

# Episode 214: Healing financial trauma with Sorina Maria

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## SUMMARY KEYWORDS

money, trauma, people, healing, patterns, noticing, instagram, anxiety, manifest, awareness, tools, familiar, relationship, coach, healing journey, thoughts, manifestation, experience, create, paying

## SPEAKERS

Sorina Maria, 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 on 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 the 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.
- K** Kathrin Zenkina 01:16  
Hello, my beautiful souls and welcome back to another episode of The Manifestation Babe podcast. I am really excited about this one today, as you can guess from the title, we are talking about healing financial trauma. I am so excited to bring you guys a special guest today who I have been personally following for a little while now. His name is Sorina from the Instagram account @mindful\_tricks. I absolutely love and I'm low-key obsessed

with reading everything she posts and honestly, I don't remember how I found her I think it was, I found her via someone else's podcast because I was getting into podcasts around trauma. And she spoke a lot about healing financial trauma, and I was like, wow, this content is so good. Like I just so connect with the way that she explains things. I connect with her vibe and so cue me going on her Instagram and spending hours and hours there every single day for quite a little while. So when the idea came up to interview her for my podcast, my soul did a happy dance and here we are!

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Kathrin Zenkina 02:27

So if you don't know who Sorina is, Sorina is a trauma-informed business coach helping people all over the world and shifting their relationship with money through a body-mind approach tired of not seeing results in her healing journey through mindset shifts only she decided to decode the keys to lasting healing and transformation. That's when she discovered trauma-informed modalities that helped her work access the place where all of the fears and survival responses were stored which is in the body. Because many people choose to stay in the reality that's familiar due to the fear of the unknown. I can so relate to that. Her unique approach merges human desire for safety and growth, supporting people and expanding at their own pace without creating overwhelm. She truly believes that the deeper inner work she facilitates has one main purpose, allowing people to access their inherent truth and authentic self that is hidden underneath conditioning and trauma.

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Kathrin Zenkina 03:30

She believes this work allows us to uncover who we were before the world told us who we should be. Her work is informed by her own healing journey as well as her background in studying psychology and being a certified clinical trauma professional. Her upcoming program rewiring abundance is a group coaching container that teaches you how to heal financial trauma and create a new reality with money. We all want more money, right? So I'm going to go ahead and link all of Sorina's programs which I actually signed up for, and her Instagram in the show notes of this episode, and without further ado, let's just dive into this conversation all about healing from financial trauma.

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Kathrin Zenkina 04:13

Hello, Sorina, and welcome to The Manifestation Babe Podcast, I'm so excited to have you on here today.



Sorina Maria 04:20

Hello, and thank you so much for having me. I'm so excited, honestly, so excited!



Kathrin Zenkina 04:24

Oh my goodness. So I was just telling you before we started recording that I wanted to share out loud publicly that I don't remember exactly how I found you. But I'm so grateful that I did! Because when I came across your Instagram, I'm like I can stay on here for hours. Literally, I have your Instagram open right now because I'm definitely gonna be referenced a lot of really cool shit that you've shared on here. It's just so inspiring. You're so knowledgeable, you're so incredible, and I'm just so excited for the conversation that we're having today. Like this is such an honor.



Sorina Maria 04:58

You! thank you so much, this is such an honor as well, and the fact that we are doing this deeper work together. It's what inspired me as well to have this conversation today because that's I feel like that's what's truly needed to embody mentors that. Yeah, that are doing the work.



Kathrin Zenkina 05:15

Yes, absolutely! So before we dive into, you know, the topic that I really want to talk about today, which is all about healing financial trauma, because I know that is something that plagues so many people out there money is something that comes up. Probably every single one of my coaching calls, when I did one on one coaching on my group calls, my student calls, I mean, it just, it's a topic that constantly comes up. So I know that this is your specialty, this is something that you love diving into. But, before we dive into that, can you kind of share a little bit about how you got into all of this? Like what inspired you to work with, you know, clients on their financial trauma? Like do you have a background that relates to this? Like, what is your like, origin story?



Sorina Maria 05:59

Absolutely. So I think the story that's very relatable to a lot of people, is the fact that I grew up in Romania, and we were struggling a lot financially because it's something that we are struggling with on like national level and my parents were struggling a lot with money. Only my father was working, my mom had to actually move to Italy to earn more. And at that point, I somehow associated money with abandonment and while as you

