

Episode 12: December Money Babe Challenge - Shut Your Mind U...

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SPEAKERS

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K Kathrin Zenkina 00:04
Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a spiritual mindset coach, author, manifesting expert, and creator of the manifestation babe brand. Each week I'll be bringing you inspiring chats, interviews, and dialogues all based around how to unleash your inner magic, breakthrough your limitations, and manifest the reality wilder than your dreams. If you enjoy listening to topics on money, mindset and manifesting, then you have come to the right place. I am obsessed with helping women peace through to the highest potential and transform into the greatest, most badass versions of themselves. I hope you enjoy today's episode. Now let's begin. Hello gorgeous souls. It is Kathrin from manifestationbabe.com and today is Day 10 of the unleash for inner money babe challenge. I'm so excited to dig into day 10, it is actually a very short chapter, very short assignment, and what I have to say about it is very short as well. But before we jump in, can I be honest with you guys? I am so freaking nervous today and it's not like nervous as an "a scared" nervous. It's like a super exciting nervousness to where my heart is pounding. Those of you who don't know, about a week ago, or actually, many months ago, I set this intention that I wanted to join a couple of masterminds in 2018, that I wanted to surround myself with people who are killing the game, who are super inspirational, and who can help each other, take our businesses to the next level, our mindsets to the next level, our connections, our influence, our impact and everything to the next level. I set the intention on when I first found out about Lewis Howes's greatness

mastermind, I thought to myself "That looks perfect, I'm so stoked, I'm so excited, that would be amazing, I'm setting that as a goal for 2018," and then a couple of months later, I applied back then, I applied back in September. Then I applied again right at the beginning of December, and I remember setting this intention and writing my journal: "Thank you so much. Thank you Lewis Howes for accepting me into your greatness mastermind." And the very next day I found out that I got in and I was stoked and excited, I was like, "Oh my god, no effing way, this is gonna be so cool." Today is my one on one call with Louis to dig into my goals for 2018, and how the mastermind can help me, support me and all this good stuff. The thought of getting on a video call with Lewis Howes is just so crazy, it's funny because I normally don't get starstruck or anything. Growing up in Los Angeles and being constantly surrounded by celebrities, actors, and people who are a big deal. I always saw other people as human beings, I don't care how wealthy you are, I don't care how famous you are, how many movies you're in, who you are, I will always treat everyone exactly the same way. I will treat a homeless person the same way I would treat Lewis Howes, I would treat my best friend the same way I would treat a stranger. I'm just all about treating people the same and understanding that we're all humans, we all have the same six human needs, which if you're into Tony Robbins you'd know what those are, I'll save those for another live stream or episode. But anyway, I'm usually not someone to get crazy about, but when I met Tony Robbins last week, let me tell you, I was effing starstruck. I don't think I barely muttered a word, I was probably like "Oh my God, you're my biggest inspiration. Thank you so much for what you do," and then I gave him a hug, so I'm just a little bit nervous today and I might need a couple extra pep talks from you guys and just help me realise that this is normal, this is okay, this is good, everything will be okay, everything's gonna go great. It's just a phone call, it's just a video call, and it's all good. Good morning loves. So anyway, that's my little thing about why I'm feeling like this today. So let's dig into day 10 of the book, those of you who are following along with me, let me know what your manifestation is so far. Let me know what your "aha" moments, your takeaways, your breakthroughs, I want to know them all. Use the hashtag #December_Money_Day_Challenge, please tag me. Please understand that I get hundreds of notifications a day, I have a couple of groups of my coaching programmes that I need to check daily. But when I see posts in this group, when I'm tagged and you're using the hashtag, and I read kind of your results, your breakthroughs, your "aha" moments, and your takeaways, it makes me so happy. It makes my day, it's something that I do every single morning before I go live as I check in on some of the posts, and just to see how you guys are doing, because I want to support you and celebrate you. I like to see that this book works because it changed my life, it changed my clients lives. This book is the reason why I went from negative \$25,000 in debt to creating my first half a million dollars a year in 2017. And that's just a difference of about 18 months between the two. So, it's really crazy, really good stuff. The work never changes, it's not any different, no matter what level you're at, whether you're starting in the negatives, or you're starting at zero, or

