

Episode 206_Worthiness, nervous system regulation and consci...

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SPEAKERS

Renee Reese, 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 beautiful souls and welcome back to another episode of The Manifestation Babe podcast. I hope you're doing freaking amazing today. And if you're not, may I suggest that you listen to this episode all the way through because my girl, Renee Reese, is about to come through with all the things around worthiness, trauma release, nervous system regulation, and all the things that will help you become a better, faster, and stronger manifester. I absolutely love this conversation with attorney turned worthiness queen Renee, who I'm so excited to introduce to you because she truly is a special soul doing major work on this planet at this time. If you don't know who Renee is, she is a transformational writer, speaker, teacher,

worthiness queen, founder of the Worthy & Wealthy brand, and an innovator in the personal development industry. As a kid, she always had her nose in a book, ready to learn or get lost in another world. That is definitely something we have in common. As an adult, with the same love of learning, she consistently learned about trauma, healing, the brain, the subconscious mind. and everything she could about personal development and self improvement. It is this work that helped her to heal from her own trauma and be free from codependency, depression, anxiety, and CPTSD. She's an attorney, certified success coach, NLP practitioner, T.I.M.E. techniques practitioner, and hypnotherapist. In her free time she loves to do yoga, spend time with family, have long talks over good food with good friends, travel, and wear bright lipstick wherever she goes. This episode is so good. In this episode, we talk about money- we also talk about money. So we talked about worthiness, money, talk about nervous system regulation, trauma release, and all that good stuff, as well as topics that are kind of touchy like capitalism and how we can make capitalism a more conscious system that works for all of us. I cannot wait for you to listen to this conversation. So without further ado, Renee. Hello, Renee, and welcome to The Manifestation Babe podcast. How are you doing today?

R

Renee Reese 03:26

Hello, thank you so much for having me today. I am feeling and doing amazing.

K

Kathrin Zenkina 03:31

Yay. I'm so happy to hear that. So you are the worthiness queen. And I'm super excited to bring you on here because this is such an important topic. And I am so grateful for people like you who have dedicated themselves to helping people feel worthy of their dreams because like you say, it's such a big missing piece of manifestation, right? A lot of people, they're like, I want that thing, and they're doing all this mindset work, but they don't feel deeply worthy on the inside of what they want to attract. And so therefore, it doesn't go their way, and they block that thing from them. So I'm so excited to dive into things today. But before we get into it, I'm just curious, because I know that you are an attorney or used to be an attorney and like, how did you get into this world of personal development? How did you get the title of worthiness queen? I'm just curious.

R

Renee Reese 04:22

So crazy. So yes, I'm technically still a lawyer, but I don't practice anymore. My first job, my first entrepreneurship- what am I saying?- my first business was being a lawyer for entrepreneurs. So I had just been rejected from what I thought was my dream job back in 2017, and I took that as a sign to do my own thing. And I was like, okay, I'm gonna go for it.

And I had people who were starting their own businesses and they kept asking me legal questions. And I said, oh, my goodness, there's a need for this. Let me start my own business, I think I can do this. It was a really great time, but also challenging time. I was sleeping on a friend's couch at the time and just friggng trying to make this business work. I had no idea what I was doing. And I built that business up to six figures within that first year. And I was stressed out, so burnt out, just not confident, and money management was all over the place, and I was just a hot mess. And I was actually in Bali for a few months. And on my way home, there was a problem with immigration, I ended up owing immigration some money. And it was close to \$1,000 in cash. And normally, I dot all my Is, cross all my T's, and I'm super responsible. But for some reason, I just missed something, there was a miscommunication. And I was a six-figure business owner, so I should have been able to come up with \$1,000 cash, but I couldn't. I didn't have that much in cash. And I'm so embarrassed and so ashamed. And so, it was just a come to Jesus moment. What is happening in my life? How did I get here? Just things are piling up. They couldn't let me leave until I pay, so I had to find new housing, and then I had to change my flight, and I had a connecting flight because I was going to Europe, and I had to rebook that. It was just all this stuff piling up. And it was actually around the time that I found Manifestation Babe, which is hilarious to me. So I'm like, okay, what am I doing? And I just remember being- I was in Bali, but I was on my laptop the whole time. And I love working, so I'm not saying it's a badge of work or anything like that. But I just knew that my soul is like, there's gotta be more to life than this, this isn't what you were made to do. I finally got out of Bali, and I was in Singapore on a layover, and I could only afford just a really rundown motel for two nights. And it was just so funny, because Singapore is one of the richest countries in the world. Yeah, and I'm just in this run down, it's run down as you can get. So bad that I couldn't even- I didn't even want to sleep on the sheets because I was like, I don't know what's on these sheets, I can't. So I laid on my clothes to try to sleep. And I just said to myself, I'll never forget it, I was like, okay, you're going to burn down this business because you don't want to do this anymore, and you're going to figure out a way to be successful no matter what. I don't know what you're going to do, but you're going to figure out this money thing, you're going to figure out the success thing, and you're gonna go for it, whatever it takes. And I really had that moment with myself. And I have been into personal development for years, and years, and years before that, but this is when the rubber really met the road. And I was like, okay, let's create something out of nothing. And I just went on this journey with healing from burnout, healing from my anxiety, healing from depression, and healing from PTSD, and just healing from all of these things. And at the heart of all that, I realized, for me, it was all about worthiness, it was all about feeling worthy of my dreams, and it was all about creating safety in my nervous system and creating new beliefs that were empowering to create the life that I wanted.

