

Episode 198: The truth about quantum leaps

Wed, 1/13 1:18PM 17:35

SUMMARY KEYWORDS

drastic changes, podcast, episode, baby steps, breathwork, manifestation, leaps, compounding, steps, success, quantum leap, life, big, instagram, day, quantum, literally, drastic, business, session

SPEAKERS

Kathrin Zenkina

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 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. I finally have a solo episode for you. First of all, I do want to apologize if you hear knocking for some reason in this podcast episode. No one's at my door. It's just that, for some reason, today's the day that my neighbors upstairs- who have been previously very, very quiet- just decided to do some sort of remodel project. So let's hope that that doesn't come through. I'm really excited to be here and record this episode because there's just something special when I just sit by myself and record an episode all by my lonesome self and not have this be a conversation with another person. As you guys know, I have in the last year, year and a

half, really dove into interviews because there is a different kind of magic that comes out of having an actual conversation with another human being and bringing different perspectives to the podcast. But I know that there is a majority of you guys out there who also love the solo podcast. So don't worry, those are never going away. If you ever see 12 interviews in a row, it doesn't mean that I forgot about the solo episodes. Sometimes I do 12 interviews and then 12 solos right after that. So today's episode has been inspired by a breathwork session that I did a couple of days ago, and really, this concept honestly comes back to the very, very beginning of my personal development journey. Just to refresh you guys on my story when I started my first business, which was an MLM, a Beachbody business, a fitness business, one of the principles of success in that MLM was to do some sort of personal development every single day for at least 10 to 15 minutes per day. Well, yo girl is a overachiever. So I would do three, between three to eight hours. I'm not even joking. If you guys wonder how I did that, it was literally between classes, it was on my commute to school, my commute back from school, it was while doing the dishes, while getting dressed in the morning. I mean, I freaking found the time. And I really, really loved this concept, that if I just put positivity into my brain, if I put some positivity input, I would get positivity as output. And that was very inspiring for me. So one of the very first books that I read was called the compound effect, as well as the slight edge, and they're very similar in their philosophies. It's all about this concept that success does not come from these huge steps that we take in our life. It's not about the big action steps, although of course, those do lead to big results and drastic changes. But really, success comes from the compounding of seemingly insignificant steps that we take, the baby, baby steps. So this phrase, this concept of quantum leaps, I'm sure you've heard about it. If you're in the energy, manifestation, spirituality, personal development world, you will hear a lot of people talking about quantum leaps. How I took a quantum leap, how you can take a quantum leap, how to make quantum leaps happen, blah, blah, blah, blah, blah, blah. Everyone's got their secret. Everyone's got their advice, right? It's a very, very hot topic because honestly, this is what everybody wants. Everyone wants drastic changes. Everyone wants the thing really fast. Everyone wants to, not just take baby steps towards their dream life, they want to catapult themselves into their dream life and literally get there by tomorrow, right? We don't want to wait a year. We don't want to wait 10 years. We want to get there by tomorrow. But this thing downloaded for me as I was doing my breathwork practice. Actually, Brendan was joining me. And after we finished breathwork, we were talking about how the drastic changes and harmony that we feel from our breathwork practice doesn't come just from one breath work session, it comes from the compounding of many breathwork sessions. And the inner peace that we feel, and our ability to come back into center, and ground ourselves, and really come back into our bodies does not just come from one session. Although it can help you make a lot of progress towards that, it's really about the consistency in showing up and the consistency in the baby steps. It's in the consistency that it's 20 minutes a day, or even 20 minutes

every couple of days, can lead to drastic changes. And we were talking about how when we first started practicing breathwork, both of us- he doesn't join me as often as I do it- but both of us would have these revelations. I mean, we would just have these quantum leaps in consciousness shifts from a single breathwork session, and how that's kind of mellowed out and stabilized over the time, and how now it's a lot more mellow, and how now we're kind of in this place where we do it to maintain. And then if we keep up, and we keep showing up, those steps will then compound into us having again, those drastic revelations. And so, maybe every three sessions will lead to some sort of drastic revelation, and every 12 sessions will lead to some drastic revelation. But over time, if we look back, we're like, wow, I kept showing up, and I kept showing up, and I kept showing up, and this is a drastic change that this made in my life. So I wanted to relate this to talking about life in general, talking about success in general, talking about business, talking about whatever it is that you want to attract into your life, and really talk about the truth of quantum leaps. And the revelation that I had in my last breathwork session was this download of how baby steps are quantum leaps in disguise, and how oftentimes people think when they see someone create "overnight success," they think that it was an overnight action step that led to that quantum leap, that led to that massive overnight success. And oftentimes people will wait, and wait, and wait, and wait for this clarity of okay, what is that one big action step that I need to take that will lead me to that one big quantum leap, right? That will take me from where I am today to where I most desire to go by tomorrow. And basically what that does, and why this is not the right direction which I want you guys to think about taking steps in the right direction, is because oftentimes what this does is it causes us to continue waiting, and waiting, and waiting, and waiting forever with no clarity to come down from the sky and strike us as if we are some lightning rod, right? We're waiting for that lightning strike to come out of the sky and hit us, when in fact, it really comes from those baby steps. So what if I reminded you that it's not the big decisions and the big actions that contribute to quantum leaps, although of course, there's going to be moments where you make drastic decisions and make drastic changes, and it will completely do a 180 in your life. But I also want to remind you that the majority of the time, it's not the big decisions, it's not the big actions, it's the compounding of a bunch of baby steps in the right direction. Let me give you some examples. For example, million dollar bank accounts are built \$1 at a time, maybe even one penny at a time. Huge Instagram followings, right? If you're an influencer, it's the coveted thing of having a huge Instagram following. Those big Instagram following are built one post, right? One piece of value to help someone, one story, one live stream, and gaining one follower at a time. Dream relationships. They are built one date, one conversation, one text, one genuine moment of connection at a time, right? Best selling books. Everyone wants to write a best selling book apparently. And I just want to remind you that it's not that you just wake up one day and the book is done. You have to write it one word at a time, one sentence at a time, one page at a time, one thought of what am I going to put into the next sentence at

