

Episode 67: What Are You Demonizing In Your Life? My Fitness...


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SPEAKERS

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Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls, and welcome back to The Manifestation Babe Podcast. My name is Kathrin Zenkina, and I am so grateful that you decided to download this episode and push 'Play' today. So, as you've already noticed, based on the title of this podcast episode, my question, and my topic for you today is to ask you, what are you demonizing and your life? I want to talk all about my fitness journey and how it applies to manifestation. I had some major breakthroughs in my life in the last four or five days, and the breakthrough is so simple. I'm almost looking back and thinking, "Kathrin, you knew this on an intellectual level. You already knew this. Based around manifestation and everything that you know around the law of attraction,

this makes sense." You know the saying, "When the student is ready, the teacher will appear"? Well, I am, in the last week, was led to take one of my client's courses around weight loss manifestation. This is an area in my life that I don't struggle with, to the point where I'm severely overweight, out of shape, or really struggling with my eating or fitness regimen. But I've noticed that in the last couple of weeks - maybe a couple of months - I have put on an unexplained 10 pounds. When I went to visit my doctor, who weighed me a couple of months ago, up until about a month or a couple of weeks ago, he said, "You are gaining weight really fast. What is going on? What's going on with your eating? What's going on with your exercise?" And I look at him and I say, "I have no freakin' clue." I am eating a ketogenic diet. First of all, I've personally gotten results from a ketogenic diet; I followed it for about four years in college, and it's kept me in great shape. It's kept my mindset in this very clear space because I wasn't eating carbohydrates, therefore, I wasn't feeling lethargic. I'm also working out on a semi-regular basis - yes, it's not as consistent as when I was in the best shape of my life, which was maybe three years ago - but I am doing hikes, I'm walking around, and I'm being as active as I possibly can, as someone who sits on her butt for most of the day, studying, working, and doing all these things for Manifestation Babe. A lot of what I do in my business is very sedentary, but I do my best to make sure I get active. And so, I'm wondering, what is going on here? There's something going on here. Just knowing how much of our symptoms and the things that show up physically, and the things that show up in a reality is part of our mind, I decided to give this course a go. So, to kind of introduce to you guys who my client was, her name is Barbara Orban and she's on Instagram as @NoDietBabe - I highly recommend you follow her - and her course is on Weight Loss Manifestation. Even though I don't necessarily have very much weight to lose, I still wanted to understand what's going on, like, why I am putting on weight, why I have never been fully, truly happy with the way that I look, why I can't ever achieve the goal that I have for myself of looking lean, healthy, muscular, and strong, and why I always have something to work on when it comes to fitness. And then I received my breakthrough, which I'm so excited to share with you because it's literally what I did to change my relationship with money, that I finally figured out what was going on. Even though I'm only five or six days into this new journey that I wanted to share with you, I wanted to be open and share with you my breakthroughs. Even though it's so simple, maybe you can apply it to fitness as well. Maybe you can apply it to money; maybe you can apply it to relationships. There is some area in your life that you could apply this breakthrough to, that I know will help you finally free yourself from any lack of results or resistance that you might be seeing in this area. So, I'm super excited to take you on this journey with me, and hopefully I will record - I know I will record - an update podcast episode sharing with you how things have been with this new mindset that I've adopted, so that you guys can get results. I don't know how I'm going to do it, because I don't plan on weighing myself; I don't plan on taking Before & After photos or anything. It's going to be more of how I am feeling, how my clothes are fitting, and how I believe I

