

# Episode 13: December Money Babe Challenge - You Must See It ...

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## SUMMARY KEYWORDS

visualizing, manifest, vision board, babe, manifestation, visualization, life, money, visual, day, feelings, picture, imagine, focusing, kinesthetic, subconscious mind, waitlist, attraction, super, single

## SPEAKERS

Kathrin Zenkina

**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. It is the day before Christmas Eve, and today is one of my favorite days of the money babe challenge because it's day 11, and you guys know I love number 11, and today is all about visualization. So, the name of this chapter is, "You Must See It Before You See It." And it's all about visualization and why visualization is so freaking powerful when it comes to manifesting. Now, I have been visualizing my life actively since I first discovered the law of attraction at the age of 16 when I watched the secret, and I was just fascinated with the whole process. And I remember thinking to myself, "Oh my God, that makes so much sense." Everything in our lives was first a fragment of our imagination. Everything in everyone's life, like my phone right now was once imagined by Steve Jobs. It came to his mind first before manifesting into physical reality. This scarf was at first in someone's imagination. My entire business

was first in my imagination. I saw my business long before it manifested into my reality. And I became fascinated with this whole concept of visualization. It became a game for me. It became so much fun for me, and it made a lot of sense. And think about it, when we are children, as I mentioned before, a couple of lives ago how this challenge isn't necessarily about money. Money is the byproduct, it's the result of this challenge. But really, what we're doing is we're unlearning our current conditioning and relearning how we're supposed to be. We're relearning our truth and how life is supposed to be. So as children, we are so imaginative, and I don't know if you got in trouble as much as I did about staring outside the window and kind of daydreaming, but I was a huge daydreamer as a kid, as so many of us were, and daydreaming, who would have known, is one of the keys to manifesting your dream life. It's one of the keys to success literally, daydreaming. So day 11 is all about seeing the money come into your life long before it happens. Now, it's been long scientifically proven that the same parts of your brain light up when you're imagining doing something, as it would light up if you were doing. To give you an example, it's been long proven, there have been many scientific studies, that when Olympic athletes or just athletes, in general, are hooked up to a machine that measures activity in the brain, that when they are imagining themselves running their race, or lifting objects, or whatever it is that they're doing, the same parts of their brain light up as if they're running the race, or competing, or doing whatever it is that they want to do. So there's proof right there that your mind has no idea whether something is imagined or real. And that's the whole thing with the subconscious mind. The subconscious mind is this imaginative part of your brain. And it thrives off of visualisation, and everything that you see, everything that you can imagine, and everything that you feel comes into your physical reality because when you are visualising something, your subconscious mind has no idea whether it is real or imagined. So by law of attractions, it's already real according to your mind, by law of attraction, those things come into your reality. It can't help but come into your reality. So when you constantly visualise your life with this thousand dollars, right, what is this thousand dollars going to bring into your life? What is financial abundance going to bring into your life? What is an extra 10, 20, hundred grand? What is a new career going to bring into your life? When you're constantly seeing it, and focusing on it, and feeling the feelings by law of attraction, it can't help that manifest into your physical reality. That's just like science. That's just the law. That's just the why it's called "The law of attraction." And so today's assignment for the money babe challenge is of course to start visualising. Now one of the things that I know a lot of people have hard time with right away is, "Catherine I'm not visual, I can't visualise. I don't understand how to visualise." And it took me so long to understand this. It actually wasn't until my NLP certification that I realised that not everybody is visual, not everybody accesses the visual part of their brain when they're thinking or processing something. Some of us are auditory, some of us are kinesthetic, and that is okay, and that is perfectly fine, perfectly normal, there's nothing wrong with you. I am actually a phenomenal visualizer, I think it's because