know, we, later on, we need money, but then we don't have it then we don't know why. So then I started this healing journey, emotional like I did it in my relationships, I heal my attachment, trauma, and all of that, and I wanted to share my message with the world. People started wanting to pay me and then I realized that I was somehow unavailable to be paid, something would happen, they wouldn't pay me. They were just like, it just felt like something wasn't right, and I was still struggling with money. I couldn't! I was still in my full-time job and I was still struggling because my job was in pain as well. So I just I was in victim mode. One day, I was complaining to my partner, I was saying like, I'm just tired, like, I'm never having enough money! It's the same thing, credit cards, I'm not paying it off like what's the point in healing if I'm still in survival mode with money, and my partner said something like, the same way in which you've healed this relational trauma, you can also heal your relationship with money. And in the beginning, I thought like he is just so insensitive, how can you tell me that, like, you're not validating my experience and then it's like, it really hit me. I can heal this as well! But if there weren't as many resources on Instagram, like everyone was talking about attachment trauma, emotional trauma, all these things that we know about, like healing overall. But when it came to money, I couldn't find as many resources and then I found some resources on manifestation. But the ones that I found there were like mindset work in that it didn't work for me because I had so like, such deep survivor responses around money, imagine that like my mom left to learn more.

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Sorina Maria 07:03

I was still in my full-time job. And I was still struggling because my job was in pain as well. So I just I was in victim mode. One day, I was complaining to my partner, I was saying like, I'm just tired, like, I'm never having enough money. It's the same thing. credit cards, I'm not paying it off. Like what's the point in healing if I'm still in survival mode with money, and my partner said something like, the same way in which you've healed this relational trauma, you can also heal your relationship with money. And in the beginning, I thought like he is just so insensitive, how can you tell me that, like, you're not validating my experience. And then it's like, it really hit me, I can heal this as well. But if there weren't as many resources on Instagram, like everyone was talking about attachment trauma, emotional trauma, all these things that we know about, like healing overall. But when it came to money, I couldn't find as many resources. And then I found some resources on manifestation. But the ones that I found there were like mindset work in that it didn't work for me because I had so like, such deep survivor responses around money, imagine that like my mom left to learn more.

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Sorina Maria 08:19

Of course, I really hated money. I thought that's the reason why people break up because they ended up divorcing and so on. So that's when the healing journey started. I really started looking at why am I crying when I spend money on groceries, and why am I just so frustrated when I do that and I started noticing my patterns with money. And by doing that, and by really uncovering what was underneath, I was able to see that I completely shifted how I saw money. I started earning more I quit my job, but a classical story of like quitting my job being a full-time coach, mentor, launching my courses, and so on, and that was my testimony that this work works. I started working with clients as well and it was really fascinating because the core of this work really function for people in different industries like I work with someone in sales someone who is having like a brick and mortar business and I was like okay, so we have something here that's similar for all of us with money, and that's why I started talking about it but to be honest since it was such a taboo topic before I wanted to talk about money I was having panic attacks because I was like people are going to tell me that rich person had talked about money and I had to really sit with myself and process that's so that I can fully talk about it now confidently without fearing that anymore.

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Kathrin Zenkina 09:54

Yeah, I can so relate to that because I know I when I started you know talking about manifestation have very quickly turned into money, and then I started to experience my first haters and you know, people are getting incredibly triggered. Which is just I see it so differently now because I see these people getting triggered as like, this is a sign that they need this work, not a sign that I need to stop sharing this work like it means we need to be sharing this work more, but I didn't get that at first. So I definitely toned it down for a while. And then I started to bring it back into my work because I'm like, Wait a second, what am I doing? How are we supposed to heal around this, if people are so afraid to talk about it, especially people in a position to talk about it. Like if they're afraid to talk about it, we're never gonna heal. So I can totally relate to what you're saying.

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Kathrin Zenkina 10:45

Before we go further, though, a lot of people, you know, I did a little Q&A before we started this episode about an hour ago, and one of the biggest questions is like, How do I know that I have financial trauma? So maybe if you could just define what trauma is like? How does one? And how does one know if they have it with money? What does that look like?

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Sorina Maria 11:05

Absolutely! So trauma is defined in different ways to keep it somehow aligned with the topic, I would say that in this case, we know we have trauma around money when we feel like we don't have a choice when I want to create something, but I cannot when I want to quit my job. But I feel like I'm having intense anxiety when I'm thinking about that. Because the thing with money is that it's closely tied with purpose, with relationships with everything we've learned to associate money with, and this is why it's such a complex topic that we can rarely touch it in, in general terms, I'm doing my best. Yeah. It's like a, it's a lot about everything we've learned about money, and most of the time what I uncovered with my clients, my students is that their fears and their obsession to make money is most of the time not with not about money. If I see things in this is like another way in which we know we have trauma is when there's this condition relationship. If I make more money, then I can be happy if I make is that outsourcing of safety, happiness, stability, certainty, I want to have more money so that I can quit my job not to say that we don't need more money to quit our job. But where do we postpone that goal, thinking that more money is going to bring that that happiness that endorsement, many times we think that we are going to be more worthy if we have more money. So that's when we made money mean something that's a trauma of most of the time.

