

Episode_200:Your top manifestation questions ANSWERED (part ...

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SPEAKERS

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Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with the tools, the resources, the strategies, and 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 am currently in my office with a matcha latte feeling super duper happy because I am taking a break from some deep ass content creation mode that I've been in for the last three weeks straight. I mean, every single day, hours and hours and hours in front of my laptop, like damn, I need a break to just like do a podcast and do something different and talk to some people. And I recently posted a post on my Instagram asking you guys for any of your top manifestation questions. I was in the mood to do a Q&A. So I decided that I would do a little Q&A series on my podcast for the next couple of weeks in celebration of this really big big launch that

I am so stoked for. And this launch is all about my new program. Brand new program, even though it has the same name. It's kind of confusing, I know. It's the New Manifestation Babe Academy. Think of it as Manifestation Babe Academy 2.0. But it really is, and I've been hinting this since my last launch of Rich Babe Academy that I was retiring Rich Babe Academy. It was going to be the last round of that program forever. One thing I did not mention was that I was not going to launch MBA either, that I retired both programs and I was going to go ahead and actually combine the two together. And not only just combine the two together, but expand on it, go deeper, bring in some guest experts, really just give you the whole nine yards of- is that the right phrase? The whole nine yards? The whole whatever amount of yards, all about manifestation. How can you harness this to work for you and your life so that you don't just create a life that looks great on the outside? Because we all know millionaires or billionaires- or we've all heard of them at least, maybe we don't all know them- that live their best life, but they're unhappy. They're unhappy inside, they're miserable inside, and that's no way to manifest. And I'm not about that kind of manifesting. That is ego manifesting. I'm all about heart-centered, soul manifesting. We are here to create a life that looks amazing on the outside and also feels just as amazing, if not even better, on the inside. We are here to manifest a fulfilling life. We're not just about success. We're also about fulfillment, and that creates the balance, right? Most people think that manifestation is about creating this perfect life right? Never having a bad day. I'm all about balance, you guys. I will tell you: newsflash- I wrote this on Instagram, I also wrote this on my newsletter- newsflash, even millionaires have bad days, even the happiest people have negative thoughts, even the happiest people have bad days, right? It's not about perfection. That is toxic positivity, okay? I hear that phrase a lot. And I'm totally all for the...what am I trying to say? To clarify that misconception, okay? I want to bust that misconception that manifestation is not about toxic positivity, it's not just about positive thinking, it's about a whole holistic balanced approach to life. And that really came for me through the discovery of the many laws behind manifestation. There's not just law of attraction, and most people are stuck in the law of attraction. Most people only focus on the law of attraction, and a lot of teachers are only teaching the law of attraction, right? And so of course, we have a lot of people that are stuck, and they take it so literally that oh my god, I had a negative thought, so that's going to manifest into something negative. Guys, I have negative thoughts all the time because I'm a human being, and not every single thought is my thought, we are all connected on the collective level. And sometimes I pick up other people's thoughts, sometimes I pick up other people's emotions. I'm an open emotional center in human design, and so I'm an empath to other people's emotions, right? If I was to obsess over every single thought and every single emotion that I felt, I would literally lock myself up in my own home and never leave. And that's not the point of life, okay? The point of life is to interact with people, is to live a very balanced approach knowing that you are going to have challenges, and obstacles, and lessons to learn in life. And that doesn't mean that

