

# Episode 190: Disabilities don't make you any less worthy wit...

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## SPEAKERS

Kathrin Zenkina, Jordan Bone

**K** Kathrin Zenkina 00:14

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, 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 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, my gorgeous souls, and welcome back to The Manifestation Babe Podcast. So, I'm currently on my way to the beautiful Maldives with my mom and my husband, Brennan. I just wanted to make sure that this episode went out while I was gone, because it's just too important and way too good to wait until I got back. Today, I got to interview the beautiful Jordan Bone; a motivational speaker, author, and life coach who experienced a very traumatic car accident at the age of 15 that left her paralyzed from the chest down. I don't want to spoil anything for you guys, but all I want to say is that Jordan is a very special soul here on this planet. She has inspired me like no other, and taught me so much about disabilities, and

how they impact people's lives both positively and negatively. She has gone on quite a journey of loving herself again, loving her body again, manifesting her dream life in the process, and raising awareness about disabilities for people who are privileged to be able-bodied, and just don't understand. It's a powerful episode, and I know you babes are going to absolutely love it. So, without further ado, Jordan Bone. Thank you, Jordan, so much for coming on The Manifestation Babe Podcast. I am so stoked to have you on here because even though we have only had such a short Instagram convo with one another before scheduling you on the podcast - because I immediately was like, "Jordan have to come on here"- I just want to let you know that you have made such a major impact on me in terms of my gratitude for life, and the attitude that I show up with every single morning. You've completely changed my perspective, and I just wanted to, first and foremost, thank you for that so much.



Jordan Bone 03:18

Wow. Thank you so much, Kathrin. That literally just makes my day, honestly. That is just so lovely, and I'm just so grateful to be here. So, thank you so much for asking me to come on. I appreciate it.



Kathrin Zenkina 03:29

Yay! I will literally never forget the morning that I woke up where I was just such a grump. I don't know what happened, but I remember waking up in the morning, and just feeling so upset about something. I remember you tagged me because I think you were listening to an episode of my podcast, and you tagged me. I was like, "Oh, who is this chick?" Because I love to check out the people that tagged me. So, I go on your profile and just literally two minutes of scrolling, and I was like, "Wow, if she has this beautiful perspective of life, such a great attitude, and so much gratitude, then what the frick am I so grumpy about?" I just remember instantly. Your presence, your energy. I don't even think I read anything specific. It wasn't a specific post or story. It was just being on your Instagram account. I just received this instant shift of "Kathrin, there is more to life than whatever the fuck you're grumpy about." So, that was amazing for me. Jordan, you are one of my favorite people to follow for self-love, personal growth, and positivity, but I know you had quite a journey that you've been on to get to where you are today. So, can you please share with us some background information - as deep as you want to go - can you share with us the background story of how you really grew into the version of yourself that you are today?



Jordan Bone 04:58

Absolutely. It's definitely been a wild ride, that's for sure. Life has taken so many twists and

turns. It does for everyone, of course, but mine has been so traumatic, but I'm just so grateful to be where I am today. So, when I was 15 years old, I had a car accident. I was just a normal 15-year-old. I had been bullied a bit, so I had been going through the tough time of being bullied. And then I finally found new friends, and finally felt happy and content with where I was - I was 15. And then I had a car accident. In the car accident, I was laid upside down in the car. I woke up - because I became unconscious at first. I woke up, started to drift in and out again, and I saw a white light. I was like, "Oh my gosh, no! I can't die, I'm 15 years old." And I said, "I've got so much to do." Those words - even now - about myself give me goosebumps and make me tear up. In that moment, at 15 years old, my higher-self spoke to me. I didn't realize it was my higher-self at that point, but now I know it was.

**K** Kathrin Zenkina 06:11  
Were you spiritual at that time?

**J** Jordan Bone 06:14  
It's funny, because I didn't think I was. I didn't think so, but I looked back at old photos, and I have little pictures of spell books, and I had an altar, and I didn't even realize it was an altar. I had candles, crystals, and spell books from when I was about 13.