K

Kathrin Zenkina 08:28

Wow. First of all, I'm so happy to have found another couch buddy. When someone else has had an experience, and I really resonate with what you said, like when the rubber meets the road, that's when you're like, oh, shit, I should actually take this personal development stuff seriously. What if I actually put it to work? What if it's not just a book, or an article, or just something that I listened to, but what if it's something that I actually see as something that can help me and if I just apply it, and integrate this, and turn it into wisdom, it can actually turn around my life. So I see so many- first of all, it's so full circle, I didn't know that that's when you discovered Manifestation Babe and now you're here on the podcast. And second of all, the similarities in our stories, I just love it. And I've been there, and it's crazy, and it's amazing, and it's the thing that leads so many people to that rock bottom moment, and I know that rock bottom moments look different to every single person, but they feel scary. No matter what your rock bottom moment is, it is fucking scary. And all of your past pains, and traumas, and all of this deep seated unworthiness just come sprouting up to the surface like, hello, hey, come work on me and you're like, oh okay, I guess now is the time. And so that's really, really cool. Let's talk about unworthiness, and worthiness, and why is this a missing piece? Can you share some wisdom with us around this?

R

Renee Reese 09:55

Yeah, so one of the things that came up for me when I was a lawyer, I had hit my first 20k month in business. And I was like, wow, I did it. This one I just started learning manifesting and trying to put it all together. And I was like, wow, it's so amazing, I did it. And it didn't feel real. It didn't sink into my bones, you know what I mean? Part of me felt like, oh my gosh, A, I'm not worthy of this. B, how did I even get here? C, this is not my life. D, what if this is a fluke? I can't maintain this. And it's just the sense of lack of safety. And a few months later, I was broke. The money just ran away from me, basically, because I felt like I can't handle this, this is not my identity, I don't identify in this world as someone who is worthy of money, who's worthy of ease, who's worthy of being highly compensated for my gifts. I don't identify as that. And when I realized this was an identity thing, and this just was me just not feeling worthy of it. And the thing is, when we come into this world, nobody looks at a baby and says, you know what? stupid baby. Get this baby out of here. We're excited, we see a baby, we're like, you know, we think they have all these hopes and dreams. And we see this whole world for the baby. And then somewhere along the line, something happens, someone hurts us, we create a, I call them unconscious vows, you take a vow or belief based on something negative that happened. And suddenly, it's like, you know what? I'm not worthy. Suddenly, I can't rely on people for help. Suddenly, if I'm seen, if I'm visible, I'm going to be harmed. if I'm too close to someone, I'm vulnerable, I'm going to be hurt. So I'm going to create all these protective walls or whatever and create

my personality based on these hurts. Feeling worthy is a decision to remember who you are at your core, remember who you were born to be. And it's not so much a creating somebody new, It's just unlearning and remembering.

