

# Episode 56: 4 Ways You Are Resisting Money Without Even Real...


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## SUMMARY KEYWORDS

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## SPEAKERS

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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, resources, strategies, and teachings that you need to manifest a reality of your wildest dreams. Think of this podcast as your daily dose of personal development to maximize your impact, your influence, and your income. If you're ready to get your ass kicked 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, and welcome back to the Manifestation Babe Podcast/Manifestation Babe YouTube Channel. Thank you so much for joining me on this fine Manifest Monday. I want to get into an important topic today; it's a really fun topic for me to talk about, which is all about money. If you have been following Manifestation Babe for a while, you know that there are three things I love to talk about: Mindset, money, and manifestation. So, the month of July is all about Money Mindset Month. I am actually launching a brand new mini-program this month called Tapping Into Massive Wealth, where I share with you how to use EFT - also known as Emotional Freedom Technique, also known as tapping - to help you release the resistance around seven of the most crippling and common limiting beliefs that a lot of people have around money. I am also launching these fun little checks that I write for

myself. I have these little checks that I write for myself for how much I want to manifest in the next month. So, every time I manifest a certain amount, once I've manifested it, I will actually write myself another check so that my mind is always focused on the next goal. I always have a vision of what I want my next month to look like. Because I am in business for myself, and I'm in charge of my own income, that means that I can manifest whatever it is that I want. I don't have an income cap or an income ceiling, which is really nice. So, I'm sharing with you guys these magic checks and how to use them. I'm going to launch the Tapping Into Massive Wealth Program this month - most likely this week. Also, from August 4 to 10 is the official Rich Babe Academy Launch. If you're not yet signed up for the waitlist, I would get your booty down right now because we only opened up this program every six months. So, if you're not in this next round, then you have to wait an entire six-month period. I don't think you want to wait another six months to finally bring in and manifest the money that you desire and deserve. I know you want it now. And so, the work to transform your money mindset starts right now. So, July; if you're following me on Instagram, Facebook, on this podcast or YouTube channel, I'm going to be bringing you guys a lot of content on money mindset, so that you can start to prep yourself, shifting your perspective, rebuilding that relationship with money, and manifesting more of it; so that I can help you see money in a different light and from a different perspective; you will start to get excited and start to see it from a positive place. I want to shine light on money and stop making it out to be this enemy that we've all made it to be. I want you to start seeing money as a tool and a neutral resource. It's just this tool that enhances your opportunities, opens up options for you, allows you more choices in life, and it's just this beautiful thing. The meaning that money has is only the meaning that you give it. So, I want to share with you in this podcast episode four ways you are resisting money, without even realizing it. So, this is going to be a quickie. I'm just going to go super quick through these four different ways that you might be resisting money. You might be doing these four things and not even realize that these are the very things that might be keeping you broke, or just living far below your financial potential. These are four things that I used to do - I know that. So, this is part of my struggle as well. As I started to reframe money, take ownership of my money, rebuild my financial responsibility and my relationship with money, and transform myself from being \$25,000 in debt - completely broke and living on my grandma's couch - to a self-made millionaire in just two years. So, if you are doing these four things, then I really want you to think about why you're doing them, and give you an opportunity to be realize, "Oh my God, I am doing these things. And it's time to change. I need to change this, I need to shift this, and I need to start doing the opposite because I don't want to pinch off that flow of money coming into my life." The way that you treat money is exactly how money is going to show up in your life. It is a direct influence via the law of attraction - like attracts like. So, let's get into it. I don't want to take any more of your time. I want to give you the good stuff. I want to give you the good content. So, number one is: The first way that you might be resisting money without even

