

Episode 75: Pop-Up Q&A: Can You Manifest A Relationship w/ A...

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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 tune in today because today I'm actually trying something new. This is going to be a new mini-series and I am going to, at least for the next couple of episodes, stick with this series, and then pretty much disperse it throughout the upcoming episodes. So, in the future, you will see that I've started a mini-Q&A series, where I take the most frequently asked questions I get - whether it's from Instagram, DMs, emails, comments I see on the Facebook group, posts, or things that my students have asked me in the past - and making sure that all of you are benefiting from the information that I

already share on these platforms. I'll be turning them into more of an audio style and creating a few short episodes, where I literally take one question at a time and answer them. If you're familiar with my Instagram and already following me, this is something that I do every couple of weeks or so. I post a Q&A box; there's a feature on Instagram now where you can submit your questions to me, and then I go ahead and answer them one by one. It's been so much fun for me and one of my favorite ways to add value. Sometimes I have so much more to say than I could type out, because I try to keep it very short and to the point, but sometimes I want to say so much more. And so, what I decided to do while Brennan and I were prepping for that episode that you are all waiting for - I know that you're waiting for that episode where Brennan and I talk about mental health, and how it impacts manifestation. I'm going to be interviewing him about his journey with being diagnosed with bipolar disorder about 10 years ago, where he is today, how he's transformed that label that he's been given, and how he manifests in his own specific and special way. But in the meantime, I want to disperse these Q&A podcast episodes. My intention is to keep them very short - and I know I say this every podcast, "Hey, guys, I just want to tell you something super quick." And then 15 minutes later, I'm still talking about it. But really, my intention is to keep it 10 to 15 minutes so you can get your burst of inspiration and motivation, and get an answer to a question that you've probably had around the manifestation process, mindset, or any topic that you've ever been interested in asking me. I get a whole variety of questions. I think that this will be really fun. So, today's question is one that I get asked a lot. At least once a day, since I started my Facebook group, someone asks if they can manifest a specific person into their life. For the most part, these people are coming from a place of going through a bad breakup, or someone broke up with them, or they broke up with someone else, and long story short, six months later, they realized they made a mistake and they want that person back. Very rarely in cases, I get some situations where people want to manifest a specific person because they're a celebrity, or they think that they'll be happiest with this person, or it'll just be really fun to date them, and they want a specific relationship with a specific person. But for the most part, it's typically an ex. So, if you've ever wondered if you can manifest an ex-boyfriend, ex-girlfriend, or ex-whatever back into your life, then this answer is for you. Are you ready for this? Can you manifest a relationship with a specific person? I'm always going to give you guys an answer from my experience, education, trainings, everything that I have learned, my own personal expertise on manifestation, and my own personal experiences. So, please know that if you Google this question, you'll probably get a whole array of answers, but from my experience and what I suggest for people, you technically can. Because you can manifest anything into your life, you can also technically manifest a specific person... However, here's my question for you: Why would you want to? Why would you want to use your limited perception, human abilities, and human experience to pick the person, the soulmate, and the relationship that you think is best for you? If you really want to manifest a relationship, or you want to manifest

your ex back into your life, because you technically can, and you can visualize that person and see you the two of you back together, feel that they're already in your life, and use that manifestation process. However, it will only happen if it's for the highest good of both parties. Because we all have free will - you have free will, I have free will, and we're all in charge of own realities. If something is not for my highest good, typically, I'll be unable to manifest it because, at any point in time, my higher-self is trying to protect me. The universe is trying to protect me, and it wants to give me something that's for my highest good, and to avoid something that's negative - that won't be for my highest good, that's not here on purpose, and that won't teach me a lesson. Sometimes we think that when we manifest negative situations, it means that it's something that's not for our highest good, when in fact, that situation was there to teach us a lesson, making it for our highest good. But let's say this relationship is not for the highest good of all involved, and that means both parties. If you force someone into your life, you are messing with their free will; you are messing with their highest good. Even though you manifest them back into your life, that relationship may not be the same relationship that you envisioned. The foundation of that relationship might be coming from a place of resentment, of a place of anger, of a place of "I don't want to be here," and that kind of relationship is the last type of relationship that I want for you and I hope that you want for yourself. And so, when I get this question, here's the advice that I give: I tell anyone who asks this question, "The universe knows best. And so, set the intention of manifesting the best, highest, and most perfect match to you." So, literally set the intention of you manifesting your soulmate without the attachments of manifesting a specific person, because you have a very limited human perception. And so, even though you are thinking of a relationship from the past, or a year ago, thinking that this is the best you could ever do, the best you could ever have, the best person who's ever out there; I promise that the reason that relationship ended is probably because the lessons that you're supposed to learn from each other are done. That relationship is finished for a reason. And so, by you forcing that relationship together, it's not going to be as good as it was before. And how do you know that they're the best match for you? How do you know that this person is your soulmate? How do you know that there's nothing better out there? Now, vice versa, you can actually have that person be the best and actually come back into your life, but only when you set the intention of very generally manifesting the best, highest, and most perfect match to you. You want to release that; release the specificities, as with anything in manifesting - you want to release the "How." The details are not up to you. It's a co-creation process. You set the intention of manifesting your soulmate, and the universal will take care of who that is, how they're going to come into your life, what they look like, what they do, and so on. And of course, you have control of what you desire. Of course, I want you to create a desires list of who that person is, how they show up, how they treat you, how you feel, and what they look like. That's pretty much what I did to manifest Brennan. But anything beyond that, and who that person is, specifically, I don't want you to go out there and look