you're starting with already having a little bit of money. The mindset is the same, it is something that continues, it is constant. It's a constant, never ending improvement, it is constantly keeping your vibration high, it is constantly forgiving, we're going to talk about meditation today, it is constantly clearing your mind, focusing, choosing to feel good, all these principles that we've talked about. Money is a byproduct of this mindset work, and I was talking to a client this morning through voxer, because that's what we're going to use for the in-session support in my "Quantum Leap" mentorship for next year. So, I kind of started going back and forth with a couple clients and I was telling her how not to attach yourself worth to money because you never want to attach yourself worth to something that fluctuates, or something that comes and goes, or something that sometimes will come in an avalanche, and maybe sometimes for a week, you'll see nothing. Like maybe sometimes the client will come, and sometimes the universe wants you to learn a lesson, or it's delaying a client for whatever reason it is. So, I asked her to find a way to always feel good, to empower herself and to see her self worth connected to nothing but being the best version of herself, the best money mindset coach, the best coach for her clients, and being the best sister, daughter, girlfriend, whatever you are, just being the best version of yourself and constantly working on your mindset because that abundance, the money is a byproduct, and why we do so much of this inner work in this book is because money is just a byproduct of you raising your vibration, choosing to feel good for no reason, choosing to be grateful for your life, choosing to tap into the amazing abundant universe and just seeing how blessed you are. That is all step one to money manifestation and then through that, your life kind of opens up, you open up these channels of abundance, you open up your receiving muscles. And that's when the right people, the right circumstances, the right events, the money, everything that you ever desired comes in, is when you do that inner work, it's all a byproduct. Does that make sense? Okay, so day 10. Good morning, ladies. I'm so grateful that you're online with me. Thank you so much for being here. I know I don't put as much time into answering comments as I did long ago when I had less viewers and I had less people in the group. But I do see them all, I read them all after every single live stream, and I do appreciate it. And those of you on the podcast, I do read the reviews, I look at the ratings on those of you who have left a review for this book, I read every single review, I'm just so freaking grateful for all of you. So thank you. So going into day 10, day 10 is called shut your mind up now. Day 10 is about meditation, and to preface this very short chapter is by sharing with you my viewpoint on meditation before I got into this spiritual inner work. So, I am a hyper achiever, it's no secret, I have always been very driven, I've always been very motivated, I've always been kind of like, go go go mentality. It's something that I believe I picked up from my mom, because my mom is very like that and she pushed me as a child, I remember as a child that you couldn't get me to do shit. I didn't want to do anything, I was just like, I didn't want to study, I didn't want to try for anything, I didn't want to be the best dancer, I didn't want to be the best artist, I just didn't want to do anything with anything. And I don't remember what switched for me, but

