

Episode 59: How To Manifest the REALLY **BIG** Desires

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SPEAKERS

Kathrin Zenkina



Kathrin Zenkina 00:15

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. Welcome back to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I am so excited to have you push the Play button today and tune into this podcast episode, because I have a fabulous conversation to have with you. Now, this is a topic that I get asked a lot because as I've been able to grow through my journey, I have been able to manifest bigger things. Especially as newbies who come across my Instagram or Facebook group for the first time, or even my personal Facebook profile, they're always so curious how I am to manifest the really big things. If you are someone who wants to know my answer, my system, and my process to manifesting those really big things, desires, and goals - not just a couple hundred dollars here and there; not just a couple of discounts here and there; not just the little synchronicities, numbers, and the cute little things that we can manifest and

we all love to manifest because they are beautiful confirmations of how the process works - but a lot of us really want to set out and build seven-figure businesses. We want to go out and purchase our dream homes. We want to go out and purchase investment properties. We want to go to the Chanel store and grab a couple of Chanel bags because we love luxury and that's totally okay. We want to be able to pay for our kids' college tuition in full and upfront, because why the fuck not. So, talking about manifesting the really big things is so in line with this weekend. Now, this weekend, I just wrapped up my most recent Rich Babe launch. If you've been listening to a couple of the podcast episodes, before this one was recorded, I have been in the process, over the last seven days, of launching my Rich Babe Academy Program, and it ended up being Manifestation Babe's biggest launch. I don't know if you've come across my Instagram post recently, but I had declared that this was going to be my biggest launch. Even though I felt so unsure of myself and I was having this whole drama with my ego - starting from the moment I landed from France, to the moment that the Rich Babe launch started. Actually, a couple of days in, I literally thought that I couldn't do it. My ego kept telling me all kinds of things and my energy was so low. All I wanted to do was to hide under my covers, not go on social media, and not talk to anyone. The last thing I wanted to do was talk about my Rich Babe Academy Program. And there's nothing wrong with the Rich Babe Academy Program because that is the program that I created that got me to manifest over \$1.5 million in counting in the last two years. And so, I want to share it with the world. I think it's an amazing program. It is literally the step-by-step process; the A to Z. I take you from start to finish of where you are currently, financially, to where you want to go. I help you use the power of the universe, the power of manifestation, the power of your subconscious mind, and the power of taking all the energy that you can possibly gather as a human being, and put it behind your money goals, so that you can finally get to your financial destiny. For some reason, my ego kept talking to me and I kept listening to it. Poor Brennan kept trying to get me out of bed and kept trying to talk to me. My whole team was sending me these texts and showing me proof that my work matters and that people are listening, enrolling, and so on and so forth. Thankfully, I got out of my funk by Monday. By Monday, I felt inspired again and finally felt my energy shift, and I put it behind this launch. The only reason why this launch ended up being a half-a-million-dollar launch, and the biggest launch that Manifestation Babe has ever had, is because of the process that I'm about to teach you. So, a lot of people, when they first hear about the manifestation processor this possibility that we are these balls of energy that live in this bigger ball of energy, and we are able to take energy, transform it, and move it around; that we're able to take things that were once a part of our imagination and transform it into our physical reality; that we're able to have things literally pop up right in front of us; the very things that we were just thinking about; the very things that were just thoughts, feelings, or beliefs about a year ago, two years ago, or even yesterday. We're able to take something so intangible and turn it into something tangible. It is so amazing because, I

