

Episode 5: December Money Babe Challenge Day Three

📅 Thu, 6/25 7:17PM ⌚ 22:03

SUMMARY KEYWORDS

feelings, money, life, feeling, book, feel, tap, babe, manifesting, vibrational match, freakin, winners, emotions, playfulness, brendan, week, manifestation, unleash, soul, positive emotions

SPEAKERS

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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 reach the 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. Today is Day Three of the Unleash Your Inner Money Babe Challenge. I hope everybody is having a fabulous Friday. I had no idea what day of the week it was, until I looked this morning. And I was like, "Oh, it's Friday!" I hope everyone's having a great Friday. Those of you who are still working jobs at your 9 to 5, I hope you have a fabulous weekend. And those of you who are entrepreneurs or full time at home, I know you're probably like me, and every day of the week is the same day of the week. But either way, it's Friday, which is so exciting. Let's call it a Feelings Friday, because today we're going to talk about feelings. We're going to talk about how feelings relate to manifesting money. So, Chapter Three, or Day Three, of Unleash Your Inner Money Babe. Those of you who are catching up with the challenge or don't quite know what I'm talking about, we are doing my book together in my Facebook Group Unleash

Your Inner Money Babe. I know it's mirrored backwards, but I like the settings this way. You can find this book on Amazon, Kindle, or you can find the workbook in print on Amazon. Good stuff, good stuff. So, Day Three is called Feel Your Way to Money. I also wanted to mention that at the end of this livestream is where I'll be picking the winners of the book Unshakable by Tony Robbins. So, stick around. I have two winners picked that followed me on Instagram from the Facebook group. I'll be announcing that at the end. Super exciting. Good morning, everyone. So, Day Three is all about the feelings; feel your way to money. The way I see feelings is that feelings are our personal GPS tracker for manifesting money. What I mean by this is, I want you to check in with yourself right now. I want you to check in with your feelings. I want you to close your eyes and ask yourself, "How do I feel today?" Be honest with yourself. If you're not feeling great, say so. If you're feeling a little bit stressed today, say so. If you're feeling a little bit uneasy, say so. If you're feeling good, say so. If you're feeling grateful, say so. Whatever your feelings are. For me, personally, because I picked up quite a lovely bug this week, and I think I am going through a little bit of a PMS cycle this week. I'm also going through a lot of personal growth, and a lot of life and business re-evaluation. A lot of stuff is piling up on me. I'll be honest: this week, I have not felt the most positive emotions, but that's okay, because I'm going to be honest with myself. I know that my feelings are my personal GPS tracker. I know that these feelings are not going to get me to where I want to go. So, it's in my best interest to work them out and process them right now, and to ask myself, "How do I get from where I am now to where I want to go?" If you're ever feeling negative emotions, it just means that there's something in your life that you need to let go of; that you're not being quite honest with yourself. Maybe there's somebody in your way. Maybe you are not quite in the best relationship. Maybe it's something health-related; maybe you're not feeding yourself the right nutrition; maybe you're not taking care of your body; maybe you're not taking care of yourself, there's no self-care. Maybe you are working on projects that you actually don't want to be working on. Maybe you're not doing enough personal development. There's something. Your feelings are that GPS tracker that is telling you whether you're going where you want to go, or not. If you're feeling amazing and lovely, then that means that you are on the right track and that you are a vibrational match to all the things that you want in your life. So, really checking in with your feelings and knowing that if you're not feeling so good, that just means there's something that you need to let go of. If you're feeling great, keep feeding yourself those positive emotions and keep doing what you're doing, because you're on the right track. No matter what you're feeling, don't be judgmental. You want to be so grateful for those feelings, because then you know deep inside exactly what you need to be doing. If you just ask yourself, if you just ask your soul, put your hands over your heart and ask yourself, "Deep inside my soul, I know that I need to be doing 'blank'." Then answer your own statement as fast as possible. For example, "My soul wants me to remember 'blank;,' my soul wants me to focus on 'blank;,' my soul wants me to be doing 'blank.' The faster you answer, your soul knows the truth and it