**K** Kathrin Zenkina 06:29  
That's incredible.

**J** Jordan Bone 06:31  
Yeah. So, I think it was always ingrained in me to be spiritual, but I didn't really realize it. As it is with all of us, some people don't realize it sometimes. So, I was in the car and I was drifting in and out, and that white light came. I just felt this power come over me, and it was "You need to stay alive," really. I started singing - well, I didn't sing it but it probably was a whisper because I was caught up in a seatbelt, upside down in a car, singing You've Got the Love by Candi Staton - is that how you say her name? So, I was singing You've Got the Love as I was stuck in this car. And then I'm still here, I'm still alive. I was pulled out of the car after a couple of hours. As I was being pulled out, I was like, "I know I'm paralyzed. I'm paralyzed!" At this point, my mom was there. My mom got called down. My sister who was only three years old at the time was there as well. They all came down. I was in a car with some people - well, best friends and a guy was driving, and his brother. My mom came down and she said to the paramedics, "She can't move, she's paralyzed." They said,

"It's probably her body in shock, because that can happen when you're in such a bad accident." But no, I knew straight away. My intuition was right. I'm paralyzed. I was then taken to my local hospital. I had a halo drilled into my skull. Then I was on bed rest for a long time - a month, maybe - completely flat with a halo drilled into my skull. I was then taken three hours away from home to a place called Sheffield, to a Spinal Unit. I was there for five and a half months. In that time, I was in so much pain, I can't even - when I talk about it, I feel like I'm talking about someone else. It was like an out-of-body experience. Although I had that out-of-body experience with that white light, I feel that even that time was an out-of-body experience because it was such a bizarre time. Being in a hospital, I thought, "When I leave the hospital, I'm going to be fine. I'm going to be able to do things. Yes, I may have to sit in a wheelchair." But I thought I'd be able to do everything as normal. I didn't know about spinal cord injury, so I had no idea that I wouldn't be able to dress myself; that I would need personal assistance to help me get dressed, to get out of bed, and to help me do anything in life - anything. But I didn't realize that. So, after the struggle of being in hospital, I then came home. At 15, all I wanted to do was be home. I was just like, "I need to see my friends. I need to go home." So, that was my main goal. I got home, and over a period of time, I lost friends. It was just really hard. People - I think because of the age - were scared of the injury, and it was like they were scared of me. I'd obviously had issues in the past with a bit of bullying, and so people had always been a little bit strange with me. That was my story. I would tell myself that I didn't fit in. A couple of years went by, and I became majorly depressed. I just couldn't see where my life would take me. I didn't think I would be able to achieve anything. I remember sitting in my bedroom thinking, "I want to die." And I find that really ironic because when I was in the car, I was fighting to do anything to live, even though I knew I was paralyzed. My higher-self knew the outcome. But a couple of years later, I was like, "I don't want to be here. I can't do this. I can't be who I want to be." But that was until I discovered guided meditation. I was actually looking at UFO videos on YouTube. I was like, "Let's look at UFO videos." Anytime I do that, something major happens in my life. So, I was looking at UFO videos, and the next video was a guided meditation.



Kathrin Zenkina 10:41


And this is when you were 15, or sometime later?




Jordan Bone 10:44

Yeah, sorry, this is five years later. So, this was when I was 20. That period of time between 15 and 20 was a blur, because although I remember it all, of course, it was very up and down, and very hard. That was the moment of time when I had really bad depression, and I told my mom I wanted to die, until I discovered guided meditation. My mind was blown. I

was like, "How have I not tried this before? Wow." And suddenly, I just realized that "Wait, I've still got a life. I've got a second chance at life. It's now up to me to make it as good as I can, despite these struggles. These struggles will not go away, but I am not my struggles." So, I was striving to just feel good and happy. I'm now 30, almost 31. It's been an up and down ride, but I feel like even in this past year, I've really embodied self-love. I've been through relationships that didn't work. I've been through friendships that I've lost, as well. I also, which is really funny - well, not funny. I had a scare when I was 20, when I first discovered meditation, that I had a melanoma on my leg. I was like, "What next? What else is going to happen?" But at the time, because I had discovered meditation, I was very calm about it. I told myself, "This is going to be okay." And thank God I was. I found out that information at a good time, really, because if it were a couple of months before, I probably would have melted down about it.

 Kathrin Zenkina 12:45  
Wow.

 Jordan Bone 12:47  
That's the thing, I feel like I give a lot of information. I don't know

 Kathrin Zenkina 12:50  
No, no, I am so in this story. I'm just trying to put myself in your shoes, because that's really why I wanted you to come on the podcast. Something that stuck out at me that I took notes on, I literally wrote, "Kids were scared of you." They just didn't know how to interact around you; they probably didn't know what to ask you; they didn't know what to say to you. I know that something that's really come up in 2020 is a lot of these social justice issues that are at the forefront right now. Something I've noticed is that a lot of people are afraid to ask certain questions, because we're so afraid to offend one another. We're so afraid to communicate around each other's differences and ask questions like, "What makes you different? What makes me different? How can we come together, even though we are different?" One thing that really sticks out to me that I'm curious to ask you is, those were kids, but I feel like there are adults out there who are still scared of you, in terms of, "What do I ask you? Am I going to offend you if I ask this question? Am I going to offend you if I ask that question? Can I ask about this?" That's something that really came up for me because when I was six years old - this is such a minor thing - but when I was six years old, I got into - I don't know how this happened - but somehow I tripped over a carpet, landed on a bench, and split my lip. I had to have about 30 stitches. I remember going to school, and every single kid for the next 10 to 15 years of my life, every single day,

I would get asked the question, "What happened to your lip?" over and over again. It just drove me insane. I can only imagine the kind of questions that you get. Do you find yourself still struggling with that, where a lot of people - especially who are able-bodied - don't know how to interact with you, or just don't know what to ask you?

