbins, but Tony spent an entire day talking about the masculine and feminine energy about relationships. As someone who already knew a lot about relationships and had been through many different types of them, had attracted the wrong people, attracted the right people, had clingy women, had women that weren't clingy enough, and everything in between. We were both super excited to share what we've learned. Because so many times we just walked through life not thinking about what we're doing, Like, "He doesn't like me." Well, where do you meet him? How was he served in your life? Perhaps the focus is not in the right area. And that's what our goal is, to help you guys that are interested to think about, Where am I putting my energy and what is that returning to me as energy?

K

Kathrin Zenkina 24:35

So, we'll be giving more details as soon as I have the energy to write this all up and create a signup page. It'll be available and I'll post it in the Facebook group. I'll also post it in my Instagram story, so definitely sign up. And yes, Brendan and I will be doing a couple's

relationship course to really maximize your relationship and take it to the next level; absolutely blow your mind, blow your hubby's mind, or vice versa, depending on the kind of relationship that you're in. All this stuff applies to any relationship of any sex. We're just super excited. For those of you who are single, we're starting with the singles because we want to help the singles.

B Brendan 25:16
We get a lot of questions about it.

K Kathrin Zenkina 25:18
We're in the business of relationships-

B Brendan 25:21
In life

K Kathrin Zenkina 25:21
We're in the business of relationship with yourself, the relationship you have with money, the relationship you have with others, and the relationship you have with energy. So this is where our passion lies. We want to create as much content to help you have the relationship of your dreams; have the bank account of your wildest dreams; have the inner peace, the relationship with yourself of your wildest dreams.

B Brendan 25:46
It's funny how all those are combined too. If you get your mindset to a place where you're attracting abundance - abundance isn't just money, relationships or life.

K Kathrin Zenkina 25:57
It's everything.

B Brendan 25:58
So if by teaching you the tools to get into an abundance mindset., you might be surprised about all the things that pop into your head.



Kathrin Zenkina 26:06

And think about think about the people who are single, but have a ton of money, but they're miserable in their relationships. They're not truly fulfilled, even though they can buy whatever the hell they want, they can date whoever the hell they want to date. If they don't have the relationship that fueled them, that inspired them, that motivated them, and they don't have that person that they can share their life with, then they're not truly happy, and vice versa. Some of us are in really great relationships. I know that Brendan and I have been in a really great relationship since the beginning of time. But neither of us could afford anything, and neither of us could go out on a date, and we couldn't experience things together. We weren't fulfilled either.



Brendan 26:49

We were tested.



Kathrin Zenkina 26:50

You got to have the whole well-rounded experience of life.



Brendan 26:55

But we worked together, and that's one thing we both want to teach you guys; it's that communication is one of the most important pieces. I want to leave you with this, because this is important as it pertains to money as it pertains to forgiveness. Because without forgiveness, I don't think you can truly be fulfilled. This pertains to relationships, money and everything. Success without fulfillment is the greatest failure. And I truly believe that without being fulfilled on the inside in every way, there's no amount of money there's no perfect relationship. There's nothing that's going to make you feel whole. So, work on yourself, work on fulfilling yourself in Day Two, that's forgiveness.



Kathrin Zenkina 27:36

Alright, guys, we love you.



Brendan 27:38

Thank you. I'm taking her back to bed because she feels like crap.

K Kathrin Zenkina 27:42
I do feel like crap, but it's all good. I feel so much better than yesterday, which means it's only up from here.

B Brendan 27:49
Is there a hashtag?

K Kathrin Zenkina 27:50
#DecemberMoneyBabyChallenge, and then as soon as I feel better, I'll be uploading these onto the podcast. All you have to do is go to the Manifestation Babe podcast, and you'll be able to find all the recordings, or December Money Babe Challenge under the videos. And especially for those of you on Instagram, either go to the Facebook group or check out the podcast.

B Brendan 28:09
Actually to Instagram too, we've had a ton of people converting into our Facebook group. I've been seeing lots of people say, "I haven't seen you on IG forever." Please guys, there's a massive amount of content on our Facebook group that's not available on IG. So make that conversion over. We'd really appreciate it.

K Kathrin Zenkina 28:25
Alright, you guys, love you so much. Bye.

B Brendan 28:28
Take care, guys.

K Kathrin Zenkina 28:32
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 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.