answers quickly because the truth is freakin' quick. Your higher self works quickly compared to your ego, which tends to hesitate and take its sweet time because it's afraid of the truth. So, really be honest and ask yourself. And the way that this relates to money. So, on Day Three, I ask you to list the five biggest feelings that the extra money - whatever money it is, whether it's \$1,000, \$10,000, \$100,000, \$2, I don't care what you're manifesting whatever it is - what are the five biggest feelings of the extra money, whatever that 'blank' is, in the next 21 days will bring into your life? I asked you to list those feelings because you know that whatever you list on here is your GPS tracker. You know that in order for you to be a vibrational match to this money, you must tap into these feelings on a daily basis. The reason why I bring up feelings is because money is just paper with energy attached to it. Money is just paper with meaning attached to it. Money is just paper with whatever we want to be attached to it. And so, if money is just paper, then technically, these post-it notes that I have in front of me are also paper too. Money is just paper, post-its are just paper, it's all just fucking paper. What makes money different though is that we have certain feelings attached to money. If we just put a million dollars into our bank account, and you just had a million dollars sitting in your bank account and you knew that you could never touch it, look at it, use it, or do anything with it, then would that million dollars really make you happy? Just having the money sitting there by itself, and not being able to tap into it. Does that make you happy? Does that fulfill you? Does that let you be the person that you want to be? Does that give you opportunities? Does that make you excited? No, because money is just paper and it's sitting in your bank account or wherever you put your money. Just sitting there doesn't quite do it for you. It makes you feel indifferent. It's just fucking paper. But the reason why money is such a sensitive topic to us is because we have a lot of meaning, feelings and energy attached to money. So, it's the things that we do with money. Taking that money and being able to give it to someone in need; taking that money and being able to take your family out to dinner; taking that money and being able to buy yourself clothes that makes you feel so good; taking that money and being able to invest in organic food that makes you feel so healthy and good; taking that money and investing it into a natural path that discovers that you have adrenal fatigue, and that you have - I'm using me as an example, obviously, because recently I discovered I have adrenal fatigue and I'm working on fixing it right now with a ton of supplements. Or if you have a GI infection, which again I do. So, that is a huge investment. For me to take money and be able to invest thousands of dollars into a naturopath who can help me feel healthier. That is something that money gives me the opportunity to do. That is something that gives me these feelings of freedom, joy, excitement, passion, and playfulness, which is what I wrote under the "feelings that money gives me." Taking money and being able to build schools in Africa or being able to build schools in Southeast Asia. That's what money gives us the opportunity to do and those opportunities have those feelings attached to it. And so, it has nothing to do with money. It has everything to do with your vibrational match, what your vibrational matches to,

your frequency, your feelings and what money does for you; the meaning and feelings you have around money. So really getting clear on the five biggest feelings that the money that you want to manifest will bring into your life, will give you this personal GPS tracker. Your goal then is to feel those feelings. Now, how do you feel those feelings? Freedom, joy, excitement, passion, and playfulness is what I wrote down here for my five biggest feelings. Now what does this have to do with the actual money manifesting? Well, because these are the feelings at which the money that I desire is vibrating out, this is the frequency that the money is vibrating at, in order for me to be a vibrational match to it, I have to tap into freedom, joy, excitement, passion, and playfulness on a daily basis. Now, how do I do that? I get creative. I do it in all different ways that have nothing to do with money. So, this is the fun part. How do I feel free on a daily basis? How can I feel joy on a daily basis? What can I do in my life to feel joy? Does going on a walk with my dog bring me joy? Does cleaning bring me joy? Does helping people bring me joy? What helps me feel free? Does running help me feel free? Does spending time with a loved one help me feel this freedom? Does sitting down and tracking my money help me feel free, because I know it's going to lead to financial freedom? Just get creative with all these different ways of how you can tap into these feelings. Excitement: what excites me? Is it going out and dancing? Turning on some music and jumping around and dancing? What helps me feel passion? For me, passion is felt when I spend time with Brendan, so that I can spend more time with Brendan and be more intentional with our time together and really tap into those feelings of passion. What helps me feel playful? Well, my playfulness really comes out when I go to theme parks, or when I hang out with Brendan and we wrestle with each other, when we play games, or when we do stupid things that we like to do together. That helps me feel playful. The more that I tap into these feelings in a way that has nothing to do with money, a byproduct is that I end up attracting everything that I want in my life. I end up attracting all that abundance into my life because I'm tapping into that very vibration. Does that make sense to you guys? Is this making any sense? Because this shit is really freakin' effective. This is the kind of stuff that really changed my life because manifesting has everything to do with your feelings. You go from a thought, to a belief, to a feeling, to a behavior, to a result. So, feeling is that juice behind manifesting everything that you want. Again, it's about being honest with your feelings. So, if you're not feeling great today, ask yourself how can I get to freedom joy, excitement, passion, and playfulness? What can I do today to at least get one step closer to these feelings? Once you tap into those feelings, keep that juice going. And ask yourself, "What else can I do?" Because life is not about being miserable. Life is not about worrying, stress or frustration. Again, those two big emotions, love, and the lack of love, which is fear. All these emotions come from love, so you want to stay on the vibration of love. Any feeling that has to do with love will bring more of that positive energy into your life. Staying in on tapping into the feelings of love. If you're ever feeling a lack of love, go as simple as asking yourself, "How can I feel more loved today?" "Can I help someone?" "Can I sponsor a family for

