


Episode 93: My FAVE Manifestation Hack -- "5 Minutes Before ...


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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 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, then 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 the tools, the resources, the strategies, and teaching 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. Did you know that I have a four-week academy where I teach you how to harness the universe's most powerful 12 laws to attract anything and everything you want in your life? It's called Manifestation Babe Academy, and I launch it once a year. In fact, we're heading into our one and only launch of 2019. If you feel you're missing out on that next level, whether it is the abundance of your dreams, taking your business to multiple six figures, or manifesting the partner you know is out there. Well then, this message is just for you. Since you are ready to master your power using manifestation, head over to manifestationbabeacademy.com, right now, and get yourself signed up. This course is my

no fluff, no bullshit, no excuses approach to manifesting the life of your wildest dreams. Everything I teach in this four-week course is exactly what I've used to become a self-made millionaire in less than two years. Enrollment closes in just a few days, and the academy will not open again until next year, that's 2020. So take this as your opportunity to radically change your life, and step into the most successful version of yourself right now, because you deserve it. Again, head over to manifestationbabeacademy.com to get signed up before we close in just a few days. I will see you inside. And now onto today's episode. Today I'm popping up in the podcast to share with you one of my favorite manifestation hacks. One that takes you no more than five minutes, it is done in bed. And if you can visualize, you can do this. I learned this trick from Dr. Wayne Dyer back in 2015. While searching for random YouTube videos that had to do with manifesting, this is what he calls Five Minutes Before You Sleep. I can't even tell you how many epic things I have manifested because of this trick. It's just one of the many I share with my students inside of Manifestation Babe Academy, but a really good one. The reason why this one is so powerful is that it gets your subconscious mind involved in the manifestation process. Your subconscious mind is a part of your mind that controls 95% of your reality. It's the powerhouse that stores your habits, patterns, emotions, memories, beliefs, and so on, 95% of your reality guys. And you can access this vital part of your mind during the three different times of the day when it's most open and receptive to new suggestions and new instructions that you want it to use when working on creating your reality. The three different times are, number one, the moment you wake up, number two, right after working out. And number three, right before you go to sleep. You can do this exercise during any of those three times. But how easy is it to remember to practice manifestation? When you have no distractions, your head is on the pillow and you're drifting away, loving yourself to sleep. So here's the hack. It's super easy. And the last five minutes before you go to sleep, actually drift away, bye-bye, you're not opening your eyes up until the morning. Choose a desire or a few that you want to manifest into your life. It could be your dream partner, your dream home, your dream body, piece of work that you want to create, or something you want to accomplish in your business, maybe a best-selling book, a TED talk. Maybe you envision your team growing, or you getting hired for your dream position. I mean, pick anything that means the most to you. Then access your imagination and visualize what it will look like when you already have the desire in your reality. Allow the images to come to mind, just take over. And spend the rest of the time it takes for you to fall asleep, just playing the images over and over again, that you would literally see when you actually accomplish the things. Focus on whatever you can and really don't stress out about making it perfect. It's really the intention behind it that counts. So, even if it's not a clear image, or you can only visualize for a minute, that's okay. As long as you're doing this in a super sleepy state, you can trust that you have impressed the images upon the subconscious mind. And now, as you fall asleep, your subconscious mind goes to work on your desires. Yes, literally. Did you know that the subconscious mind replays the last

thing you thought about before you went to sleep over and over again until you wake up? Why not instead of giving your subconscious mind a worry to manifest about while you sleep, which is what most people do, they just worry and worry and just think about, what are they going to do if it doesn't work out? Or what if tomorrow isn't going to be a good day? Or what if this? Or what if that? What if you actually gave your subconscious mind your dreams to focus on? What if things actually went right? And what if actually, things went your way? Much better and more productive, right? Your subconsciousness is a goal-achieving machine. It constantly searches, filters, and attracts what you spend the most time focusing on. Using this crucial time of the day to visualize what you want most in your life as if it's already been done, makes real-life magic happen. Try this tonight. And don't be surprised if tomorrow morning you magically wake up with some ideas in mind on how to manifest your desires into reality. Just don't skip out on taking any inspired action that comes your way. If you love this hack, there are so many more to come your way. If you aren't yet already a student of the Manifestation Babe Academy, go ahead and get on the waitlist by signing up at www.manifestationbabeacademy.com. I keep it super duper easy, www.manifestationbabeacademy.com, and if you loved this mini-episode, it would mean the world to me if you left me a review on iTunes, and share this episode by taking a screenshot, uploading it to your Insta story, and tagging me @manifestationbabe on Instagram. I can't wait to hear what you create in the last five minutes before you sleep this week. I love you so much. Have an amazing day. 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 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 following @manifestationbabe, or visiting my website at manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.