K

Kathrin Zenkina 12:14

I really love that. I resonate so much with your baby example because it's so true. Babies are pure potential. And when we look at pure potential we see nothing but worthiness, we see nothing but magic, we see nothing but beauty. And we often forget that nothing at the core, because who's that baby, at the core of that baby, is a fresh soul, a fresh spirit in human form. And nothing about the baby actually changes except for the human experience, which isn't really who the baby is, it's not really who we are, right? And so, who we are at the core is worthy and we often think that all these external things that happened to us, like something our dad says, or mom says or something we experienced in elementary school, or whatever, whatever happens to us throughout our life that that changes the worthiness. And I so resonate with what you said around the baby and the fact that we are all still that baby. Everyone's still that baby, everyone's still worthy. And I'll never forget one of my first books, personal development books, way back in the day, Secrets of the Millionaire Mind, I think it's T. Harv Eker or I keep mispronouncing his name. But he shares this funny metaphor, and he's like, there's no god in the sky funneling babies through this conveyor belt and stamping them worthy, unworthy, worthy, unworthy. Who is actually deciding? Who is actually deciding who is worthy? And I love that you shared it's really about remembering. And I'm curious, do you have, when you're helping clients, you're helping people remember that worthiness, what is it that you tell them? Or how do you guide them to feeling worthy around money, or feeling worthy around relationships, or business, or whatever it is that you help people with? Do you have a step by step? Is it a process? Is it a journey? Is this something that we work on for the rest of our lives, as we reach new levels? Deeper things come up? How do you see it in your experience?

R

Renee Reese 14:16

Yeah, a couple major things. So for me, anyone experiencing trauma- or yeah, basically, trauma- has experienced a disruption in the nervous system. right? So the first thing in the polyvagal theory of the nervous system, where 80% of feeling like our the nerves- what am I saying? The nervous system goes 80% from our body to our brain, and 20% from our brain to our body, so 80% is feeling. So I think it's- I used to be so about mindset, and I super am, but how we feel on our bodies is going to be a game changer for how we're going to create. No, creating from a calm nervous system- I see clients who were in their dorsal state in the nervous system, who are frozen, who are like, I can't make a decision, I can't be visible, I can't contact someone I want to collaborate with, I can't be on

Instagram, just being in that frozen mode. And I see people who give up years later, who were just like, I just can't, I can't make a decision. And then I repeat to give on the flip side, and I was like this, who are just so revved up in their sympathetic nervous system, it's fight or flight. It's like, oh, my gosh, if I don't get this in, if I don't have this conversation this way, I'm not working. I'm not on my laptop, 24 seven, if I'm not doing everything for my clients, if I have no boundaries, all of those things, then those people eventually will have adrenal fatigue and will be stressed out, and burnt out, and all of those things. So, first thing I always want to do is create safety in the body. And there's a million modalities to do this. I know you're into breath work, so am I there's EFT tapping, and what I always tell my clients is be proactive about your nervous system. Don't wait until you're having a bad day to tap, or take a bath, or whatever. Make that a part of your life. If you need to scream in a pillow every morning, or whatever, to just clear that out your nervous system, I lay on my acupressure mat every single day for no reason other than it feels very safe to my body. I take baths all the time, just because it feels good to my body. So first, always creating that safety in the nervous system. And then second, I would say what happened? When did you make the decision that you weren't worthy? Who said what to you? Let's go to the root of that belief and knock that belief out because it's just a believe, it's just a story that you're telling yourself in your subconscious mind. And once we get that out of there, and create empowering beliefs, and you feel safe in your nervous system, that's how you call in the things that you want and that's how you keep those things because it feels safe to you. When you're feeling unsafe in your body, everything feels unsafe. Money feels unsafe, you're feeling unsafe, intimate relationships will feel unsafe because you just feel unsafe. So creating that safety and working on those beliefs for sure.

K

Kathrin Zenkina 17:25

I love what you said, because I could see myself. It took me forever to finally relax in my business. And finally relax when it came. Because there is this, like- I see this fight or flight when it comes to launches. For example, in our industry, so there's a fight, flight, freeze that I see a lot of. And I know that for me, it was like I was one of those people that felt like, oh my god, it's the launch. It's like anxiety through the roof. And then I feel like I need to nonstop talk on the internet. And then I feel like if I don't put up enough posts, or enough this, or enough that, it's never enough. It was never enough. And I would get so burnt out, and that was the story. And I normalized that because that was the story that I would see other entrepreneurs play out as well. And everybody dreaded launches. And then I just remembered, oh, wait a second, Is this how I want to live the rest of my life? Because I know how I'm approaching things right now is creating that story from this point forward. And it's gonna keep getting attracted to me because I don't feel safe in these launches, I don't feel safe in my business, all this stuff. And that's just going to keep perpetuating this vicious cycle. So one day, I think it's 15 launches in, it finally clicked. And