you're a shitty manifester, that doesn't mean that this is your ticket to suffering, right? A lot of people think that we can overcome pain with the law of attraction or we can overcome pain with manifestation. You are going to overcome suffering, but you're not going to overcome pain. Pain is inevitable. It's a human experience. We are here sometimes to learn through pain. There's things that we can do to kind of learn a more aligned and easier way where we learn through pleasure. And I definitely love learning through pleasure, that's my preferred way of learning things. But sometimes when I'm not getting the fucking lesson, the universe is gonna give me some pain, right? And it's gonna be like, hey, bitch, pay attention right here. You need to pay attention to this thing right now, because this thing is getting in your way and it's fucking up the whole plan. It's fucking up your soul's plan, it's fucking up everything that you want to manifest, it's fucking up my plan for the collective. You need to get your shit together, and this is what you need to focus on, this is where you need to shift. And so yes, pain is inevitable because sometimes we have to learn through pain. But suffering, and mulling it over, and just thinking that we are doomed just because we have trauma, or we have a negative past, or a bad childhood, or some sort of painful event happened to us, or someone didn't treat us right. We don't have to suffer right? So it's really getting clear on what is manifestation and what is manifestation not. And that's really my intention with the new Manifestation Babe Academy, of just giving people the blueprint that's gonna work for you, no matter who you are. I'm incorporating human design in there, even though we're gonna get into it much later, because first we got some deconditioning and unlearning to do, but we're gonna go into human design. And I'm going to show you how there's a science to manifestation, but there's also an art to manifestation. And the art of manifestation is really rooted in that we are all so different energetically, we all have different energetic signatures. Because if we were all the same, what's the point, right? Nature celebrates diversity. The universe celebrates diversity with you, not just physically, not just where you're from, your background, right? It also celebrates the diversity of your energetic signature, and we're all here for a different purpose, and all of us are different puzzle pieces coming together in this big puzzle that the universe is, okay? So I'm going into all of this inside of the MBA, and I'm really freaking excited about it. I mean, I can't shut up about it, I can't stop sharing the behind the scenes, it's just going to be so freaking amazing, in my opinion. If you guys also miss the announcements, somehow, I'm doing a free workshop leading up to the opening of the Manifestation Babe Academy called Make Manifestation Second Nature, and you can find that link in the show notes, or you can just go to manifestationbabe.com/workshop. And that's going to be a really fun workshop. You guys know that I always do something for free that everybody can benefit from and you can get a taste of what you're going to learn inside of Manifestation Babe Academy. As you guys know, I love to give away prizes, and I make it super fun and interactive. So if you haven't yet signed up for that, I definitely recommend you do. And some of the prizes, if I remember correctly, because my team helped me choose these, is I think first place wins

the MBA. So you get a free scholarship to MBA for first place. You get be this box, this custom manifestation box that we have curated and created with my team, which is second place. And third place is a sweatshirt that I love to wear a lot that I made. I made it up, but my team actually created it. And it says the universe is my ATM, because I'm all about manifesting money, and I truly believe that the universe source is my source for income, is my source of money, is my source of abundance, and prosperity. So those are some of the fun prizes. And then, I'm also going to drop the link, I don't remember it off the top of my head. I should have looked this up before I started talking, but I'm not I'm going to pause myself from talking. So I'm just going to drop this in the show notes. You guys can also get on the waitlist right now for the Manifestation Babe Academy if you're like, hell yeah, I want in on this. And if you're not an alumni of MBA and RBA before, and you're a brand new student of mine, and you're like, yes, fuck yeah, I want to be in this new program, I'm going to drop that waitlist so that you can get notifications of exactly when it's going to open up. And if you're an alumni, we sent out an email kind of sharing how to get in as an alumni of the previous courses. Now, this is not an update to MBA or RBA, it's not like I'm redoing those programs, I'm creating something entirely new. So in order to get in there, we just have a couple of steps that you need to take. And if you miss that email, you can always email my team Hello@manifestationbabe.com and they will fill you in on everything alumni, so that you can also benefit from this incredible program. Okay, so speaking of my programs and my students, something that I absolutely love to do is do Q&As. I think it's because I'm a generator. Actually, I know it's because I'm a generator, and generators- how we interact energetically with the universe is we need to respond. We're constantly responding to things that are brought to us. And I just find that I thrive when people ask me questions. And I attract so many damn questions to the point where sometimes it drives my team a little crazy, because I will literally attract people's questions of like, okay, Kathrin, on December 5 2017, you're wearing this shirt that had this pattern on it, and it had this collar, and I really need to know where you got the shirt, and where you got that necklace, and exactly who did your hair on that day. My team was like, what the fuck? How are we supposed to know this? Let alone Kathrin doesn't even know how are we supposed to answer this question? But anyway, I love all things Q&As. I do these for my courses, if you're going to get inside of MBA, the new MBA 2.0, we're gonna do Q&As in there. I think there's 90 minute Q&As that are planned, and this is really just a taste of what I like to do. So I'm doing a series, I don't know how many parts there are, I think I have four parts planned. So definitely hit subscribe to this podcast if you're brand new. Or maybe you've listened to a couple of episodes in the past, but you haven't yet subscribed. Make sure you're subscribed because you're definitely not gonna want to miss these. Especially if you're someone who asked me a question because I might be answering your question. Alright, so let's dive into this. I'm going to take a quick sip of water. Alright, so the first question I have here, and I'm going to share your Instagram handle to the best of my ability, but I'm also going to shout you out in the show notes, okay? I know Rana helps me