J

Jordan Bone 14:49

Absolutely. It's funny. It's either one extreme or the other. It's either I'll be out having a really great time, and someone will just say, "What happened?" So, they want all my information, and then they'll walk away. It's like, wow, I'm not here just to make you feel good. I'm out with my friends having a cocktail, or having dinner. It's very weird that people think they can just ask that. But of course, it comes up in conversations, and I think it's normal for that to. If it didn't come up in a conversation, it would be strange, but I think for people to walk over and just simply think that they have the right to ask you about everything about your life in one sentence is a little odd. But then you'll get the other people who don't want to say anything to you, and will ask their friends to ask you something, or they just will stare at you. I think the thing is, everyone is different. Some people will be offended, and some people won't be offended by certain things. I think I am pretty okay with it. I just know that some people wouldn't be okay with someone just saying, "What happened?" And then leaving. I can't imagine if someone had said that to me on the first day I left the hospital, that would have been heartbreaking for me. I would have been like, "Wow, I am Jordan. Not just Jordan who's in a wheelchair," whereas it sometimes feels like that's all people see. Like you said about your lip; it must have felt like, "Is this the only thing people can see right now?" There's so much more that could be asked. But I do think questions need to be asked. The thing is, people with disabilities just aren't represented or seen enough. The world is pretty inaccessible a lot of the time for people who are in wheelchairs. And so, people aren't used to maybe seeing so many people around and doing things because a lot of people who have disabilities may be worried to do stuff, because it's inaccessible. There may not be a bathroom, or there may be steps into the venue. But we need to go out into the world so people see us, and so we're seen as normal and not something that is rare. We need to be seen and heard. I hope when I post on Instagram, and all that stuff, that I can help people be seen and heard.

K

Kathrin Zenkina 17:19

That's such a great point that you just made that I never thought about. It's such a great point. The world is inaccessible, so of course, people with disabilities are not going to be seen as much in certain places. Therefore, we don't see them as much and we haven't normalized them. As you mentioned, we're all people and we all are worthy. We all

deserve to have access to whatever it is that we desire to have access to. I never really thought about it that way. Thank you for that perspective.



Jordan Bone 17:53

Yeah, I know. It is so important to just - I really feel like it's important for me to represent people. I am still Jordan. I am Jordan who needs a wheelchair, but I'm not "Jordan, the Wheelchair Girl." I am Jordan, and there's more to it. My wheelchair is actually amazing because it helps me to get around. If it weren't for this, I'd be stuck in bed or on the couch. So, I'm grateful for this.



Kathrin Zenkina 18:23

Yeah. You must have had such a journey with self-love. You're very passionate about self-love. A post that you posted the other day - I actually reposted it - was something about, "Disabled bodies are also sexy, worthy, and beautiful." I love that you're spreading awareness about that. Can you just share a little more about your journey with self-love? What was that like for you? At what point did you learn to love your new body?



Jordan Bone 18:52

With my self-love, I think it's about loving my soul first, and loving who I truly am. I feel like there's a moment in time where I was just like, "I really love who I am. I'm a really good person. I would do anything for anyone. I know my worth, and I now know my boundaries." I think that is super important. I've been in relationships that weren't great. In those times, I used to lose myself a little bit and dim my own light by not doing things that lit me up, but maybe would do things that would light them up. When I got out of relationships that didn't serve me, I then realized that, actually, I am great just as I am. I was like, "I don't need someone to tell me my worth. I can tell myself that I am amazing because I know that I'm a good person. I know that what I stand for is for everyone to just live their best life. So, why should I not love myself?" It definitely has been a journey, though. I feel like I have body confidence, but sometimes I don't have confidence in my body. Well, every single moment of my day, actually, I do not have confidence in my body because I'm paralyzed from the chest down. I can't even move my fingers. I can't control if my leg has a spasm, or if my skin is a bit sore, because I've been sitting on it all day; I then have to spend time in bed. There's something called autonomic dysreflexia, which is really dangerous. Not a lot of people know about it, so I think it's good that I mention it. When your body is in pain below the level of injury, you can actually have a heart attack or stroke. Well, I deal with autonomic dysreflexia symptoms every single day. If I get a bit uncomfortable, it causes sweating, and that's a symptom. "Jordan, your body's talking to

you." It's a bit how your intuition talks to you. My body's trying to get a signal through to tell me that something's wrong. So, I have body confidence, but I don't always have confidence in my body. I can't rely on it so much, so I have to rely on how I talk to it and nourish it. How I love and treat myself is key to my self-love. I also make sure I do all my practices, like meditation, thinking of what I'm grateful for, and all the things I actually have achieved in my life. The biggest thing I've achieved is staying here. Actually, the biggest thing all of us have done in life is actually get on planet earth. It's so rare to be alive, right? It's so rare, and I think it's a great reminder.

