



Episode 63: Taking 10 Steps Back to Launch 100 Steps Forward...

Thu, 7/16 11:53AM 36:54

SUMMARY KEYWORDS

life, people, forgive, manifest, forgiveness, parents, vegas, mom, freakin, childhood, crying, feel, episode, share, compassion, love, attracting, emotions, steps, pain

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. Hello gorgeous souls. It is Kathrin for ManifestationBabe.com, and I just wanted to thank you guys so much for all the support that I receive every single day about my podcasts, whether it's via reviews, comments, messages, I or even in person and in passing how much my episodes inspire you. That means the freakin' world to me. So, thank you so much for downloading this episode, thank you for pushing Play, and thank you for being here. Today's episode is going to be a bit different. I don't know if you can sense it in my voice that I'm not my most upbeat self, but I promise you it is for a reason. It's for an intention. I'm recording an episode while being very real, raw, and vulnerable with you guys. I don't know how this is going to go, but I promise you it's not going to be a downer. So, if you think that you just pushed Play on Negative Kathrin, I promise you that's not the situation. I will make sure to leave you

uplifted, inspired, and in a positive state by the end of the episode; but I did want to kind of access some of my real, raw emotions, and wanted to record this episode. I'm not doing it live stream style, just because I have no idea what emotions I'm going to process today - hopefully not many. I just wanted to sit down here with you, one-on-one, just me and my microphone talking to you. I want to share with you an experience I had this weekend where I took 10 steps back. By 10 steps back, what I'm referring to is my forgiveness process. This weekend I learned some new information. I will give you some backstory; I was in Las Vegas with my parents, and this is something - I swear, it must be a Russian thing because Russians love to gamble penny slot style; my grandma and my mom just love to sit at slot machines. It's not like they have a problem - there is no gambling problem - but whenever we go to Vegas, we all just get lost in the slot machines and have so much fun playing. And we only spend - well, you know, you win some, you lose. So, in the end it's almost as if spent a total of \$200. Honestly, I think I was up by \$300, so I left making money. But my parents will go to Vegas eat food, they get free rooms free buffets, and free shows, just so that they can play. Vegas does a lot of those things for their most active players, and so this weekend was one of those weekends where my parents wanted to go to Vegas. Since we are just a four-hour drive away, we decided to allow them to fly into Burbank Airport, come to our apartment, pick up Mila - if you don't know who Mila is, she is our white Audi R8, my special baby. I manifested her. It's been about three to four months that we've had her, and yes, I talk about her as if she's a dog or a baby. I know, I know. So, my parents really wanted to drive her, and we let them take her from our apartment to Vegas while we flew, and then on the way back, we drove her back home. And so, we just got back from Vegas about two nights ago. While we were in Vegas, to give you more backstory - which I think I will share with you in just a second. I have no notes in front of me, guys, so I'm just processing my storytelling right now. So, we were in Vegas, we were having a dinner together - I think it was the second night, because we were there for three nights. My parents were bringing up some sensitive stuff around my ex. My ex-boyfriend is someone who I dated for six years before I met Brennan, and my parents are actually really good friends with him. I know it sounds weird; I promise you it's not that weird. It's not as weird as it sounds. I'm fully supportive of it. He has lived with us; he's lived with my parents for six years. He's now married, so he has a wife, and my parents love to hang out with them. My parents brought up a sensitive topic and my inner child came out. My inner jealous child, the part of me that comes out every night and then, when I need to heal it just a bit deeper. I said something to my mom, and my mom just looks at me and says, "Are you serious? How could that even go through your head?" I think I said something like, "Mom, you better not love them more than you love me," just as a little child would say. She said, "I'm shocked." She was pissed. So, we had this tough conversation, and I start crying because I didn't want to upset my mom or see her mad. The next night, we had another conversation; in this conversation, out of nowhere, we were just a huge emotional mess. My mom revealed something to me about someone who