look, because that's all that's important to me. I don't care what the magazines, fitness industry, or anyone says. I just want to feel comfortable - like fully comfortable in my own body. That is my goal; to be happy with who I am, and to love myself. So, to give you a bit of a background around my fitness journey, it's been a very long journey. It goes all the way back to when I was seven years old. When I was seven years old, things with my parents had just erupted like a volcano. It was very messy and chaotic, and things were very stressful, when my mom finally reached her "enough is enough" moment. She graduated from nursing school, she finally got a job, she was able to support me and her - aside from my father. And so, she finally said, "Enough is enough. This is over, and you're gone, or I'm gone, and I'm taking Kathrin with me." But up until that point, my household was very stressful and chaotic, and I used food as a way of coping with it. I would just binge. I remember being a kid and just dreaming of a cup of noodles; dreaming of Oreos; dreaming of McDonald's. My grandma would always take me to McDonald's every single day, and I can eat as much as I wanted. Food is something that made me happy because, as a kid, that's a way of me receiving serotonin and dopamine - the fixes that I needed to be able to cope with my parents' separation or divorce. And so, when I was seven or eight years old, I gained 30 pounds within a very short amount of time - about a year, I would say. And that's kind of when this whole self-loathing and self-hatred around my body started. It started with kids making fun of me; kids not picking me to play when we had PE and everyone gets picked to be on a sport's team, and I would always be the last to get picked - not that I care. I've never been really into sports or cared about sports - sports have never been my thing - but it just felt shitty to be picked last. No matter what it is, you want to be picked first, or close to first. I remember my crush, when we were standing in the line to get into the classroom in the morning, when all the kids line up and they're waiting for the teacher to come and unlock the door - at least that's how my Elementary School worked. My crush, I remember he was right at the front of the line by the door, and I was maybe three-quarters of the way in the line from the door. I remember him pointing at me and saying, "Oh my god, Kathrin is pregnant." That's how much weight I was carrying in my midsection, that my stomach was just so bloated; that my crush called me pregnant when I was seven years old, which is clearly impossible - or at least for me, it was impossible because I didn't get my period until much later. I remember another crush rejecting me when I was in fifth grade, saying that if I lose some weight, then he would like me. I remember being in dance class; I'm so blessed that my mom put me through ballroom dancing. I was a competitive ballroom dancer from six to 14 years old. I freakin' hated the sport for the first four years, but then fell in love with it after a while. I started to love and appreciate it when I was around 10 years old. I'm so grateful because you can put me in any kind of environment, and I'm able to move my hips, dance, and have fun. For instance, when Brennan and I are dancing, we're able to dance together because of this. I have rhythm and I appreciate Latin music, upbeat music, cha cha, rumba, and jive I know how to do the waltz, the tango, foxtrot, and all these different types of dances, and

I'm so grateful for it. But in the dance industry, I remember I had two of the owners - it was a couple. Their names were Natasha and Sasha; I only remember because it rhymes, and they're Russian, so they're very common Russian names. They owned a ballroom dancing school here in the San Fernando Valley of Los Angeles. I went there for about five years until I switched into another studio when I moved to Woodland Hills with my parents. From that point on, I had a very supportive, high-vibe, and kind ballroom teacher, but my partner wasn't very kind to me. So, at any point in time, in this ballroom dancing journey, I got a lot of criticism. Since the age of eight, my ballroom dancing teachers would also constantly say things like, "Kathrin, suck your stomach in. Your stomach is sticking out. You need to go on a diet, and you need to lose weight." I would get so pissed off because I wouldn't see it. I would be wondering, "What are you talking about?" And eventually, just like I know how our subconscious mind works now, something that you hear over and over again, whether it's true or false, you're going to accept it as truth because that is how your subconscious mind works. It doesn't matter; it doesn't have a sense of humor or a filter. If you believe something to be true and if you tell yourself something for long enough, it's going to accept it as truth and that's going to manifest into your reality. So, I heard that enough times, and I finally started to believe it. When I turned 11 or 12 years old, especially when the bullying got really bad in Middle School, I had my "Enough is enough" moment. And so, I decided to go on this journey of dieting, and figuring out how to eat right, figuring out how to lose weight, and figuring out how to exercise. I remember going through the stages of learning "Fat is bad for you;" and then going through the stages of "Too many calories are bad for you;" and then going through the stages of "You need to eat more food in smaller portions, and it has to be complex carbs and complex grains." I learned so much information about what the right types of food to eat are. I've tried every single diet - like every single diet, I'm not over-exaggerating whatsoever. I've been doing this since I was 12 years old, and it got to the point where I developed bulimia when I was 14 because I was just so tired of dieting. I wanted to eat whatever I wanted to eat. I remember going for a full year without eating a single piece of sugar; without a single piece of cake, or cookie, or anything that's considered unhealthy or fattening. I remember I did this for a whole year of my life. Even my mom remembers this to this day, and she says, "I have no idea how you have such crazy willpower, because me, as an adult, would never be able to do this; and you as a 12-year-old were able to go a year without any kind of junk food." And I did it. Around the time that my dance competitions would come around, I would just binge because my dance competition is done, I lost the weight, I looked great in my dress, and now it's time to eat. But then I just got so fed up with this mentality of, "Why can't I eat what other kids are eating? Why does my body have to react like this? Why do I have to gain weight? Why is my metabolism so slow?" I just got so fed up, to where I developed bulimia. Bulimia me allowed me to eat and then just throw it up. So, I developed bulimia, then that turned into anorexia, then that turned back into bulimia. My mom was on to me and she figured what happened. She spent years