then me and my friend, James Wedmore, we always talk about this. How, if in a launch, you are approaching it energetically and how much you have in your plate any different than any other day, then you are trying way too hard. It's like, you are making this a big deal and you're approaching this, as you said, from the fight or flight place. And ever since I've learned to just relax, and feel safe, and discovering breathwork, game changer, EFT, game changer. I recently started doing this thing, really the first time I ever heard of it, do you know who Sahara Rose is?

R

Renee Reese 19:20

Yeah, yeah.

K

Kathrin Zenkina 19:21

She's really awesome. I interviewed her recently. And she didn't talk about this on the podcast when I interviewed her, but on her stories every now and then, she would do this thing called shaking, where she just shakes off whatever is bothering her where she dances to music. So I'm like, let me try that. And I want to talk more about trauma with you because that's something that's been coming up for me recently. It's learning more about that, and the polyvagal theory, and all this stuff. So I'm so fascinated by it. And I just started implementing this simple morning and evening routine of just putting a song on and just shaking and letting the music and my body guide the process. Sometimes they turn into a dance. Sometimes it turns into a rage party where I just start air punching something or someone, right? Sometimes my dad will come up and I'll start punching him. And it's like, this is looked at societally so weird, right? And woo woo, and like, something's wrong with this person. And I remember when I used to try to regulate my nervous system without recognizing what I was doing, I just felt like I needed to punch some fucking pillows, or something like that, and scream at the top of my lungs. My ex-boyfriend literally was like, you belong in a mental institution, there's something wrong with you, Kathrin. Only crazy people act like that, you need medication, horrible things. And so I attached that. For the longest time, I attach that label to it. And then when I got into this stuff, and through experience like emotional bypassing, and spiritual bypassing, and realizing that those things are not helping the root, which the root is not feeling safe in the body. And finally, just being able to punch my pillows in front of Brennan, and him not giving me any weird labels, and just knowing that that's so healthy to do, and so revolutionary, and so helpful. It's been such a freaking game changer, so I love that you talk about this. Can we talk a little bit more about creating safety in the body? Any techniques that you want to share, or just anything that you want to get into when it comes to trauma, polyvagal theory, go as deep and far as you want to go. I love talking about this stuff.

R

Renee Reese 21:32

Yeah, so one of the things that I love to do, and this is so counterintuitive, and just a few years ago, I think, when I was probably bypassing I'd be like, oh my gosh, that sounds so horrible. For example, I used to really associate intimacy with loss. If I love someone dearly, like a sibling, a parent, a relationship, I was like, I'm getting too close, I'm going to lose them. And it would just set my body on fire, and I would just freak out at the thought and would just, in my mind, be clinging, not necessarily towards them, but just like, oh my gosh, what if I lose them? What if I lose them? What if I lose them? And it was a theme throughout my life, since I was a young kid. And what I started doing, since this thread was so real and so pervasive, I started to sit and what loss would feel like, what that loss felt like, and just for 10 minutes a day, maybe 15, I would just feel loss. And it sounds horrible, I know. But what would happen is, first of all, what we resist persists. So my body and my brain were feeding on this. And so I said, okay, this is what you want? You want loss? Let's experience the loss. And a couple of things happen. First, I would feel it, right? And then within a few minutes though, my body would be like, oh, okay. It would come back down to neutral. And then I would do it again, maybe the next day, and I just wouldn't even feel the feelings anymore. It would just be like, oh, no, we're not even actually afraid of that, that's totally fine. And I would do similar things that- let's say, I was afraid during a launch. Okay, what if I fail? Or if I disappoint someone or something? I would sit in failure for at least a few minutes, and I would feel the failure, and I would just let it play out, and then suddenly and be like, oh, I'm actually not afraid, I actually feel safe now. Let me go do this live and let me go do stuff because I feel so good. So I tell my clients to do it all the time. Okay, if you're afraid of that, go sit in that and see what happens. And your body just is craving what you're hiding from. So it's like, you give it to your body and suddenly it's like, oh, I don't even care about this this much. Okay, I'm totally fine.