I have already forgiven, aka my dad. It was in that moment that she had said something, where all my anger - when I talk about forgiveness, letting go of the resentment and the anger, and freeing yourself from that person because they don't deserve to have that control over you. When you're not forgiving them, they have all the control over you, and it's over something that happened in the past. Yes, it happened - 100 percent happened. We cannot deny that it happened. We all have trauma, to some degree, in our life. We can't sit here and pretend like it didn't happen. It totally happened. But it's when we hold on to it and think that by holding on to it we are gaining something in some way, that we're actually at one of the biggest losses in our life; when we continue to hold on to the emotions and pains of the past; when we are held to our past via these invisible chains. These invisible chains are just this illusion that we feel like we need to hold on to something. We think that by holding on to something, we're making that person wrong and making ourselves right. We can stay stuck in that story for the rest of our lives, and, unfortunately, so many people do because it's comfortable. A lot of people, no matter how painful their past is, or no matter how painful a habit that they currently have, or a pattern that they currently have, no matter how much something in currently in their life affects them, if it's all that they've ever known and if it's comfortable to them, they will actually stay there. So, sometimes pain can be part of your comfort zone. I always say that when you forgive people, you are freeing yourself. It has nothing to do with them. It is you releasing yourself from their power and taking your power back. So, when my mom revealed something, which I can't tell you guys, unfortunately, at least until I have my mom's full support, which I don't know when. I have - well, I'll get into that in just a second. But when she shared something, I felt all that anger swirl back into my heart. I felt all the resentment come back. I felt that thick cord that I have been cutting, just constantly releasing that energy, releasing myself from my father, releasing and letting go to the point where I freakin' love the shit out of him. I haven't talked to him in two years, but when I think about my dad, I truly love him. I have so much compassion from him. I think about "Where do you have to be in your headspace? How much anger must you have in your heart to treat other human beings the way that you treated them? And I feel so bad for whatever happened to you in your childhood and your life, that you felt the need to be an abusive father, or to be an abusive husband." Now I know he was also an abusive father. And so, I just had so much love and compassion for him and have completely forgiven him. Through the forgiveness process, I've gotten to this place where I used to have abandonment issues. I used to have this fear that Brennan is going to fall out of love with me and leave me for someone else, or for an idea of someone else, or for whatever reason. I used to be so fearful and want Brennan - especially in the beginning of the relationship - to just say, "I love you" to me, commit to me, say the right things, give me all the right signs, and everything that I needed to feel comfortable. I wanted to be comfortable. I felt so uncomfortable around men because I was always so fearful around being abandoned, being left, being unworthy, and someone not liking me. There are a lot

