



Episode 58: How To Practice Patience In The Awkward Waiting ...

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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. Did you know that I have a six-week Academy on mastering your money mindset and creating the most abundant version of yourself? It's called the Rich Babe Academy, and I only open it up twice a year. In fact, we are on the very last round of Rich Babe Academy for the year of 2018. So, if you're ready to create financial abundance, blast through limiting beliefs that are getting in the way of your bank account, reprogram your mindset for success, learn how to manifest money in a way that's easy and effortless, and utilize the power of the law of attraction when it comes to your finances, then head over to RichBabeAcademy.com right now and get yourself signed up. This is the same course I put myself through to manifest over a million dollars in just two years, so I know that it works. Enrollment closes in just a few days and the Academy won't be open again until next year.

So, take this as your opportunity to radically change your life and step into the most successful version of yourself right now. Again, head over to RichBabeAcademy.com right now to get signed up before we close in just a few days. I will see you inside. Now onto today's episode. Hey gorgeous soul. It is Kathrin for ManifestationBabe.com. Today I'm so excited to bring you a super quick episode on a topic that I get asked about a ton. The topic is about that awkward waiting period or that limbo that we often find ourselves in, between asking for a desire - whether we are asking for a relationship, certain health markers, or a specific amount of money. Especially for those of you who are about to enter into my Rich Babe Academy, you'll find that in week three, we ask the universe for a specific amount of money to come into our lives for the next three weeks. And so, there's this awkward limbo or this awkward waiting period of the three weeks. What do we do in between asking for what we want - whatever it might be - and actually receiving it? Is there a way for us to fuck up the awkward waiting period? Is there a way for us to speed things up? Or is there a way for us to slow things down? I think that this is such an important topic to talk about because I do believe that we can mess this up, but I also believe that we can speed this up. Patience is integral in the manifestation process. We live in this world right where we have these devices at our fingertips, or we have these devices that sit on our laps or on our desks. We have all these buttons, and we have our fingertips. Pretty much any button I click on my phone or my computer, I can Google Search anything and get the answer to pretty much any logical life problem; I can download a podcast episode; I can pretty much download inspiration on demand; I can YouTube a video and learn how to do basket weaving on demand; I can basically travel to the Maldives, or India, or check out the first-class cabin of Emirates via someone else's YouTube video. We have so much stuff out our fingertips, and so much instant gratification because of the universe now, that we are now forgetting how to be patient with the manifestation process. A lot of my clients will come to me - or even just people casually asking me questions on social media - and a lot of what I find in their questions is that all they are lacking in the manifestation process is patience. They are doing all the right things. The only thing is that they have such little patience, that they are dissolving the certainty in the end result. What I mean by that is, if you have a lack of patience in the manifestation process, it means that you don't yet have certainty in receiving your desire at the end of whatever waiting period that the universe decides on. It is up to the universe and up to how fast you can get into an alignment that you will receive the money, the health marker, the relationship, or whatever it is that is on your manifestation or desire list. This lack of patience creates a lack of certainty, and a lack of certainty is how you can draw this waiting period out to be longer than it really should be. I think that the reason why we forget to be patient is because of the microwave, the iPhone, our computers, the internet; because we're so used to instant gratification and our egos also love instant gratification. So, sometimes we get so stuck in instant gratification mode, that we never really let the universe do its magic. And so, I want to compare this awkward waiting period