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Kathrin Zenkina 12:42

And how does that manifest because, you know, a lot of people can identify their stories? But like, for me, I know, in my experience, and I love how you said it's like very nuanced, and it's hard to speak about in general terms because I also find how vastly different it is for different people, we all have such different experiences, right. And so like, for example, I grew up in poverty. I literally watched my parents almost like kill each other over money, which now it's so it's so fascinating because this is something that I wanted to dive into just more of like the manifestation of the trauma, I know you speak on chronic anxiety, like when you have anxiety around money, I can still relate to that. Because at first, it was a lot of anxiety around receiving money for me. And then, you know, once I did that work, it's like, it's so interesting because even as a multimillionaire, very financially set, I still experience that anxiety around money, but it's very different now, in the sense that I now know I have a deeper level to go into. And what I mean by that is before it was like just the money made me so uncomfortable. Just like having it, I felt like I was gonna, like something bad is gonna happen, right? Like, the typical stories that people tell. And what's interesting now is that, like, I realize in a conversation with my husband, and I, we have the same goals, but very different ways of getting to those goals. And sometimes we got heads over that. So for example, I'm very big on investing in myself and in my business. So I love to invest in mentorships, and coaches and healers, and all this stuff, and sometimes that doesn't coincide with the timing of how he wants to invest in the market and how he wants to make an investment in, you know, whatever it is in the financial world in the

more 3d world, whereas I'm looking at it from an energetic perspective. And sometimes we butt heads, and I realize this are getting anxiety around one of our conversations, and I realize it's because we are now in a relationship and this money is being shared between us, and I immediately flashback to me waking up in the middle of the night and coming out to the living room and seeing a Yellow Pages. I don't know if you're familiar with the Yellow Page.

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Sorina Maria 14:58

Yeah, we had them.

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Kathrin Zenkina 14:59

Yeah, okay, so like literally getting thrown across the room and hitting like my dad's head and then hitting my mom's head, and they're fighting over money. And I realized, oh my god, there's still trauma in here where money and a healthy money relationship and a healthy relationship can't coexist. I'm like, Oh, my God, like next level. So I know for me how it manifests as like anxiety. What are some other ways that manifest for people that they know in their body, like, Oh, my God, I have financial trauma?

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Sorina Maria 15:30

Yeah! and that's, that's great that you're asking that. So basically, I don't know how much people know about trauma, but it is a response first and foremost in the body. Most More precisely, it's the discomfort the sensations were experiencing, when we are being presented with something that's a trigger with something that reminds us of an old one. And so people can have two different ways of two different stages in which they can notice this financial trauma. The first one is when they are trying to make more money. And when they, they, they noticed that response in their body, it can be discomfort, it can be procrastination like I want to step into my purpose. But I like postponing, I keep on postponing that call I keep on. And this is why it's not always the very sensation we are experiencing, we may not be that in tune with that. Because I always say that our productive parts, which are some amazing parts within all of us, that keep us away from what's unfamiliar, are going to sometimes come in very subtle ways.

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Sorina Maria 16:40

It can be like a thought, that says, Don't start a business now you can just sleep a little bit more, don't quit your job, now it's not safe. Or it can be I have a tantrum after I pay in the supermarket or a fight with my boyfriend because he's not paying more. And I have a

different relationship with the expectations that I have from my partner to pay a certain amount of money for him for groceries. And for me to not be an all of these are templates I may have seen that are being now somehow shaped into my experience to convince me to stay in my familiar, which, when it comes to financial trauma, it's a lack. Or it's that. Yeah, that ability to that way of seeing money from this perspective of it's unsafe to have money. And this is the first stage when I'm just wanting to bring in more money, I don't have it. And I noticed all these subtle ways. This is why sometimes I tell my clients, that we can uncover this only in coaching because people are not aware, or they're being tricked, right not aware, we are so merged with our productive responses that we believe them. Like yesterday, I had to go out to Spain, I'm traveling alone for the first time.

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Sorina Maria 17:59

And I wanted to go out by myself to eat. And I didn't go out until 7 pm. Because I kept on telling myself, Well, I'm going to do that. And then I'm going to send this email. But what I was actually doing was avoiding going out because it was so overwhelming. So sorry, the things that are doing in our lives, we are extremely honest with ourselves, we are not going to notice them. And this is the thing I would actually invite people to be to have that self-honesty. When they have that they're going to know for sure which ones are the ways in which they experienced trauma because it's many times very solid, subtle. Yes, it can be a discomfort when you're paying, you can look at how you're feeling when you're paying when you're receiving money. But most often, I noticed that it's very subtle and we may be very much with that bathroom.