realizing it is getting angry or upset when you pay your bills. When you get your phone bill, your rent bill, your electricity bill, utility bill, car bill, or whatever bill that might come in; I know that a lot of people are excited when money comes in. They're really excited when the checks come in. But when the bills come in, and money has to go out, all of a sudden, they feel frustrated and angry. What this does is it develops a love-hate relationship with money. If you had a love-hate relationship with your partner, your soulmate, your best friend, your mom, your family member, or whoever, how is that person going to show up in your life? If you are excited every time they come home and you hate them every time they walk out the door, that gives off such a funky energy, that you're going to keep attracting more of that same funky energy when it comes to money. So, what I've done in my life is every time a bill comes into my life, and every time I know that I have to pay this bill and that money is about to leave my life and I'm about to circulate it back out into the economy, I start to celebrate. I get really excited. And so, depending on how you receive bills - I know for me it's emails and text messages. I have all these different alerts of these bill notifications. Every time I get them and log in to pay my bill - whether it's my rent, my gas, electricity, coaches, my Partner Partnership for Tony Robbins - no matter what it is, I get excited. I literally jump up and down and I say, "Thank you. Thank you. Thank you for giving me your services. Thank you for the electricity. Thank you for my apartment. Thank you for this knowledge. Thank you for this coaching. Thank you for whatever it is that you've given to me, and I will gladly pay you because you deserve to be paid for the services that you have kindly given to me." And so, I start seeing it as an equal exchange, where I am giving money so that I can receive it; and I receive money so that I can give it. It creates this flow. If you have one energy to money leaving, and another energy to money coming back or returning, that creates a funky system; then, via the law of attraction, you're going to create more of that funkiness. The second thing that you are probably doing that is causing you to resist money - and you might not even know it - is - this is a big one. This actually ranges for different people. This might not directly apply to you, or it might; because we all have different words; we all use language in a different way. What the word "expensive" means to me might not mean the same thing to you. And so, there is some sort of word that you use when you look at a price tag and you immediately cap your income; you immediately cap your money flow; you immediately limit how much you can afford. For instance, for me, that was always the word "expensive." I refuse to say the word "expensive" because I never want to look at a price tag and cap myself as "This is how much you can afford." I want to keep my ability to afford things as wide open as possible. I want to have no income cap; I want to have an unlimited income flow. And so, I actually never say the word expensive. I know there's a word for you that you use; it could be a phrase like, "I can't afford that;" it can be a word like "expensive." Instead of saying "expensive," something that I've done in my life, is I started using the word "premium," "luxury," or "high-end" when describing things. When I started my money mindset journey and my business, when I honest to God couldn't

actually afford something, I still never said I can't afford it. I always said, "This is not aligned with me right now. I'm actually saving my money for something better. I'm saving my money for something that's more aligned with me at this moment." I refused to say the words "expensive" and refused to say the phrase "I can't afford it," because I never wanted to manifest an income cap. And so, you might be manifesting an income tap and not even recognize it, realize it, or have awareness of it; and so, now is the time to start dissecting and analyzing your language, and seeing if there are some switches or alternatives that you need to find that don't mean something like "expensive" means to me. This third way that you might be resisting the money flow and not even realize it is: Not paying people, companies, coaches, or someone who you initially agreed to pay. Also known as not taking financial responsibility. Millionaires, billionaires, and very wealthy people are very financially responsible. They never go MIA on people that they owe money to. Let's say that you take out a loan; let's say you have student loans and that you agreed to pay for something on a payment plan. Wealthy people always pay back to people. If they make a commitment, they're very financially responsible. If they make an agreement to something - whether it's for a course, a program, a coach, an event, or they borrow money or take out a loan - they always pay the person or company back; they never go MIA on them. Something that I find a lot of, especially having my own business; there are people who enroll into, let's say, Rich Babe Academy or Manifestation Babe Academy, and all of a sudden, they just stop making their payments; they go MIA. I've done this before, to be honest, way back in the day - which is probably why I was broke at the time, and no longer broke because I really learned how to take financial responsibility. And so, they'll just go MIA; I know it's out of fear and embarrassment, and because they just don't know how to pay for the program or make the payments anymore; or they're just overwhelmed and they are drowning in financial stress, and they don't know how to deal with it; and so they go MIA. The thing is, the law of cause and effect - also known as the law of karma - is that when you go MIA on someone, or when you stop paying for something that you initially made an agreement to - if there's a contract or just a word-of-mouth kind of verbal agreement of some sort - is that when you, later in life, decide to start a business, create a program, become a coach - because I know a lot of coaches follow me - or do something where people are going to have to pay you, so that you can make a living and live your dream life and have plenty of money, is that you're going to end up attracting a lot of financially irresponsible people. You're going to get that effect back to your cause. You're essentially going to get that karma back. And so, to prevent that karma or that awkward, embarrassing situation and really take ownership of your finances, my biggest suggestion for you is this. Let's say it's your student loans. Call whoever gave you the loan - I don't have student loans, but I know Brennan is still paying back student loans and we make a payment of a particular chunk every single week. And so, call the people behind your student loans and make some sort of payment plan. They will not get angry with you if you have every intention to pay but just cannot afford at this