I've been practicing it for so long. You know, I visualise at least once a day or actually I live in my own lala land and my own dreamland for most of my day, every single day. I kind of have my rose coloured glasses on and I see things as I want to see them not as they are, I always see them as better because I always constantly want to manifest better. And so, I have a really good visualizer and I have had so many frustrated clients and also Brennan is not very visual at all. So he's like, I don't understand how to visualise it doesn't work. I don't understand I can't do this I can't manifest. And so later on I learned that visualisation, the process of visualisation, what we mean by "You have to see it before you see it" does not necessarily mean with your eyes, not visualising with your eyes, but it's more so creating the feelings of already having it, because when you are in those feelings of already having it then you are an exact vibrational match to the things that you are envisioning. And some of us who are auditory, we connect with sound, so sometimes visualisation means hearing sound. What are you going to hear? Are you going to hear the chechen? Are you going to hear you withdrawing cash from the bank account? Are you going to hear you swiping your card? Are you going to hear congratulations? Are you going to hear yourself be super excited? Whatever it is that you're manifesting, start connecting sounds to it that evoke those feelings. For those of us who are kinesthetic, we need to feel things, again, you can just dive right into the feeling. How are you going to feel when the money is already here? How are you going to feel when your life is already at that next level? How do you feel when you're already that version of yourself who already has everything that she wants? Again, we're going after feelings. So sometimes it's okay to dive right into the feelings, or maybe hear sounds, or maybe if, you know this is really rare, but some of us are gustatory's taste and then the nose one, it slipped my mind, but anyway, some of us connect to smells, some of us connect to taste, whatever it is that you connect with, use that, that is still called visualisation, even if you're not technically seeing pictures, because that's okay. We're going after feelings. And why it's so good that we manifest our feelings is because, imagine if every single thought that you had manifested instantly into your reality, wouldn't you be kind of screwed? Like imagine every single fearful thought, or negative thought, or just even the thought of the example that they share the secret, you think of an elephant all of a sudden an elephant pops up in your room. Wouldn't that be kind of troublesome? That is why that instant thought manifestation doesn't exist because it's protecting us. And so we manifest our feelings because in order to have a feeling, think about it, you have to have a thought on a consistent basis. And as long as you're having that thought on a consistent basis, that creates the feeling, and then it's through that feeling that you actually manifest your desire. Now, some of my favorite ways to visualize, you know, how does a beginner visualize or maybe you have been doing this practice and you haven't been so consistent with it. So maybe it's good to have a little refresher, so visualization is super easy. I have a couple of questions here and I'll give you a little exercise to literally close your eyes. And imagine that your hands are raised in front of you and you have a couple of wads of

hundreds in your hand just money, however much you want to imagine. And then really start to study the details, maybe it's a feeling you start setting, maybe you start hearing sounds. For most of us who are going to be more visual, we can actually see the money in our palms. So ask yourself, how does it look, or how does it smell? What does it feel like? Why does it feel so good? What are you wearing at this moment right now? So, study the outfit that you're wearing, look at all the different details of your visualization, this is a great way to practice because the more detailed and specific you are, the more the universe can help you in bringing that into your life. Who's around you? Who are you sharing the good news with? What do you see doing with the money? Obviously, you know, you're going to be doing something with the money. So are you depositing it at the bank? Are you spending it on something that you want to spend it on? Are you buying a car, whatever it is that you want to do with that money? See yourself do that, and so I guide you through a couple of questions here in the book. And then I remind you to not focus on the how, because again, when we're visualizing your life right away, if we allow our egos to take over, we're gonna stop and think "Oh my god, how did this happen? How did I even get this money in the first place? Oh my god, what if it doesn't happen like this? What do I have to do? What's required of me in order to manifest it this way? Oh, my God, who's involved? What if it doesn't work out? What if I fail?" and we just drive ourselves insane. So again, remember that lesson of "The how is not your job"? The how is not your job here, either. You're focusing on the desired outcome, you're focusing on the end result, everything already aligned perfectly for you. Everything already happened as if it needed to happen in order to bring this outcome. So the outcome is done, and now you're seeing that very last step, the outcome, the result of your manifestation. That's what you want to be visualizing, you don't want to stress about how it happened, who made it happen, what needed to happen, just anything that you would normally stress over, you got to forget it, and you just need to focus on the desired outcome. So super important to let go of that how and then over here on the last page, I mentioned how I personally like to spend about 10 minutes a day visualizing, and what I do is I take my headphones and I put on an upbeat song. A song that really inspires me, gets me going, gets my creative juices flowing, really motivates me, makes me feel like a badass. And I put on my headphones and I'll just visualize something, whether it is something related to my business, maybe to my health goals, maybe it's me visualizing a specific dollar amount and what I do with it, maybe it's me visualizing a future trip or vacation that I want to go on, whatever feels right to me that day, whatever I want to ponder on and enjoy that day, I will think about, and I will see my life as if it has already happened. Another thing you can do is you can build a vision board, and I know you've all heard about vision boards, I know so many vision boards have been posted in the group which is great, and if you're unfamiliar with how to create a digital vision board, I personally like digital versions, I have my phone background and my laptop background as my vision board and so I actually have free training in my freebie library. If you go to [manifestationbabe.com/free](https://manifestationbabe.com/free), sign up for the