don't know if you guys have read The Alchemist by Paulo Coelho, but we really are alchemists and we are amazing energetic beings. And so, hearing about this - especially if you have come across something like The Secret, or maybe you have been consuming my content for a while and you just feel so inspired - and you immediately go out there and set these really huge goals. Because why not? Of course, we are limitless, energetic beings, and there is no limit to what we can create. There's no limit to the universe. It is vast and ever-expanding. And funny enough, even though it is amazing and absolutely necessary to set these extremely large, unrealistic, obscene goals - we should all have those goals -The biggest mistake that people make is actually setting those goals, And just leaving it at that, and then wondering. For example, they set a goal of "I'm going to earn a million dollars in the next 12 months." They then end up never achieving it because they didn't reverse engineer this goal. They didn't break down the goal into chunks. They didn't use what I call energy transposition. What I mean by energy transposition is the ability to transfer your energy, feelings, and beliefs behind something smaller; carrying it through a chain of pushing it towards bigger and bigger things, until eventually you have your big goal finally accomplished. So, for example, if I were to set a half-a-million-dollar launch for myself, for the Rich Babe Academy - and let's say this is me from two years ago. Even though it's totally possible - of course it's possible, who said that you can't make \$500,000 in just seven days? There is no rule, law, or declaration that says I can't accomplish that in just seven days; that I can't have a 500,000-dollar launch. But because the only things that we can manifest are the things that we believe we can manifest - all our energy has to be behind something, completely at 150 percent - where we have so much certainty of the outcome that it can't not happen. We don't even think about the possibility of it not happening. Two years ago, at this time in my life, I had never even seen above \$1,500 in a single month, let alone seven days I'd never seen more than \$1,500 dollars enter my bank account within a month period. Because of that, if I'd never seen 500K before, how can I possibly take all of my energy and put it behind \$500,000 in just seven days, and get into such a state of certainty that it can't not happen? At that point, the only proof in my life that I had, is it not happening. Because it hasn't happened yet, there's a large percentage of the energy that I can put behind this desire that says, "It hasn't happened before. It might not happen again." Because our brains are so based around survival - the need to survive and thrive - a lot of what we automatically think - where our minds automatically go - is looking for what's wrong or what's missing. In this case, the 500K is technically missing energy. And so, because I'd never made 500K in seven days, the majority of the percentage that I can put my energy behind a desire says, "It hasn't happened yet." Therefore, because we used the past to pretty much project it onto the future - because that's what we automatically do; our survival mystic brain automatically takes the past and projects into the future; because if something has happened in the past, it must happen again in the future; and if something hasn't happened in the past, it must not happen again in the future. That elevated consciousness of where we are at right now,

especially if you're listening to this podcast right now, or if you have come across other manifestation teachers and you're aware of the powers that you have, to not only change your present moment, but also completely change the future and make it something that's completely not based on the past, where we can decide and change things in the future. We can literally shift our realities completely, where our past does not define our future. But if we have never done it before, our survivalist brain kind of takes over. Anyway, energy transposition is something that I teach my clients and something that I use for myself. It's something that I'm going to teach you guys today. It's not going to be this mind-blowing, record-breaking thing that you've never heard of before. "Oh my God, this blew my mind, Kathrin, I've never even thought of this before." So, nothing like that. But I really want you to take this principle and this idea, and just constantly remind yourself that this is how you're going to get to those really large, unrealistic, obscene goals. You have to first start extremely chunked down. What I mean by this is, why my book Unleash Your Inner Money Babe is \$1,000 in 21 days, and not a million dollars in 21 days; even though both are equally possible - because our realities are made up, we can choose whatever we want to choose to create. The reason why I start with \$1,000 is because a lot of beginners coming into the world of manifestation have never even been consciously aware of them manifesting something as simple as a cup of coffee, or even just one dollar. It's not even in their awareness to think that these coincidences, synchronicities, or the thoughts that they give out and the energy that they put out into the universe has actually created their physical reality. When it's brand new to them, they can't even wrap their minds around \$1,000 or \$10,000 in a week, when they've never even earned that kind of money in a week before. What they can wrap their minds around is something that's already happened. So, the reason why I say start with a cup of coffee is because most people have seen a cup of coffee before. They've acquired a cup of coffee. If you're a tea drinker, you've acquired a cup of tea. If you're a water drinker, you've acquired a cup of water. These are things that have already been in your reality. So, because you have so much proof of these things already in your reality, you can take that energy. Because you have so much more energy, all your energy can be behind the fact of, "I made \$100 before, so I can probably do it again, because I've done it in the past." So, how much energy you have behind this desire is 100 percent of certainty. And so, why I say start with a cup of coffee is because you've had a cup of coffee before. And so, you can take that energy and put it towards another cup of coffee. Once you prove to yourself that you can manifest a cup of coffee, then you can transpose that energy - you can move that energy, that same energy of certainty - of "It is already done. It has already happened in the past." You can take that same energy and move it to something slightly bigger. Now, let's bring it to a financial example, and let me give you guys a personal example. So, the first amount of money that I've ever manifested was \$2,000 out of the blue. One of them was my mom - who I was living with at the time. I've never ever given her access to - she doesn't even know my password; the bill is in my name; she has no idea how to log into

