

# Episode 6: December Money Babe Challenge Day Four

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## SUMMARY KEYWORDS

grateful, gratitude, babe, universe, freakin, wrote, manifesting, guided, felt, book, head, lewis, delivering, money, day, automatic writing, neale donald walsch, presence, life, amazing

## SPEAKERS

Kathrin Zenkina

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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 their 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. I know it's Saturday, but I promised to live stream every single day. So, today is Day Four of the Unleash Your Inner Money Babe Challenge. Just as a refresher, we are doing the daily challenges in my book together. I am doing it with you guys, as well as my Rich Babe Program. So, I'm actually teaching Week Three of Rich Babe right after this, which I'm so excited for. Rich Babe is where we take this book and go 20 levels deeper. It's my favorite program ever, and I love to teach it and I also love to teach this book. So, I'm just in a really good mood today. I hope everyone is having a great Saturday. Last night was actually super interesting. And so, I wanted to go on a quick story around gratitude, which is the topic of today. The massive money multiplier that I am talking about on Day Four is being grateful for everything that you already are, everything that you've already experienced, everything that you already

have, and being grateful for the journey ahead of you. That is the key to manifesting more amazing things like more abundance into your life, as if you're already grateful for it now. So, last night I was doing a little bit of journaling. As I shared with you guys, I've been going through some really interesting growth myself. I can't even describe it. I remember making a post a couple of weeks ago about how real personal growth is not sexy, and a lot of people make it sexy. I'm so grateful for you too Lisa! A lot of people make it this fun, free, sexy thing and it's over-glamorized. Although it is fun for me and although it can be fun - and it is fun, because the results are amazing. Sometimes when you're going through personal growth and going through some breakthroughs, it can be quite ugly. There are tears involved; there is chaos involved. I talk about chaos meaning that you're on the right path, because the universe is always reorganizing things, and you don't really understand why it's reorganizing it like this, but it is. Everything is coming together in a way for your highest good. So, for the last month, I felt every freakin' emotion under the sun. Last night, I sat down with my journal and I decided to journal it out. I wrote a thank you letter to the universe and to my guides. I wrote a thank you letter to God and to every spiritual entity that I believe in, since I am neither Christian, Buddhist nor anything specific. I am spiritual and I believe in a higher power. I'm very connected to the abundant, infinite, intelligence and so on. While I was journaling it out last night, I did a little bit of automatic writing. I don't know about you guys, but automatic writing is something that kind of comes out of me towards the end of my journaling. So, not all the time because I maybe journal a couple paragraphs. But if I'm ever journaling more than a page or two, sometimes my handwriting just changes, and it takes over and I start answering my own questions. I start writing a letter back to myself, talking as if it's not me anymore. I've come to learn that this is how I communicate to my guides. So, this is nothing new. Last night, I've been reading - not religiously or consistently yet - however, I do want to get into at least 10 to 20 pages a day of Conversations with God. Conversations with God is a book by Neale Donald Walsch where he has a conversation with God in his journal, writing out questions and getting responses in return. It's a really powerful book with some amazing truth. I'm really connected to this book because I've experienced this myself. So, last night I was like, "How come I never did like a Q&A before with automatic writing?" So, I sat down and I wrote, "What's your name? Who's writing to me right now?" I basically got a name back. It said, "This is Anthony." "Are you my main guide?" I asked. "Yes." "How long have you been with me?" "18 years." We went back and forth. Every time I would write out a question, then I would put my pen down for the answer, and I would just have this rush of energy come through my hand. If I were not to write, it would probably be burning hot. It would be itchy and burning hot. I would just have to shake it out to get the energy out. I remember writing back and forth, and all of a sudden, I felt this enormous presence of love and guidance. I immediately had a flashback to Gabby Bernstein and how she talks in the Course in Miracles. This quote, I believe it goes something like, "If you knew who walked beside you, you would never be afraid," or "If you knew who walked beside you, you would

