

## Episode 42: How to LET GO of the HOW.

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 manifestationbabe.com and I'm excited to be back and record another podcast episode all about how to let go of the show. Now I cannot think of a more common frustration in the world of manifestation than feeling like you need to control the universe and control how things are gonna happen in order for you to trust that you are going to get to your ultimate outcome. I know that a lot of people including me because I used to be this way and I've gotten so much better, which is why I'm so excited to be sharing with you my tips on how I finally figured out how to let go of the hell. A lot of people will get so excited to manifest their dream soulmate, to manifest their dream business to manifest their dream. I don't know body health, weight loss goals. Holy crap, there's a lot of honking outside my window, I don't know what's going on out there. They just get so freakin excited, they journal it out, they create a vision board, they write down their affirmations and they write themselves a check if it's a financial goal, or whatever it is that they do, and then they get so overwhelmed and they start planning and asking all these questions like how is it going to happen? What do I need to do to make this happen? And it just becomes a game of control and a game of force, but we all know that the person, well not the person but the force in charge of all of your manifestations is the universe because the universe has three jobs while you have two. You only need to know what and why I say this all the time, all you have to do is know what you want, why you want it and prepare to take inspired action. Now the universe has three jobs, the universe knows where it's going to happen, when it's going to happen, and also how it's going to happen. So all of those details of the time and the date and the place and the unfoldment of the details, that is not up to you. However, as human beings, we are just so obsessed with complexity, and we just need to know how it's going to happen, or we feel like we can't trust so I actually got asked this question again while I was on stage last week, at Stacey Tushaw's event called She's building her Empire, live and I realized that I never really recorded or I don't have a record of this answer anywhere on my podcast. And I know since this is a manifestation podcast, so many of you might also be struggling with okay, but how is it gonna happen? How do you let go of the how? How do you surrender? How do you just not get so frustrated and so stressed out? Especially when it looks like it's not happening. How do you stay focused on the outcome? How do you have so much certainty? How do you have so much faith? And so this is what I always answer because this has finally helped me let go of the how, I reflect on how I have been unable to this day, being able to predict every single thing of every single event of everything that I've ever intended to manifest. There is no way in hell I could have predicted exactly how I was going to get to my dream business. There's no way in hell I would have predicted like oh, yeah, I'm

gonna go on Tinder and then I'm going to swipe right on the third guy and then I'm going to message this guy, he's gonna message me, we're not gonna talk to each other for three days. And then I'm gonna remember to go and double tap on one of his photos and he's gonna remember to message me and then low and behold, here, you know all these other events, and then we're going to get engaged, and then we're going to get married. And that's how I found my soulmate. Or there's no way in hell, I could have predicted exactly how I was going to move back to Los Angeles and be able to live this beautiful, blessed life that I do. There is no way in hell, I could have predicted how I was going to travel the world, full time pretty much for a living and be able to afford everything that I want and be able to inspire people from all over the world. There is no way in hell I could have predicted all of the books that I would have on Amazon, all of the podcast episodes that I would have recorded, all of the people I would reach, exactly who's going to become my client, exactly how much they're going to pay me exactly how much I'm going to make. And you know, to the exact timing, there are so many details to life. And I'm sure you're resonating right now, because you probably have a spouse or a significant other or someone you love. You probably have a business or a career or a job, or probably the house that you live in right now, the car that you drive, all of these beautiful things that you have manifested up until this point, I want you to notice the divine timing and the divine unfolding behind it, how there was no way in hell you could have predicted every single step of every single moment of every single detail up until this point, and I want you to recognize that you are being a crazy person for thinking that you can predict the how, and all of the details and exactly how everything is going to unfold in the future, because I want you to recognize how everything was divinely timed and divinely planned, and how everything up until this point has always turned out way better than imagined. And I want you to take this perspective. So maybe you're thinking of a specific event. When I get really worked up about how I always think about my relationship with Brennan. I am madly in love with Brennan, we have a phenomenal relationship, even though it's not perfect, and the way that we met is freaking crazy. We met just seven days after I broke up with my ex boyfriend. And I think about how I met my soulmate and how I would have never ever in my life, especially being with the man who was with before Brennan for almost seven years, I would have never imagined that I would go on Tinder of all places, meet someone right before I had planned to move to LA and that he would follow me to LA and then we would actually experience a very confusing relationship the first year and there would be a lot of fighting and frustration and a lot of crying and a lot of just things not looking like it's gonna work out, to realizing that we are soulmates. So I remember this specific event in my life and I think about there's no way in hell I could have ever predicted how it's going to happen. So why am I trying to do that to my future? Why am I not realizing that everything has unfolded perfectly up until this point? Why am I choosing to not trust that things are going to continue to unfold perfectly? So maybe in your life, I want you to think of a specific event where you were unsure of the how. So I don't know what this event might be, but I want you to think about this. Maybe it's a problem that you had, that you had no idea how you were going to solve it, and how the universe took care of you and everything worked out perfectly fine. Or maybe it was something that you were manifesting where you were like, Oh my God, this is batshit crazy, but I want it and for some reason, the universe is telling me to go for it, my intuition's kicking in, I know that I want it, I deserve it, and blah, blah, blah, and all of a sudden, you have it. So I want you to think of that thing and I want you to remember how there's no way in hell you could have ever

