

# Episode\_207 Motherhood, multimillion dollar empires, and man...

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## SUMMARY KEYWORDS

people, reese, hypnosis, mom, feel, literally, baby, life, create, funny, bigger, 100k, mindset, beliefs, manifestation, birth, money, incredible, day, certification

## SPEAKERS

Reese Evans, 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 and welcome back to The Manifestation Babe Podcast. I am so excited about today's interview because I am bringing to you the Reese Evans, fellow manifestation queen, quantum leap empress- I don't know if she would call herself those names, but for some reason when I think of Reese, that's exactly what comes up for me- and founder of a ridiculously successful coaching empire called Yes Supply. Reese is actually someone I met back in 2017 when we were both in the more beginning stages of our businesses. She actually took an NLP certification with my husband, Brennan, and ever since then, I have been watching her from afar, since she lives all the way in Canada, literally blow up her business. Last time I

checked, she hit her first six-figure month and was on her way to hitting her first multiple six-figure month, you're gonna find out exactly what she's earning now in the actual interview, and I just think it is so exciting and shows what is possible for all of us. Now, Reese is a brand new mom and is raising the cutest little boy as she continues her work changing people's lives all over the world. If you've never connected with Reese or her company, Yes Supply, prepared to get ultra inspired in this episode. Reese Evans is a mindset and abundance coach, creator of the Yes Supply method, she's on a mission to teach the world the power of the subconscious mind. Oh, hell yeah, we love the subconscious mind energetics and universal laws to create the life you're truly meant to live. Reese spent most of her life riddled with limiting beliefs, and negative self talk, and saying no to herself for far too long. Everything changed when she realized that the magic was in saying yes and truly going after her dreams. She began to embody this in every area of her identity, beliefs, and energy, and everything she dreamed of began to manifest. By working with this power of the subconscious mind with coaching techniques. like neurolinguistic programming, hypnotherapy, emotional freedom techniques, tapping, and energy work, she's found the formula to make incredible change permanent and is now on a mission to spread the power, spread the message to as many people as she can. She now trains hundreds of people on her Yes Supply method coaching certification to create massive positive impact as mindset, manifestation, relationship, and business coaches by equipping them with the tools they need to help more people release what's holding them back and create quantum leaps in their lives. You guys are absolutely going to love Reese so without further ado, let's dive into the interview. Hello, Reese, and welcome to The Manifestation Babe podcast. How are you doing?

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Reese Evans 04:06

I'm doing so great. It's so great to be here with you.

K

Kathrin Zenkina 04:09

Oh my god, I'm so happy to see you. Because the last time I saw you actually in person was back in 2017 when you and Brennan were doing your NLP certification. I don't know if you remember that night that we hung out, that was so much fun. And it's been such an incredible journey just watching you evolve, and transform, and quantum leap, and the freaking empire that you have built around your coaching business, and the certification that you're on. It's been such an inspiration and I'm so excited for you to be on this podcast because I got so many questions for you, and I'm sure everyone listening is super curious about your journey. Because I know, people always ask me Kathrin, how did you grow so fast? How did you do this? How did you do that? And I'm sick of my own story. I tell it way too much. So I can't wait to hear your story. Can you go into where you began?

And all the way up until where you are today, running this incredible coaching empire, making, what? 200k a month now, the last time I checked? Freaking unbelievable. Can you just fill us in?

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Reese Evans 05:18

Oh, yeah, well, honestly, I feel the exact same about you. So it's been so great kind of growing alongside each other. And I think that's such a testament to what mindset work really can do for someone, right? So I guess I'll just start at the beginning. So I'm raised- So great to meet everyone who's here, I'm founder of Yes Supply. And so I'm from Canada. And I grew up in a single parent household, just feeling very different from everyone around me. I'm a woman of color. At school, I was one of the few kids of color. I remember watching movies or TV shows, and never seeing anyone who looked like me. And always wondering why is that? Why are the people of color always in the background or the sidekick? And no one ever teaches you that in school, right? There's so many things that you're just left with, these giant question marks about life. And also to feeling really different, where my mom was a single mom, and a lot of my friends had "the perfect families" and that type of thing. And then when I was about 10 years old, my mom actually got into a really abusive relationship. Physically, emotionally, violent. And, again, this is one of those things that nobody prepares you for this. And so when I was at home, my home life was just like a living hell. And then I would go to school and just kind of, I would have to be two different people. And I would just pretend that everything was okay, and smile and joke, because I didn't know how to deal with that. I felt a lot of shame, I felt a lot of embarrassment, I felt again, so different from everyone else around me. And now looking back, I can say he should have been embarrassed. But when you're going through that, you don't really know how to go about it. And so after that, by the end of the six year relationship, my mom ended up getting breast cancer. And this, her and I've discussed it over and over again. And this is a big part of why we so deeply believe in the mind body connection, because after six years of someone telling you that you're less than, and you're worthless, and all these terrible things, and her not feeling like she could express herself, she suppressed so much energy, right? We actually- she was over a few weeks ago. And we're talking about even just the time that she grew up in, it was like, don't cry, don't show emotion. My grandparents are saints, but she was upset with her brothers and sisters, she wasn't allowed to express that. And so so much suppressed. And like I said, she was over a few weeks ago. So she is a 15-year cancer survivor. She's doing great. But yeah, after that I just had- I was my own biggest bully, I had so many negative emotion, limiting beliefs, I would just always tell myself I wasn't good enough, No one would ever like me, I was the biggest introvert, afraid to speak to more than two people at once. And just my outside world reflected my inside world. I just worked in a series of jobs that I didn't like, being treated less than, be treated like a number. And I remember one time at my old

retail job, I looked around and there were so many people there at that retail jobs that I really believed in, like creatives. People who would say, I really want to be an artist, but I can never do that. I really want to be a designer, but I can never do that. And I would see so much potential. So I was like, why are you saying but I could never do that? And it made me realize how much we say no to ourselves, right? When the world's not telling us no, but we're telling ourselves no. And then I asked myself the question, wait, what if I am just saying no to myself?