following me to the bathroom, and to this day, it's become like a habit. She worries if I go to the bathroom way too close to while we're at the dinner table. She worried so much about me, and thankfully I overcame that on my own. I've been very blessed to make the connection of "I can't live my life this way. There has to be a better way." So, eventually I developed more balanced. I discovered working out and working out allowed me to eat more because I was burning more calories. Nonetheless, my whole life, I was demonizing some types of food. So, up until this very point, here I am, loving and preaching the keto diet, and feeling really good off of it; but at the same time, I'm still demonizing food. I'm still creating this good, versus bad food; healthy, versus unhealthy; fattening, versus slimming food. I am still feeling deprived and feeling those feelings of "I wish I could eat whatever I want." When Barbara came to my retreat, I noticed that she so freakin' fit and thin - naturally thin. I was trying to eat keto on my own retreat, and she's just eating whatever. Every single time dessert would come around, she'd grab some dessert; every time we would have some yummy treat, or some sort of appetizer that's very high in carbs - I don't even know what it was, whatever it was - something breaded, something fried; she would have a little bit of everything. I would look at her and think, "Wow, this is so interesting." I never knew that she had such a similar path to mine, and how she had such a similar mindset to mine. She's tried every diet. Even her Before pictures, if you go to her Instagram profile at @NoDietBabe and look at some of her Before pictures, you'll see that we have a very similar body type, and now she looks fucking incredible. And so, I thought, "There's something to learn here. This is very interesting." I finally got to the point where I thought, if I'm gaining 10 pounds out of nowhere, following the keto diet, and it's clearly not working for me anymore, then there's something off here. The breakthrough that I came across in the last couple of days - holy shit. I immediately recognized what transformed my money mindset, to the point where I feel so much freedom and confidence around money. I have so much faith and trust that money is an unlimited resource. I asked myself, how did I get to this point? Because, again, my weight issues come from childhood, but so did my money issues. I grew up in poverty. I grew up with absolutely nothing. I grew up with my parents taking furniture off the streets because they couldn't afford to buy furniture. My money issues came from childhood; so did my eating issues. So, what are the connections here? I recognized that the way that I transformed my money mindset and my finances was by no longer demonizing money. What I mean by that is no longer feeling guilt or shame around money; no longer saying that a situation around finances - for instance, saying that being in debt is a bad thing. There's no such thing as good or bad when it came to money. I saw money as a neutral tool. I could give this neutral tool whatever meaning I wanted to give it, and I decided to give it an empowering meaning. It's a tool that creates more opportunities for me. It's a tool that allows me freedom. It's a tool that allows me these choices in life, so that I can say "yes" to the things I want, and "no" to the things that I don't want to do. Nobody runs my life but me because I have financial freedom. I developed this relationship with money where it