K

Kathrin Zenkina 24:00

Yeah. Oh, my god, I do that too. And for the longest time, I was so afraid to do that. It was actually plant medicine that taught me to do that because before I would be, you know how a lot of people are afraid of thinking negative thoughts? Because they think every single thought is gonna manifest, which isn't true. And so I finally learned to just not pay attention to that and just let the thought happen and not worry about me thinking it. And if I journal out on something I'm afraid of, I wouldn't worry too much about it because I just know that I'm getting it out. But what I didn't realize is that maybe I was journaling on it, but I wasn't necessarily feeling it. And so when I went into ayahuasca ceremony and I was forced to feel my feelings for 12 hours straight of every feeling I've ever suppressed for the last 27 years. Oh my god. Not only was that so miserable in the moment, it was so relieving on the other side. And I realize there's this mantra that they would share with us like, what is coming is going. And if we don't let it come, it's never gonna go. So if you

don't stay in it and just understand that it's just a vibration in your body, it's never going to leave, you're literally going to hold it in. And that's what's determining your vibration, right? So it's not just your thoughts. It's also the feelings in your body are creating the vibration and determining what you attract. And so therefore, if you don't sit in it, and release it- and I'm curious, when you do it, how you understand it, do you see it as like a release? Because I literally see it as like you're letting it go. Or are you just training your brain, or training your body, to just not be afraid of that sensation, if that sensation does happen? Let's say the failure does come, you're just like, this is no big deal because I felt this before. I'm still safe. I'm not in danger, and I can move forward from this. How do you see that? I'm super curious.

R

Renee Reese 26:00

Yeah, I see it as a combination of both. So A, I'm not going to run away from my feelings, and I'm going to face this, and I'm going to be brave, and I'm going to be with that part of myself that's wanting this attention, that's crying out for attention. I'm going to be there with myself. I'm going to have my back. And then on the flip side, also, yes, I'm releasing, I'm totally losing. I'll feel it in my body when I do this. I'll feel the sensation in my body. Just kind of like, I don't know how to say this, but just like vibrating away just like leaving. And to me, it's such a release. It's like I always have to drink a bunch of water after that because it's such a huge release for me.

K

Kathrin Zenkina 26:36

Yeah, I've had some students ask me, Kathrin, how do I just feel my feelings? And I was on the live stream, and I literally showed them. I leaned back, and I was like, here, I'm feeling my feelings. You just have to sit in it. I don't know how you imagined this to happen, but it's just you gotta sit in it and you have to wait it out. And the thing is, is that if you resist it, it's gonna last forever. But as soon as you feel it, and really allow yourself to feel it, even if it sounds so miserable, it only lasts like 5, 10, 15 minutes max. I've never had it last longer.

R

Renee Reese 27:13

Exactly.

K

Kathrin Zenkina 27:15

So, you like breathwork as well, right? Breathwork, EFT I heard you say. Do those things help with trauma as well and regulating the nervous system? And another question that just popped up is when you regulate the nervous system, is that when you release trauma?

Or is there also belief work that comes into it because there's some sort of meaning that you've also attached to the trauma that you have to disconnect as well?

R

Renee Reese 27:42

Yeah, so for me- I forgot your first question, but I'm gonna answer the second one.

K

Kathrin Zenkina 27:46

That's okay, I forgot too. Someone will remind us on the story.

R

Renee Reese 27:50

So with the releasing in the body, so I think Peter Levine said that trauma is not just experiencing the event, it's the blockage that occurs in the body after the event and not releasing that as well. So for me, yes, healing Your body, creating safety in your nervous system, and creating disconfirming experiences around that specific thing that you were afraid of, or just a traumatic event that's going to heal. And then also, I think belief work kind of just locks it in. Because sometimes people are like- their conscious mind is like, okay, well, I feel better in my body, but who knows what really happened? Just kind of that skeptic in us, that's just like, I don't really know. So I loved- I still love to do belief work. I got into belief work before I got into nervous system work. So it is 80 20. So yes, I love starting with the body because it's 80% and it's just such a big deal. And then I love locking in that last 20% because I think it does matter and it does really, really help. So I say a combination of both when you're healing trauma.

K

Kathrin Zenkina 29:07

Yeah, I love that. I still don't remember my first question. So it's okay.