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Kathrin Zenkina 08:55

Yeah.

R

Reese Evans 08:56

And I'm just the only thing that's really stopping myself. And it feels like there's this forcefield, but really it's just the forcefield that I'm creating because I'm limiting myself. And that's when the little droplets of the idea for Yes Supply started to come in. I remember one day, after a tough day at work, I just started journaling. If I would create anything, what would it be? And I came up with this idea to empower people on the internet. And back then, it sounded so weird, right? And I didn't get started. It took me probably a year to actually do anything with it, again, because of all these beliefs. But I just started off with a blog, just sharing my story. And then that turned into oh my god, I'm actually helping people. Maybe I can actually monetize this, not just to make money. But I'm like, if I can help people just a few hours a day after work, imagine what I could do if I was actually making enough money to pay my bills. And it's so funny because when I first started, I just wanted to pay my bills, right? And then my vision got bigger. And so, you know this, when your vision gets bigger, the resources that you need get bigger, right? You want eight players on your team, and I don't want anyone on my team to work for free, and they don't want to work for free either, right? So, you need resources. And so I started coaching, realized that through coaching, telling your coaching clients, is not going to get them very far, but empowering them from the inside out, that makes all the difference. And that's when I became obsessed with the subconscious mind, outcertified and all these incredible techniques, and then I have this mission to share these techniques with as many people as I can. And that's what made me launch the Yes Supply method, which brought us to where we are today. So that's infancy to now.

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Kathrin Zenkina 10:37

I love it. Oh, my god, I love it. So for anyone listening, I have so vouch for what race has created, because I actually took it over the summer. I really wanted to refresh myself in a

lot of the tools, and modalities, and skills that Reese is so incredible at, and so incredible at teaching it, and her trainers are incredible. Reese just had a baby when I took that certification. So I actually got trained by one of her trainers and Reese popped on every now and then. And I remember one of the days with the scripts, I caused all kinds of confusion.

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Reese Evans 11:13

I was confused, too.

K

Kathrin Zenkina 11:14

I think everybody was confused. But I learned so much in that moment. At first I felt really bad. I was like, oh my god, here I am trying to be this know at all. And then I took away- I was so happy I spoke up because I actually understood that script on a whole other level. When you fuck something up, the lessons that come out of that are so much more powerful than if you're way too scared to ask questions, or you're way too scared to make a mistake. And so you just kind of suppress that, as you shared, suppressing emotion, suppressing curiosity, suppressing uncertainty, and all that stuff. It's gonna rear its ugly head at some point. So that can show up as making a mistake in a script with an actual client instead of asking questions in class, but I still laugh about that to this day. And your training is absolutely incredible. It's amazing what you've created. And I'm super curious, you talked about how your vision expanded. And it seems like you've just been fucking knocking all your money and financial goals, just completely out of the water. And I'm curious, how did that begin for you? How did you start to realize that there's so much more out there for you to the point where you- I know you were talking about how you were setting a goal to manifest, like your first six-figure month, and I'm curious, like, when did you set that goal? And how long did it take? And what did you do to get there? Because people always ask me about my journey with my million-dollar launch, it took me like eight launches to finally get there. And I got there last launch. And I got there again, this launch. So I could so relate to that goal that you just keep setting. And one day you get there and you're like, oh my god, this is amazing. So can you kind of share a little bit about that?

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Reese Evans 12:54

Yeah, absolutely. Thank you so much for sharing all that. And I actually remember the day when I set the goal. And when I set the goal, I didn't think it was possible. Everything about me didn't think it was possible, but I wanted it. So I was actually at a conference. And the person giving the conference said set a goal that's so big that you don't even believe it.

And I was like, you know what? My intuition told me 100k a month. And so I'm like, okay, we're going with it. And I realized if I was making 100k a month, my purpose would be so much more fulfilled. Think of the people I could hire, think of the people that I could help. And you know this, in the certification we talk about the different levels of the mind. And when you tie your goal to a purpose, and your purpose is so much bigger than you, then you no longer let your limiting identities or the beliefs about you stop yourself anymore. And how you just said try something and don't be afraid of failing, it's like you fail your way all the way to your mind, right? You try different things. I remember one of the big things I actually had to work through, especially being pregnant, was I used to have a huge belief that nobody wanted to support me. There's no way you're running a multimillion-dollar business if you have the belief that nobody wants to support you. And when I started to work through that, and I believed that people would support me, now I have the most amazing team. I love my team so much. So anyway, I set that goal. And knowing what we know, I knew that my inside world had to reflect that. And so I started to work on my identity. And I asked myself, like the version of Reese who easily, effortlessly achieves it. Not like oh my god, it's such a stretch, but like it's normal. I make 100k a month, you make 100k a month, your puppy makes 100k, it's normal, right? I had to make it like oh, that's totally normal in my mind and be that person, and show up like that person, and talk about money like that person. And it was only when I really believed it on a cellular level that it came into my life. For a long time, I didn't believe it and I remember- I think it was about April that I actually started to look at my thrive cart, that's my checkout, look at my thrive cart and be like, that's weird. Why doesn't it say 100k came out? I believed it so much inside that when I looked at my bank account or my Checkout, I was like, that's weird. There should be way more in there because I believe it so much. And then that was June, we had our first six-figure month. It was was June, what year are we in? 2018? 2019?