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Kathrin Zenkina 18:47

Yeah, I definitely agree with you like even my own patterns. There's a reason why I hire coaches is because we're all so blind to our own pattern and we just think that everything we're going through is like the way things are supposed to be or they're so normal when someone else points out like, that's a very abnormal response. Like for example, I had a coaching call yesterday with a coach I just hired and he's very trauma-informed. And like, half the session is about feeling things that I felt back when Bill in the womb, and it was a lot of like transmuting that energy. And it had a lot to do with the conversation that I had with my husband in terms of money and the timing around making certain investments, and how that timing doesn't work for me, but my timing doesn't work for him. And so it was like really, really awesome. I don't know why no, I brought him up. Hold on. What did you just say? Why was I going on this tangent?

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Sorina Maria 19:41



About the subtle ways in which we're just being tricked by our nervous

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Kathrin Zenkina 19:44

Yeah! So always, always get the help that you guys need. Like, don't ever if you have the ability to hire a coach. I know not everybody has that ability, that privilege. But if you do, definitely take advantage of that and if you don't, there is amazing free content like for example Sorina's Instagram is @ mindful\_tricks and it's just filled with so much good shit. It's like I find myself literally breaking patterns as I read her Instagram post, which is so awesome.

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Kathrin Zenkina 20:16

You have a post on here that says no, you're not going crazy nor finding reasons to be unhappy when all as well. It's just that when your nervous system is not familiar with life being good or peaceful and it fabricates scary thoughts and feelings to recreate the same emotional state that is familiar for you. That is so huge. And I'm curious because I know a lot of people are going to ask Okay, so how do we make the unfamiliar, familiar, familiar, like how do like what is the step by step if you will, of overcoming this discomfort and anxiety and all the things that come up, that are reminding us of the past traumas that we have actually endured when it comes to finances?

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Sorina Maria 20:55

So yeah, I'm happy that you asked this because it ties with what I shared earlier, the first step was, the first step in our healing journey is when we are trying to make money. The next one is when we already have the money. So I managed to manifest the money, I managed to manifest the reality that I desire, everything is good, I have everything that I want, but then I'm tripping on my own system. It's like my own system, it creates cortisol, it creates all these hormones. And I don't know what's happening, because I may be in Paradise, I may have all this money and I'm not happy more. So not that only that I'm not happy. I'm having extreme responses, thoughts, what we would even call OCD-related thoughts? because I experienced that and I think many times mental illnesses or mental health disorders are not well understood, especially in this case, it can literally feel like we are dying. Because imagine that these protective parts have in our subconscious mind, which is the same thing. Basically, they have one goal to keep us in the familiar. And having this abundance all of a sudden having them because even healing is a manifestation process, we are going from not being killed to healing those patterns. And I mean this new reality, everything is unfamiliar. It's almost as if I am in a zoo, next to wild animals. and I have to run and my system doesn't get it. So in this situation, of course, it

can vary based on how it shows up for us. But what we are trying to do is first of all, do we have enough awareness to see how are we being tricked to stay in the familiar as I always say because it almost feels like a nervous system tantrum. That's how I call it it's like, everything in me says you have to get out of this in this moment. In relationships, it's called relationship anxiety. I used to have that because I manifested the relationship that I have with my partner. It was all peaceful and my brain was like, No, no, no, this is not okay, you have to go back to what you knew, which is anxiety and problems and so on. So the first one is really allowing ourselves to no longer be merged with these patterns and to know that it's normal if we are hitting if we are experiencing something new. This is a normal part of the process, even if it doesn't feel normal.

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Sorina Maria 23:27

It comes with crazy, irrational thoughts, fears, with money can look like I'm just I think Amanda Francis said at some point that she felt like she was dying when she was making like a certain amount of money. That's what I would call the upper limit. I don't know if you know about the upper limit.

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Kathrin Zenkina 23:45

Yes. Yeah.

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Sorina Maria 23:46

And this is, this is the upper limit that's trauma-informed. Because it's like, okay, my brain is sending me these thoughts. I'm feeling anxiety, I have all these waves. If I'm not aware enough, I may start fights with my partner, I may just regress even like people who win the lottery. They sometimes though, even though, like a worse day than before, because this is all familiar. I feel like I have this urgency to just go through everything and like, go back to what was familiar. So I think this one the first thing is a huge amount of self-awareness.

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Kathrin Zenkina 24:24

Yeah

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Sorina Maria 24:24

Awareness. How does it show up for you? The thoughts, the emotions, what was familiar for you? I grew up in a household where my mom was very anxious. So I got used to that head of like anything but peace.



Kathrin Zenkina 24:37

Yes, Yeah, me too. Same. Exactly.