predicted the how. Okay, now I want you to recognize that and notice that you can trust that the universe can repeat the same thing again, that it can repeat the divine timing, it can repeat the divine unfolding, and that because you are safe where you are right now, notice how you are alive, you are breathing, you can hear me, you can see whatever it is in front of you, you are safe, you probably have a full belly. You have nice things around you. Think about all the blessings that you have in your life. And notice how it's been safe to trust up until this point, and how you can go from now, all the way through the future with the same trust that you had from the past, to the future. And notice how it's safe to trust and the only thing getting in your way is this ego's problem with uncertainty. You know your higher self is very certain even through uncertainty. Your higher self is very certain of the outcome. Your higher self never worries about the how because it is directly connected to the universe. The only thing that's ever going to hold you back is that voice in your head that is feeling uncertain, that is telling you things about how you can't trust the how, how you can't trust the divine timing, how you can't trust the divine unfolding. And that voice is the voice of your ego and at any given point in time, we can choose which voice to listen to, we're always going to have those two voices. But I want to remind you that you have a choice. One voice can easily let go of the how and that is a voice that's going to take you directly to all of your desires, and you have another voice that's going to frustrate you and cause you stress and cause you anxiety and cause you worry. And even though you might still get to your destination, it's going to be a really stressful ride. I want you to recognize that whether or not you can predict, predict the how and know every single detail. You can choose to have inner peace, which means surrendering and letting go and just allowing things to unfold, or you can choose stress. It doesn't matter how you get there, but at the same time do you want to be stressed, or you want to have inner peace, which way of life sounds better to you? Okay, so that is literally how I've been able to let go of the how. Just consistently giving myself perspective exercises. Now, if this helped you in any way, shape or form, please let me know. I'm super curious. I'm super curious how you take this with you and how you apply it in your life. And I'm curious to hear about your thoughts and your opinions. So if you can screenshot this the screen whether you're listening on iTunes, on Spotify, or pod bean and just tag me on Instagram at manifestation babe, even though sometimes it is challenging for me to answer every single comment and dm, I do read them all, I do look at them all and they all make me smile and I'm always curious about your opinion. So let me know and feel free to share it with a friend. Feel free to send this link to a friend, maybe you have a friend who has this desire in mind, but she's getting in her own way because she's constantly stressed out and frustrated and blocking the universe from working properly in her life because the universe is working. It's divine timing. It's working. It's divine unfolding, but she's blocking it and she doesn't see and she's allowing her ego to get in the way. So definitely share this with a friend. And one more thing I wanted to mention because I want to keep this a super quick podcast episode, I am hosting if you didn't hear it from my last episode, a five day manifestation babe challenge starting on May 14, and this challenge is perfect for you if you are ready to learn the secret behind getting everything that you want. Hell yes! If you're curious to find out what you truly desire in life, if you're hungry for more magic and awaiting the next instructions for your up level, if you're excited to turn off autopilot mode, and take control of your own destiny, you're ready to release the crap that's holding you back on a mental, physical, emotional and financial level. If you need a full proof step by step five day system to the art of manifestation. This is especially

the place to learn the basics of manifestation. And if you're down to prove to yourself that you can manifest one of your desires in just five days, whether you are a beginner, intermediate or advanced because there's always a next level for all of us. This is a perfect challenge to show yourself that yes, you are in control of your reality. Yes, you are super powerful and yes, this shit always works and it can work in as little as five days. Also in the challenge you'll be the first to know about manifestation babe academy and all of the details behind my next exciting manifestation four week course. So all the details will be revealed in the challenge. And there's three lucky winners. So I am doing a little Instagram contest with this challenge and I am giving away two cash prizes. One of them is going to be \$500, the other is going to be 100 bucks. Both in cash literally I'm going to send it to you via PayPal and you can do whatever you want with it. The third winner will win a manifestation babe branded mug. So if you're interested in signing up please go ahead to [manifestationbabechallenge.com](http://manifestationbabechallenge.com) because we are starting May 14 so don't miss it. Just do it right now and then you will get a reminder email right before we get started. So put it in your calendar, do whatever you need to do, but get signed up right now just so you don't forget it. And just so you don't miss out. I love you guys so much. And if you feel compelled, I am still running a giveaway for my podcast as well. So if you're interested in winning a pair of rose gold Beats headphones, I am giving it away to one lucky reviewer who leaves a review as soon as we get to 1000 reviews, I'm going to pick that lucky winner and you will be notified via your Instagram DMs. So be on the lookout. I love you guys so freaking much. Thank you so, so much for listening to this podcast, for sharing it with your friends, for tagging me on Instagram, and for spreading the word and for leaving a review if you did. I appreciate you so much and I really hope this podcast episode helped you. Love you. 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](http://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.