to an example that you might giggle at in the beginning; but I think that this metaphor is going to work so perfectly for you because I used this metaphor to radically transform my relationship with money. What I mean by this is that the moment I started seeing money as a relationship - I literally see money as my boyfriend, my husband, or my partner in life - and I always ask myself, "If money were my boyfriend, or a physical human being, or my best friend, or someone that I loved and cared about, how would they react to me? Would they want to be in my life? Would they get closer to me? Or would they actually be pushed away from me? Will I push them away from me with the way that I am currently treating them? For instance, back in the day in the beginning of my journey in 2016, I used to neglect my bank account. Well, if I am neglecting my boyfriend, how much longer is he going to be around me? Does he even want to be around me? Does he feel like I care about him anymore? And if he doesn't feel like I care about him, why would he be in my life? Why would he want to spend more time with me? And so, that's kind of how money was showing up in my life. By neglecting it, it didn't feel cared for; therefore, the energy of money doesn't want to be around someone who doesn't care about money. And so, bringing this metaphor of relationship back, I want to talk about patience and this awkward waiting period in relation to the time between your first date with someone you know intuitively - let's just pretend that, without a shadow of a doubt, because with everything that we're manifesting, we should always have this energy of, "I know it's going to happen without a shadow of a doubt." So, let's pretend that you went on a first date with your future husband, or your future wife, or your future partner. And you know, without a shadow of a doubt, that one day, the wedding is going to happen; or one day they're going to get down on their knee and they're going to propose to you. And so, that proposal or that wedding is receiving when you finally receive that end result. Let's say it's the ring, or the wedding, or the wedding dress, or whatever it is that you picture. At that end result, that's going to be the day. And so, this waiting period between your first date and the proposal is the same representation in the manifestation process of you declaring something, of you deciding on something, of you asking for something from the universe; versus the day when you actually receive it. And so, if you were to picture a relationship for just a moment - and let's say you went on a first date with your future loved one. The reason why I use this example is because I made this real-life mistake in my relationship with Brennan, where on my first date, I intuitively knew that he was my future husband. Of course, I never said that to him because that's kind of weird. I didn't want to freak him out. But I did make the mistake of becoming impatient about a year in, and I'll talk a little bit about that in just a second. But let's say you go on this first date with someone and they're just so attractive, you're having so much fun, they're making you laugh, you're making them laugh, you guys are just clicking, and everything is going amazing. Then, let's say, you know that the proposal or the wedding is going to happen one day, but you get impatient. You then start to ask them, "Have you bought a ring yet?" Or "What wedding dress should I buy?" Or "Where do you want to have our wedding?" Or "When are you

going to propose to me?" "When's our wedding? Let's choose a date." On a scale of one to ten, how much are they going to freak the fuck out if you start asking these questions two to three weeks in? Now, I know there are some crazy examples of people just knowing that they're the right fit for one another, instantaneously, and they even get married literally that month, and they're together forever, and they live happily ever after. But let's forget that example for a second. Let's just think of two normal human beings who want to enjoy the relationship. Let's say that the other person wants to enjoy the process; they want to get to know you and be 100 percent certain about you. They just want to enjoy it, enjoy life, have fun, and be themselves without any pressure. Now let's say that you start putting pressure on them; on a scale of one to ten, how much are they going to want to be with you, by the end of the time when they're originally going to propose to you, or originally going to marry you? The pushier and more controlling that you are of the timing, the less wanting that they are to be with you, to make it happen, to get married to you, or to propose to you. And so, the more you become expectant with the timing - not with the end result, but with the timing - the more you push it away, and similarly with the universe. The more you start asking the universe, "Oh my God, when is it going to happen? What if it doesn't happen? Holy shit, when's it going to happen? Oh my God, I'm getting so impatient." This impatient, needy energy just gets bigger and bigger, the more in resistance you're going to be with your initial desire, whatever that desire might be. And so, sometimes - I know I did this with Brennan about a year in. I started to talk about rings, the wedding, and what my ideal wedding looks like. Even though Brennan was totally in love with me and knew that I was the one at this point, he felt so much pressure that he started to freak out. We actually got into such a huge fight one night when we first started living together. I'll never forget it. It was October of last year where he got so freaked out, he said, "Kathrin, you are pushing me away." I got so scared. I just remember bawling the whole night because I never wanted to be that controlling, needy energy in someone's life. I remember bawling the whole night. I moved from the bedroom to the couch; it was around midnight and I had work the next morning, so I had to be up at 6:00 in the morning. I bawled until 4:00 in the morning; I got no sleep. Everyone at work the next day was asking me, "What happened? Were you crying all night?" And, of course, I didn't want to tell them what happened, and so I said that something went wrong in my business. I don't know, I made some story up. I will just never forget that feeling of putting so much control on someone who unconditionally loves me, and someone who I want to spend the rest of my life with. I never wanted to be that pressure in their life. And so, sometimes, we don't realize that we're doing the same thing with this unconditional loving universe. By putting pressure on the universe, we are dragging out the receiving of this desire. There's this beautiful quote that I really love from - I don't remember the quote exactly, but I'll paraphrase it for you. It's from A Course in Miracles. I don't know if you guys have ever read that text. It's a beautiful text. Gabby Bernstein and Marianne Williamson are all about it. I haven't read it fully, but I've picked up quotes from it. I just think it's such a