R

Renee Reese 29:12

It's okay, we'll roll with it.

K

Kathrin Zenkina 29:13

Maybe eventually we'll come back. My next question for you is how do you see this showing up for people? Because I know that you specialize in wealth and you specialize in money, I'd love to talk about that. How do you see this show up in the world of wealth? And what happens to people when they finally feel safe around money? And why and

what is money? Because money triggers survival for so many people, because money is survival, the very basic level. You need money to survive, so I can see that connection. But even when you have plenty, sometimes when you're up leveling, and you're making big investments, and you're taking risks. It's like you still go into this place if you haven't worked through that of like, oh my god, what if I lose it all? What if I make this investment and never make another time again? It's constant, just this thing that bothers people. So I'm just curious if you could talk more on that.

R

Renee Reese 30:08

Yeah, a couple of things I want to say there. So what we were saying earlier about feeling our feelings, right? To me, I was telling my clients this week that when we want to receive, we also- we have a hard time receiving the "bad feelings," and we also have a hard time receiving the neutral. So how can we expect to receive the good? We can't even sit in boredom without scrolling. We can't receive boredom, and we can't receive negative feelings, but we want to receive- we want to see all the good things. Living open handedly, like both hands open. And sometimes things are taken, and that allows you to also receive. You receive all of it, so I think that's a super important piece to this. And I think that even as you're expanding, even as you're cleaning up your mind, money mindset, it's not about never being triggered, right? It's not about never feeling like, oh, my gosh, what's gonna happen, right? Because sometimes we get to a new level, and we're like, oh, crap, this is scary.

K

Kathrin Zenkina 31:14

You mean, we're human? No way. Didn't know that.

R

Renee Reese 31:20

Right? It is not about- even the other day, I made the biggest investment in my business I've made so far. And for a day I was like, oh, serious, okay. But it's about having a flexible nervous system. So what happens with trauma is normally, we get stuck in a specific state. We get stuck and then dorsal, which is the freeze mode, going and stuck in the fight or flight, and we don't know how to navigate up and down the ladder. We don't know how to get back to that common nervous system, or we stay dorsal, we just don't move; we freeze. And our nervous system continues to look for danger if we're in that fight. So it's about moving, it's about being able to have control and have just an understanding of your nervous system, because it's okay if you're getting triggered again. It's okay if something comes up and you compare yourself to someone and you're like, oh, I thought I made it past this or something happens with your money, none of us are perfect. And

none of this is a prerequisite to create a wall. Flexibility and nervous system is the goal, not perfection at all.

K

Kathrin Zenkina 32:29

Yeah, that's huge. Do you see- Is there something that comes to mind when you say flexible, nervous system? Or coping mechanisms, right? Do you see, and can you share some of the differences that you might see in something that is a healthy coping mechanism and something that is an unhealthy coping mechanism when it comes to, for instance, the area of entrepreneurship and money?

R

Renee Reese 32:54

Yeah, so healthy versus unhealthy. It's all about intention, it's all about what's behind it. So I could say to you, you know what, Kathrin? You need to go for a walk every single day, right? And for you, that might feel good, it might be amazing. For somebody, it might be a distraction, it might be- nature is always great, right? But it might just be an unhealthy hiding thing, where it's like, you know what? I'm just gonna go outside and walk all day, and I'm never going to be on the internet because I'm too afraid. So it's all about intention. It's all about- for one person, creating healthy meals might be so fun and exciting. And for one person, cooking might not be their thing. They might order meals in or whatever. For some people, they might hire someone to clean. Some people love cleaning. It just depends on the person, depends on the intention. Even something like self pleasuring, right? That can be amazing for one person, it might be an addiction to another person.

K

Kathrin Zenkina 33:55

Right.

R

Renee Reese 33:55

And again, it's all about intention and whether you're, again, remaining open? Are you escaping something? Are you completely open?