my account; she doesn't even know what the credit card is - or at least I wasn't aware that she knew. It was a Tony Robbins credit card, or whatever his company use to give people the ability to pay off for his events over time, like a payment plan. So, this is part of a payment plan for the Master University that I invested about three years ago. My mom, randomly and out of the blue, deposited \$1,000 into this credit card; so, I had manifested that thousand dollars, right then and there, because that's \$1,000 that I didn't have to pay later on. And then another thousand dollars, in that same 30-day period that I set out to manifest \$2,000 - came through a tax refund. I was a business owner at the time - I was part of an MLM - and even if you're part of an MLM and you're coming into this business in the box, where the products and everything is given to you, and you're still considered a business owner. And so, I knew that I would probably have to owe - or at least not get anything back - for my taxes. For some reason, my intuition led me to not pay my taxes until the very last day. So, I scheduled in my calendar, so I wouldn't miss it - because I never want to fuck around with the IRS. And so, I put it in my calendar; I knew that I could go to TurboTax.com and figure it out on the very last day because, for some reason, my intuition told me to wait. I don't know why, but I just trusted it, because that's part of the manifestation process. You're supposed to let go of the "how," and you're supposed to follow your intuition. If there's a nudge that tells you to do something, you don't question it. About a day before the date was coming up - the very last day that I could pay my taxes - my mom's friend at work, or one of her employees at the time, said, "I don't know if you know this, but I do taxes during tax season just to make some extra cash for my family. I don't know if you or your daughter need help this year, because I know you've told me about her online business that she's building. If she hasn't done her taxes for some reason yet, then I can help out." My mom came home and said, "Kathrin, send me all your stuff. Send me your -" what's the form called? 1090, or something like that. That's what we use in the United States. It was a couple of statements; you guys know what I'm talking about. Obviously, now I have an accountant, a CPA, and everyone to help me handle this because this is not my strong suit. Organization, spreadsheets, and numbers are pretty much for Brennan, our CPA, and our accountant. Anyway, going back to the story. So, she told me to give her all the paperwork and documents. I basically scanned it, took pictures of it, and emailed it to my mom. My mom then sends me a text that day, saying, "You're getting \$1,000 back as your tax refund." Immediately, I thought, "Oh my god, this is so crazy. I manifested \$2,000. Holy crap, this is so groundbreaking for me." But notice that I started with \$2,000 because, as I mentioned, I'd never seen more than \$1,500 in a month; so, for me to conceptualize \$2,000 is not a big deal, because it's just an extra \$500. I can take all of my certainty and energy that I can put behind \$1,500, and I can just move it up a ladder; move it and transpose it up this ladder, step by step, to where - all of a sudden, now that I've manifested \$2,000 - notice how I'm not going to \$500,000 right away. Or at least this is not what I did, and I don't believe that you should either. The difference between \$2,000 and \$500,000 is a huge range. You must keep climbing up a ladder. You