K

Kathrin Zenkina 21:35

I think they say it's something like one - I don't know, there's an actual equation. Someone actually pulled the math of the chances of us being here. It's one in something-something trillion, zillion, or something like that. I don't even know if we have the numbers to explain that. But you're so right. Wow, I can't stop thinking about that polarity between the moment when you were fighting to stay alive and your higher-self saying, "No, you still have a purpose;" and then the polarity between that and the darker days that you've had. I'm sure you still go through dark times. I'm sure this is a journey for you. Not every single person is perfect and has great days every single day. We all have bad days, but it's just so amazing to hear from someone who's literally had a near-death experience, and then is here to share that story; but also talks about how there are moments in which you don't want to be here; and how you've developed practices to encourage yourself, and you use that energy of encouraging of yourself to also encourage others. I'm curious, what are some of your favorite practices? I know you talked about meditation, but what are some other self-love, self-care, or mindset practices that you practice yourself, and also teach others?

J

Jordan Bone 23:05

I love writing gratitude lists. I think it's so key - first thing in the morning - to write a gratitude list because we take the small things for granted. The small things are actually the biggest things, in my opinion. When my ability to walk, move my fingers, and all the other stuff that comes with it were taken away, that was something I was never grateful for in the past. I just got up every morning, jumped in the shower, and got myself dressed. That made me realize, "Wow, the things I can do now, I'm so grateful for. The fact I have a roof over my head, I'm so grateful for." It just makes you feel good. I love listening to high-vibe music. I've got a high-vibe playlist on Spotify. I try to look for all the songs that were at Tony Robbins. I went to Tony Robbins' Date with Destiny.





Kathrin Zenkina 23:52

I saw those pictures!



Jordan Bone 23:55

Yeah, I was trying to find all the music for it so I can pump up, and put my arms in the air. That's my version of dancing. I still dance, guys, even in a wheelchair. I'm usually first on the dance floor, back when we could go out in the world. So yeah, I like to write gratitude lists. I love to, like I said, move my body. That sounds strange, but I can move what I can move, and the parts of my body that I can't move, I make sure that my assistants do leg stretches. I need to keep myself as fit and healthy as possible. That is self-love for me. But getting out in nature, connecting with nature, and feeling the energy of nature that it has to give us. There are so many things I love to do. I really love to go places. I know you're in LA; I love LA so much. It was actually a dream of mine to get to California when I first had my accident, but for some weird reason, I was so nervous and I couldn't bring myself to go. Then back in 2018 was the first time I went. I went last year again for my 30th birthday. I love it so much. So, doing things for myself that are out of my comfort zone, but I know are going to be really good for me, and just have fun, and just feel good. That's the main thing for me with self-love. It's just doing things that make you feel good. But those small practices each day like gratitude, journaling, movement, and nature; they may be small, but they make a massive impact in your life, along with meditation, of course.



Kathrin Zenkina 25:34

I love that it doesn't have to be complicated, and I love that you mentioned so many practices that are accessible for any single person. They don't involve money, hiring a coach, or having to go to another location. You can just step outside and experience nature, or you can just sit in your bedroom, or anywhere - the kitchen or wherever you want to sit - and just write your gratitude list. I think that's so crucial to have those practices that are accessible at any moment of the day. So, that's really awesome.



Jordan Bone 26:04

Yeah, and I think especially if someone has an injury like mine, or they've just had an injury, or they're in a situation where they feel really low and they can't bring themselves to go to do something, you can even close your eyes and think of the things you're grateful for. Even if you can't physically write, you can bring up a memory in your mind of something that made you feel good. We can bring happiness into our lives at any moment of time. It's just a state of being, isn't it? We can close our eyes and think of some time that made us feel really good, and be happy. Some people may say, "What do you want to be?"

And a lot people say "Happy." Well, you can be happy right now.

K

Kathrin Zenkina 26:43

Oh my god, that's such an important distinction. A lot of people think happiness is a goal, when it's actually a state. I think you're in Reese's NLP training, too, right?