of things that are mixed in my childhood. Back at Date With Destiny, when I was at a Tony Robbins' event, he led us through so many great exercises. One of them is directly from NLP, that I've done before in the past, because I'm a Master NLP Practitioner; so, even though I use NLP intermix or inter-spritzed - however you would say it - in my work and my teachings, there are a lot of by-the-book NLP people, but I am not one of them. I like to take the knowledge that I pick up from different places and make the most sense of it in the most practical way, and then teach it through that filter; for example, how can we make this applicable in every single day life - not just in a textbook, but how can we bring it to the classroom, bedroom, the kitchen, the living room, the workspace, or the business? So, he led us through this exercise; I remember it was this exercise where we went back to our very first memory. It is in this very first memory, where I realized that the reason my dad and I couldn't have a relationship, for some reason, is because he just didn't try. You could tell that he loved me, but there was no effort. So, through this exercise, I finally put myself into his shoes, and via his shoes, I saw guilt and shame. I saw so much guilt and shame around how he treated me and my mom when we were young, that he didn't know what to do with me. He didn't feel deserving of my love; he didn't feel deserving to talk to me; to call me more than once every three months. Because he lives in Los Angeles and I used to live in Seattle for eight years, and so our level of communication was very slim. When I did visit him, I would stay with him in his spare bedroom. I actually lived with him for two weeks when I had just moved to Los Angeles. I spent some time with him, but we never had that father-daughter relationship. It was more like, "Hey dude, what's up? We've known each other for a long time. How's life?" That kind of relationship. So, where was I? Yeah, with my dad, I realized through his own eyes how much guilt and shame he had, and so that led me forgive him on an ultimate level. My life expanded like you wouldn't believe. This is why I bring forgiveness into Rich Babe and make sure the first thing we work on is forgiving your money story. This is why I bring forgiveness into Manifestation Babe Academy because I'm a big believer that a lot of us are trying to manifest our best lives using a very dirty magnet; dirty just means that we have this - I see it as a magnet in our hearts, and this magnet is the attractor of whatever we put out into the universe. Whatever thoughts or beliefs we have, we put that out into the universe, and this magnet attracts into our life similar things. A lot of us are putting out, technically really good thoughts and we're focusing on the right thing, but we keep attracting the same shitty situations. We keep attracting the same patterns, the same crappy relationships, the same toxic relationships; we keep attracting the same negative money experiences, and so on and so forth. It's because even though we're doing the right things - like building vision boards and saying our affirmations, and taking courses, hiring coaches, and doing all these things that look great on paper - our magnets, aka our hearts are still a bit dirty. By dirty, what I mean is that there's still anger, resentment, shame, guilt, or whatever. Negative emotion is still inside. You can clear all this with forgiveness. But forgiveness is not an easy process. I would never say that you just forgive the most horrendous thing in

your life once, and then you'll be done. It is a process, and it took me many years to get to where I was in January, this year. And so, when my mom shared that insight with me, I saw some memories I've had in the past. Just to give you more context - especially if this is maybe your first episode, or maybe you just came across me and you don't know my full story - when I think of my childhood before the age of 10, I don't remember much. In fact, I just see this black cloud. I have a couple of memories that I thought were dreams. When I asked my mom, "Why did I dream this?" She said, "Because it actually happened." And so, I actually spent a lot of my time of my childhood in my imagination. The reason I spent so much time in my imagination is because I could escape - it was my way of escaping. I was the biggest daydreamer; I remember teachers always knocked me down on my report card, saying "Kathrin isn't paying attention in class. Kathrin spends too much time doodling or looking out the window. Her head is constantly in the clouds." I know now that because life was so chaotic and stressful - I mean, I remember a lot of loud noises; I remember pots and pans being thrown; I remember seeing Yellow Pages - you guys know the big Yellow Pages books - being thrown across the room and my parents throwing objects at each other; I remember a lot of fights between my parents; I also remember a lot of my mom - and I might get emotional here - holding me and crying, and I would be crying. I think back, especially if the context I have right now - why were we both crying? It makes no sense. You know how when kids cry, typically the parent is rocking them because the kid is crying, and the kid can cry for so many reasons; you fall, you didn't get enough food, you didn't get the cookie you wanted. There are so many reasons. But now I look back and I remember so many memories of my mom also crying with me. There were so many loud noises and so much yelling, and I have a lot of context to that now. The reason I put on 30 pounds by the time I went into Middle School on my tiny frame. Whoever has ever seen or met me in person, I am 5'5" and I have very small bones; my wrists are super-duper tiny, and so I'm very small-framed. I'm at a healthy weight - I'm about 125 to 130 pounds - but my bone structure is freakin' tiny. So, if I gain any weight, two pounds can look like 20 pounds on me. So, it's crazy, which is why I'm so passionate about watching what I eat and making sure I eat healthy because I can freakin' go off the deep-end so fast. And I've done that. By the time I had gone into Middle School, I used food as a way of coping with my childhood. I am finally making the connections now; it's not like I knew what was going on as a child. I would just eat because eating felt good. I would read a lot of books. The reason why I'm such a book nerd. I see a lot of our childhood and a lot of the experiences that we've had mold us into the people that we are today and create that identity - our first identity. I've since then changed my identity in so many different ways; in fact, to the point where my mom was talking to Brennan about how she doesn't even know who I am anymore. She said, "I didn't raise this person; this person is a completely different person. The girl that I raised was very shy. She lived in a shell and never spoke up. Now, whoever you're marrying is someone who sits and talks in front of thousands of people, shares so much of her life, she's very open, she's very the