never be alone." It made me feel so freakin' safe. I felt so grateful again because I knew that I'm on a journey. This crazy chaos and personal breakthrough, it's all part of the journey. It's all part of my purpose. It's all part of where I need to be going. I remember asking, "Am I on the right path?" My guide said, "Absolutely." So I asked "Then, why does it feel chaotic?" It said "Kathrin, you know this chaos means you're on the right path." I felt so safe, guided, and loved. I wanted to share a message with you guys that no matter where you are in your life, you're always being guided. There's always a presence. Whatever you believe in, there's a presence that's protecting you. There's a presence that's literally lighting up a path for you. There's a presence that's making sure that you are going in the right direction, no matter what. Even if you temporarily go the wrong direction, I promise you this presence is constantly guiding you to take the right step in the right direction. And do it fearlessly. It was just such a great experience, and it brought so much more gratitude into my life, gratitude for my spirituality, my spiritual connection, and my intuition. My intuition has never been stronger. It's just been so amazing. I remember last night before going to bed, I was done journaling. I wrote, "Thank you. Thank you for your guidance." I wrote a whole other letter of Thank you. Thank you for the desires that I want that are not yet here, but I already am grateful for them. I did my little rituals: I put my journal away, I went to bed, and right in the verge of falling asleep, I felt this wave of inspired thought, smacking me on the head. All of a sudden, I just download this message of, "Kathrin, you have to trust the journey. You're only 25 years old, you have your whole life ahead of you. You are Kathrin Zenkina only once. There's only one time ever that your soul will be Kathrin Zenkina. There's only one time that your soul is going to experience this life. Stop being afraid. You have absolutely nothing to lose. If you fuck up or if anything happens, you're going to come back in another lifetime and it's going to be okay. Life is going to go on. Your soul is unlimited and endless. The journey never ends. Have fun with it. Do what you can in this lifetime. Do it fearlessly, go freakin' big. You have nothing to lose. There's nothing to be afraid of. I'm with you all the time." It just reminded me to share this message. I can't even tell you how good this felt to hear, but I also woke up this morning and had this urge to tell everyone that wherever you are in your life right now, you are only in this lifetime once. Part of the message I downloaded was that the universe has never dropped you on your head. You have taken major risks before. You have gone through this shit before. You have experienced breakthroughs before. And guess what? Isn't it true that your life just kept getting better and better, even if it didn't seem so in the moment? I remember agreeing "I got the message." So, I wanted to share that message with you; that the universe will never drop you on your head because you're constantly being guided. There is a presence, a creator, a God, a universe, or whatever you believe in, that is always on your side. Maybe angels are protecting you, or you believe in spirit guides. Whatever you believe in. Honestly, sometimes I don't know what I believe in half the time because I just feel such an overwhelming presence from so many directions, and I can't quantify it. I can't make sense of it sometimes, but I know it's there. And you have

that. You have that guidance. You're not alone. You're not being dropped on your head. You're not being left alone. You're not being stranded or isolated. You are always being guided. And you're only in this lifetime once. So, whatever it is that you want to pursue, whether it's the business or relationship of your dreams; whether it's absolutely disrupting an industry because you have an amazing idea that popped into your head; whether it is doing something that scares you, like public speaking or writing a book. Whatever it is, you have this life once. I don't believe you have a life once, but THIS one as your name, as who you are, and as the qualities and gifts that you possess. Don't let them waste. Use the years that were given to you. Be super grateful that you're still alive today because that means you still have a purpose. If you woke up today, you still have a purpose, and fucking go for it. So, that was just like, Whoa! And I wanted to share that with you guys. Going into Day Four. The massive money multiplier, how this relates. So, gratitude is the absolute highest vibration energy that you can put out into the universe. The universe is always saying "Yes," and the universe always wants to gift you and give you everything that you want. But it can only give you what you already are, or what you already have. So, the trick here is to be grateful for all the things that you already have. If you have a fucking dollar, be grateful for that dollar. If you have a car - maybe it's not your dream car - but be grateful for that car. Be grateful for your body. Maybe your health is not in the most perfect shape, but be grateful that you even have a body to take care of. Be grateful that you even have a vehicle for your soul. Be grateful for everything in your life because you will not be given more of the same - or even better - if you're not grateful for what you already have. In terms of manifesting, I often get asked, "Kathrin, what's the difference between asking for something or to ask for something only once because the universe heard you the first time, and that if you keep asking?" Well, it's very similar to placing an order on Amazon. So, you go on Amazon, you place an order, you put something in your cart you go through the checkout process, and then you immediately start calling Amazon saying, "I just want to double check the my order went through." Then the next day you say, "I just wanted to double check that you guys are working on my order." "Did you see that I placed an order yesterday? I just wanted to double check that you guys got my order." "I just wanted to make sure that my order's in the box right now." "I just wanted to make sure that you guys actually delivered my order to FedEx, UPS, USPS or whoever is going to be delivering to my house." How fucking annoyed would Amazon be with you? The universe is the same way. That same energy, that annoying energy that you're putting out into the universe is going to come back to you. And what you're going to get is not what you want, because the universe is like, "I don't understand what the hell this energy is, so here is this whatever you gave me back." So, I write in here, "Whatever you're grateful for, you will see more of in your life. Whatever you take for granted, you will see less. It's up to you to choose how much good you want to see in your life based on the amount of gratitude you have for it." So, I have you making a list of 25 things that you're grateful for, and I want you to start thinking about the future as well. Your future desires. I