J

Jordan Bone 26:56

Yeah.

K

Kathrin Zenkina 26:56

So, we talk about anchoring, and how there's a difference between a state and a goal, and how a lot of people have - for instance, even something like "I want X amount of dollars." Well, why do you want those dollars? "To feel free." Okay, freedom is a state, and you can feel that right now. All you have to do is, as Jordan said, close your eyes and imagine a time in your life when you felt free. You can step into it, see what you saw, hear what you heard, and really feel the feelings of that freedom. It's accessible to all, so I LOVE that. Jordan, something I wanted to bring up, I was watching one of your videos where you were doing your makeup. It was so inspiring. I don't even know what I'm doing when I do my makeup, so it's really cool to see you - you don't have very much ability to use your hands, yet you figured out your own style to apply makeup. You are such a talented makeup artist. I know makeup is such an important aspect of your life. I'm super curious, was makeup something you always loved, even before your accident? Or is this something that you picked up after your accident as a way of expressing yourself?

J

Jordan Bone 28:02

Well, I always loved it. When I was in hospital, I couldn't do anything at first. I remember my mom trying to put some mascara on me, and I was like, "It's not enough. It's not what I look like." Normally, this isn't me. Obviously, I didn't understand the value of who I am, naturally at that point. I've grown into that. Now I can be without makeup, or I can be with full glam. Whatever, I'm all-or-nothing these days. But I loved it. And so, that was one of my goals that I wanted to do; to be able to do my own makeup. I felt like that is the Jordan that I'm putting out to the world. That is what I enjoy, and it was creative. One day, actually, I used to have a strap around my hand to use a fork. There was a guy next to me at the nurse's station, and he had lost his. His injury was a tiny bit worse than mine. I gave him my strap, but that ended up being something so great for me because that made me think, "If I've given him my strap, I can perhaps put mascara on." I was like, "Can I hold a

mascara once?" I was trying and trying, and it took me so long. I couldn't really do it at first, but I kept going. I just one day could do it. I mastered it. The nurse would be like, "Oh, Jordan's practicing her makeup again." And I'd keep practicing - and that was just mascara. It developed over the years, and then people would start to ask me on YouTube. I started YouTube back in 2010. That was when I had my awakening. I would talk about being a lightworker and all things positivity. It's so funny when I look back at the videos because I seem so different, it's funny. I'm so confident, but I'm still trying. People kept asking me about my makeup, and I have no idea why because back then it was pretty terrible. But then I started to do makeup videos on YouTube. I thought, "Well, this is something that I enjoy. I'm going to do what I enjoy." After that, I started to do makeup tutorials. I've moved away from that, now, but that was just a moment in my life that ended up being such a moment that was important. It gave me confidence, and it gave me opportunities as well. I did create a video called My Beautiful Struggle. Because of that video - because it went viral - at the time, it led me to other opportunities. That felt like that needed to happen - it really did - but now I've grown through that now. Now, I'm like, "How can I help people further?" Make up is great, but I want to help people directly.

K

Kathrin Zenkina 30:45

Yeah, it's like the gateway for you. It's like the gateway drug of "First, I'm going to help people with something that I had to figure out for myself." And then now it's, "Let's go a little deeper than that." But I love that. I watched your video. I started crying, of course, in the beginning when you were struggling to put on your mascara, I felt that frustration and emotion. It's such a beautiful video. I know it went viral, which is so awesome. It's called My Beautiful Struggle, for those of you guys who want to check it out. And you also have a book called My Beautiful Struggle, which I ended up buying. I'm going to dive into it when I travel this upcoming weekend to Sedona, again. I'm bringing it with me, and I'm so excited to dive into it. What was that journey like for you to have a book published about your story?

J

Jordan Bone 31:35

That was definitely a manifestation. For years, I would sit on my laptop thinking, "I really want to write a book. I need to write a book." I would write little sections on my notes, and it just never went anywhere. Then because I had the video, I ended up getting management and they helped me find a publisher who was so excited to do the book. I was like, "Wow." It was a real whirlwind because it happened super fast. I was like, "Wow, now I have a book. Okay." That was such a lovely thing to have something. I want to write a second one now, because that feels like quite a while ago. That was three years ago. I was so blessed to be able to do that. But it was so funny because at the time I wrote the

book, the book was coming out, and there was four weeks until the book was being published. And me and my partner at the time ended up breaking up. I was like, "Oh, this is really bad timing. Wow, thank you universe. What is this?" But it ended up being a really great thing. I just wanted to say that, because a lot of the time we can think someone's going through a really great time, but they may be dealing with something else as well. Although someone's life may look so beautiful, amazing, and magical, and someone may be doing something that you would desire to do, just know that they're human, and things are happening behind the scenes, as well.