must be taking it step by step. You can't move unless you fully believe it; unless you can fully wrap your mind around these bigger numbers or these bigger things, or your dream car, your dream house, or your dream vacation - these really big things, goals, and desires that you want to manifest - unless you can fully put your energy and make that big leap. I highly recommend taking it step by step. The reason why I'm so passionate about this is because one of my big goals is to have a seven-figure launch. Last December, I decided that in 2018, I'm going to experience my first seven-figure launch. Every single launch that I've had - which we are on our fourth launch this year - every single time, I set this goal of a million dollars. I repeat "A million dollars" and "Seven-figure launch" to myself. And I have not hit seven figures yet. Every launch, I could have easily been disappointed to myself. I could have easily been upset and said, "Oh my god, I have my brand called Manifestation Babe, and even I can't manifest this big goal or desire for myself." I can easily go there. I can easily play the "What was me?" game and "Oh my god, I suck at this," and start comparing myself to other people who have done it and manifested these equally large things, faster than I have. But I choose not to. I choose to take every single step. Each launch has gotten slightly bigger and bigger because I am taking the energy behind. At the beginning of the year, we had a 100,000-dollar launch; and so, that was easy for me to conceptualize because we have made six figures in a month before. I want to remind you that my income in Manifestation Babe has never really been these huge, massive jumps, where I went from zero to 50K a month, and 450K to 200K a month. It's always been a step-by-step ladder because that is just how I work. That's how I found is the easiest way to manifest these big goals and desires. It's the way that makes the most sense. I like to mesh the woo with the logical, and put them together, because we have these two sides of us; we have these two voices in our heads. One is more logical, and the other is more creative and out there; we have the right brain and the left brain. And, so I like to merge those two together and use this logical, practical way of manifesting your biggest goals, dreams, and desires. And so, my first launch of this year was \$100,000. And that was awesome. I use that energy behind that hundred thousand dollars, and transposed it to my next launch, where I knew, without a shadow of a doubt, we can do \$100,000 again. Using that energy of certainty and stretching my belief system just a little bit bigger - for instance, I think I set a goal of \$200,000. Because I always believe in this or something better, you have to do your work, and your work has everything to do with your belief systems. But then there's also the universe that comes in and always surprises you with this, or something better. You never know what the universe is going to give you; you never know how it's going to speed things up, or deliver you something even bigger and better than you thought before, but you must always leave that room, for miracles, of course; and then you have your co-creation part - because you're a co-creator - and your job is to get as much belief and energy behind each step along the way towards your big dreams, goals, and desires, which is also your destination. So, the next launch was a 300,000-dollar launch. Because I have manifested \$300,000 before, in a seven-day

period, guess what? My belief around \$300,000 in just seven days became that much more believable. I had massive certainty around 300K in seven days. So, what was next for me? Well, in the next Rich Babe launch, I could easily have created 300K in seven days again; plus this, or something better, and increasing it and stretching it just a bit more. Even though my ultimate goal is seven figures, of course - and I'm reaching towards a seven-figure launch - it doesn't mean that I won't see something a bit smaller and an improvement from my last launch as a win. I see it as a massive win. And so, now, what I've been able to do, by taking my energy up this ladder, I have been able to create 500K in my business, in just seven days; when just two years ago, I had no idea what having more than \$1,500 in my bank account in a 30-day period looked like. I had no idea what 500K in seven days look like - there's no way. If I had started with this big goal and this desire right away, and I didn't allow myself to chunk it down, I would not be here. It is almost impossible for me to be here because my belief would not be behind it. Not that it's impossible to manifest it, in general; but because my belief and energy both aren't fully around it, it would not be possible for me. So, whatever big goal that you have whether it is a deposit on your dream house, or down payment, I guess is what they call it. We're obviously not homeowners yet, and that's nothing in our near future because we want to start with investment properties first. But maybe you are someone who's interested in investment properties, so, of course, you need to put a down payment there. You might need cash for your kids' tuitions. You might want your dream car. So, maybe you are driving like me, or how I was driving my Jetta from college, and you want to take a quantum leap towards an R8. That's a massive quantum leap. Or maybe you want to go from taking just one vacation a year, to taking four vacations a year. Maybe you want to increase your income in your business from 1K a month, to 100K a month. Whatever your big goal or desire is, I want to remind you that if you're not reaching it right away and if you're not accomplishing it in the timeframe that you think you should be - because I get down on myself too. There are times where I am frustrated and thinking, "Yo, I should be the master at this. I should be the example because I am the face of the brand Manifestation Babe. I'm leading all these other empowered women and showing them what's possible." So, I can easily get down on myself. But the other perspective, or the other mindset that I could have - which I choose to have - is "Holy crap. I know that one day, I'm going to get there. I know that one day, I'm going to have X amount of dollars. I know that one day, I'm going to be able to serve X number of women in my business. I know that one day, we will go to X amount of countries, have X number of houses, invest X amount of dollars." And so on and so forth. "I know that I'll be featured in X magazine and on X podcast." I have all these huge goals for myself. I know that one day, I'm going to get there, and I'm leaving that up to divine timing. But what I can do, as a co-creator, is break it down into bite-sized chunks, and see what I can put my energy behind this month. What can I fully embody? What can I wrap my energy around and put all my belief and certainty? Because certainty is all that matters. If you believe that it must happen,

