



Episode 86: Become A LITERAL Desire Magnet Using This Import...

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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. Hey, gorgeous souls. It is Kathrin, and welcome back to the Manifestation Babe Podcast. First of all, I am so grateful that you came to this episode and that you pushed play today. I just absolutely love creating episodes for you guys. So, every single bit of support, download, share, tag in your Instagram stories, and all that good stuff means the world to me. Today, I want to share with you an epiphany that I recently had. I was in Mammoth about a week ago. I was intending to record this episode back then, but you guys know that skiing overtook my priorities that day, and I decided to have fun instead of locking myself in the hotel room and recording a podcast. But now that I am in work mode, I decided to record it and share with you this

very awesome, freeing and liberating epiphany that will turn you into a literal desire magnet, if you decide to implement this important tip. It's been so amazing to witness how fast things have been manifesting into my life; how fast I've been making friendships that are literally in alignment with me; how fast I've been attracting opportunities that are literally things that I've had on my vision board, things that I've intended for myself, or things where I'm like, "This is not just a 'maybe,' this is not just a 'yes.' This is a freakin' 'F yes!'" I wanted to share this tip with you. I'm going to be honest, it took me my entire life to implement it and specifically in my business, it took me up until very recently - maybe in the last six months - to really understand this. By listening to this podcast episode, you can open yourself up to this intellectual understanding. But it's going to take actual implementation, practice and seeing the proof of it coming into your universe, to actually implement it on more of an energetic, emotional, automatic, and subconscious level. So, my tip on how to become a literal desire magnet in your life is to just be yourself and not actually do anything. To be the same person that you are - online, in public, or in front of other people - as you are behind closed doors. Now, this epiphany came to me because recently - I don't know how long you've been following me on Instagram, or if you even follow me. If you don't, then come on over! It's @ManifestationBabe. There are always things I share on there that I don't share on the podcast or Facebook. For some reason, I drastically prefer Instagram right now. Instagram is my thing, I just freakin' love it, and I love the story feature where I can just share with you my daily life and you can actually get to know what my personality is like, what my interests are, and get to know me on a more intimate and personal level. While I was in Mammoth, I remember getting ready and putting my ski stuff on. Then, all of a sudden it hit me, where I recognized that there has been a shift between how I've been acting online recently and how I've been acting online six to 12 months ago, and definitely before then. I decided to go back to my old Insta-stories, because recently I've had a shift where I am just being myself on a whole other level. I am bringing in my really interesting sense of humor, the things that make me laugh, and the things I find weird in the world. People have been getting to know the real me. Especially if you've been watching my Insta-stories, that's pretty much how I am in my daily life. Brennan and I share funny things, funny insights, and how we are. I talk about how we fight, the things we argue about, the things that have gone wrong in our life that day, and so on. So, I scrolled back - because thank you Instagram for having things like the Insta-story archive. Even on my Timehop app. If you guys are not familiar, Timehop is this app where you can connect your phone and all your social media accounts, and it will actually go back one year in time, two years in time, three years in time, etc. I think mine has gone back as early as six years ago, because that's pretty much when I started using social media, like Facebook and Instagram. It will literally go back into your phone, go back in time, and pull things out that are, quote-unquote, recorded or taken on this day; they call it "On This Day," and I think Facebook has its own version of it too. And I noticed how freakin' stiff I used to be online. In my Insta-stories, you could just tell I'm wearing a