K

Kathrin Zenkina 33:00

Hmm (affirmative). That's such a great point. Have you seen the Paris Hilton documentary yet?

J

Jordan Bone 33:04

Yes, I have.

K

Kathrin Zenkina 33:05

I watched it twice! It just goes to show, we see flashing lights, private jets, parties, and we create our own narrative. In fact, I did a fun experiment with my husband. I always knew intuitively that there's - I mean, I've done this work for years and years, so now I can look at most people and be like, "Alright, there's some trauma playing out here. There's a deeper story. There's more to this person." I asked my husband, "Hey, what do you know about Paris Hilton?" Because I watched the documentary during the day, and he came home from working out or something - I don't remember where he was. We went out to dinner and I asked him, "What do you think of Paris Hilton? What do you know about her?" He started listing out all these things how most people see her. I said, "Let me show you this documentary, and then I'm going to ask you this question again." He said "Okay." We watched the documentary, and I swear to God, I saw the man cry. He was like, "Wow, oh my God. This is so sad." I said, Brennan, what is your perspective of Paris Hilton now?" There's so much more to every single person. I'm just so over this like cancel culture thing and calling people out. We're all going to make mistakes. People make mistakes, but we just don't know the deeper levels to people, and we're not in any position, guys, whatsoever. If you're a human being, you're in no position to ever look at someone as if you know their full story. So, I love that you bring that up.

J

Jordan Bone 34:40

Absolutely. Judgment doesn't serve anyone.

K

Kathrin Zenkina 34:42

No, not at all. Jordan, what is some advice that you would give to somebody who is currently dealing with a similar situation to yours? Maybe either they were born disabled, or maybe they endured a disability later on in their life and they're really struggling and can't seem to find the light. What would be your wisdom for those people?

J

Jordan Bone 35:08

Firstly, I just want to say you are amazing - you listening right now. Just know your worth, that you are still here, and you deserve the best life. Honestly, guys. I could just hug you all. I know that it's hard, but it's so worth it. And you are worth it. It will still be hard. For me, I talk about the shadow side a lot. At first, I didn't, and then this year I've discovered that shadow is so important. That shadow can sometimes make us realize that, like you said, there's deeper things to people and deeper situations. So, if there's something keeping you down, find the actual root, and rewrite that story, guys. You are not your disability. You have so much to offer the world. Let the world see you. If you have a goal, see how you can achieve it. There's always a way. Life may be hard, and you may need someone to help you with it, but you know what? You have a gift, and that is you. We are all unique. Just be you, and just keep going, guys. Honestly, it's difficult, like I said, but it's worth it. You are a light. You're a light being, and you are here to bless the Earth in your own way.

K

Kathrin Zenkina 36:21

That is so beautiful. On the other hand, what advice would you give to people who are either have a family member or a friend who's gone through a similar situation to yours? Or maybe people who are able-bodied and want to be more inclusive and supportive of those with disabilities, but they just don't know how? What would be some of your advice to those people? Of how we can better support those who have been marginalized, excluded, or just don't feel like they're part of our society?

J

Jordan Bone 36:54

Yeah, that's a massive thing. If you have someone in your life who has got a disability, make sure you reach out to them. Make sure you invite them to things. Make them feel included. I know you may love them, but sometimes it's easy to be forgotten about. Everyone gets on with their own lives - everyone's busy - but it takes two seconds to reach

out and send a text. If you're having a gathering with your friends, make sure you invite them, too. Sometimes I don't get invited places, and it can be a bit disheartening because people will think, "Well, she'll need someone to help her" - at least ask them. Even if they can't go, at least you've made the effort. Also, see how you can help. If they're in your life, they deserve to be in your life. Everyone deserves to have a good life. And if you have questions, ask the questions that you want to ask, but be respectful. It's not about not asking anything. When I said earlier about when people walked over to me and just say, "What happened?" It seems rude, but questions need to be asked so people understand, but just ask in a respectful way. And don't be shy to talk to people, because everyone's human. We're all just on this journey together, and we need to support one another. We're more connected than we ever think. We don't realize. So, I think it's just about asking questions intelligently, kindly, and respectfully, and helping people be part of society, because like I said, we're all human.

K

Kathrin Zenkina 38:30

I just want to reiterate something that you said, and correct me if I'm wrong. I'm just paraphrasing something that you said at the beginning of this episode, which is something like, "I'm a soul, first and foremost," or "I take care of my soul, first and foremost." I think that's such a great reminder for all of us to see the soul that person is. If we just take a moment to be like, "This is a soul. This is a spark of life. This is the entire universe conspiring into their human form, whatever that form comes in." I just think that we have such a different approach to each other and to life, and it would just be a different world.