freebie library, and then inside there, you'll find a link to go straight to my free vision board training, it is absolutely free. And I literally screen share the process of how I find the images, how I put the images, how I download the image, how I set my background, and all that other good stuff. And what you can do with a vision board is, first of all, vision boards are great for really igniting your subconscious mind. So even if you glance at it for two seconds a day, even if it's just the background of your phone, something that you're constantly looking at, or your laptop, something that you're constantly opening and accessing, that's enough to stimulate your subconscious mind to keep focusing on that thing, keep laser focusing and keep bringing it into your life. It helps you stay at an energetic match to those things on your vision board, and a vision board doesn't necessarily have to be an active process, but you can turn it into an active process by having your vision board inspire your visualizations. So maybe you look at an image on your visualization, you turn on a song and you practice popping into the images. So that's something that I do as well, if I have a picture of a vacation that I want to go on or a picture of a specific luxury good that I want to buy, then I will literally hop into the picture and see myself, see the whole experience of me either sipping on a fruity drink at the tropics if that's what my picture is, that's what my manifestation is. Or maybe I will see myself at the Chanel store at the Louis Vuitton store buying this bag, buying this wallet, buying this cute thing, or having the experience of whatever my vision board is. That's a really great way to practice visualization with an actual inspiration behind it. Because sometimes again, we're not all visual people, some of us are stronger than others. So having those pictures somewhere really helps you kind of get a head start to see your life before you actually see it manifest into your physical reality. And then, of course, there are some questions to answer and your assignment today is to spend 10 minutes visualizing and it's super-duper simple. Once again, I have my free training in my freebie library for the vision board training. That's pretty much it. Thank you so much for all your support. I wanted to mention that I'm actually about to teach week four of Rich Babe. Rich Babe is my money mindset, mastery group coaching program. I am rebranding it for the next phase to call The Rich Babe Academy because it's literally an academy from taking your money mindset to the freaking next level, it is like 20 levels deeper than this book. So if you are enjoying Unleash Your Inner Money Babe, then you're going to love Rich Babe. And I am relaunching it in January. So after the New Year, I'm going to open up enrollment, and so if that is something that's interesting you as the next step, I love this program, I'm so excited every single Saturday, I get stoked to teach it and hang out with my rich babes. So it's really good stuff. I'm going to post the waitlist below and above, also if you're listening to the podcast, just go to the show notes of description, and you'll find a link to the waitlist as well. And I hope to see you in the next round of rich babe, so I'm super excited to finally watch that. All right, loves. It is the night before Christmas Eve. I promised that I'm going to be live streaming every single day. So, I will see you tomorrow at 9 AM Pacific and the next day, etc. so even on Christmas, I'll be doing these. So if you're

on, come join me live. If not, there's a recording, there's also the podcast, you can download all that good stuff. I love you babe so much, have an amazing Christmas Eve and Christmas day. 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](https://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.