K

Kathrin Zenkina 34:04

That makes so much sense and I love that you share that because it goes similarly with when I share with people manifestation practices and different kinds of things that they can do, I have to remind them constantly that what works for one person is not going to work for everybody. And what works for me, just because I'm the teacher, don't just follow

exactly what I say. Really feel into it and be like, does this light me up? Does it excite me? Is this something that makes me feel successful? Is this something that makes me feel safe? Really experiment and try your own things and be like, oh, you know what? My jam is meditation and my jam is breathwork, but my jam is not standing in Wonder Woman pose, speaking my affirmations out loud, right? Or I love meditation, I love hypnosis, but I don't like this tapping thing, or whatever it is. For everybody, it's so important to honor everyone's unique differences. And I think that we often get indoctrinated into this belief that there's only one formula, and that there's only one way, and that way is burning out 99% of the population because that might work for just 1% of the population or even less. So I love that you speak on that. And that makes so much sense. And that's such a great way for me to also be able to interpret it of like, does this feel good for me? Is this something that's making me happy? Or is this something I'm doing because I think I should be doing, or someone told me to do, or I just think that this is what's going to help me release this energy, when in fact, maybe I just need to dance instead of go on a walk or whatever it is. So that's really awesome. There's another topic that actually came up when I was scrolling on your Instagram today that I just wanted to see if you'd like to speak on, just because I haven't heard many people speak on this, okay? So there is a hot topic, a hot word, that's being talked about in a negative light, which is capitalism, right? And I saw you mentioned that one of your bonuses for your program, which you're more than welcome to talk about at the end, is conscious capitalism. And I'm someone who also believes in conscious capitalism, and that's how I see it. And I don't see any system is perfect, but I also see how we can put consciousness into something like capitalism. And I'm just curious, can you speak on that? Can you share anything about it?

R

Renee Reese 36:26

Oh, my goodness. So I'll just tell a story or tell you about someone. So my designer who has designed all my workbooks for my program, who designed this ebook that I'm coming out with, she's freaking amazing, right? And when we work together, when we chat together, it's very collaborative. She doesn't work for me specifically, we work together. And for me, that's what conscious capitalism is all about. It's all about, I think, how we're brought up, especially in capitalism is you make a bunch of money, you pay people as little as possible, you make the profits, and then you give back. You have charities, you do some pro bono work, or whatever. But conscious capitalism to me, is taking that that vision and that mission, that helping the world and changing the world, and not just like giving back at the end, but seeing how you can make that a reality for all of your business practices and who you're hiring. And I say this all the time, your company culture, even if you're a solopreneur right now, you have a company culture, how you're treating yourself is how you're going to treat your employees. So creating a company culture, and mission, and vision that is aligned with what you say you want, And that's changing the world don't

come up with an amazing product and then treat your team like crap and don't pay them well, you know what I mean? So it's about just the holistic view of your business instead of just giving at the end to a random charity. It's about people. It's about collaboration instead of- and also profits, of course. We all want to make money. We're in business, and we get to make money, and we still get to treat people really, really, really well and care about them as people, not just employees.

K

Kathrin Zenkina 38:13

Yeah, I love that. It's like having the best of all worlds. It's helping people while making money, empowering them to make money with you and in collaboration of working with you. And I love that you say we work together rather than they work for me. And it's funny because I can't even use the word boss when I talk about myself to my team. I'm not a fucking boss. We're here together. I am the face of the company, sure, People hear my voice more than your guys's, sure. But I am so just vocal that I cannot do this without my team and my team or like my family. And I'll never forget, one of my early mentors, I will obviously not mention their name, because this is an example I do not want anyone to follow. They were someone I really looked up to in the business world because they were very influential, large audience, successful, all this stuff. And I was like, oh, cool, I can learn from this person. And then actually, one of my friend's girlfriend ended up working for this person. And so then I was able to ask like, okay, what's the behind the scenes like? What do we not hear? What's it like working for this person? And they were like, I feel stressed, I feel underpaid, there's no benefits, there's all this, there's all that, and I'm just like, damn, okay, now I know to not learn from this person about when it comes to building a team. I'm going to find a mentor that really cares about their team, and I'm going to learn from them because I believe in taking care of people. And so I found another mentor who's been incredible, still my mentor to this day, and they have a culture where their team feels like they're all part of a mission. And they're all doing amazing work, and they're all so happy, and they feel so well taken care of, and it of course funnels into that profits. And I think that most people, they try to cut costs on the people that are working for them, in that more traditional sense, working for them. And they don't realize that like, wait a second, you are also cutting your profits in the long term. Because first of all, miserable people that don't feel valued are not going to produce. And second of all, I also believe in karma. So you have to take care of your people. And I honestly, honest to god, it's been almost three years now since we hired our first employee employee, before we had contractors, and we hired a first employee. And that was really scary, because they were like, oh, my god, there's taxes and shit that we have to pay for this person, and there's benefits, and there's like, you know. And so, from the very beginning, Brendan and I were like, no, we're gonna offer a medical, dental, blah, blah, blah, everything, run our 401Ks, we're gonna treat this like a real company. And we're going to care about our people,