opposite of a shell." So, it's really cool to see that the identity work that I'm so passionate about with my clients, my students, and with you guys really does work. Whatever you say after "I am" does determine your destiny. But my first identity was a very shy, overweight, and sheltered child, and it's because it was shaped by my childhood. I became a bookworm, which now works in my favor, obviously, but initially, I read a lot of fiction and books like Harry Potter. I was very fascinated and enamored by fantasy novels because that was my form of escape. That was what kept my mind out of so-called reality at that time, which was scary, stressful, and hard. Thankfully, all that stuff worked in my favor. That's just another example of how life always happens for you, and how everything that you go through as a child - I mean, a lot of people ask me, and let me get real and transparent with you guys and share my opinion on something that I don't often share because it's such a sensitive topic. People really freak out about this topic. I get asked, "Kathrin, little kids who get abused, sexually abused, or sexually assaulted, and little kids who go through trauma, how do they manifest that?" I don't believe that the kids are thinking, "I hope I get hit today," or "I hope I get raped today." Kids are capable of that; but kids are extensions of their parents and their families' beliefs, realities, and even fears. Kids can sometimes pick up really energy. And - this is the biggest one of all - we manifest the very negative experiences that we need to create the most positive life, if we choose to be empowered by our past. I believe that the greatest people on this planet have the darkest past, because they manifested the very dark paths that they needed in order to be the most phenomenal, unstoppable, strong adults that they could ever possibly be. I believe that the reason I had such a childhood is because my compassion for humanity now, and my desire and drive to transform people is so insatiable. When I see people in pain, I want to help them; when I see people tormented over their past, I want to help them; when I see people having belief systems that are literally working against them, I want to help them. This is just part of me. I wake up every single morning, I don't have to put on a hat and say, "Today, I have to put on a hat so that I can get to work and change people's lives." It's just a part of me and it's who I am; I don't even have to try to be this way. And so, I know that I manifested this past for all the right reasons. This weekend, learning some new information that was just - you guys, I went into such a dark place to where I've been on-and-off crying for the last 48 hours, unable to process what my mom told me, and feeling like I went 10 steps back to where, all of a sudden, I resent my dad again. All that forgiveness work that I did pretty much backtracked, and I have taken 10 steps back. But I know the reason why I took 10 steps back, and the reason why the universe knew that I was ready to hear or learn this or ready to have this conversation is because this is going to be the next level of forgiveness for me. I was sharing this with one of my Manifestation Babe family members - that's what I call my team, they're my family - and she was sharing something about how she needs to process some more forgiveness stuff, and she has more healing to do. I told her, "Hey girl, we all do." And then at a dinner that we were having on Saturday when we came back from Vegas, I shared with her what