Kathrin Zenkina 15:29  
We're in 2021



Reese Evans 15:32  
2019 was the year. Where am I? So it was June. And then we had- because I was traveling and I was not doing that last year. So it was June. And then the next two months, we just missed it. I think it was somewhere around 80 or 90K. And I realized, it's because I got to that belief, but I didn't fully stabilize the belief. And so I realized, okay, there's more triggers coming up, there's more things coming up, I have more work to do. And then it was September, I believe, where we had our next six figure month. And then every month after that it's been six figures or now multiple six figures. But it really is about who I was

being. And you know, a lot of times, I'm sure you work with a lot of coaches. So you hear people saying it's hard to do a live stream, or it's hard to do this, or it's hard to do that. But actually, when you think about it, doing a live stream is picking up your phone, you're picking up your phone anyway and pressing a button to order a breeze, right? So it's no different than picking up your phone, opening up Instagram, when that was harder, because they moved all the buttons, but you know, pressing the plus button, then pressing the live button, and then talking, that's all a live really is. And when you are that person, that coach, that leader, that thought leader, whatever it is, who has a message, it's easy because you know you have something important to say. Not important concerns on how to spell important because it can change someone's entire life. And so when you do that, it's your duty to just keep showing up and making it as habitual as brushing your teeth, or ordering Uber eats, or taking Leyla for a walk, or whatever it is.

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Kathrin Zenkina 17:08

I love what you just shared about going live is just pushing some buttons. And we do the same thing. One of the scariest things for me back in the day was getting on stage and talking. And by that point, I've gotten really good at talking via Livestream, or podcast, whatever. And I'm really good at talking to my friends, I'm like, wait a second, you're just walking down an aisle, and you're just going up a couple stairs, something you do all the time, and you just get on a stage, and you just talk to people. And it's just a slightly different format, but we really do let ourselves create the weirdest and scariest and most frightening internal representations, and meanings that we attach to, like what we're doing, that is the thing that gets in our way. And it's just, I giggle because it's so true. It's just you're pushing some fucking buttons on your phone, you're just doing this, you're just doing that. Starting a business online, it's just opening up your computer, and googling some things, and typing some things, right? It's so simple, but we let our ego get in the way so often. You know, I love what you shared about stabilizing beliefs. I'm sure people are gonna have questions about that. Can you just kind of go into what you mean by stabilizing beliefs? And for anyone who has hit their first goal, and they are approaching it right now from the mindset of like, oh, my god, was this a fluke? is it the one hit wonder? And I know, even I had thoughts like that before this launch that I'm currently in as we're recording, where I thought to myself, oh my god, what if that launch was just a fluke, right? Because we went from a 600k launch, and being stuck at 600k launches, to almost a \$2 million launch. And from launch to launch, it was such a huge spike. And I was like, oh my god, was that a fluke, right? And I had to go back and stabilize that belief. And now we're almost at those numbers again, I think we're gonna surpass it. So I know it's not a fluke. But I'm curious for anyone out there who is struggling with that and has those thoughts, what do you mean by stabilizing the belief?

R

Reese Evans 19:14

For sure. And I just want to say you're such a testament to this, because you're in the middle of the lunch. Just, it's every day for you to have a two million dollar launch. Yeah, that's the energy that we all want to channel right now. So I'll tell you one of my hacks that I actually use is to stabilize the belief and stabilize the identity. I use muscle testing. So for anyone who doesn't know what muscle testing is, we all can intuitively feel if something is a truth to us, or if something is a lie. Like if I say my name is Reese, it feels like a truth. If I say I live in Bali, even though that would be great, my body knows it's a lie, right? And so there's a lot actually to be said on muscle testing, a great book that goes into it as power versus force. But anyway, what I do is I say the goal that I want, and I aim to say it like it's already the truth. And when I say it, I can feel in my body. Oh, that so feels off. So before I say I made 100k a month and then I'm like, oh, I'm very kinesthetic as well. I feel a lot of things. So I feel a pain in my chest of panic, or I feel some anxiety lingering. And I'm like, okay, well, there's no way that 100k a month is going to be my new normal if I'm resisting it, because I think that it's going to bring on a bunch of panic, or overwhelm, or anxiety. And so in those moments, I'm obsessed with my mindset tools. So in those moments, I'll literally go and do a reprogramming session with myself, I'll tap on the anxiety, I'll do some regression techniques to release the neck, or when did I decide it was overwhelming to have a big staff or make a certain amount of money? And then I realized that the only reason why I thought that making a certain amount of money is a lot is just because of the environment that I grew up in. So one of the things that I would share with my students is if you were Kylie Jenner would you think making a million dollars a month is a lot? No, right? If Kylie Jenner made only a million dollars a month, she'd probably have to fire half of her team, right? You know what I mean? She probably couldn't even pay her maintenance fees for her house. So even though for us a million dollars a month is like, oh my god, that would be so amazing. For some people that's normal, because everything is just perception, right? Everything just has the meaning that we put on it. And so when you can kind of detach and look at it from a different perspective- okay, well, I grew up in Canada, here in the city. So yeah, I think it's a lot. But if I grew up in Calabasas, or wherever the Kardashians are from I'd be like, you only make a million dollars a month, right? And so again, that's what I do in my own head. And then when I can say I make 100k a month, or I make 200k a month, or I make 10 million a year, and it feels like a truth all the way through from my head to my toes. I know that it is just around the corner.