Sorina Maria 24:40

Exactly, so when I have peace in my life, I know I somehow learned even before that I need to adjust my expectations to expect this amount of anxiety until my nervous system somehow learns the pace. So now I know how it shows up. I know my patterns. I know how my upper limit when I'm trying to it's something that I've never created before is manifesting for me. And then I can use self-regulating tools like tools that help my nervous system, understand that I am safe now. And this is very different for each one of us, because we may need different things, we can use freq, we can use somatic practices, we can be just, I don't know, engage in our senses, whatever works for you. But the idea here is, we have one question, how can I translate to my nervous system, that what I'm experiencing here is not a bear in the room, it's safe, it's okay and by doing that, over and over again, again, something that we need to learn it's, there's no one tool that fixed it all, it's a practice, because this nervous system, maybe we practice these emotions for three decades, it's not going to go away in one day. So we have to have patience, we have to have this awareness of how we are being how, what are our patterns to be kept in the familiar, and then to have these self-regulating practices that help us translate that message to our nervous system and of course, this is on a spectrum all the time, if we're talking about just small, like small tendencies of sabotaging and so on, you can do it. But it's harder if we have I don't know CBD as the big trauma behind it, of course, we need someone to help us come back to safety because there's an important thing here. Not quite related to money, but it's related to healing, when we grow up in this household that is quite filled with anxiety, and we never feel safe. Our nervous system never learns to feel safe with another. And it's what I call is just like a house without foundation in the world, we are doing the work. But it's almost as we cannot fill in that gap. And that gap cannot be filled. Because we can only find that safety in a relationship. With some and this is why in coaching, in this safe relationship, we are actually creating that foundation in the first sessions. And then the client is able to do everything they want. And it's like they're uncovering the piece, the missing piece, their healing journey, they have the tools, they have everything. But most of the time it was this part, that they didn't have a caregiver that let them know relationships are safe or a partner that they feel safe with. Because if we have attachment trauma, we are still seeing the partner as the bear as dangerous. And with someone like a coach, we are able to see them more neutral. And eventually, because we don't have the triggers with them. So that.

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Kathrin Zenkina 27:55

That makes so much sense. You know, the big word that I keep hearing coming out of your mouth is awareness, awareness, awareness, awareness is so powerful you guys like just from personal experience. So many of my patterns have been healed, just through awareness alone, of course, the deeper patterns, you know, I use the self-regulating tools, as Sorina mentioned, and you know, you know, hiring coaches and healers to help me come back to safety if I'm unable to but awareness is so big. And you know, the question that I get so commonly, and I'm just curious, like what your answer would be is, how do you get that awareness? Like, do you have to sit down in meditation? Do you just have to notice the pattern? Notice what's going on? Like, how does one gain awareness of a pattern? I know it's so like, nuanced, and so almost a theoretical, I don't know, I don't know how to explain it. But it's like something that for me personally, like I just gained with practice, and it really is approaching something with curiosity. Like when I see something in my reality that I don't like and it just keeps coming up over and over again. I just approach it with fascination and curiosity where I'm like, why does that keep happening? That's like, that's that unlock so much for me. It's like, what within me is still unhealed that keeps manifesting this, you know, insert issue here. And once I can look at that, with curiosity and fascination, then I'm like, Okay, now I have awareness of this. Am I noticing just in just this area of my life? Is it another area of my life? How often does it show then I can begin that process. But I'm just curious, like, how do you how would you answer that question of how does one gain awareness of a pattern?

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Sorina Maria 29:43

Yeah, again, I think many of the answers is I can tell you what's not awareness. Okay. Help me explain to people and it's a lesson I learned from spirituality from Mooji. I think he is his spiritual teacher and he talks about how the voice that is judging is not awareness and I think we see so much on the internet awareness, awareness, awareness and we think we have awareness, but what we have is judgment. If that voice is loud, if it's like, oh, you shouldn't do that, oh, and we think, Oh, I have awareness of one over my patterns. But if it's that harsh, you know, create the that's not the awareness, the voice, the observer is very challenging. We talk about the observer a lot. That's I have opinions about what it notices. I'm just, as you say, noticing with curiosity, noticing what is happening, noticing patterns, I'm not judging, but I'm seeing, I'm just noticing, and I'm noticing what I'm noticing, and I'm trying to let go. And I'm even noticing that that judgment voice. Okay, so there's a deeper layer here, and it's really interesting, because when we pay attention, and we really, like get clear and find that stillness, we are able to, to notice that beyond the judgment voice, there's a deeper, deeper, more quiet, more peaceful voice that just looks at the sky, the sky is blue is rather good. The relationship just is my partner is just these, there's not that meaning-making, there's not that judgment. In here. Part of it is the ego as

we talk in like spirituality, but part of it is trauma as well. Again, when there is 80% of the messages go from body to brain, that means that most of my thoughts are a reflection of the fact that I have a lot of stored trauma, when we really use this trauma, we're actually having a more quiet mind. And with that quiet mind, we have some control some more control. If your mind is extremely loud, you cannot control it, you cannot observe anything. That's a sign that there's a lot of store drama there.