for them or assume that it is your ex. Again, the relationship ended for a reason. But here's the thing: by setting this intention, you might actually manifest your ex back. What I mean by that is that the universe actually knows that this person is for your highest good and you are for their highest good, and that you guys learned a lesson from the breakup; and so, that breakup was actually created to teach you something, and now that you've both learned the lesson, you guys are being brought back together, and this person is for your highest good. If not, you'll end up with a much better match. Since you're setting the intention of attracting the most perfect, best, and highest level of soulmate that you can attract, guess what? The relationship that you do end up attracting as soon as you are ready for it is actually going to be so much better than the relationship you had with your ex. And so, in this case, you create a win-win scenario. I believe that when you are forcing a relationship to happen and manifest a relationship with a specific person based on your limited human perception, what ends up happening is you don't actually know if that's going to be the best for you. You don't have that expanded, multiple viewpoints knowing behind-the-scenes. The universe knows billions of people and the thousand different ways that people can come into your life. You want to release that and let the universe take care of that, and then you enjoy the benefits. If you force a relationship, it's almost like a win-or-lose situation; and if you release the "How," you get a win-win situation. So, I hope that makes sense. That is the shortest answer I can give you. I hope that helps clarify, if you are someone who's trying to manifest a specific person; again, I want to ask you "Why? Why do you think you know the best?" And you can take it from there. To give you something actionable, if you are someone who is searching for their soulmate, or manifesting their soulmate, take a piece of paper - this is exactly what I did with Brennan - and write down what their qualities are, what they do, who they are, how they make you feel, how they treat you, what your relationship is like, what it feels like to be in love with them. You can go as down to the details as their height, eye color, hair color, and all that good stuff. Just get super specific, and then from that point on, just ask yourself, "Who must I become to attract this person?" And then make it a project about you; start working on yourself and ask yourself, "I have so many demands of who I want to attract into my life. I'm creating all these demands of them, but I need to match those demands." I need to flip the mirror back on myself and I need to ask myself, "Who must I become to become the best version of myself, who's capable of attracting someone as their best version of themselves?" When that relationship comes together, the thing is that the reason this works so beautifully is that even when that person comes into your life, and they don't look exactly like your ideal mate list, what ends up happening is that they can actually evolve. There's an evolution that happens when they come together. That's something that I found with me and Brennan. I attracted this gorgeous man who looks exactly like what I described, but he's not really open to this mindset, personal development, and law of attraction thing, which I clearly specified on my list. But what I found is that through our relationship, he actually came around and evolved into that version of himself that I was

looking for. And so, it really was the universe bringing me my exact match that was for my highest good. The way that he came into my life is for his highest good as well. So, I hope that answers that question. Feel free to share this episode. Go ahead and screenshot and just let me know if you love this format, if and you want more. I have so many questions already lined up in the story of my Instagram account. So, if you go to my Instagram account, you'll see my story highlights - I'm looking at it right now. At the very top, you can see More Q&Q, Q&A Part 4, Q&A Part 3, Part 2, Part 1. Apparently, I have three parts. You guys can look at the questions and know that I'm going to turn some of these into podcast form so you can hear directly from me and how I address these questions. Just make sure that all your questions on the manifestation process are clear, and that you are constantly developing this beautiful blueprint for you to attract the things that you want into your life, and that you know exactly what you're doing; and that is my pleasure to give to you. So, let me know what you thought of this episode. Share it with a friend, or with someone who is in the process of attracting their soulmate. Go ahead and screenshot it. Leave a review if you absolutely loved this episode; I'm still doing my hypnosis giveaway, so if you leave me a review and send in your review screenshot to [Hello@ManifestationBabe.com](mailto>Hello@ManifestationBabe.com), I'm giving you a gift for doing so because your feedback really does matter to me. You sharing and rating this podcast does help it appear in front of more ears and eyes. So, I really appreciate that and I want to gift you a Manifesting Hypnosis that you get, free of charge, just by leaving a review and sending it to my team, and they'll reply to you with the hypnosis recording. Alright, I love you so much. Yay, I kept it at 15 minutes. Okay, good, I can do this. I will see you in the next episode. 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 your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by searching [@ManifestationBabe](https://www.instagram.com/ManifestationBabe), or visiting my website at [ManifestationBabe.com](https://www.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.