K

Kathrin Zenkina 22:09

Yeah. oh my god, I love that. It's funny. I talk a lot about when I finally hit the goal that I wanted to hit for my launch, people always asked me so what do you do during your launches? And I'm like, I'm chilling. If I'm not doing the same thing that I'm normally doing to airing a launch then I'm doing something wrong. I'm trying too hard. And if I'm trying



too hard, am I really approaching it as that version of myself that already had that million dollar launch? No, because that version of myself is not trying so hard. It's so normal. It's like past the salt kind of energy. It's like let me just go grab some food from my fridge kind of energy. It's just like, yeah, let me just make a million dollars in a week. It's no big deal. So I love that, I love, love, love the way that you describe it. I'm curious Reese, you have so much confidence, you just radiate confidence. Every time I see your posts, every time I see your videos, I'm like, this girl just is the shit. I just love her so much. Where does your confidence come from? And have you always had this level of confidence?

R

Reese Evans 23:10

Okay, I'm laughing right now. I definitely have not always had this level of confidence. Oh my god, that's the funniest joke ever. No, I used to be a person who is like, I'm in a corner, I couldn't talk to more than two people at once. I remember- so before I knew all these subconscious mindset tools, I would force myself to change- I remember I went to Toastmasters, which is kind of a really affordable public seating. And thinking that I was going to stand in the front of the room and pee myself or people are gonna throw tomatoes at me.

K

Kathrin Zenkina 23:44

I would literally poop. Like forget pee. I'd pooped myself. I had the same thing as you. I'd be terrified

R

Reese Evans 23:50

terrified. Yeah. And you know what? It's so funny that you say that I'm confident, and I appreciate that so much, but I think, again, going back to purpose, it's not even about confidence for me anymore. I really believe that I work for someone or something so much higher than me and so much bigger than me. And today we're teaching one of our classes, and one of the women was sharing that a family member, because they got these techniques, it stopped them from doing something that could have been really detrimental to them, right? And it just reminds me this work saves lives. Knowing that you are infinite, knowing that you are capable of anything, knowing that the fact that your boss hates you, or your boyfriend broke up with you, or whatever happened, doesn't have to stop you or slow you down, and you're so much bigger than your problems, and you can also learn such powerful lessons, and we also came here for such powerful lessons. It's not about me, Reese, I'm confident. It's like, I have work to do.-

K Kathrin Zenkina 25:07  
Yeah,

R Reese Evans 25:08  
Know what I mean? And so I can't let little things knock me off and get me to stop doing the work that I do. And lately I talk a lot about money as well. And the reason why is because Maslow's hierarchy. If all the bad people have money, the good people don't actually have control to change the world. If all the good people are focused on how do I just get by? How do I just pay my bills? You can't go up the ranks to self actualization and finding out your internal talents, or natural abilities, what you came to this planet to do, and then you're not getting to transcendence. And so I believe that literally following a similar path to you, finding what you love, talking about manifestation, growing a business and empowering people. When you have enough financial resources, and you're in your power doing something that you love, you're gonna have the freedom to self actualize, to find out what you love to do, to help others, to donate to charities, to give great people jobs, whatever that is. And that's the only way you're going to get to transcendence. You're not going to get there if you're like, oh, my gosh, this bill came in, I don't know what to do. Because then you're in fight or flight mode.

K Kathrin Zenkina 26:24  
Yeah

R Reese Evans 26:24  
I think that's where it comes from.

K Kathrin Zenkina 26:26  
Yeah, it seems like following your purpose, and getting out of your way, and making the kind of money that you want to make is the most selfless thing that you can do in order to change the world. And I also believe that as well. We keep perpetuating this story around how only the greedy bad people have money. And if we keep, as a collective consciousness, if we keep putting that story out there, who is actually going to be the one attracting the money? Who's actually going to be the one going after the money? It's all the "bad people." And so we are perpetuating the story on the collective conscious level. And we need to understand that like, listen, one person versus 9 billion, or however many billion there are now, it's like, yeah, it seems like it's not gonna make a difference. But it is,

because you, by you switching the story, and you knowing that you're a good person, and you doing the work that you came here to do, and follow your purpose, and making the kind of money that you want to make, you're going to impact those directly around you. And then those people are going to impact directly around them. And it's like this ripple effect, where we think we're so powerless, and it's just like, oh, it's just me. No, no, no, no, there are more people listening to you and being influenced by you, and looking up to you than you think. And this always shows up for me, especially in my programs, and DMs, and anywhere where I am online, I'll have people who will never, ever, ever, comment a single thing, or I've never seen them ever show up in my sphere. And then one day they write this long ass DM like, Kathrin, I've been following you for five years, or I don't even- Yeah, five years is around how old manifestation babe is- I've been following you for five years, since 2016. And this is how you changed my life. And I'm like, Damn, that's crazy. People, I don't even recognize their name. I've never seen them comment anything. And we just think that it's only the things that we see in front of us that we're impacting, but there's so much more out there. And it's just really cool. You mentioned the five levels of the mind, or the levels of the mind, I think, however many there are. And you spoke on purpose, and you talk about identity and stuff like that, for anyone who just doesn't know what that is, can you kind of share that? As well as, how we can use that to basically change our life?