Christmas?" "Can I play with a puppy?" "Can I adopt a puppy?" "Can I go to a shelter and volunteer?" "Can I cook a homemade meal for my family?" "What can I do to feel more feelings of love?" And again, the byproduct is more money. Because this book, although it has to do with money and it has pink money all around it and it obviously will attract lots of money into your life, at the very core it has nothing to do with money at all. It has everything to do with your relationship with yourself, the universe, your Creator, emotions and feelings; always choosing to feel good and always choosing to be grateful for your life; always choosing to serve others; always choosing to contribute, grow, love, and feel good; to enjoy life, to feel joy and to tap into joy. A byproduct of that is happiness, positive relationships with others, growing into the best version of yourself, financial freedom, and career success. The byproduct is freakin' endless. But it all starts at this core, or the root. It's to choose to feel good, whether you have the money yet, or not. When you choose to feel good now, that's when your life changes. That's when it doesn't matter what the hell is going on in your life. That's when you can feel empowered to let go of what no longer serves you. That's when you can feel empowered to understand that it's not selfish to give yourself everything that you want, and to take care of yourself and to put yourself first because you know that if you don't feel fucking good, no one around you is going to feel good either, because you're just going to be an energy-suck around other people. And so, you want to lift other people up. It's not like you're responsible for other people's feelings and emotions in their life, but at least you can be the light for them. Trust me, life is so much better when you're light for yourself, and you're able to see the impact on others by being the light for other people. Does that make sense? So that is Day Three. I really want you guys to think about these five feelings. What is something that you would love to tap into on a daily basis? That is the Money Babe Action for today. And of course, start feeling those feelings. If you guys are Abraham Hicks followers, who I love, you know how this works. Tap into each feeling for 17 seconds; close your eyes and ask yourself, "When was a time in my past or in my life when I felt absolute freedom? Where is a specific time where I felt these incredible feelings of absolute freedom? Can I go back into that time, float down into my body, see what I saw, hear what I heard, feel what I felt, and really tap into those feelings of freedom and sit with this emotion for just 17 seconds?" That's all you have to do. And then move on to the next. It just takes 17 seconds for you to be a vibrational match to those feelings. What ends up happening is that you end up feeling so good that it ends up being contagious. Then you just get addicted to shit. You're like, "Oh shit, I want to feel good." It's like that natural good drug, that really good dose of dopamine. Then you're just like "Oh my god, I need another hit, this feels so good, I want to feel good." And you're feeling good for no absolute reason which, is even more powerful and better. You want to feel good for no reason. So, that's that. I hope you guys are enjoying this. I see a lot of YASS's and hearts, which is awesome. Thank you guys so much. Now, I want to pick two book winners and then I'm going to go ahead and log off and get some work done. I have lots of things to do including my Money Babe Actions, because I've been slacking. Every

time I've gotten off a live stream in the last three days, I went back to sleep and I slept a total of - I'm not even kidding - 48 hours in the last three days. So, I've been doing a lot of sleeping, and I really want to tap into my forgiveness list especially today. So, I'm going to do that right after this. But before that, the winners of my homeboy over here, Tony Robbins' book Unshakable. My book is really good at helping you manifest the money. It really helps you at becoming a vibrational match to money where you're just a natural money magnet; where abundance flows to you in avalanches. Because you have absolutely no resistance, there's no wall of resistance, because you've done the inner work. Now, Tony over here - and I've gone to Wealth Mastery and read both of his books. I'm actually working with one of his wealth management companies in creative planning; I officially hired a fiduciary, opened up an investment account - super excited to get that shit to grow. So, I've learned a lot about - now that I have the money and abundance is flowing, what do I do with the money now? How do I manage it? How do I grow it? How do I create even more income for myself? So, I wanted to give two copies away of this book. The winners are - excuse me if I misspell or mispronounce your name - I had Brendan write it down on a post-it. Mariah Anne Johnson and Jacqueline Taylor Gnew. If you're on this livestream or watching the recording, please shoot me an email to Hello@ManifestationBabe.com. Put in the subject, "I'm a winner," and provide a screenshot that you're indeed following me on Instagram because that is a requirement. Then we'll go ahead and take your address and send you over a copy. So, congratulations once again, Mariah Anne Johnson and Jacqueline Taylor Gnew. Congratulations ladies, I'm so excited for you. I hope that the rest of you have an amazing Friday. Have an amazing weekend and go on a challenge. Challenge yourself this weekend. Go on a mission to feel fucking amazing for no good reason, just because you're alive, just because you're above ground and the sky is above you. Just have those two requirements for feeling good. The ground is below me, I'm above the ground, the sky is above me, and I'm below the sky, which means you're vertical, happy, alive, well, and walking. Even if you're not feeling your best, and maybe you picked up a bug or have some illness, at least you're above ground and you're just experiencing life. Life is beautiful and amazing. You were given the gift of having a purpose because you're still alive. You're given the gift of manifestation. You're given the gift of being fully responsible for your life, and that's just so empowering and amazing. So, congratulate yourself on being alive today. Alright loves, I love you so freakin' much. Have a beautiful day, a beautiful Friday, a beautiful weekend, and I will actually see you tomorrow. Although I'm talking as if I won't be seeing you until Monday, I will be on live tomorrow for Day Four. Bye. 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.