I learned and what happened. She said, "Oh my god, Kathrin, what are you going to do? How do you forgive that? And holy shit, is it necessary that we know every little detail that happens to us from the past in order to overcome everything and heal?" I immediately told her "No," because up until that point - up until Friday night of this week - I felt amazing, happy, fully free, aligned, and unstoppable. And so, knowing that I already feel good means that I can do it again. Just because I took 10 steps back, that means that I get to go 10 layers deeper into the wound; and by going 10 layers deeper into the wound, guess what? If I thought I felt free before; if I thought I was happy; if I thought that I was powerful before; then I cannot wait for how I feel after. I cannot wait to see how this shoots me forward like a slingshot. Think about how slingshots work: you have to be drawn back a little before you're shot forward. Think of a slingshot as a kid, or sometimes I'll slingshot things at Brennan when we're playing around with each other using my hair ties. But think about when you're launching something, it has to go a bit back - about 10 percent back - before it launches a good amount forward. That happens in life with our emotions, our past, forgiveness, our relationships, our businesses, and our health sometimes. I don't know if you've ever felt this phenomenon, but this is something my mom shared with me before and it's always been in the back of my mind; that when you're overcoming an illness, right before it gets better, right before you turn around and start feeling better, you're going to feel the absolute worst. Sometimes things need to take 10 steps back to fully heal, in order to be shot 100 steps forward. And so, now, even though I am healing so much and I am in pain and I am feeling a bit down and a bit low, and have been on-and-off crying every time I think about it; it's been like a nightmare replaying over and over again in my head. I will be in a conversation with someone, and then I hear my mom's voice saying what she said, and all of a sudden, my skin freakin' crawls. It's that bad. My skin crawls, and then I break down crying and people ask me, "Kathrin, are you okay? Why are you crying?" And so, even though I'm in the process of healing, I know that I've done it before, and I can do it again. I also want to remind you that every time you go one layer deeper and you heal another part of you, your life freakin' expands. It expands in such an amazing way. Every time you work on actively forgiving and actively clearing the resentment, the hate, and the judgment out of your heart, you will become a magnet for everything that you want. Time and time again, I've proven this to myself. It doesn't have to be a childhood trauma that you heal, it doesn't have to be something major that you forgive, if, for instance, you don't have that experience - thank God. Maybe it's something like an interaction you had with someone last night; or it could be a way that you reacted to your children this morning; or a way that you reacted to your parents - sometimes our parents get on our nerves. Actively working on forgiving even the little things gets us primed to forgive the bigger things. Forgiveness is a daily process. Personally, I use a lot of cord-cutting; I use Ho'oponopono, which is basically this ancient Hawaiian practice of forgiveness using a phrase that goes something like this: "I forgive you; I'm sorry; Thank you; I love you." I forgive you means that I am freeing myself; I'm sorry means "I'm sorry

that I let it get in my way; that I gave you all my power. I am now taking my power back;" Thank you means "Thank you for the experience," because honestly, we manifest everything in our life to make it better. We manifest all the right experiences, and as long as we see those experiences as empowering, that's how we're going to get an empowering meaning out of it. When we get an empowering meaning out of it, that's how we're going to create an empowering life because we're going to feel empowering emotions. And you guys know that emotions, feelings, and thoughts are how you manifest things into your reality. So, again, it doesn't necessarily mean - because some people have the same traumatic experience, and they just become the victim of it, and allow it to be their story and the main reason they're not achieving their dreams or are not happy. And so, those people create a disempowering meaning out of it; and because they create a disempowering meaning out of it, that past still controls them. So, it's still a choice for you to choose whether it's going to be an empowering situation in your life, or a disempowering situation in your life. There are no guarantees in seeing it that way; it has to be your conscious choice. And so, we really do manifest all the right things for the right reasons. And so, thank you universe for this experience, even though it caused me so much pain in my life. The freedom that it creates for me is even grander than the pain, and so, thank you. Just thank everything; thank yourself for overcoming it; thank yourself for your strength. And then "I love you" is pretty much because love heals all. In love, there's an absence of fear, judgment, and ego. When you cover anything with love and compassion - when you love yourself and have compassion for yourself, you can transcend any limitation that you have, and it's a beautiful thing. And so, I use Ho'oponopono. People ask me, "Is there a different healing process for the big stuff, versus the small stuff?" And it's the same with manifestation. You know how I talk about manifesting in levels? Starting with the smallest things and then working your way up to bigger and bigger things? Well, it's the same thing here. You can start with forgiving yourself for the tone of voice that you had when you spoke to your husband this morning. And then you can work your way up using that energy of "That felt really good." You can then transpose it to the bigger things. Or you can just try every single day by saying, "I forgive you. I'm sorry. Thank you. I love you," and send love and light to whatever it is that you're forgiving. It can be a version of yourself; it can be someone who hurt you; it can be a decision you made; it can be anything, honestly - anything that puts any type of negative energy into your heart, you can forgive and let it go. And then I do basic cord-cutting; I cover myself with light and love. Every day. I'm just inviting more and more of that healing energy into my life, and you do this all via intention. It doesn't have to be this long, complicated process; you don't even need your sage, incense, or any special tools. You can just use your own intention. I recommend doing it at any point in time; it doesn't have to be a special time in the day. I forgive all the livelong day. Every day I use the two energies of transformation, which are forgiveness and gratitude. So, every moment that I can thank the universe for something, I will; and every moment that I can forgive