R

Reese Evans 28:53

Yeah, absolutely. So I'm sure if you've been listening to Kathrin, you know she knows all about the subconscious mind and loves the subconscious mind. So these are the different levels of our mind that help us create change. And so essentially, how it goes is at the very top of this pyramid, if you can visualize, it's interesting as we're all listening right now. But at the top of this pyramid, there's purpose, just below it is identity, just below it is values, then beliefs, then behaviors, and then environment. And so the things that are the lowest are what's most conscious to us. So our behavior, what you're doing every day, like getting on a live stream, or doing a podcast, or whatever. And environment, which also means our results, right? When you open up your bank account, and you either like what you see or you don't like what you see. So those are the things that are most conscious. As you move up to- oh, I missed one, potential is in there as well. So as you move up to potential, and beliefs, and values, and identity, and purpose, the higher up you go, you're working on more of an unconscious level. Actually purpose, you're actually working on a spiritual level. And so one of the things I found out the long way was, if I just keep doing, doing, doing, forcing, forcing, forcing, trying to change the 3D with the 3D, making something change, or trying to make someone do something, I'm going to feel like I'm hitting my head against the wall. But as I start to move up, and I start to change my beliefs about what's possible for me, or my values, what's important to me, or my identity, like we talked about before, I'm just naturally the person who attracts this, or my purpose, again,

I'm just naturally the person who attracts this and can create good for myself and for others. As you go up to the top, when you're able to shift that, it'll have a trickle down effect on all the rest of it. So as you find your identity or your purpose, and you really step into that, it's like a shortcut for change because it's going to have a trickle down effect on how you act. And then also those results, whether it's your partner, or what you see in the bank account, or your work, or whatever it is. And so that's why it's so important. I think sometimes two people get really caught up in what's my purpose? What's my purpose? What's my purpose. And so I'm not saying it in that way of getting stressed out, like, oh, my gosh, Reese said that and now I have to run and go find my purpose. Sometimes your purpose is just doing what you love, like getting out of stress and going into fun, right? Getting out of overwhelm, and just going into experience. And a lot of the time, we're resisting, resisting, resisting everything that's happening. And then when we just get into the now, we realize it's actually beautiful. I can share because I just became a mom last year, I'm used to, of course, doing, and working with my team, and getting on meetings, and being on podcasts, and all these different things. And then when you have a baby, who needs your milk every 25 minutes or whatever, you become a portable milk machine, right? And so there would be times where I would be checking myself, I will be coaching myself, because maybe there's something that had an idea or something that I wanted to do at the moment, I feel all this resistance, like, oh my gosh, what if I don't do this or that? And then I'm like, Reese, I have a little miracle in front of me. And when I just remind myself the work is going to be there, the clients are going to be there, money's gonna be there, it's all gonna be there, my team's gonna be there. And if I can just be here in the now with this cute, cuddly, chubby little bundle of joy, that's why I'm doing this all. Why are we doing this all? Why do we want to earn money? Why do we want to have these businesses? Because we want to feel love, because we want to feel joy, because we want to feel miracles. I have one right in front of me. And then it's so funny too, because then when I'm more present in the now, the other things show up. And other things just come out of the blue like, we're having consistent as you can tell from the amount of money we're making, five-figure a day, when I'm not working or knocking all day, or I'm playing with my baby room, or I'm going out for walks. And it's like you said, we normalize it, like it's okay, that I get to do both of those things. And I get to have it on like it's your reality.

K

Kathrin Zenkina 33:19

Yeah. Okay, speaking of motherhood, since you brought up little baby, I wanted to talk about that because- So I would say a lot of the conversations that we had recently, like via texting, and DMs, and all that stuff, your pregnancy journey, and your birth journey, and motherhood so far, and you were telling me how you were using all of the tools that you teach in your certification to have this incredible birth that you experienced. Can you talk about that? I'm just so curious. You said that you use hypnosis, and tapping, can you

just share the whole- as much as you want- how pregnancy was for you? The birth and motherhood so far? or to share the birth story, or whatever you want to get into.

R

Reese Evans 34:01

Yeah, I'll share as much as I can remember. But yeah, it was amazing. So I want to preface this by saying that for any moms listening, or any parents listening, any way that you bring your baby into the world is beautiful, right? So there's not one way that's better than the other. I was talking with someone the other day who said she had the most beautiful C-section, and I felt like yes, if you brought life into the world, so no matter how we bring life into the world, it is a freakin miracle. But actually recently, I've learned about something called epigenomes or epigenome. And so what I didn't know is that they can actually see that if we're holding on to trauma, anxiety, passed something in the past that happened to us, it actually gets transferred on the DNA. And so that goes to show even more how important it is for us to do our own healing. And it's not selfish for us to do our own healing. because we're healing our babies and all the next generations. And then people, of course, also feel energetically, because of quantum entanglement. But essentially, I've been doing this work for years. So I think that that helped me go into being pregnant in a very calm way. And one of the things that was a big priority for me is to make sure that if I did have emotions, I was processing them, but I was in a very calm, relaxed place, because I know that when my baby's in my womb, my baby's feeling everything that I'm feeling. So I really enjoyed my pregnancy, actually. So you asked me to tell you as much or as little as I can. I actually knew I was having a baby boy the night that we conceived him.

K

Kathrin Zenkina 35:51

Oh, my God

R

Reese Evans 35:53

and it's four four fours. I'm saying this. So literally, well, I will keep it PG. But literally, I got a download that essentially said, hey, you have a choice to make right now. And if you go forward, you're gonna have the most intelligent baby boy, that was the download I got. I was like, that's a lot of pressure.

K

Kathrin Zenkina 36:13

I have gotten the same download though, Reese.

R Reese Evans 36:15  
Oh, yeah.

K Kathrin Zenkina 36:16  
Like, my mom- well, my mom has been telling me for a while, she's like, I think you're gonna have a boy. Every freakin psychic that I've seen in the last three years is like you're gonna have a Boy, Boy, boy, boy, and I'm just like, but I want a girl. And then finally, it actually came to me. When you hear it from someone else, it's like whatever. But when you actually embody it, you feel it on a whole other level. And I could actually see my son, and it'd be like, spirits said it'd be very, very gifted, very psychic, very connected child. And I literally saw him, he looked just like a blend of Brendan and I. And so I know exactly what you're talking about, even though we haven't conceived yet, or tried yet. That is a very similar thing that I experienced. I just, I know it's a boy, which is so cool.