beautiful text. There's a quote that says something like, "Infinite patience creates immediate results." Or I think there's some sort of quote about infinite patience, and I think I paraphrased it for myself in an easier way of, "Infinite patience creates immediate results." The way that you bridge this awkward waiting period - this gap between asking for your desire and actually receiving it - is by having that infinite patience. It's by finding ways that you can enjoy your life, even while you don't yet have the proposal or the wedding yet. It's that process of getting to know yourself, or in that relationship example, getting to know the other person; just having fun and enjoying your time being on this planet; just enjoying getting to know yourself and being who you are right now, whether you have that thing or you don't. It's having that enjoyment in the certainty of the energy, knowing that, one day, that day will come. But just because it's not here yet, that doesn't mean you're any less of a person; it doesn't mean you're any less of a manifestor; it doesn't mean you're a shitty manifestor. I get so sad when people come up to me and say, "I don't understand this. manifesting process. I feel like I'm not meant for my dream life because I can't make things happen." I always pinpoint it to "You have a lack of patience." Instead of putting so much pressure on the universe and putting pressure on yourself in return, because we basically are the universe, why not just love yourself more? Why not take this opportunity to go on an adventure? To distract yourself? To pick up a good book? To go chat with a friend? To go hang out? Go travel the world, go do something. Distract yourself. It's in that moment - just like in that relationship example - it's when you least expect it, that the proposal happens. It's when you least expect it that it's time for the wedding. It can take a couple of years or it can take a couple of months, whatever the timing is. We love that element of a surprise. The proposal typically is a surprise moment. For me, it was definitely a surprise moment because it happened a couple of months before I expected it to from the signs and hints that I would get from Brennan. It was a complete surprise, and I enjoyed it that much more. And so, your desire is going to come into your life when you least expect it. So, find out how you can actually enjoy the awkward waiting period and not make it an awkward waiting period. Don't just sit there twiddling your thumbs; don't get anxious; don't get stressed. Just let it go, surrender, know that it's coming, and have a good time anyway. I hope this episode helped you in any way, shape, or form to finally let go of that stress and anxiety. Just start to trust in the divine timing because, I promise you, if you just have a little more patience, the universe will actually work that much faster for you. If this episode helped you in any way, shape, or form, I would so appreciate if you guys would leave me a review on iTunes. I'm not sure if you can do so on Spotify, I haven't really looked into that. But if you are on your iPhone on iTunes, or even on Podbean.com, if you could please leave me a review, I would so appreciate it. If you screenshot this episode right now and tag me on Instagram, share it with your friends, send the link to someone, I would greatly appreciate it as well. And, as I mentioned in the very beginning of this episode, the Rich Babe Academy is now enrolling, and we are closing in just four days. We are not opening up until next year. So, that's 2019.

So, if you're someone who doesn't want to wait any longer to learn how to bring in more money into your life, and how to transform. This metaphor that I used of money being like a relationship; if you want to really master that and learn all my tips, tricks, techniques, and everything in between on how I went from living on my grandma's couch to creating a multi-million dollar empire in just two years, just by transforming my money mindset. Go to RichBabeAcademy.com and get your booty enrolled in there. I love you guys so much. Have a fantastic day and a fantastic week. 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 the extra inspiration on Instagram by searching [@ManifestationBabe](https://www.instagram.com/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.