was no longer love and hate; it was only coming from love. When money left and I had to spend money, pay my taxes, or pay a bill, I didn't develop any hatred toward money. I didn't see it as, "Oh my god, here we go again." And then when money comes into my life, all of a sudden, it's a relationship of love. "Holy shit, I'm so excited. Welcome back, money." That's very funky energy. What kind of financial reality are you going to create out of this love-hate relationship with money? You have to see money in one way, and that's only the meaning that you choose to give it. If you want to create an empowering financial reality, you have to see money in an empowering way. And so, I released all my guilt and shame around money, and that's how I transformed my finances. And so, I immediately thought to myself, "What is my relationship with food?" I sat there and realized that I am demonizing carbohydrate carbohydrates. I am demonizing certain food groups. Just how I felt deprived when I was 25K in debt, now I feel deprived around food; so, of course, my reality around food, fitness, and health is a very up-and-down reality - just like my finances were before, I'd be up and down and never really getting anywhere. I would never be able to surpass a certain financial ceiling. I would just be stuck at \$1,500 a month, and anytime I would go beyond that, I would track bills. It's the same with my weight and fitness goals; anytime I would reach my goals, I would immediately sabotage them, because I have this up-and-down relationship. I realized that food is a neutral tool, and that I can develop a relationship with food that's very similar to my relationship with money. I realized that if I see any type of food as the enemy, then when I eat it, I'm going to feel guilty and shameful. Our cells are always listening to our minds, our beliefs, and what we believe about certain things. And so, if I am saying, "This is bad, this is going to make me gain weight," and then I eat it. I would give myself a once-a-week cheat meal, and when I would eat that meal, in the back of my mind I would still feel a little guilty. "Oh my god, here we go. What if this makes me gain weight?" When your cells are hearing that from your mind, because your mind is controlling your entire reality, no matter what it is, even if you're not supposed to gain weight from it, you will gain weight. Even if you're not supposed to react towards this food, you will react because you're literally telling your body what it must do based on the things that you believe and based on things that you tell yourself. And so, I realized that food is just food, and that it's my energy around it that's developing this up-and-down relationship. It's such a simple breakthrough. It's very, very simple. When you think about it, you think, "No shit, duh." But at the same time, I'm also thinking, "Wow, I haven't had a breakthrough like this; one that's so simple, yet so mind-blowing and impactful." I haven't had a breakthrough like this since 2016, when I finally recognized what I was messing up with money. I was studying law of attraction and manifestation for eight years, up until that point; and it finally freakin' clicked when I was ready for it to click. And now, I've been on this up-and-down journey with my body since I was 12 years old. Well, I'm about to turn 26. So, what is that? 14 years? Finally, after 14 years, I'm ready for that breakthrough. I'm ready for it to click, and it finally clicked. I'm so grateful for these new insights that I learned from Barbara's course. Even though her