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Kathrin Zenkina 31:55

Absolutely. I can yes. Absolutely. Like for me personally, when I find myself trying to work through a pattern using my mental state that is so erratic and anxious and just all over the place, I have to come back into my body. Like I literally give myself a mental note, like Katherine, you can't solve a problem from the same consciousness that created it, you're not going to solve a mental problem using the mental state that is just going crazy right? Now you have to drop into your body because of the intuitions in your body. And when I drop into my body and find the quietness, the stillness, I can then like, solve anything. It's just, it's amazing. Yeah. And like using the self-regulating tools, I love that you mentioned that we all have different tools because that's something I've been grilling into my students because they so badly want my formula. And I'm like, I refuse to give you my formula because it's my formula! and you have your own formula and I'm just curious, like, what are some of your favorite tools? for self-regulation?

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Sorina Maria 32:55

Yeah. So I think it really depends on my state and this is what I wanted to add. In the polyvagal theory, we talk a lot about different states. And if I'm in a state of survival, that comes with a certain type of thoughts, their agenda they want fixing, now, they want to just have the solution. Now, I teach my students, my clients, to see those thoughts as an indication that they are in a mobilized survival, which means I need to run. So the thoughts are like each have to run now. Yeah, when, when I'm more defeated, I'm in shutdown. And that means that my thoughts are like, oh, there's no point in finding any solution. No point in ever trying again and then we use the proper strategies to come back to safety. And when we are in safety, we have more flexibility. So based on this, my self-regulating tools, if I'm more mobilized, which is I have that urgency, my mind is like you have to act now. It's really urgent. For me what works is slowing down. People usually teach, for example, shaking here, that doesn't work for me, I'm agitating myself even more. It's like making me very frantic. What I need is to just find stillness. And this is again, what I teach my clients, as you say, to find their own lab, because my coach told me like, just shred the energy when you notice it. I did that didn't help him. Then I just discovered this, I sit down on the couch, put a hand on my heart rate a few times. And then I realized,

oh, okay, so actually, this works for me. And I cannot teach a very unique method to everyone because it may not work,

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Kathrin Zenkina 34:36

Right.

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Sorina Maria 34:37

And then when I'm in shutdown, which is like, more defeated thoughts, I don't, I'm not in the mood to do things. Then. I'm just using I'm basically just pushing myself to get out of the house walking does wonders for me. It helps me come back to safety. And it also allows me, to process a lot of it's like The thoughts are reorganizing themselves, and I no longer feel that stress. But the thing is that the biggest problem in healing is not that we don't have the tools that being kept in the familiar is sometimes not using the tools, not knowing those tools, but not because I trust me when I'm in shutdown and dorsal I don't want to. I don't want to.

K

Kathrin Zenkina 35:27

I can so relate to that there was a period I think, like, a couple of months ago, where I found myself in such a shutdown like I haven't experienced a shutdown like that, and so long, and there was nothing going on. It was very weird. I think it was very energetic for me like something just passing through that was triggering some sort of trauma. And I was on the couch until 9 pm. And only at 9 pm. Like, why have I not used any tools to help me get back like it didn't even hit my consciousness until I laid on the couch for 12 hours in like just overwhelming anxiety of just like, What the fuck is going on? And then I'm like, Oh, my God, I haven't used my tools and so I totally relate to that and I also relate to how you said, you know, different tools work depending on what state you're in. Because there are times where breathwork is like, God's just magic pill for me. There's times when it's shaking, there's times when it's I know, for me, tapping Emotional Freedom Technique, there's like, especially when, cuz I flew recently, you know, to Greece, and then from Greece, and there's some bad turbulence, and I used to have a prescription for Xanax to get on a plane, like I could not get on a plane because I had trauma around flying, close to the 911 incident, the 911 devastation, maybe like I think it was like six months afterward, my dad took me to Mexico, and we were in Mexico, and we're flying back to LA and it was just so close to 911. So of course on everyone's mind is like, Oh, my God, what if this plane is hijacked? Do you know what I mean? Like you are just top of mind for a lot of people. So it's completely normal. But I remember like, not thinking of anything much until I started hearing really weird sounds and the engine. And there was like, a lot of turbulence. And

I'm like, this is weird, you know. And, like, my senses were just very heightened because of that thing that you would see on the news that happened recently and I'm like, Oh, my God. And all of a sudden, this is just the icing on the cake.