moment, or just not aligned with, let's say, \$1,000 a month. Create a payment plan with them where you can pay \$100 a month - even \$20 a month - anything counts. If there is a consistent money flow going to them, because you owe them money, I promise you the universe is going to bless you tenfold. You're going to attract even more of that money back into your life because you are taking ownership and financial responsibility, and you're going to attract a lot of positive financial experiences in the future because you're taking care of your shit right now and taking financial responsibility. The fourth way that you are resisting money right now without even realizing it is: You are taking advice from broke people. Guys, I can't tell you how often I see this. It's ridiculous. For instance, I have a lot of female entrepreneurs in my audience, and I can't tell you enough how many times I have seen them stop themselves and make shitty decisions because they listen to someone else who's never owned a business in their entire life; they've never been entrepreneurs before. Or I'll see people take investment advice from people who have never invested a single dollar in their entire lifetime. Or I'll see people take advice from other people who have never bought a house before, on how to buy a house, when to buy a house, and how to time the market. I'll see people take all kinds of advice from people who have never walked the walk a day in their life before. Or money mindset advice from people who have shitty money mindsets themselves. Or they will take advice on how to manage money from people who don't even have money in their bank account. And so, the best thing you can possibly do is find a mentor who's actually walking the walk, has money to show for their advice, and has the kind of lifestyle that you desire. Only listen to those people. Anyone else, it doesn't matter what they tell you. It doesn't matter if they say that most new businesses fail within the first year, or whatever advice that you hear; or money doesn't grow on trees, or that rich people are greedy, or whatever beliefs that they try to throw out at you. Just remember: if they're broke, then whatever they're saying, you should not take on for yourself. It shouldn't become your own belief system, because if it is, then you're going to create the exact same results that they created for themselves. And so, those are my four ways that you might be resisting money without even realizing it. If you guys enjoyed this episode; if this was helpful for you; if this gave you some sort of a shift; if you thought, "Holy crap, I need to stop doing that because I am resisting my money flow, and I don't want to do that. I want to be in the flow of abundance" - then please go ahead and leave me a comment, or take a screenshot of this podcast episode right now on your phones, tag me on Instagram, and let me know what you thought. Share it with your friends. My podcast is now available on Spotify if you didn't already know that. It's available on iTunes. I'm so curious to hear what you think. I'm so curious to hear how this podcast episode has helped you. And thank you so much for listening. Thank you so much for watching. I cannot wait to share with you my Tapping Into Massive Wealth Program. As soon as I launch it, I'm actually going to add it to the description of this podcast episode or of this video. I love you guys so much. Have a happy fantastic Monday. Have a happy fantastic week, and I will see you soon. Mwah. Bye. Thank you so

much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep up the good stuff coming. If you aren't already following me on social media, come soak up some extra inspiration on Instagram by searching @ManifestationBabe, 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.