someone, re-forgive someone, or forgive myself, I will. It is a daily process. And so, if you do have a situation in your life - who is this podcast episode for? Well, if you do have something in your life, or you feel like you've taken 10 steps back, I want to remind you to not be so hard on yourself and that it's okay to be human. Even if you are a coach yourself, or an influencer of inspiration and you teach these principles to other people - which I know a lot of you do - whether it is via your business or just at home to your kids - you're trying to teach your kids and family these principles and influence your loved ones and the people you hold dearest to your heart; even if you are a teacher of these principles, I want to remind you that you're still a human being. By you, acknowledging the fact that you're still doing the work makes you so much more credible, than if you were to just do it once, get over it, and then just teach it, sit on your soapbox, and make sure that everyone else is changing their life, but you can't go through this shit because you've already gone through it, and if you go through this shit, then you are a bad coach, a bad spiritual teacher, or the universe is punishing you for some reason, because you should be free of this stuff, since you're helping other people overcome it. That's not how it works. It's okay to be a human being and it's okay to backtrack. I don't want you to ever think that taking 10 steps back means that you failed. Only the most successful people get put through the slingshot. And so, if any area of your life - whether you are resonating with me right now on a childhood trauma or a dark past, or a mistake that you made, or a relationship - just anything that you feel like you've taken 10 steps back in, I just want to remind you that your hundred steps forward are just around the corner. You're about to be shot forward, and it's going to be the most beautiful thing that's ever going to set you free. The level of freedom, exhilaration, excitement, enthusiasm, and how you're going to feel about your life, is going to transcend every pain that you've ever had. I just want to say that I love you guys so much and I'm so grateful for your support with this podcast, my courses, and my teachings. Whether you've ever purchased anything from me, or you have been just an active loyal listener or follower - any kind of support that you've ever given to me - I just want to thank you so much. I'm so blessed to be on this journey with you. I'm so blessed that I have gotten over myself and over this fear of being vulnerable and transparent with you; over this fear of being this perfect, magnificent human being, that everything is always perfect for. I want to remind you that I'm not perfect. Thank you so much for going on this imperfect journey with me. Thank you so much for all the love that I've received. I want to make sure that you know that you are loved too; whether we know each other or we don't know each other, and I don't know how long you've been listening to me for, but I do want to say that every single morning, I pray for all of you. I send you love and light and compassion. I know that you're going to have an amazing day today and an amazing week, and that's going to translate into an amazing month, an amazing year, and an amazing life. I will thank you so much if you choose to screenshot this episode right now and share it with someone you love, on your Instagram story, or grab the link to it - whether you're on Spotify, iTunes, or Podbean, however you're listening

to me - if you just send this episode to a friend, maybe someone who's struggling with forgiveness too, or maybe someone who just needs some inspiration today and needs to know that they are on the right path too. I also really appreciate your five-star reviews on this podcast; it's because of you that this podcast is being found by more people, and more people are able to take that power back to themselves and manifest a reality wilder than their wildest dreams. So, I love you. I hope you have an incredible day. Thank you for your support and I will talk to you soon. Love you. 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, 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.