K

Kathrin Zenkina 37:31

My dad, he was just very not trauma-informed, of course, gave me a lot of trauma. He just like was so agitated that I will come up because I was like, Dad, can you help call me down and he's like, just go back to sleep. The whole plane is sleeping. And I remember my stepmom kind of laughing at me and just being like, Ah, you're silly, just go back to sleep. I was I think I was like nine or 10 or 11 years old at this time. And then this is just the icing on the cake. The freaking flight attendant started running across the aisles. Oh, crying, like cry, all of them are crying in tears and I'm like, that's it, this plane is hijacked, we're gonna crash the end. And if my life like, you know, and they're all speaking Spanish, so I don't understand what's going on and the pilot is making an announcement, and he's speaking Spanish because we're flying a Mexican airline. And primarily, they're speaking Spanish not English. And I just like remember fucking losing it. And, you know, we landed, I have no idea what happened to the staff. No idea. It doesn't matter. We landed safely. But since then, I have had immense anxiety, flying. And I took Xanax. And it was like a whole healing journey for me to come off of the Xanax. And just like not, not that I was, like, addicted to it just like not be flying without the Xanax. And now it's like, I get on a plane with no problem. But every now and then when there's intense turbulence, I need to use my tools. And I find that sometimes it's tapping, like, I'll tap on the plane. Sometimes it's just breathing, like four counts in and then eight counts out. And it's just like this nervous system regulation is the stuff that helps me. And that's when I noticed that mindset work isn't always the thing that's going to help you like you can't mantra your way out of a physical reaction, you can't just mentally think your way out of a body experience.

K

Kathrin Zenkina 39:20

And so we really need to teach people how to get in their body and how to use body focus tools to get that shit out of your tissues. So that you can not just cope with life, or any challenge or any struggle that comes your way but actually thrive through it be able to handle it and thrive through it. So I love everything that you share. It's so awesome. There's a question that came up. A very common question which I see a lot of myself as well. And I'm just curious what your answer would be which is, you know, a lot of people they have you know, fear of success for many reasons. You know, fear of actually achieving their financial goals. But one of the reasons behind that fears for a lot of people is, and I know this is something that you talk about, which is like having that people feeling responsible for taking care of their family or paying for their family's expenses, or

just basically needed to take care of everybody wants to become successful, and they're afraid that everyone's gonna ask them for money and basically take their money away from them. And I'm just curious, like, I know that this is a fear that stops so many people from reaching their financial goals. How does one overcome this fear? I know it has a lot to do with I know you talk about codependency and attachment, trauma, all that stuff. I'm curious how this all combines and how to overcome it. So people can really let go of this fear?

S

Sorina Maria 40:46

Absolutely, I actually have clients with this. And it's amazing just how we somehow avoid the work. And we're like, you know what, I'd rather just not have the money because I don't want this on. And, honestly, there's just a word for how we can heal this. And that is boundaries. When we have codependency, we don't know how to have boundaries, we are taught that we have to give. And boundaries are usually codependency is usually the one that's about I want to be comfortable at all costs. So I'm going to avoid anything that is going to make me uncomfortable, small talk meeting people having to have boundaries with my family in all areas, and so on. And so of course, when we talk about money, this is just another shape this one takes, and instead of me wanting to deal with the discomfort of telling them, I don't want to give you money, and I'm telling them this is my money, and I have boundaries or financial boundaries, I'm going to just avoid having money.

K

Kathrin Zenkina 41:52

All right.

S

Sorina Maria 41:53

It's gonna be conscious like I know that I am, I don't want this conflict, and I'm avoiding it or it can be unconscious. I don't know why I'm not manifesting money. And then I asked a few questions. And they're like, yeah, that person keeps on asking, and this person keeps on asking us rather than not have money at all. And then we're like, of course.

K

Kathrin Zenkina 42:12

Yeah, no, seriously. And I, it's funny, because I kind of had the opposite thing where I prevented myself from earning money because I still wanted my parents to take care of me. Like I didn't want to dissociate from that. Because I'm like, Oh my god, I have to figure out my own health insurance. And then I have to figure out my own apartment and this and that. And I remember once I realized that was something that was you know, taking



over my consciousness it that's when my income exploded. Like that was the last thing I needed to heal before I received money is like that detachment because I realized, Oh, my God, I was codependent on my parents, I could not rely on myself, I had to rely on my parents and that's codependency. So it's very, very fascinating.

S

Sorina Maria 43:00

That was for me, as well, just so you know, but for me, it was with partners, I would always manifest partners that would take care of me financially, and I would have jobs that would, then I would be fired, and so on. So I never imagined that I like I, that was my life. And that was my pattern until I started earning money. And the first time I actually earn \$300, I cried, because I wasn't happy. And I didn't know why I'm not happy. I was like, I didn't know, like, Okay, I'm sharing now, but I'm not happy. I have a lot of anxiety. And then I realized that I was scared. That's of course, the first pattern which is separation, my parents separated because of money.

