

(#229) Feeling stressed? Life's not going your way? Listen t...

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SPEAKERS

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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.

01:16

Hello my beautiful souls, and welcome back to The Manifestation Babe podcast, I hope you're having an amazing day. If you tune into this episode, I'm assuming you're probably someone who has been feeling some stress lately, or maybe life hasn't really been going your way, and I wanted to create an episode because the last six weeks of mine and Brennan's life have been extremely stressful. Okay, so I'm in the same boat as you, first and foremost, and I really want to share with you a way of looking at your stresses that maybe you haven't quite seen in that way - or maybe you haven't prioritized that outlook or perspective - that I guarantee is going to really help you shift. And I'm not going to go into all the details of why I've been going through so much stress, because it really - honestly, it doesn't really matter. Also, I'm going to save your ears from, like, a six hour long vent session, and honestly, I've done enough venting to the point where I'm just kind of over it. So, we're just going to get through it, but wow, everything that could go wrong went wrong - and I'm not talking like - thank God, we are healthy, like, thank God baby's healthy. Like, everything is great in that sense, like, the most important pieces are great, but just - everything that could go wrong with everything else went wrong. Okay, we had Venus in retrograde, we have Mercury in Retrograde, like, I think we had an eclipse somewhere. I don't know. There's like all kinds of cosmic things happening,

and of course, I always teach, like, you know, what's happening in the cosmos doesn't have any power over you, except for the power that you give it, but it definitely has influences. Like, it definitely doesn't make things easier, right? But it's not going to like ruin your life if you don't let it, and it's no excuse to, like, stop your life just because there's something happening cosmically, but I always admit that of course, since we are made up of stars, essentially - we are the same cosmic energy as planets, and stars, and beings, and whatever out there, then of course, it's going to affect us, and, you know, I'm also a Libra and Venus is a very important planet to me. So, it just - it just wasn't - it wasn't cute. Okay? Things started to pile up, brennan and I were fighting all the time. Big decisions needed to be made that - just, like, we weren't ready for. There was, like, some incidences where we had to get lawyers involved. It was just like really messy, really ugly, and on top of that, I was still in my first trimester of pregnancy - which, if you've ever had that experience, or know anybody with that experience, it is messy, okay? Like, it doesn't happen to everyone, of course. I actually have some friends, that I know really well, who had pretty easy pregnancies - even in the first trimester. So, it is not to scare anybody, it's not to say, like, this is what happens - because we don't want to manifest, you know, unnecessary hardships, but, for the most part, a lot of women struggle with, like, nausea, right? All-day morning sickness, and really weird thoughts, and emotions, and hormones, and food aversions, and just all kinds of stuff. So, it was a lot. Okay? But, but, but, but, and this is a huge but - it also taught me a lot. And what this period did - this stressful period for me, in the last six weeks - is it reminded me of other times in my life when I felt like I was going through a dark night of the soul, especially the year I had in 2016, and I actually shared this with someone recently that I would love to pass on to. Okay? And this actually also showed up in my - for some reason, of course, it was a man commenting this - where someone was like, "yeah, now imagine being pregnant with no money," or like, "at least you have a fat bank account so you can handle it," right? When I was sharing my struggles of my first trimester on Instagram and on TikTok - actually, too. If you don't follow me on TikTok, I do love TikTok, I've been prioritizing it slightly more nowadays. It's @manifestationbabe, same username as Instagram, so definitely follow me there. And on TikTok, someone was like, you know, "but at least you have money," and it's, like, someone else commented, like, "yeah, but, like, money doesn't make you immune to challenges, first and foremost," it doesn't make it easier doesn't mean you don't experience hardships, and I know that a lot of people in the world especially now looks at me as someone who has everything that she wants, and, like, that having all the wealth and success, notoriety, successful business. I must have no problems because of these things, and here's a fun perspective, and something just to look forward to - if you're on the path of creating a higher level life for yourself, having money and success doesn't eliminate challenges. In fact, here's what's so cool, okay? And this will help you reframe your stresses a little bit better, in fact, the reason you may have success or money, or whatever you want to call it, is because you are a boss at handling challenges. You have success, or you have money, or you have whatever, because you are better at solving problems and handling challenges in your life than the average person. Okay? Think about a business, first and foremost, businesses are all about solving problems for other people. If you think having a business is gonna make you immune to problems - which you are in business because problems exist - then you need to rethink your whole entire logic about what it takes to be successful and run a successful business. There's going to be problems, right? And the reason why challenges are coming up in your life, and maybe the reason why challenges are coming up in your life right now is because you have what it takes to be successful. You're a master figure-outer, okay? That is so cool. Also, the thing is, I tell this to my students all the time, I never learned anything from my successes. Success is a poor teacher, it doesn't teach you squat. I'm telling you, people who have everything handed to them don't learn anything in life. People who have had struggles, and challenges, and stresses, and pains, and all kinds of things come up, are the ones who hold wisdom and wisdom is a stronger magnet to success than someone who has never had challenges. Every single thing that I learned, that made me successful, came from my challenges and yes, of course, successes are amazing, of course. I'm going to teach you - and I teach you every day, and if you sign up for my free workshop starting very, very soon, called Breakthrough to Abundance,