and there's absolutely no possibility that it can't happen and that it won't happen, those are the things that are going to manifest. Those are the things that are going to manifest so freakin' fast, you wouldn't believe it. And so, it's up to you to chunk it down. And it's up to you to do your own part. Accomplish the smaller things. Start somewhere. Manifest. Your muscle is going to grow so much bigger, right then and there. You're going to grow that muscle. You're going to be able to go up the ladder, manifest the next thing; go up the ladder, manifest the next thing. And the great thing is, as your muscle gets stronger, the steps get larger. So, notice how I started from 100K, moved on to 300K, and then went to 500K. Those are pretty big gaps for a lot of people. For a lot of people, that's a huge and a huge difference. It's a huge quantum leap. That's considered a quantum leap. Well, remember, I started with \$2,000 in the 30 day-period. You would think that I then moved on to 5K, but I actually just moved on to \$2,500. I set a goal to manifest \$2,500; and then I set a goal to manifest \$3,000; and then from 3K, it was easier for me to move on to 5K; and then from 5K, it was easier for me to move on to 7K; from 7K, I went to 10K. Notice how as my muscle got stronger and as I proved to myself, the sheer power of my mind and how much control I had over my reality, and that all the freakin' forces, the universal laws, and energies around me are behind me, helping me, guiding me, and making this process faster than I think it can be. All these energies are helping me. And so, as you keep moving forward, that's how you start to take the quantum leaps. With each quantum leap, comes a bigger quantum leap. You then get to this place where absolutely nothing is impossible for you. And that's when I think that crazy things happen, that even I have yet to manifest and conceptualize. But I know it's a possibility for me, which is also a possibility for you. So, I hope this was helpful for you, I hope that you have the guidance that you need in answering your question around "How do I manifest the really big things? How do I go beyond the extra cash, here and there, the couple of discounts, here and there, the free cup of coffee. How do I go beyond that? And how can I use the energy and belief that I already have, and transpose it up this manifestation ladder? Or the manifestation muscle-building process, or whatever it is that you want to call it. This is just what I call it. So, if this was helpful for you, please let me know. I'm super curious to hear it because this is how I am able to manifest big things. So, if you have other tips or metaphors and analogies that you use, or anything that has helped you, I'm super curious to hear from you, too. So, go ahead, take a screenshot - oops, that was a text message. Sorry, you guys. Take a screenshot of this podcast episode, right now, whether you're listening to it on Spotify or iTunes. Go ahead and tag me on Instagram or Facebook, or send me a DM, comment, message or whatever you can possibly reach me on - send an email, I don't care. Let me know how much you enjoyed this podcast episode. Share it with a friend that you think really needs to hear this message. And, as always, I appreciate your five-star reviews so much. With each review that you guys leave me, this podcast goes up the ranking, and it's able to impact lives that I couldn't have reached before, without your help. So, I so appreciate your help. I hope that you have a freakin' incredible week. I'm

about to go to Vegas right now. I'm actually packing up right now and I wanted to record a podcast episode before I leave. We're going to Business Mastery this week with Tony Robbins - super excited for this five-day event on mastering business. I don't even know what they're going to teach there, but regardless, I'm so freakin' excited. I'm finally a newbie again; I'm going to an event that I've never been to before, so I'm super-duper excited. So, I plan to have a fantastic week. I hope that you have a fantastic week, and I will catch you in the next episode. Mwah. I love you guys so much. 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, 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.