K

Kathrin Zenkina 43:39

Yeah.

S

Sorina Maria 43:41

Then I have to be independent, and what if they leave me and all of that, so I totally get it. And it's so interesting here because we really have to be compassionate with ourselves. These are some core ones sometimes that they make us feel really sick. Like I felt sick in my stomach I felt sick. I sometimes even felt real as if I just got like a fever or whatever because our nervous systems are trying to bring us to familiar I had people who were telling me that they would get like illnesses when they will try to get a job because that was so unfamiliar. So if everyone listens to the SN they are experiencing it just so they know it's so common in a lot of people are dealing with and there we should we are just trying to remove the shame that comes from thinking, Oh, I'm an adult, I'm not able to make my own money or I'm not able to have boundaries is just like a healing process that yes, requires a bit of this kind of work.

K

Kathrin Zenkina 44:39

Right. Well, speaking of the healing process, I know I invested in some of your courses this morning and I'm super excited to take them because I'm obsessed with learning and I just love brilliant minds and I just think it's so awesome that we can go on the internet and like literally learn from some of the most brilliant people on earth and you know, with a simple

click of a button. Like that just blows my mind. So we can talk forever. I mean, this is just such an amazing conversation, and I'm so grateful for you sharing your time and energy, and wisdom. It's been so amazing. I know people are gonna want so much more from you. So I'm curious, where can people go to invest in your courses?

S

Sorina Maria 45:20

Absolutely. Thank you so much for all your nice words. So I have the handle that you shared, my Instagram is the main place where people can find me. It's @mindful\_tricks. And that's where you can find myself based courses on healing, all types of trauma. And that is relational trauma, financial trauma, I have a course on purpose and business and all of that. And my intention with this is just to make healing available, and to create some tools and some templates for healing, that are helping you ultimately find your own path, find your own authentic tools that are designed for your soul. So I would say that my work is facilitating you to remove everything that is not huge that you had to take on that you were conditioned to become that all the fears, all the trauma, all everything, and at some point, in my work in my one on one work, especially and that's you can find about that in my bio as well. It's in my one on one work is a lot about helping people find that safety. And from there, it's almost like they a whole new map to healing to expansion uncovers they're like, you know what I know what to do. I know what to like, what tool to works for me, and so on. And like I think this is the healing that is actually authentic. It's not me coming in trying to apply a template to people. Or giving them the guidance to uncover that authentic self.

K

Kathrin Zenkina 47:04

I love that. I have one final question for you actually. Is it possible a lot of people have this belief that you have to be fully healed in order to manifest what you want? And I'm curious, can you both heal and manifest at the same time?

S

Sorina Maria 47:20

Yeah, I think going otherwise, it's just emotionally bypassing, which is just at some point, backfiring because it's not sustainable in the long run. I think the biggest thing that helped me in my whole healing journey was knowing that like if I decide that I'm not going to manifest because I'm not healed, I am going to manifest that. So to know what are we believing about manifestation because at the end we are manifesting whatever we decide to believe in what we anchor not what we believe what we think once but what we anchor is our truth. And when I hear people this is where I like I really intervene when I hear people saying like, oh, healing is just so hard, it takes forever that's a manifestation

too. You don't want that in your you don't want to see yourself suffering forever. So I think what I've tried to do is explore the sweet space between emotional processing and not bypassing and also not staying in those stories also moving slowly towards a slightly different reality. So for example, I may suffer now I need to process it's really painful. But I slowly also start telling myself that Okay, I see an end to this I'm on the other side of this it's getting easier, and so on. And that's the spot that I found that works for me.

K

Kathrin Zenkina 48:47

Oh, I love that. Oh my god, you guys, I know that there's so many amazing breakthroughs and takeaways and moments that you guys are experiencing. So go ahead and take a screenshot of you listening to this episode right now no matter what platform you're listening on, upload it to your stories and tag both Sorina and I and just let us know what that feedback is because it truly helps I know Sorina know that she's you know giving incredible wisdom out into the world I know that it really helps me with my podcast so tag us both @mindful\_tricks, and @manifestationbabe and just send all the amazing love to her. Thank you so much for being here. I am so grateful for you and your work and you guys if you haven't stalked her on Instagram yet you are about to have your mind absolutely blown.

S

Sorina Maria 49:40

Thank you so so much for having me it was amazing. I hope people that are hearing this are really going to experience the shifts that we experienced as well that changed our lives.

K

Kathrin Zenkina 49:51

Amen Alright, I'll see you guys in the next episode. Bye.

K

Kathrin Zenkina 49:57

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