R Reese Evans 36:33  
Yeah. And for us, we weren't- it was when we stopped not trying eventually, it pretty much happened. But yeah, all through my pregnancy too, I was very blessed. I didn't have any morning sickness or anything like that. I was definitely tired, was definitely eating like I've never eaten before. And I didn't have access to food. I was not a nice- I called Uber Eats like \$150- \$200, my guess for the baby. So, yeah, eating more than usual. But yeah, through my whole journey, I always knew this before I was pregnant. But it obviously became very real when I was pregnant that I had a phobia of giving birth.

K Kathrin Zenkina 37:44  
Whoa

R Reese Evans 37:45  
Yeah. So I wasn't afraid of being a mom. I wasn't afraid of holding the baby in my body. But I was afraid of it on the way out. And it makes so much sense. Because think about every time you see a movie, the woman looks like she's going through

K Kathrin Zenkina 38:03  
Hell

R

Reese Evans 38:05

Yeah, right. And I have all of these pictures in my mind of it being terrible. And I actually- through doing work as well- went back to being a little girl and hearing, I don't know if it was my mom, or my aunt, or some kind of motherly figure in my life. But I heard a mom talking about how she tore when the baby was coming out. And I think that the word in my head, it really stuck with me and I could really feel that viscerally. And so I knew that that was something I was going to have to work on., right? And so through- again, I did a lot of mindset work on this, I did a lot of deep breathing. I know you're into breath work, which is something I definitely want to explore more, we just hired a girl on our team who loves breathwork, too. One of the things that I was doing was I was doing a lot of really deep breathing to stimulate the vagus nerve. So breathing in for 10 to 15 seconds, and then- or breathing in for five seconds and then breathing out for 10 to 15 seconds because apparently with a longer exhale, that helps to relax the vagus nerve. I knew that breathing was going to be important for me on the day. I also watched a ton of successful births on YouTube because I just wanted to reprogram my mind. I've seen so many negative births on movies, and TV, and dadada. So I want to reprogram my mind to seeing it positively. So me and my husband would be lying in bed on our phone watching positive birth, like tears streaming down our face.

K

Kathrin Zenkina 39:42

Reese, I am literally doing that right now. I have been for the last six months, and I really appreciate all you people out there, if you did have a very positive birth experience, that you put that in your YouTube title because that really helps with my search functionality. And obviously, like you said, and I really appreciate you said, anyway you bring in your baby is beautiful, whether it was a traumatic birth, or a great birth, horrible birth, whether you love pregnancy, didn't love pregnancy, you brought in a miracle. And that's incredible. And you should be so, so proud of yourself for what your body was able to do. But I understand what you're saying completely because my mom was like, I tour and they- my mom, god bless her soul, she had a very traumatic birth and in Ukraine, there was no medication, there was no epidurals, there was no-, if you get, I think it's called an episiotomy? Where they literally cut you? Yeah, if they do that, there's no numbing, absolutely. You just feel the freaking knife open you up. And the nurses were screaming at her to shut up that she was being too loud. And it was just like that, and my dad wasn't there, because you're not allowed to have family members. And it's literally, Reese, from how she describes it to me, you don't have your own room. It's literally like in the movies, like the old in day hospitals where you just have a row of women, and they just put a curtain around you, and all these women are screaming, and just a lot of stuff like that. So I knew through what you shared with the epigenetic stuff, it for sure comes from so many places. It comes from the programming of the movies, the stories we share, the horror

stories we share, it comes from if your mom had a traumatic birth, if you came through a traumatic birth, if your grandma came through a traumatic birth, your mom came through. It's so funny, because I'm nowhere near pregnant right now, but I've been doing all these things, because I know that that's a fear I have as well.

R

Reese Evans 41:48

And I actually use the phobia technique. So I'll share a little bit and I'll share that out. I'll do it in succession. But yeah, throughout the pregnancy, watching the videos, like I said, and thank you- I want us to stop and say, thank you so much for sharing that, because that is the truth, that it has been so hard for so many women. And we've been taught that we don't own our bodies, or we can't do this, and all these different things as well. And so the fact that this information is out on the internet, and we can access it, and we can be empowered, and we hopefully have more choice now in all facilities, it's a lot better for a lot of people now than it was, but it's so horrible to hear that that's who that was. They didn't have a voice, right?

K

Kathrin Zenkina 42:37

Yeah, crazy stuff.

R

Reese Evans 42:41

But yeah, I would watch a ton of videos. And then I read the book hypnobirthing by Marie Mongan. And then I also bought the hypnobabies course, which was huge. I didn't, you're supposed to do it every day. I didn't do it every single day. But because I can go into hypnosis in a millisecond, it was like a lot easier for me than- so if you're doing this, and you've never done hypnosis before, you should probably do the tapes every single day. But since you can literally say sleep to me and I will go into hypnosis, it's a little bit easier. One of the powerful things that I learned too, from the Marie Mongan book, what helped him stay on the right was that, for example, if a cat is giving birth, a cat will go into a dark space where it's safe. And then the labor is able to start. But if a predator comes up, or if it's too bright, or something like that, the labor will literally stop because your body is programmed to protect the baby. And so I necessitated that my water broke, that if I went into this little pantry that I have in my house, I went to the bathroom, my contractions felt a little bit harder. And then when I was in the light, they stopped. And it's so interesting how our bodies know that intuitively. So one last tip for anyone listening is if you're going to a hospital, wherever, ask them to turn the lights down, because that can definitely help with the labor progression. That's one thing that I learned from that book that I feel like everyone should know, right? And also, if you feel like you're in fight or flight, so if you



know someone's not in a calm or relaxed state, your body's not in that place to give birth, it's going to be more like fight or flight. So that was really big, listening to the audios all the time, was really big for me. And it's so funny. So on the day that my water broke, George came downstairs and I was like, can you can you grab a bucket and a mop? Why? I'm like, my water broke.