out with my show notes. So Rana, if you can just link the Instagram handles, that would be amazing, so that you can spark a conversation with the person who asked, I don't know, whatever you want to do. But I also want to show you my appreciation for the fact that you guys do engage with my content and you do care, and you do have questions, and you are genuinely interested in my answer. That means a lot to me. So @Laylasassy, I think that's how you pronounce it. It's S A S S I, and Layla at the front. So you ask, and it's more of like a statement than a question, but I still really want to answer it. You write please share every little tip you have on how to let go- oops, just dropped something- how to let go and surrender your desire. I don't fully understand how you can do that with that without sending a signal to the universe that you don't want it anymore. Are you supposed to stop thinking about it after you've surrendered? Or can you let go and think about it at the same time? Okay, Layla, you have no idea how many times I get this question. So it's the most common question. So something I want to clarify, first and foremost, is that you mentioned thinking, okay? And what I want to remind you is that manifestation isn't necessarily about thinking. Thinking is a very logical, conscious mind process. And manifestation is when the conscious mind is in sync with the subconscious mind, that you will attract whatever is required of you in order to manifest your desire. So it's really what's going down on your subconscious level, your beliefs on your subconscious level. And then of course, you're also using your conscious mind, because your conscious mind is the one that's kind of deciding, it's the freewill right? I'm deciding what I want and I'm commanding that I attract this. And then it all depends on what is underlying that in your subconscious mind that's going to determine whether or not you attract it. So whether you think about it or not, and the frequency with which you think about it, doesn't impact the manifestation as much because it's very surface level, okay? The deeper attraction comes in believing it's already yours the moment you intended on having it. So it's really about the belief, it's really about knowing it's yours with absolutely no shadow of a doubt. And if you have any doubts, that's your work to do, right? That's your own self development to do on your subconscious mind. And then being the version of you mentally, energetically, emotionally, spiritually, physically who has already received his, her, or their desire. And when it comes down to surrendering, this is what I want to remind you just so you have the distinction, with surrendering, we're not necessarily surrendering the desire itself. The desire is placed in your heart, and you can keep it there, it's safe for it to be there. What we're surrendering is the parts that we are not in control of. So the what and the why in your heart, you are in control of. You can just love on that as much as you want. When I am manifesting something into my life, I feel safe thinking about it. I feel safe just knowing that it's already mine. I feel safe, kind of contemplating it, and visualizing it, and daydreaming about it. These are just activities that naturally come to me because I know that as long as I know what and why, and I follow the inspired action, I'm going to get it. It's mine, it's inevitable. What I'm surrendering in that process is all of the little details in the how and the when it's going to happen. Because what most people do is they

immediately think, oh, I want this, this is my intention, this is what I'm commanding to receive from the universe, and then they immediately go. But I don't know how it's going to happen, and so therefore it can't, right? They're trying to piece together the step by steps. And let me tell you, if you already had the step by steps, first and foremost, if you already knew how it's going to happen, it would have already happened. And the fact that it hasn't yet happened means that you don't know how it's going to happen. And you can never consciously piece the pieces together ever, ever, ever. This is a very co-creative process, okay? There are forces at work that are helping you bring this desire into physical form that work on their own timeline, okay? and they work with your vibration, and they work with their frequency. So that's the development that you need to work on, that you need to cultivate is that belief, is that knowing, okay? The how and the when it's gonna happen. So who cares how it's gonna happen, and when it's gonna happen? Because if you truly know it's yours, why does it matter how or when you receive it? And if you're truly embodying the version of yourself that already has it, guess what, they're not worrying about when or how it's going to happen, because they already have it. And you can embody that on an energetic level right now. Okay, so the next question I have here, and I'm going to do my best to just answer these as quick as possible so we can do as many as possible, and also not have super long podcasts. Because I want to kind of give you some shorter podcast episodes intermixed with my longer ones just so there's a nice variety for you. So the next question I have here is- so let me let me kind of spell it out. It's @M, oh, I see. Mwexlercareercoach. So M W E X L E R career coach, so you asked, thank you so much for asking, what if you feel like you can manifest small things, like finding \$5, but never anything big? And you see others manifesting huge sums of money and wonder, why can't you do the same? Okay, I love his question. I have talked about this in a previous episode. But I want to reiterate this, so I'm going to answer it again. So there's a limitation that we've created collectively, somehow, that keeps perpetuating this belief that something small is easy, and something big is hard. Something small is quick, and something big is going to take a really long time. Now, if we use logic, which is the conscious mind, of course, this makes sense, right? Oftentimes in life, on a logical level, something small is probably easier than something big, right? Just in general, whether it's picking it up, lifting it up, right? Or squeezing it through a doorway, right? Just small random examples like that. And something small is quick, like a five-minute activity is gonna be very quick VS a 30 minute activity, it's going to be a little bit longer. So logically, we have so many of these examples. But remember, manifestation is not a logical process. The universe does not work with any logic whatsoever. The subconscious mind is the reptilian brain plus the mammalian brain. So it's the instinctual brain plus the emotional brain, okay? that is the bridge between your conscious mind- which is your neocortex, or logical mind- and the universe, which is kind of like the super conscious. So if you want to think about it, conscious, subconscious, super conscious, universe is super conscious. That's the unexplainable and that's just the unknown. That's where the laws and the forces that