J

Jordan Bone 39:12

It really would. And, you know, sometimes disabled people can maybe seem like the vulnerable or the weaker ones in society, but a lot of the time you've got to be strong to live in this life sometimes.

K

Kathrin Zenkina 39:26

Yeah, I would say much stronger because it's like the mental, emotional, and physical challenges - that's the biggest kind of strength that you can develop. I can only imagine what skills - mental, emotional, and even physical skills - you have developed. The way that you do your makeup is different. There are so many things that you had to shift. You had to have changed your neurological connections in every single aspect, and I think that makes you way stronger. I think that gives you a whole other level of wisdom in this life, and I am just so excited for how far you go, how many people you inspire, your next

book, and all the stages you're going to speak on as soon as we can open stages again. I'm just so stoked for you, girl.

J

Jordan Bone 40:21

Aww, thank you. I think, for a lot of people, it's really key to say that acceptance is a massive thing. I've accepted what happened to me. I don't think about my disability all day, every day, although it is part of my all-day-and-everyday life. If anyone's struggling, one of the big things to do is accept who you are, and work on you, first. That will really help. I felt like I needed to say that. Literally my ears were ringing. My ears ring a lot like a download, so I felt like I should say that.

K

Kathrin Zenkina 40:57

Yes, I love it. I get either goosebumps or butterflies in my stomach. I don't really get my ears ringing but it's really funny because I do hear things. I do have a little bit of clairaudience. But then randomly while I'm doing my makeup or something, I'll just get ringing in my ears, but it's not really connected to anything. I feel like I'm going through soul school, still. You know what I mean? I feel like I just started soul school. I'm curious, what are some of your spiritual practices? I know you're big on manifesting, law of attraction, and sharing that with others. I know that you have tarot and Oracle readings and stuff that you do on YouTube. What are some of your fun spiritual practices?

J

Jordan Bone 41:41

I love pulling angel cards, tarot cards, and Oracle cards. It's my favorite, I love it. It's so fun. But it's so funny because I love doing it for other people, and then when it's for myself, I'm like "Hmm." Sometimes it's nice to have someone else do it for you. But every day, I pull one. I just love doing that because I love the confirmations you get from the universe. You know when something happens, and it's just that reminder of "Wow, it's so magical." So, I recently did my Reiki Level 2, so I can now do distance Reiki on people. I had to do a 21-day cycle where you have to heal yourself for 21 days with Reiki energy. Every day you work on a different chakra. I got to the heart chakra, and I did my healing, and then I went to pull an angel card. In this deck, there are 52 cards, and there's my chakra card - there's one chakra card, though. The day I did my heart, I pulled, and the heart chakra card came out.

K

Kathrin Zenkina 42:41

Wow, I love that.



Jordan Bone 42:42

Yeah, and then the next week it did the same. I was like, "Wow, that's so beautiful. Thank you, universe." Then there was another time I was working on my solar plexus. I had some crystals beside me. I just reached for one and was like, "This one feels aligned. I'm holding this." Afterwards, I googled the properties because I know a lot about crystals, but there are so many that you forget some things. And it was to do with the solar plexus. And I was like, "Wow, again! Universe, thank you for that support and that clarification that this is really connected, and it is all real."



Kathrin Zenkina 43:18

100 percent. Do you have a manifesting process? What's your personal manifestation style? How do you see manifestation?



Jordan Bone 43:27

I like to get myself in a really good mood. I like to put my high-vibe Tony Robbins music on and dance around the kitchen a bit. And then I like to just script out and write out how I see things, like "Thank you, Universe, blah blah blah." And just visualize that. Visualize that coming into fruition and then just really being okay with that. That's going to happen. Let it go. Just let it go. Although, some things are harder. Some things, you're like, "I really desire this." Let it go.



Kathrin Zenkina 43:59

Yeah, it's like you're slowly building up your own resistance to it just by making it such a big deal in your mind. You have to remind yourself, "This is all possible, and it's all normalized. I can't make this one a big deal because the bigger of a deal I make it, the more resistance I'm going to build up to it." So, I totally get it. I'm also curious, what is one of the coolest things you've ever manifested? Something that is either the coolest, weirdest, most exciting, or most life changing?