K Kathrin Zenkina 44:45  
Oh my god, was he freaking out?

R Reese Evans 44:49  
What?

K Kathrin Zenkina 44:49  
Was he freaking out when you said my water just broke?

R Reese Evans 44:52  
Yeah, he initially freaked out and I'm like, you need to calm down because I need to go into hypnosis right now. I need you to be calm. And then so, I ended up having a hospital birth, and we're lucky we got a private room with a bathtub, didn't even get a chance to use bathtub because we checked in at around 6:30, by the time they all sign me in, I think it was around seven or 7:30. And then I was about three centimeters dilated, and then within 30 to 40 minutes I was 10 centimeters dilated and they're like, okay, let's get the show on the road. And it's so funny because the nurses were like- oh, so I didn't do epidural, I didn't do any of the drugs, pitocin, anything like that. I just used my hypnosis. I had my Beats headphones in my ears, my beats pros. And every time I would get a contraction and push the nurses were like, yay. And I was like, I really appreciate your enthusiasm, and I can see that you're coming from a good place, and I need you to stop cheering, and I had to get everyone in the room and relax. And then by 9:30, he was born at 9:30 on the dot. I had my little baby. And I felt, I could feel it, but because of the hypnosis, it just felt like someone squeezing your arm tight. I'm not gonna say I didn't feel anything. But it felt like someone just squeezing my arm tight and I could totally handle it. I do remember one time, a doctor came in really abruptly and it knocked me out of hypnosis, and I felt the feelings and I was like, okay, I need to turn up the hypnosis even more. Get back in. But yeah, when I was in that state, I was like off in my own little world. And yeah, I feel very blessed because we had a beautiful, beautiful birth.

K

Kathrin Zenkina 46:46

Wow. Okay, noted. I am definitely doing a hypnobirth because I remember when we were learning about hypnosis, especially I remember the first time I went through transformed destiny, they were talking about how hypnosis used to be the old anesthesia, the original anesthesia. That's how before anesthesia existed. They discovered that if you put the patient into hypnosis, probably similar to how you felt, someone's squeezing your arm, I'm sure they felt something. But it is just magical how the subconscious mind works in that state. It just doesn't register things the same way as conscious awareness and you're able to do these incredible superhero type things, and that is just so freakin cool. Thank you so much for sharing that. As soon as you said I did all these things, I tapped, I did hypnosis or whatever, I was like, damn, okay, I need to hear more about this. And so it's cool that everyone can benefit from this conversation. How has motherhood been for you? Running an empire, and being this badass boss bitch, and killing it in life, and also raising a baby, which how old is he right now?

R

Reese Evans 47:58

He's five months

K

Kathrin Zenkina 47:59

Five months. So how has the last five months been for you?

R

Reese Evans 48:03

It's been really good. You reminded me I used a lot of tapping before, during two, if I was feeling it, like we were walking to the car. And then after two, I'm using tapping because I'm like, oh my god, things on the go and getting myself back into that relaxed state. Being a mom has been the biggest blessing of my entire life. And you know, having a little baby is like, he teaches me so much. I know it sounds so cheesy to say, because that's like everyone says, but they really do teach you so much. And I think one of the most beautiful things that he teaches me is that perfection is in your growth. So often we think when I have this launch, when I have this, then I'm there. And I'm like, I know I will never be perfect because my baby's foot is perfect, and I will never be my baby's foot. There's no point in even striving for it. I think we have to also treat ourselves like a little baby. It's like, when he goes poo, I'm like, congratulations, really cheery note, you roll over like oh my god, you did it. And it's like, why can't we treat- At what age to congratulate ourselves for pooping? Is it four? Is it seven? I don't know.

K

Kathrin Zenkina 49:21

Oh my goodness, it's such a good point. At what point do we get deconditioned from celebrating every little thing in life? And being proud of ourselves, and being amazed with ourselves, and just being fascinated with everything. I think that's such a great life lesson that I could see motherhood has taught you, you just have this different energy about you, you're very just- I think you've always been this person that I've really admired because you just have this fascination with yourself, with the mind, with other people, with how to help people, and you just have this zest that I don't see very often where everything is just so exciting for you and it's just so beautiful to witness. You just radiate this pure light and pure beauty, and just to see that amplified after you became a mom, it's like, wow, I didn't know that it could get even bigger for her. And it did. And that's so inspiring me, it's inspiring for me to watch.

R

Reese Evans 50:15

You are so sweet. And I feel the exact same about you, you're just a light for so many people. So thank you for doing the work that you do. And I think, just like your holding leia right now, it's like holding a baby is so healing. Holding something so pure and innocent is so healing. So I feel like that helps. He wakes up in the morning, and it's so funny. He'll rub my face and touch my face like, are you real? I think he lucid dreams then comes back to the plan, he's like, are you real? And yeah, it just reminds you we're all children. If you're 40 years old, you're still a baby in the grand scheme of things. You're still a baby. And so it's like, if you did one thing that you couldn't do yesterday, or you did one thing a little bit better, celebrate that. And I think my grandpa actually, I wish he was still here, he taught me not to be- to be worldly, I guess, you know what's going on in the world, but not get too caught up with what's going on in the world. And it reminds me that my soul came here for something so much bigger, and not to get caught up in the drama or little things that are happening, or problems, or even the good things like a car, or a purse, or whatever. Because those things are nice, of course, but they're physical. And when you can just remember that we're energy, and we're spirits, and connect more with that, and play more with that, that's when you feel good. It's even though it's great to earn, it's great to help people, it's great to achieve. What actually is going to make you happy is what's happening on the inside, how you feel about yourself.