are assisting you and conspiring in your favor, that's where they're located. Your subconscious mind is what's mainly determining your energetic frequency, and your conscious mind is the conscious awareness of this is what I want, this is what I want to attract. So as you can see, if the subconscious mind is a bridge, right? You need to connect the conscious mind to the superconscious, and you do that through the subconscious, okay? So, manifestation is not a logical process. It's very much so this intuitive process, it makes no sense sometimes, intuition doesn't always make sense. And here's the thing, to the universe on an energetic level, there is no difference between \$5 or \$5 million, okay? The reason being is because money is just energy. Can you quantify energy? I don't know if you can, I personally can't, I don't know how to. How do you quantify energy? Energy is energy, I can't see it. I can't see it., but I can feel it, and I can trust that it's there, right? How do you quantify there's this much energy behind \$5, and this much energy behind \$5 million? That's just the human construct that we've created that \$5 and \$5 million, that there's an energetic difference between them. It's not, it's all just energy backed up by your intention of what you want to receive. And this made up size restraint on energy, something that we made up, it's not something the universe made up. But remember, we are co-creators. So as long as we keep falling into this belief that it's going to be harder to manifest \$5 million, the universe says, you know what? You're right. It cannot work around that belief unless you work that belief. It's going to work with your belief system, always. Whether your beliefs are serving you or they're not serving you, okay? But because we're human beings, and because we do have this big brain, and the part of our brain called the neocortex, which is where logic and rationality resides, we need to kind of work with something that I developed called the ladder of believability. And this is something that I teach my students, this is something you'll find out more about inside of manifestation babe Academy. It works really amazing with money goals, because money goals are so tangible. I really love to teach my students to start with money goals and the ladder of believability because it is so tangible and you can use the ladder of believability on such a tangible level. Basically, what you're doing is you're starting, you have your end goal- so let's say \$5 million is your end goal, for example. But you've only been able to manifest \$5 up until this poin. So you want to start at the bottom of a ladder, and you have \$5 million at the top of the ladder, you know where you're going. Just because you're not there yet, doesn't mean you're not getting there, if you see what I'm saying. So you're starting with \$5 at the bottom, the next believable level for you probaby is \$10. Or maybe that's too big, maybe you need to start with \$6. What is the next believable level that is stretching you, that would be amazing, that is within your realm of possibility, but literally right on the edge of it, that's the sweet spot that I would work with. And then once you prove to yourself, once you have your mini intention of like, ooh, I want to manifest \$10, cool. Once you prove to yourself that you can receive it and you manifested the \$10, then what you're going to do is you're going to keep bumping up the number until you receive the larger amounts. So you're just going to go cool, I manifest a \$10, what's the next realm of