course is technically information that I already knew, I'm just so grateful for her for helping me apply it to this other area of my life. Sometimes we need to find that role model who's done something and accomplished something in their life. As soon as we see proof that it's possible, all of a sudden, our minds are no longer rejecting the information that comes out of their mouths. This is a total tangent, but whatever you are teaching in your business, whatever you're teaching to your children, whatever you're teaching to the people who you care about and the people who you want to influence and inspire, make sure you're always walking your talk. None of this is going to make sense unless they're seeing it as a physical reality in your life too. So, anyway, I'm having this up-and-down relationship with food; I am demonizing food. I used to demonize money - I no longer do. Money is only a relationship of love for me. And so, now I'm looking at food as a relationship of love for me, too. And I asked myself, "In my manifestation process, what is my outcome? What do I want? Well, I want to be lean, healthy, and comfortable in my body. I want to look great -" whatever that means. For me, it's being leaner. I don't know what it means for you, but for me, I would say that I could easily lose five to 10 pounds and have that very lean and muscular look. So, that's my outcome. And not just that, because it's not just about the physical goals; it's also really loving my body and being comfortable with it, and feeling inspired by my body, and marveling at the power and resilience that it has, and the ability to change and the morph. It's like a beautiful work of art, to me. And so, I asked myself, "The version of myself who has that much appreciation for her body, who looks amazing, who's in total great shape, how does she think about food? What is her relationship with food? What is her relationship with health and fitness?" I asked myself these questions, and I thought, "Well, one: she hardly ever thinks about food. She hardly ever stresses about food. When she walks into a restaurant, she's not looking at the keto options, or the low-fat options. Instead, she's just looking at the menu and thinking, "What am I being guided to eat? What is right for my body today? What's going to make me feel really good?" She has a great relationship with food. She's also an intuitive eater. That's something I've been practicing for the last five days. I can't say that anything's changed in my body in just five days - that's just ridiculous, since change takes a bit of time, practice, and energy in developing new habits, and you have to be patient with the process - but I have to say that my mind is in a completely different and freer space. For instance, I had a team meeting yesterday; one of my team members lives in Los Angeles, and the other lives in San Diego, so we typically Zoom with the one who lives in San Diego; and then the one in LA, we typically meet up for lunch whenever we have things to discuss or get done. Yesterday, I was looking at the menu while we were at the restaurant, and I said, "This is so weird. I don't know what to eat." I said that in a freeing and good way, because the waiter was expecting me to order the same thing I always order - the bunless hamburger. But then all of a sudden, I had all these options. So, I started tuning into my higher-self and that version of myself who's already in such great shape, free of any stress around food, just knowing that food is a tool, and that everything

that she eats impacts her body in a positive way, and everything that she puts in her mouth is used for fuel, nutrition, and energy. And so, I decided, "I'm going to order this wrap. It sounds amazing. It has some veggies on it. Yes, it's freakin' bread, but I don't care anymore because I want to practice no longer demonizing food." It was just it very freeing. And so, I decided to record this podcast episode just to share with you my breakthrough and ask you, is there something in your life that you are still demonizing? Is there something in your life that you have a love-hate relationship with, that's creating this reality of up-and-down, without really going anywhere? You are just always coming back to the same place; every time you take two steps forward, you then take two steps back. This can be in your finances; it can be in your relationship with men or women. There are all these beliefs around, for instance, "Women are catty, I can't be friends with them." So, look at whether you are demonizing certain people in your life? Are you demonizing money? Are you demonizing - like me in this example - a certain type of food, and not seeing it for the energy that it is? Again, we live in an energetic universe. We are balls of energy living in a giant ball of energy, and everything in our reality is just energy. And so, if you tell something, that it's bad, it's going to create that effect in your reality. But if you tell something that it's good, and you convince your mind that everything is being used for you, and your metabolism is as fast as you want it to be, and that your body knows how to process all types of food and how to get rid of toxins in a perfect way; it knows how to how to digest everything in a perfect way. If you keep telling yourself that and you have that kind of belief, then you have a completely different reality. And so, what are you demonizing in your life? Is there something in your life that's causing you resistance that you can now work on? Use this very simple breakthrough and see how working through this will help you finally manifest the results that you want in your life. So, I'm super curious to hear from you. If you're on here live with me, leave me a comment. I always come back and look at the comments because I'm so curious about your breakthroughs and feedback. If you are listening to the podcast episode, please take a screenshot, tag me on Instagram, share it with your friends, send this link to someone who's maybe struggling with their diet or their body image and has a similar story to me, or maybe even someone who's struggling with perhaps their money mindset - because I touch on that, too. Either way, I'm super curious to hear from you. If you absolutely loved this episode and if you absolutely love the podcast, I so appreciate everyone's reviews. Your reviews are helping my podcast get discovered more and more every single day, and I'm just so grateful for every single one of you who is listening to this podcast, reviewing it, and sharing it with those that you love and care about. So, I hope you have an incredible Thursday. Go out there and manifest some epic breakthroughs in your life. 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.