Jordan Bone 44:39

Well, actually, it's probably going to Tony Robbins. It was really funny, because the first time I went to LA - this is more of a thing that isn't manifestation because I always wanted to go to Tony after seeing him on Netflix. That was quite a few years ago. And so, I was like, "I'd love to go to that. I don't know, but I'd love to go." I then go to LA, and one day I go to Malibu. It was such a strange synchronicity because I was having a really nice time



with my friends. I ended up seeing this guy on a pier. He was reading the book about energy healing. I was like, "Wow, that's really cool." I had a couple of cocktails, so I was like, "I'm gonna go say hi." So, I go to this guy and start talking to him, and he starts talking about Tony Robbins. I was like, "Wow." It turns out he was from London as well, and I'm from the UK. I was like, "This is crazy. There's no one else here, just us. And my friends, obviously." We would message afterwards, and he got me a little bit of a discount. I was like, "Wow." And so, I ended up being able to go to Tony Robbins in West Palm Beach. For me, that would have been such a big thing before because I needed to have my personal assistant to be able to come and to sort out their home lives, yet it worked out perfect. We got there, and the first person I see as I get out of the taxi was the guy from Malibu.

**K** Kathrin Zenkina 46:08  
No way!

**J** Jordan Bone 46:10  
Yeah! I mean, it's not necessarily great manifestation, but it was just amazing. These synchronicities, this was supposed to happen.

**K** Kathrin Zenkina 46:20  
That's incredible.

**J** Jordan Bone 46:21  
I just felt so grateful that the universe put me and this guy in conversations with each other because it really led me down the path of even more self-love. Going to Tony Robbins really shifted a lot for me. It was amazing, even though it was freezing.

**K** Kathrin Zenkina 46:37  
Date with Destiny is like hell. It's like frozen hell on earth. I remember someone had a temperature gauge - I don't know how - but I remember someone in my group - which is funny because this is something we connected on, too, which was that we were part of the exact same group at Date with Destiny - The Manifesters. I think I went one year before you. You went in 2018, right?

J Jordan Bone 47:03  
Yeah. That's spice for you there, isn't it? It's so funny.

K Kathrin Zenkina 47:05  
It's so wild. I went one year before, and I remember someone was taking the temperature in the room because we were like, "How cold is it? What is wrong with this room?" It was 51 degrees Fahrenheit, which I know for you is Celsius. I don't know Celsius, so I'm sorry.

J Jordan Bone 47:22  
But it was cold.

K Kathrin Zenkina 47:23  
It was really cold. We were like, "God damn! This is insane." But so worth it. Date with Destiny, for those of you guys, I think he's doing a virtual one this year. There is literally no travel involved. If you guys can get to Date with Destiny - UPW if you haven't been, but Date with Destiny shifted a lot for me, too. It was one of the most pivotal moments in my business, actually, that I inspired, where I let go of my entire team. I was just crazy. So many shifts that I was able to come home and be like, "This isn't serving me, that isn't serving me." My intuition kept speaking to me and telling me, "That's not serving you. This is gonna get ripped out of your life. You have to get rid of this." I'm like, "Oh my god, buckle me up because I'm going for a ride that I'm not ready for." Just going from even 2017 to 2018 was so shifting. Yeah, it's amazing. I love that we can relate to Date with Destiny, and of course, The Manifesters.

J Jordan Bone 48:26  
That's so funny, I love that. It's just so shifting, isn't it? You just feel so empowered, like you don't mind saying the things that you really need to say. It's like, "Who is this person? Where have I come from? I'm being me right now - the true me."

K Kathrin Zenkina 48:40  
Yes. Oh my God, I love it. Well, Jordan, thank you so much. You are such an inspiration. For those of you who want to find out more about you, want to get your book, watch you on YouTube, wherever you show up, can you just share some of the places that we can go and hang out with you?



Jordan Bone 48:57

Yeah, so my Instagram is @JBone89. I also have a website that's JordanBone.co.uk, so you can find everything on there, too. It would be great to see you guys!



Kathrin Zenkina 49:07

Amazing. You guys, go ahead and take a screenshot of this episode and share with us your biggest takeaways and breakthroughs. Send Jordan a ton of love, I'm going to make sure to post all those links that she mentioned in the show notes - in case you're bad at spelling, don't know how to spell, or anything like that - to make sure that you can find her on Instagram and her website. Definitely get her book. I'm so excited to dive into it. Tag her when you read it, and all that good stuff. Jordan, I so appreciate you. I just want you to know that you are such a light in this world. You have taught me so much. and I know that those of us listening to this podcast episode are going to take away so much wisdom from you. Your positivity is just so infectious. So, thank you for coming on here, spending some time with us, and sharing your beauty with us.



Jordan Bone 49:57

Aww, thank you so much. I'm so grateful right now, and you are definitely at the top of my gratitude list today.



Kathrin Zenkina 50:02

Aww, as are you! Thank you, thank you.



Jordan Bone 50:05

Thank you so much.



Kathrin Zenkina 50:06

Alright, for the rest of you listening, I will catch you in the next episode. Mwah! 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 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 some magic.