mask, and not intentionally. It's not like I'm trying to be someone else; but it's that I'm so concerned about other people's opinions of me and making sure that I am adding value to the world and being professional or respectful, or not offending this group of people, or making sure I'm not offending that group of people, and trying to be so inclusive, that I'm not even being myself. When I look at my new Insta-stories and I recognize that I'm just having fun and being myself. I am talking like myself and cursing like myself. Even on this podcast, I recently recognized, some people have been mentioning - and it's not very often. It comes about maybe every so often when it's feedback from someone who doesn't follow me. Someone shares my podcasts with their audience, and then I always see a comment from someone at least every time that says, "I don't like that she curses. I feel like it lowers the vibration of the podcast. It's very offensive to me and I cannot listen to it." And so, I recognize that. But also, at the same time, I have to be myself. I have to talk like myself. If I don't talk like myself, it gets freakin' exhausting. Where I was last year with this mask on my face, of just trying to be so stiff and appeal to everyone and be concerned about that person's perspective of me, or those person's thoughts, or what will those big influencers think of me, or what if I don't get invited back on this podcast. Typical business worries that we all go through, especially if you have an online business. And I just recognized that, first of all, that is so freakin' exhausting. Second of all, in the last six to 12 months, I have definitely repelled people who just don't get me, don't vibe with me, or don't understand my style. And that is okay. I believe that everyone has someone that is going to appeal to them. Everyone has that person that they really resonate with and that they're meant to get information, insights and breakthroughs from. I'm obviously referring to coaches, influencers, mindset people and inspirational accounts right now, just because that's the realm that I'm in - personal development. I can only speak from my experience. But they're meant to get information or whatever it is that they need from that person, and not from me. And that is freakin' okay, because I personally also have moments where I stopped resonating with certain people, or I just don't resonate with people that millions of others resonate with. And that is okay, because I'm just not meant to resonate with them. There's nothing wrong with that. So, first of all, there's a lot of fear and limiting beliefs involved with that. There's a lot of scarcity mindset that comes in, where we are so afraid to lose followers, podcast downloads, video views, subscribers or listeners, because we're so afraid of being ourselves. But let me tell you, in the last six to 12 months, I have recognized that I have attracted people who are my most ideal people - in relationships, business relationships, friendships, and opportunities. The people who are now drawn to me are people that I actually want to be around; people who love me for who I am and know that this is what they're going to get. So, if they invite me to go up on stage, if they invite me on their podcast, if they ever feature me, or if they ever shout me out or anything like that, they know that I'm not going to shift from being myself. This is as myself as they're going to get, and if they love me for me, then it's going to stay consistent like that. Another thing is, yes, I've lost followers. Yes, I have repelled

people. And yes, I was very fearful of that when I started to switch and be more like myself and actually express my interests, desires, sense of humor, and my daily life. But guess what? Who would I rather keep around me in my life: the people who love me as the stiffest version of myself that's wearing a mask, or the people who actually embrace me for my gifts, my personality, the way I see the world, my opinions, my beliefs, and my values? I come from the belief that we were all created by some higher power or some higher force out there in the universe. I believe that we were all designed to be a very particular way. The gifts that you have, the personality that you have, even the way that you look, your sense of humor, your perspectives, your perceptions, the way you see the world, and your experiences. Every single life experience that you've ever had has all been designed to make you, you. People were always meant to know this side of you. This side of you is the side of you that everyone was always meant to know. Unfortunately, most of us are only revealing this side of us to our families or our closest friends. For instance, something I recognized is that my closest friends laugh at my jokes, think I'm funny, and see me in a very certain way that makes them love me so much more and makes them pretty much obsess over me. That's why we're best friends and hang out every day. So, I recognized that in order to create more of that cult following, more of that super engaged audience, or more of that super engaged, loyal customer base, I have to act the way I act around my friends, except around everyone. The most naked, authentic, and vulnerable side of you is the side of you that's connected to your divine channels of abundance. It is the thing that makes you magnetic to others. Let me tell you, by being magnetic to others - because there are two poles of a magnet; you have the positive side and the negative side. You know how, for instance, in magnets opposites attract, but then the same sizes repel each other? But take that information out of your head for just a second, and think about 'like attracts like.' So, there are two sides of the magnet. Let's say that 'like attracts like,' so you will automatically attract everyone who's just like you, who appreciates you, who loves you, loves the naked, authentic, vulnerable, transparent version of you - the one that's honest and blunt. The one that's you behind closed doors. And, of course, you're going to repel the other side. You're going to repel the people that don't appreciate you. But guess what? They were never meant to be in your life in the first place. They were never meant to buy from you, follow you, or be part of your journey. It's not that there's something wrong with them; it's not that you're better than them, or they're better than you. It's literally the fact that there are opportunities, channels of abundance, friends, and followers that were divinely meant for you. The moment you take off the mask and are free of needing to put on a mask and you are just living your most authentic, truthful life, you will receive everything that you want to receive. It is crazy how much of a magnet you will become and I have become by implementing this important tip. Do I believe that there are appropriate or inappropriate times to act a certain way? Absolutely. I'm speaking very generally here. If you're going into an interview or a meeting of sorts, you're not just going to go in, act sloppy, and crack inappropriate jokes. Maybe that's your style,