I'm pretty sure it was a talk from my Soviet Russian mother. And she kind of whipped my ass into shape. And one day I guess they kind of clicked for me and I realised that I do have so much potential. And that to let it waste would be such a tragedy. So, I dug deep into schoolwork, I dug deep into my university curriculum, then I dug really deep into building an online business, and now every single day I am committed, I am motivated, I am dedicated to building Manifestation Babe and have it be this company that is well known by people all around the world. I want it to be the personal development company, the business development company, the kind of virtual coaching experience, whatever you want to call it. I'm still kind of brainstorming how I explain manifestation babe to people who don't quite understand manifestation. So it's kind of a conversation that I have in my head. But anyway, being a hyper achiever and being someone who's very productive, and it's all about productivity and all about "let's not waste time," meditation looked like the dumbest shit in the world to me. It looked like "Why would you waste your time with your eyes closed and sit there and do nothing?" It just made no sense. I was like, "How is this productive? What are you getting out of it? Why would you do it?" It just made zero sense to me, it looked like a horrifying thing to do for a hyper achiever. Then I think the switch happened when I heard from somebody and I don't want to miscredit or misname anyone, but I think it was from "You are a badass" the yellow book by Jen Sincero. She was talking about how we spent all this time asking and talking to God, or the universe, or whatever it is that you believe in, or constantly talking and our mind is going like a million miles per second. But, how often do we ever sit and listen? How often do we ever calm our minds down and get into receiving mode, so that God, the universe, angels can answer our questions, can provide us with instructions, can provide us with guidance? How often do we do that? And sleep doesn't count. And so, we never really just take a moment to breathe, we never really take a moment to clear our thoughts, and just kind of set an intention of cleaning the slate, so that we're not just constantly jumbling our thoughts and going and driving ourselves crazy, but setting the intention of listening to our instructions. So, when I started to try meditation, I started with a guided meditation on YouTube, and then eventually I graduated to sitting there for at least five to 10 minutes in silence, right? All you need is five to 10 minutes, you don't need any more than that. Some people benefit from 20, some people need 40, some amazing meditators need like 60 minutes, and I will never understand it because that's not just me. That's not who I am. I need that five to 10 minutes. And what I realised is that I started to set the intention to open myself up to receive messages, not to give out messages, not to give vibration, but to start to receive the information, start to receive whatever it is that I needed to hear. When I sat in silence and started to do that for just five to 10 minutes per day, what ended up happening is I started to become an idea machine. I mean, you know how you hear like "Oh, I downloaded this idea or this just came to me." I mean, things just started coming to me, my best money making ideas, my best programmes, my best inspirations, and my best motivations, just having this urge to go out and take action on something, or I'll be

sitting there and be like, "Oh my god! that's such a great idea," like things would just be popping into my head, and then what ends up happening is not what's really great, and that was life changing for me because I became a receiver instead of just a giver, giving and receiving is very important, by the way. What ended up happening is I started putting so much pressure on myself like "Oh! if I'm not getting an idea, every single meditation is not working." So then, what I realised is that meditation is for setting that intention. It's to set the intention to calm my mind down and show the universe that I'm open and ready to receive. What ended up happening is not necessarily during meditation, although very often that happens, but maybe after I'm done meditating, when I go take a shower, or I am in the bathroom, or I'm walking around, or just driving, or looking at something, random ideas would just pop in, inspirations would just pop in, I would start downloading things out of absolutely nowhere. Just simply from setting the intention to be open and ready to receive. And all it takes is five to 10 minutes a day. Thank you so much, actually I've seen a lot of comments now about this necklace, this necklace Brendan gave to me for my birthday. It's a herkimer diamond. So it's kind of like a quartz but stronger and better, I guess. I don't know, I read about it a little bit on Wikipedia, and it's from this certain area of New York, and a certain mine and it's called the herkimer mine or whatever. Anyway, you can Google it, but it's very beautiful. Thank you so much! So back to meditation, I think I pretty much mentioned everything that I wanted to mention. Yeah, so your money made action for today is, you guessed it, meditation. And there are thousands of guided meditations, there are thousands of apps, resources, or you can just practice sitting in silence, but I want to invite you if you have not practised meditation to take, or if meditation sounds like a lot of pressure to you, or you don't know how to do it, I want to relieve that pressure off of you and share with you that just sitting there and setting an intention is enough for you to start meditating. Meditation is not like a certain state that you're trying to achieve, although you will go into a meditative state, and it's going to feel like bliss, and it's going to feel amazing. And the more you do it, the better you get at it, and you're going to feel like you're connecting and tapping into source. When I sit there in silence, I feel like there's a column of light extending from up above and connecting me with infinite intelligence, so that I can start receiving information, I can start communicating with the universe directly one-on-one. However, in the very beginning, I would just literally lie in bed in silence with my palms up and just stare at the wall. And then eventually I closed my eyes, and then eventually I started sitting up, and then eventually I didn't need any guided meditation anymore, I could just do it myself in silence, I can direct my thoughts, I could start to focus, I can clear my mind, I can start to feel a presence, and all this stuff developed time after time. But for your money made action today, all I want you to do is just to practice it once, and then of course document how you felt before the meditation. So maybe you feel a little crazy today and maybe you are nervous like me about something. However it is that you feel, of course document that, and then if you have any stress, anxiety, worry, or anything that you're going