K

Kathrin Zenkina 51:55

Mic drop. Amen, sister. That is yes, that is the truth. So I know you are a humongous dreamer. And I'm curious, what is it next vision for you? for Yes, supply? What's next for you? What are you reaching for?

R

Reese Evans 52:10

So it's so funny, because in May 2019, I was leading a training, and I asked everyone on the group, what's your goal? And a student raised her hand, she's like, Reese, what's your goal? And I'm like- I remember saying, I don't know how I'm going to do it, but at one point, Yes Supply is going to have a science team or a research team.

K

Kathrin Zenkina 52:34

Ooh

R

Reese Evans 52:35

Yeah, we're gonna prove the science behind these techniques. And that if someone needs to take medicine or whatever, that's totally okay, I'm supportive of that. But to also show the world that you have options, and that we have tools that we can self heal and regulate within us. And so it's so funny, because fast forward a couple years later, we just hired our own award winning neuropsychologist. She has 10 years experience, researching NLP, and hypnosis, and all these different things. And right now, she's doing a literature review. So finding so much research that actually backs all of these incredible subconscious mindset tools. And then we are looking to start doing our own research. So I've seen this earth impact 1000s of people change, help people that think that they need to get a surgery not need a surgery, or help people manifest love or a certain amount of money, or believe something about themselves. And so I know it works for a fact. And so I'm so excited to create scientific proof that whatever you're going through, you have access to the tools and you don't have to look outside of you for them. They already exist inside of you. So I want to prove the science behind manifestation, I want to put behind the fact that we can reverse any negative impacts that have happened. And I always tell my team I think we're doing what we're meant to be doing. We just need to do more of it. So we just want to certify more people, help more good people become successful six-figure mindset and manifestation coaches, and just share with the world that you can empower yourself from within and you'll be so successful, and so fulfilled, and empowering others as well as you do that.

K

Kathrin Zenkina 54:28

Oh my god, I love that and we're so aligned by the way. Funny story, that is anytime people ask me what is the next level of Manifestation Babe? And I'm like, it's the same thing but more people. I'm not reaching for myself to be anything bigger. It's just I want to help more people. And so, I see myself just helping more people, that's the next level until

I've helped as many people as I can possibly before turning blue in the face. Then I've like completed my my life mission. And I love that you mentioned researcher because, similar but different, when I started putting my programs together, Rich Babe Academy, Manifestation Babe Academy, and creating just my one singular program for people of everything that I could possibly tell you about manifestation, how to work into your life, in one place. I spent the first, I think three modules, just showing people the scientific proof, the research, all of this stuff is not just a theory, here's an example of how it's been using quantum physics, here's an example of how the scientists used it in the Olympics, here's an example of this. And I just like knew- it's so funny because I just knew that if you just have as many examples as possible, and you have different people, like experts say, show you how it works, it just lets people get the fuck out of their heads about it and it just eliminates that doubt that so many people have of this sounds too woowoo, or I'm not necessarily spiritual yet, or whatever. I'm so in the spiritual, I have shamans right now instead of coaches. I had the coaches, I had the mentors, and I'm like, I want shamans in my life. And so I'm in that realm. And everyone is important, right? Wherever you are, everyone is important. Whatever help you can get is amazing. But I just know that there's those people that need that 3D tangible, like this is how it works. So it's so funny that you bring that up, because I was literally like, I think I need to spend a lot of time in the beginning working on that, and showing people, and doing some of that research, so that by the time we get to the change work, and the release work, and the rewiring, and the time techniques, and the hypnosis, and everything, it's like, listen, there is no shadow of a doubt that it fucking works. And here, we're gonna make it work for you. So I love that. That's amazing.

R

Reese Evans 56:53

That is so important. And I remember being someone who would hear a coach or a guru being like, you can have it all, and I'm like, really? But then when you have proof, like exactly what you're doing, it's like scientific studies say dadada, it's like, okay, or universal laws say dadada, okay.

K

Kathrin Zenkina 57:11

Yeah

R

Reese Evans 57:11

Maybe I can have it all. If it's a law or if there's a start, and then that's the first step into- Okay, now I'm hiring a shaman.

K

Kathrin Zenkina 57:20

Yeah, it hooks them in, you hook people in first. Reese, I can talk to you for forever, literally. It's been such a pleasure, and such a joy, and you're such a beautiful light on this planet. And I'm so excited for everyone to hear your story. I know it's weird by the time you guys are listening to this, you've already heard her whole story, but I'm really excited to put this podcast episode out. For anyone who is listening. can you just share where people can find you? How they can support you? And more importantly, how they can sign up for your certifications and all that good stuff?

R

Reese Evans 57:54

Yeah, absolutely. Thank you so much for having me on. It's been such a pleasure. And yes, I could talk to you all day. So you can find me at my website at [yessupply.co](https://yessupply.co). If you're interested in learning more about the certification as well, you can find that at [yessupply.co/certified](https://yessupply.co/certified), and then I'm on Instagram almost every day, so on there @yessupply

K

Kathrin Zenkina 58:16

Yeah, I love your Instagram. And for any of you guys listening, please tag us @yessupply, @manifestationbabe, share all your takeaways, aha moments, send all your love to Reese, we're definitely gonna repost it, and look out for that, and connect with you. And we'd love to hear what you learned from this beautiful, magical, miraculous episode. Reese again, thank you so much for being here. I am sending you so much love to you, and your family, and your beautiful baby boy. And for the rest of you, 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](https://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.