a time. Top podcasts. I feel very, very blessed that I have a top podcast, but I don't build this thing overnight, you guys. It wasn't like I knew that I would one day wake up with a top 10 podcast and just go out and record 300 episodes, which newsflash, I don't even think I have 300 episodes up until this point. But most people think it's like, oh, I gotta do this thing, and I gotta make it perfect, and I got to put a lot of effort into it, and it's got to be this big, drastic, grand opening, grand entrance for me to succeed. When top podcasts like mine are built literally one episode at a time, it's the compounding of fact, of me showing up, turning on record, recording this, talking to my microphone, one episode at a time. I hope you get the point. Everything is a series of baby steps compounded in the right direction, which is why I believe that baby steps are the quantum leaps in disguise. So as you are there on your success journey, on your manifestation journey, on your healing journey, don't ever think that you're wasting time by taking the baby steps. Oftentimes the baby steps is what leads us to clarity. And oftentimes, the baby steps lead us to the clarity of oh, here's where I need to take the big shift. here's where I need to take the big action step. But you're not going to get there unless you start moving in some direction, right? It's about taking this in the right direction, but oftentimes, you don't know if it's the right direction until you just start. And maybe three steps in, three baby steps in, you're like, oh, shit, no, this is not what I want, I need to redirect myself. And then you redirect yourself, and all of a sudden, you're like, oh, yes, this is- Yep, I like this. This is the right path. And you keep taking baby steps, and all of a sudden, you come to this place on your path where you're like, oh, this is a big decision that I need to make. Okay, I'm going to say yes. And then those baby steps lead you to those quantum leaps. So, my babe, my friend, next time you're worried about not taking action big enough, remind yourself that absolutely nobody out there on this planet knew exactly how they were going to get to where they are today from day one. Because if they did, it wouldn't take them the amount of time that it took them to get there. Even quantum leaps take time, right? Of course, we can argue that time is an illusion. But as human beings, we are here experiencing this linear reality. And so there is time here, there is time in this dimension. This is what makes the 3d dimension, it's time. So it's going to take some time. And anyone who already knew how to get to their destination and exactly how it's going to happen, they would already be able to do it on day one. But let me tell you, even my business, my multiple seven figure business on the path to eight figures, I didn't know exactly how I was going to build this from day one. I don't even know- let's take this podcast, for example. I had no idea that I was going to actually commit to a podcast. When I started my podcast, my podcast was just a place for me to store old live streams, okay? If you go back to the very beginning of my podcast, I think the first 20 episodes, or something like that, are literally live stream audios that I took from Facebook Live and put them on a podcast because I realized that the Facebook algorithm was getting in the way of people seeing my live streams. They're not in any particular order in my Facebook groups and I wanted to put them in a vault. And so this was initially supposed to be like a vault of audios for people in my facebook

group to go and reference things. And then of course, just showing up one episode at a time, one upload at a time, I realized that I really love doing this. And the podcast has really helped my business, my company, tremendously grow. It's brought in a lot of new people, it's helped the Instagram following, it's helped the course launches, it's helped a lot of things. But I didn't know on day one that this is how it's going to happen. It was baby steps that lead to the quantum leap. My business has been around for five years now. It was me following what lit me up and shared what was inspired through me one day at a time for 1825 days in a row, okay? That's the magic of the compound effect, you guys. And I just want to remind you in this episode to honor those baby steps, okay? Honor the baby step. Just do what you can today, and then wake up tomorrow and just do what you need to know, that you need to do, follow your intuition one day at a time, one step at a time. Remind yourself that you're not in a race with anybody else. There is no special bonus that you get just for succeeding sooner than you thought you were going to succeed or sooner than someone else. There is no extra bonus you guys. I didn't get any extra bonus for becoming a millionaire at 25, it's just my own personal journey, and my life goes on, and there's bigger goals, and more amazing things to accomplish, and I know I'm not in a race with anyone. So I've just completely let go of the timeline and just committed to just what am I here to do today, okay? So trust the compounding effect, it will eventually pay off because it totally will. And please, share this episode with someone that you know totally needs to hear it. And for anybody who did not hear yet, I have opened up enrollment to my free Make Manifestation Second Nature workshop where you can check out all the details on that. It starts in about, I would say when this episode goes live, maybe 10 days or something like that, where you can get the details at manifestationbabe.com/workshop. And it's a completely free workshop to learn how to make manifestation second nature where you can manifest all of your desires on literally autopilot. And another thing that I wanted to mention before I go is that if you leave a review, an honest review, on my podcast, screenshot it before you send it in because it leaves into the abyss somewhere where iTunes has to review it, I guess, before they upload it, so I don't want you to lose track of where your review went. Make sure you screenshot it before you submit it, and then submit it, and then send that screenshot to my team at Hello@manifestationbabe.com, and we're going to send you a free manifestation hypnosis as a thank you for leaving your review. Because your reviews, your shares, your Insta stories, screenshotting these episodes and sharing these with your friends, family, followers, audiences really, really tremendously helps the podcast, and I just want to let you know that I freaking appreciate you. Alright, I will catch you in the next episode. 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](https://www.instagram.com/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