that you can sign up for at manifestationbabe.com/abundance right now before we get started, because once registration closes, it closes. Like, of course I'm going to teach you how to create more success, but I will tell you the raw, honest truth, that it is the path to success that's going to make you who you are, than the successes itself, okay? So yes, successes are amazing, they're so much fun, they're so rewarding, but they also show you how worth it it is to have challenges in your life that you had to overcome, but they by themselves, they don't actually teach you anything. Like, when I am in the Maldives - this is, like, when I think in my head of, like, when I feel the most successful, for some reason, I am laying down on a beach chair on my overwater bungalow in the Maldives, next to my husband, reading a really good book. That's when I feel the most successful, that's when I know have made it, and I will tell you I've never learned anything from that beach chair, but I learned a lot getting to that beach chair. You see what I mean? Like, being able to afford a villa that costs that much money, being able to afford the flights and all this stuff, like, that's what makes it worth it, that's where I learned everything. And in order for you to become the version of you who can handle greater levels of success, you must also be the version of yourself who can handle greater levels of stress. I'm going to say that again, in order for you to become the version of you who can handle greater levels of success, you must also be the version of yourself who can handle greater levels of stress, and I don't want you to twist my words here, okay? I'm not saying that success and stress go hand in hand. I'm not saying that you have to struggle, okay? I'm just saying that you having the ability - the ability, the wisdom, to be able to handle anything that comes your way, is why you're a match to a higher level of life, and also, one more thing I want to share about this - this is going to be kind of a shorter episode. This is my favorite thing to - in the world to remind my husband of, as well as myself, personal development. The whole concept in itself doesn't really matter on that beach chair, in the Maldives, right? It doesn't matter, it doesn't count, it doesn't - it's not useful, except in the moments that it is the most important. So, all of the mindset work that you do. The belief shifting, the perspective, the perception shifting, the nervous system regulating, the breath work, the spiritual connection, and connecting the plant medicine, the trauma release, work, the shadow work, whatever you choose to do, whatever your cocktail is - it really doesn't matter, until you experience a challenge, does it? Right? It's - it's helping you overcome the stresses and the challenges. The reason why we do this work - the reason why you're listening to this podcast is so that you're able to create an amazing life, and through that be able to handle any hardships, challenges, or unexpected obstacles that come up your way, because here's the thing, you are a soul incarnated into a human body, and the reason why you came to 3D Earth plane is for you to evolve and grow. Without challenges or unexpected obstacles, you can't evolve or grow, right? So, if life was always dandy, with - filled with rainbows and butterflies, like, what would be the point? You would have no trauma, you'd have a perfect mindset, you'd have no limiting beliefs, no negative thoughts, nothing would ever trigger you, life would be so flawless. So, why would - why would personal development exist? Like, my podcast would not exist, right? My work would not exist. So, in these moments, if you're feeling stressed right now, if life is not going your way, if you're frustrating - you feel like you are the victim right now, like, you feel like you're being chosen by the universe as someone to be punished right now, I want you to remind yourself, why you do this work, and remembering why I do my work - my work being you know, the personal development work, the growing myself, the bettering myself - remembering why I do this work in the - the lessons that I'm learning right now, being the key to even more success on the other side, that's what helped me get through the last six weeks, and I know that you can get through it too, when you remember these key principles, right? That personal development, why do you do it? You do it, because it matters in these moments. It's for you to use in these moments. So, use your tools, don't ignore them, they're here for you, you have plenty of tools. My podcast is filled with these tools, I give you tons of tools in The Manifestation Babe Academy, and then also tons of tools in the Breakthrough to Abundance workshop that I'm hosting really soon. There's resources for you, and then also you are becoming -you are being prepared. Like, you fucking got this. You're being prepared to be the version of you who can handle and thrive in life on the highest level, and I'm telling you, when you can handle anything, nothing will ever take your success

away from you. It's the people who have gone through challenges, who have gotten to where they are, and let's say they lost it all, are the people who are able to rebuild it even better than before. It's because they grew into that version of themselves.

14:43

So before I end this episode - which I hope you enjoy this, I really hope it helped. Definitely let me know if it helped you, if it resonated with you by tagging me and sharing your stories @manifestationbabe. I also want to remind you that time is running out to sign up for my free workshop called Breakthrough to Abundance - I know I've dropped it a couple times in this episode, as well as throughout the week - where you're going to learn how to release and rewire that scarcity and lack so that you can experience more money, more success, more fulfillment, more joy, more peace in your life, whatever it is, be able to handle any challenge that comes your way, is inside of this workshop. It starts on the 21st. It's absolutely free. It's led live by yours truly. You can sign up right now at manifestationbabe.com/abundance. Also, it's in the show notes, if you just want to click there, and click on the link, sign up. It's going to take you two seconds, and I cannot wait to see you in there for even more breakthroughs, and transformations, shifts, and all that good stuff. Remember, if you're feeling stressed, life is not going your way. It's going to get better, I promise you. I love you so much, I hope you have an amazing day, and I'll catch you in the next episode. Bye.

15:58

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 some magic.