know this is something we'll be getting into later on. But, for instance, you already want to manifest at least \$1,000. The minimum is \$1,000, or whatever it is: \$2,000, \$10,000, \$100,000, whatever your amount is. I want you not to ask for this money. Instead, I want you to thank the universe for already bringing it, even if it's not already here. Hold on, let me see if I can find it really quick. There is an amazing quote in Conversations with God. I have to read it to you guys. It's totally what I've been using to help me manifest, because when I write my desires list, I'm saying "thank you for." Let me give you an example. When I applied for Lewis Howes' Greatness Mastermind, I knew that he had a zillion and a half applicants. I knew that it was a high-level Mastermind and he only accepts around 20 to 30 people max. I remember applying for it in September and thinking of how cool it would be to work with Lewis Howes, who is one of my mentors. I'm so proud of how far he's come, the growth, impact, and influence that he has. It's amazing how far he's come. I would really love to Mastermind and connect with all the other people in his Mastermind and be able to do things in person and so on. I remember applying in September, and my business was in a different place at the time. Then he made another post. I remember that he mentioned that he's been looking applications in early December. However, I didn't remember that until I went back to the application and I thought to myself, "My business has gone even further in the last three months, so let me go ahead and apply again." So, I went through and I applied again, I shared with Lewis my stats, who I am, my mission, and my vision. I also shared about you guys. That morning, after I did this, I went into my journal and I wrote down - hold on, I have so many references today! Let me find it super quick. I wrote down, "I am so happy and freakin' grateful that Lewis Howes accepted me into his Mastermind." And then that night I wrote, "Thank you Lewis for accepting me into your Mastermind." So, I came from a "thank you." I came from gratitude. I came from "It already freakin' happened, and I'm so happy and grateful that it did." Not even 24 hours later, I wake up the next day, I get on a flight to go to Tony Robbins, and I refresh my email, and literally at the top was an email from Lewis saying, "Congratulations on all of your success. Here's how the Mastermind works. Let's get started." I thought it was so cool because that's how the universe works. Let me find in Conversations with God this other quote that really spoke to me. So, Neale Donald Walsch asked, "Does that mean I cannot ask for anything I want? Are you saying that praying for something actually pushes it away from us?" This is based on asking for things over and over again, asking the universe, God, saying "I want this." And the answer from God is, "This is a question which has been asked through the ages and has been answered whenever it has been asked. Yet you have not heard the answer or will not believe it. The question is answered again in today's terms and language especially. You will not have that for which you ask, nor can you have anything you want. This is because your very request is a statement of lack. And your saying you want a thing only works to produce that precise experience, wanting in your reality." So, when you say I want 'blank,' you're just manifesting more want of that thing. "The correct prayer is therefore never a prayer of supplication, but a prayer of gratitude."

So, praying with gratitude in mind. "When you think God in advance for that which you choose to experience in your reality, you in effect acknowledge that it is there. Thankfulness is thus the most powerful statement to God, and affirmation that even before you ask, I have answered therefore never supplicate. Appreciate." Oh my God, I love that. All of this hit me with a ton of bricks in the last week, and it showed me gratitude in a completely different angle and how it really is important. It's not just being grateful for the things that you already have, although that's important. It's also being grateful for the things that are already on their way because you know that the universe is capable of delivering things in hyperspeed. There is no difference in energy between delivering one dollar, a thousand dollars, or a million dollars. It's all in your mind. But you have to believe that you absolutely deserve the money, that you deserve the things that you're asking for, and that you are so confident in receiving them that you're already thanking God, the universe, your Creator, Infinite Intelligence - whatever you believe in - that it is already here, on its way, and delivered. From that place, that's where more incredible things manifest, including all the abundance that you could ever ask for. So, that is Day Four. Day Four of Money Babe Action is to create your list of 25 things you're grateful for, and then challenge yourself. I know that you hear this all the damn time. Gratitude is all over social media. Everyone talks about gratitude. Gratitude is nothing new. However, I want you to really see the importance of it. I really want you to start taking it seriously, and not just be like, "Oh yeah, let me make a gratitude list of five things I'm grateful for." Instead, really live, breathe, and feel this shit. Do not take a single breath of yours for granted. Come from a place of thank you and put the prayer of "Thank you" at the forefront of your spiritual practice and connection. I'm so excited for you guys. I can't believe it's already Day Four. I'm feeling better and I'm just so freakin' excited. I have Rich Babe to teach right now, and I have a flight to catch to Seattle for 10 days. I'll be with my family for the next 10 days before I head off to Australia. So, I have to pack for that. I love you guys so freakin' much. I hope you enjoyed today's coffee chat, today's podcast, wherever you are listening to this today. Have an amazing Saturday. For those of you in my Rich Babe Program, I'll be seeing you in about half an hour to dive into Week Three. Those of you who are interested in Rich Babe, if you are loving this Money Mindset work and this book, and you know that after this book you want to go 20 levels deeper and set yourself up for endless financial abundance - not just a thousand dollars once, not just the \$5,000 once - but I mean on a consistent basis, then Rich Babe is the program for you. I'm opening up the next round - I think it's Round Five or Round Six - in January. Our next round will officially start January 26. I'm going to put up a waitlist for the moment right now. So, it'll be above the video on Facebook. I also put up the waitlist on Instagram. Get your booty on the waitlist even if you have a little bit of a desire - it does sell out every single round within seven days. So, really think about it. Do the challenge, see how it works, and I hope to see you in Rich Babe in the next round. I love you guys so freakin' much. 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 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](https://ManifestationBabe.com) where you can find courses, events, books, blog posts, and all My social media feeds. Until next time, beautiful. I'll see you in the next episode.