through, give it a scale of one to 10 premeditation, and then document the meditation practice that you chose today, and then how you feel after, and if you have any brilliant money making ideas that pop in, or ideas or thoughts or anything that pop in, you want to record them as well. And something that I will do is I will have random amazing, incredible ideas popping into my mind throughout the day just by meditating, just by getting into that consistent practice of meditation, and so I will keep a journal and if I don't have my journal on me, I just go to the notes section on my phone, and I'll literally open it, and I'll type out like "Oh this idea, that idea" and then whether I choose to do something with it yet, it doesn't matter but as long as I write it down I know that I can always come back to it. And most of the time the things that pop into my head because I regularly meditate is unbelievably amazing, it is so freaking worthwhile all in itself. So also, if you have not downloaded the bonuses yet, I have a meditation for you. Go to manifestationbabe.com/moneybabebook and what you can do is, you enter in all your details, so your name, your email address, and your Amazon order number, which if you don't have it, go to your Amazon account, go to your order section, previous orders, and you can find your order number in there, it stays there forever. So don't worry about not remembering it, and you come back to that page, you enter in all your details, you submit it, and it takes you to a bonus page where you can download all of the incredible bonuses that I have made for this book, as well as the money manifesting meditations. Before I go on this call, I just wanted to remind you guys, a lot of you took me up on my offer for my goal smashing master class, those of you who have not seen it, if you go on my website manifestationbabe.com, you can either get my free 11 journaling prompts to create an epic 2018, so your next year, you can opt into that and grab the journaling entries and our journaling prompts. Also you will see on the thank you page, I'll have an offer for you to enroll in the goal smashing master class for just \$7, such a great deal that I wanted to do for the holidays as well, or you can just find the goal smashing masterclass on its own on my website. I want to remind you guys that if you have not taken the offer of the prosperous coach holiday bundle, that is where I took digital course babe and become a client magnet ebook, I put it together into a bundle and I slashed the price by 65%. That expires on January 1, so it's going to be gone forever. It is going to be back up to its normal price which is 65% higher than it is, it is only two-to-two or two payments of 111. And that is where I teach you step by step how to start creating your digital courses, how to open up that other channel of abundance in your business, how to free your time, how to leverage your time, how to maximise your time, how to maximise your income in a way where you don't have to constantly keep doing the same work over and over again. You can package your information and package your gifts into a course, or even a membership site, or whatever it is that you choose to do, and then become a client magnet ebook. It's how I share with you how I became a client magnet, basically where I stopped struggling attracting clients into my life, and I stopped struggling looking for clients, and I stopped wasting time on discovery calls and started to attract my dream

clients into my coaching business, and helped them get results and grew my coaching empire into a multiple six figure coaching empire. So that is a bundle that I have for you, I'll post all the links up above and down below. So hopefully, you take me up on those offers, they only last until January 1, really good stuff and I cannot wait to see what you create with them. Alright, love. Thank you everybody, love you guys so much. Mwah, bye. Thank you so much for listening to today's episode. If you enjoyed this podcast and want to see more of the manifestation babe series, make sure to hit the subscribe button and share this episode with all of your friends. If you enjoyed this podcast episode, make sure to leave a review on iTunes and let me know how much you enjoyed it. To go even deeper and unlock your inner manifestation babe, make sure to head over to manifestationbabe.com, where you can find courses, events, books, blog posts, and all of my social media feed. Until next time beautiful, I'll see you in the next episode.