though. I know for me that even if I don't wear my mask, that's just not my style. I adhere to some sort of social rules every now and then, just because if I do so, that will help me get the outcome that I need from the other side. There's a difference between putting a mask on and acting stiff, and completely changing the way you talk, dress and behave. There's a difference between you altering just a little bit, and acting like yourself but in a more appropriate context. So anyway, the point of this podcast is if you need permission - I don't believe you need permission to do anything in life. But if you need someone to tell you, "Girl, you need to take your mask off. You just need to be yourself and know that people will appreciate you and love you for who you are the moment that you love and appreciate yourself for who you are." I know it's scary at first to reveal who you are behind closed doors, but I promise you, if you take your mask off, you will realize very quickly how much faster the entire universe opens up to you. All of the money, all of the business success, all of the relationships - this is so important in relationships, by the way. If you are manifesting a partner or a best friend, it is so important that you are yourself. Anyway, the moment you take your mask off, I want you to see how much faster the entire universe opens up to you. I challenge you this week to post a story on Instagram of you wearing no makeup; literally rolled out of bed, sharing something in your daily life that you would usually text your friend to talk about; or something very casual, basic, and just you. If that doesn't work for you, then you can make a post, Insta-story or podcast this week - depending on who you are and in which ways you share your unique message in this world - I want you to open up about something that you believe or value, or something you don't agree with others on, or share your unique perspective, or do something that makes your heart absolutely race because you are so afraid that you're going to get a negative comment, negative feedback, a hater, or a troll comment. But girl, come on. The delete button and block buttons exist for a reason, and you're not going to die. I want to prove to you that by taking your mask off, you're not going to die. If I can just be your girlfriend for just a second and share from experience. When I took my mask off, my following exploded. People asked me all the time, "Kathrin, nothing really changed in the way that you're posting. Sometimes you go five days without posting, and there's no difference in what you've been doing on Instagram, but you've grown 20,000 followers in just the last five months. What the hell? What happened?" And I strongly believe that this is why it happened. It's because I took the mask off. It's because I allowed you to get to know the real me. Speaking of getting to know the real me, I actually have a podcast episode coming soon about my journey of getting my breast implants out of my body. So, I'm getting an explain. I have the surgery date booked on June 18 of this year. I just want to share with you guys more about my journey and what I'm experiencing, because I know that by me sharing my real daily life, and by me showing you that I'm just a real freakin' person, that what's possible for me is possible for you too. That's really my intention with everything that I do; I want to open up wealth and success for everyone. I want to show you that if this girl, this super shy - previously shy, previously extremely introverted, never

said a word until she was 12 years old in school. Like I never said a word and never had friends, maybe not until High School. I was just such a freakin' loner growing up. How much I have transformed, how much I have received and attracted into my life and the success that I now have. If it's possible for me, it's possible for you. So, just know that there are plenty more podcast episodes coming; there is plenty more of me coming; and plenty more of my journey. I just want to help you in as many facets of life that I'm capable of helping you with, within the realm of manifestation, mindset and living your best life. That's the point of this podcast. So, I'm not going to veer off the deep-end and talk about how to grow bananas in the forest, or something super-duper random. Or even my chickens and how to raise chicken, even though I know how to do that. And I love my chicken. I bet you guys didn't know that I actually raised a flock of chicken. I love them and I named them all. They're actually at my parents' house right now - I'm at my parents' house, and... anyway! I'm getting sidetracked now. See? I'm just being myself. Anyway. So, take a screenshot, please, if this episode helped you in any way, shape, or form. Share the link, share this podcast with your friends, your family, or anyone who needs me. But more importantly, I want to know what you think. So, if you take a screenshot of you listening to this episode right now, post it on your Insta-story, tag me, and let me know what you thought; let me know that you are going to take on my challenge this week; that you're going to take your mask off and share the real you. And then, I want to know, did any opportunities or anything interesting happen with your life in the same week? Also, again, if you choose to leave a review, I so appreciate your reviews. They've made this podcast rank in the Top 100 Podcasts on iTunes for the last year, which is so freakin' cool. I appreciate that so much, so thank you! When you send me a review, make sure you screenshot it before you actually submit it. That way you can send that screenshot as proof that you left a review to my team (you can reach them at [Hello@ManifestationBabe.com](mailto>Hello@ManifestationBabe.com)); and then they will send you a Hypnosis Recording that I recorded just for you. It's a hypnosis recording on how to be a powerful manifester that I really want you to have. It is my appreciation gift in exchange for you being a loyal listener to this podcast. Alright guys, have a fantastic week. I love you so much, and I'll catch you in the next episode. 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.