we're gonna bonus them well, they're gonna feel respected, and honored, and valued, and all these things. And holy shit, it's no surprise that we've grown so quickly, since that point. And I only see on the internet. And thankfully, I don't think like everybody else on the internet. But I see a lot of people, they just poopoo and just they see capitalism, and they just think it's this horrible thing. And I think that we can take anything, and we can make it work for everybody. We can take something that isn't working, or is perhaps negative in some aspects, and we can change. We can change the systems, we can elevate them, we can- Yeah, I think the best word is elevate them and make them benefit everyone. So as soon as I saw that word, I was like that's it. That's what I believe in. And I need her to talk about that. So I just got really excited.

R

Renee Reese 41:51

Yeah, and honestly, I think- America was founded on violence and taking, and was built on violence and taking. So I think that the founder, or one of the founding fathers of capitalism I was reading, he had an intention of kind of what we're talking about of conscious capitalism, but I think it got on American soil. I think America has an unconscious mind of violence and taking. So it became this goal for myself, forget everyone else, and profit, profit, profit only. It became this twisted thing and I think that we can reclaim that. And even just in small choices, like when I was debating between opening up a- I was investing opening up a solo 401k or a SEP IRA. And one of those choices is better, you can maximize it. And there's just, it's just better. But it's only if you're not planning on having employees. And I was like, oh, man. It was just like, I thought about the division for my company and I said, no, I want employees. And you know what? I want to treat them well. Like you said, I want them to have benefits. Because I've been the employee who hate her job, who wasn't treated well, I want people to enjoy working for me. But my designer, she was like, you're a pleasure to work with and that's the highest compliment. That's the highest compliment because no one's perfect, but it's just, I think living in integrity, we can't be on Instagram, like, oh my gosh, manifestation, and loving people, and let's change the world. And then behind closed doors, like, get this done.

K

Kathrin Zenkina 43:42

Yeah yeah. oh, my god, yes. oh, my goodness. I love everything that you just shared. And it's so true. And it goes also for, you know, I often say if you're a good, kind-hearted person, and you're given money, a neutral resource, you're gonna do good things with it. It's the same thing. Good people doing business are gonna do good things, right? Good people having this XYZ whatever tool, or resource, or avenue that they're given, whatever path they're on, they're gonna do good things. And so it's not something you have to necessarily worry about, or necessarily blame other people, or outwardly focus on what

everyone else is doing, it all starts with you. And if you can be the example for other people, there's going to be other people out there who also want to do good things who are gonna get inspired by you. But if you're so afraid, and you're hiding in your own little bubble, and you're not putting yourself out there, and not outwardly sharing these concepts that we're talking about, people are like, oh, I didn't know we could just do that. Oh, that's cool. Okay, now we can make the world a better place. Yes. That's how it works. Renee, it's been such a pleasure talking to you. I absolutely love every single topic that we got into and I know that people are gonna want more from you. So if you can share with us where we can find you, support you, work with you, stalk you, connect with you, where can we do that on the internet?

R

Renee Reese 45:10

Yes, come hang out with me on Instagram, I'm there @thereneereese. If you look at the link in my bio, you can get a free guide about the nervous system and about creating and keeping wealth. And yeah, hang out with me there.

K

Kathrin Zenkina 45:25

Yay, that is amazing. And for any of you guys listening, I will put those links in the show notes. So it's gonna be easy to click, whether you are on Spotify, or iTunes, or wherever you're listening to. And please tag us @thereneereese, and I'm going to link that again, and @manifestationbabe, and let us know what your takeaways were, any aha moments that you had, and definitely send some love to Renee for sharing her time, wisdom, energy with us. It's been such an incredible conversation, and Renee thank you so, so much for coming on here. I'm sending you so much love. You're doing such great work and you truly are the worthiness queen.

R

Renee Reese 46:04

Thank you so much. It's been amazing.

K

Kathrin Zenkina 46:07

Aww. All right, and to the rest of you guys, 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 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 the magic.