possibility? Some people might go well, logically, it's \$15, right? Let's go in increments of five. But do you really want to wait the rest of your life to figure this out? No, with that kind of proof, even the first few times that you manifest something, you already have so much proof to back you up that you're like holy shit, this actually works, this is incredible, I want to try it again. And I think that I can do bigger amounts. And this is how I went from manifesting 10k a month to 100k a month in four months. It's because I just worked the ladder of believability, and I kept stretching my realm of possibility, and I went from 10K to 20K- or 10k, I think, to 15K, and then 22K, and then 40K, and then 85K, and then 100K. It just happened so fast because I was like wait, I have so much proof that every single number I've been able to hit on my ladder of believability, so of course I can hit these bigger numbers. And then, eventually, you're going to hit the \$5 million, and you're going to see that manifesting \$5 million is just as easy as manifesting the \$5, it's the exact same process. The only thing is that you are now different in your way of thinking, and your way of believing, and where you are energetically vibrating. So the next question that comes from @amandajean234, this is going to be the last question for this episode, just so I keep it short. And then I'm immediately going to go into recording the next one, which you will get when it drops. So Amandajean234, you asked, I've noticed a fear or block around making money currently because of the increase in taxes and the new political climate. Tips on blocking that fear in uncertain times. So, I love this question. Because no matter where you are standing politically, right now, that shit doesn't matter. We're not here to talk about politics right now. I believe that a lot of small business owners are feeling this way right now, or just in general, the big t word, taxes, freaks people out, right? And that's not saying that these people don't believe that taxes can be good, I'm just saying that oftentimes the fear of this unknown of like, I have to write a certain amount of money to the government every year and I don't know how much, I don't know how it works. Oh my God, what if I don't make enough money? What if I can't pay my taxes? It's just another bill. And they just spiral into freakout mode, causing a block to them receiving more money. So I definitely had this belief, I had this fear 1,000%, okay? I initially worked this through back when I had obviously zero knowledge of taxes, and always heard negative things about taxes that it's somehow going to take all my money away. And once I work through that and realize that wait a second, first of all, let me educate myself. Let me see that I'm not going to lose all my money to taxes, there are still money leftover. Taxes is a percentage of profit, so obviously means I'm profiting. And then they're not taking away all my profit, I still get to keep profit, which is awesome. And then I made this decision, this conscious decision, that I will always, always, always out earn taxes. Taxes is just not going to be something that holds me back. Now, without putting any of my own political beliefs or my own thoughts around certain policies into this, I just want to share that core belief with you. So that and kind of turn it into an affirmation, because it's helped me. It's just helped me in any tax environment, especially living in one of the highest tax cities right now in the US, which is Los Angeles. I know New York is a very high tax place, and then

also Los Angeles because of California plus Los Angeles, it's just for some people crazy. But I never gave myself permission to go down that route of like, this is crazy, this is wild, because I've always wanted to be a sovereign being who can live where they want to live, regardless of circumstances. I just want to be the type of person that can thrive through any environment. So the affirmation, this core belief, this affirmation that I want to give to you is, repeat after me, I will out earn any tax policy. There are always people thriving in any financial climate, and I choose to be one of those people. Again, repeat after me, I will out earn any tax policy. There are always people thriving in any financial climate, and I choose to be one of those people. And 2020 has been such an example of how even through the most dire circumstances, where we literally have no control over some of the policies, over some of the rules and mandates, that there are still people who thrived, right? Of course, there's people who did not thrive, and my heart goes out to those people. I'm not talking about that right now, what I'm specifically- where I want to shift your focus to right now, is that even in this climate, there are still people that thrived in these specific circumstances. And we can choose to learn from these people and be like, what made you thrive in these circumstances? Right?. So we always have that choice. And also known in general, just to kind of help you with your uncertainty, that you always have options. I mean, we all have choice. You can always move states, you can always move countries, or you can just choose to thrive where you're at, there's no judgement, it's just where do you want to thrive? Where do you want? That is the key. Where do you want to thrive? Because if people who move just for tax reasons, typically, the message that you're sending out is that I believe that I need to save money from these taxes. And so therefore, you're sending a signal that you are having this scarcity viewpoint of your financial situation, and that moving is going to improve the scarcity mindset, essentially the perspective. And what you don't realize is that's just creating change on the environmental level, on the behavior level, but that's not creating change in the identity level. So even if you do move for tax reasons, make sure you have this identity. And you have, first of all, reasons that are bigger than money, but also have this identity of I'm going to thrive in any climate, I'm going to thrive in all circumstances. And just knowing that you have these options and working on this belief will help you unblock that fear that you're feeling in these uncertain times. Because I know you're not alone. And I've seen this come up in so many small business circles of just like, oh my god, what are we gonna do? What if taxes go up even higher? Oh my god, how am I gonna? They just freak out. And it's very important to just calm down, recenter yourself, and just remember who is in charge, okay? You are in charge of your life. You have options. Alright, so that is my top three questions that I wanted to answer just for today. I do have part two, part three, part Four coming out. So definitely make sure you're subscribed, make sure you're tuning in. There's more questions to be answered. If you haven't signed up for the free five day workshop, you can go to manifestationbabe.com/workshop. Again, that's manifestationbabe.com/workshop. This is where I'm going to show you how to overcome the things that are holding you back

from receiving what you want, and really hone in and bank on your natural manifesting abilities. I love you guys so much. Thank you so much for sharing these episodes, always. Thank you so much for your tags and your reviews. I appreciate you so much and I will catch you in the next episode. Muah, bye. Thank you so much for tuning in to 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.