

262_How_to_Get_What_You_REALLY_Want_Money_Manifestation

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SPEAKERS

Jen Finley, Kathrin Zenkina, James Wedmore


K Kathrin Zenkina 00:15


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 than you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today, and now let's begin. Hello, my beautiful souls, and welcome back to another episode of The Manifestation Babe podcast. If you listen to the episode number 260, which is the first part of how to get what you really want, then you're in for a treat, because this is part two of the three part series, and today, we are breaking down manifestation and sharing how we approach it from different points of views and perspectives, and this time, this episode isn't just about me, and it's not just James and I like it wasn't the last episode where we broke down money. But we've added in a third person. So to make this conversation, the conversation of conversations when it comes to manifestation me, James and his beautiful girlfriend, who also happens to be a very gifted, psychic and intuitive Jen Finley are sitting down together miked up giving you an inside scoop of shit we actually talk about in our friendship. James and Jen are two of my best friends who I visit all the time. When I'm in Sedona. We are like the three amigos running in the same spiritual circles together working closely with our shaman, Don Javier, who's taught us immense amounts of knowledge about spirituality, manifestation, intuition, perception, and you know, all of that other good stuff that we're all into, which is what you come here for the podcast that we talk about regularly. So I think you're gonna really love this episode too, and I'm not going to make you wait any longer. So without further ado, make sure you download the workbook. I'm gonna put it in the show notes if you haven't yet from part one. Its mindyourbusinesspodcast.com/workbook to get the workbook, and without further ado, let's get into how to get what you really want money manifestation and intuition part two.


J James Wedmore 03:19


What's up ladies and gentlemen, James Wedmore here. Thank you so much for tuning in to another episode here on the mind your business podcast. I am your host with the most it is 2023. You are here, you made it, and we are kicking off the year strong with this really incredible three part series that I'm doing with my dear friend manifestation babe herself, the one and only Kathrin Zenkina. If you didn't start or get caught up or listen to part one. It doesn't matter what order you listen to them. They're cyclical, they're all connected, but I like doing things in order I don't know about you. So either listen to this one, then go back to the last one or start with that one and then come to this one. We're delivering these in the order in which they were recorded. So they kind of build off of each other. But they're also independent in a lot of ways. So that first episode was a wonderful, like really long, like almost two hours, I think conversation all around money, and our relationship with money and all that wonderful stuff, and today, we're talking about manifestation. Wonderful, powerful conversation, but I got a surprise for you, because we're bringing back another guest. So we're doing our trifecta of thinking of a tea alliteration here, a triumphant trifecta of tremendously awesome guests, and that is none other than Jen Finley. We had Jen on a couple episodes ago talking about intuition. Wonderful episode, very well received, and we've brought her back on the show and today the three of us are going to be talking everything manifestation, simple processes, why manifesting isn't working for people when they you know that Try it and do things, and like really cool stories of what we've been able to manifest at every different stage of our life in our career, and if you're not being intentional with where you're holding your attention and your frequency and what you're attracting, this is going to be a really powerful episode for you to begin practicing that really great conversation, and I'm really excited for you to dive into it. But first, I want to make sure that you download and print out the accompanying three part series workbook, and when you go to mindyourbusinesspodcast.com/workbook, you'll be able to grab that downloadable printable PDF, which really helps you to take notes and kind of flush out some of the exercises and stuff that we created and discussed in these candid conversations. So I am really excited to get back into it. I'm sure you are as well. So without further ado, let's kick it off with part two of the how to get what you want. This is all about manifestation with Kathrin Zenkina and Jen Finley. Alright,


ladies and gentlemen, welcome back for part two in our three part series here on the podcast, how to get what you really want in life, money manifestation and intuition. I am here again with not just one but two of my special guests manifestation babe herself Kathrin Zenkina and Jennifer Finley, first of all, Kathrin, how are you doing?

 Kathrin Zenkina 06:30
I'm doing excellent, especially being with you guys, any day with you guys is crazy.

 James Wedmore 06:34
Same, Jen, how you doing?


 Jen Finley 06:37
Oh, fabulous. I'm so excited for this episode.


 James Wedmore 06:40
I am too, I am too. we're going to talk, this very conversational. There's no interviews, okay. I mean, we can interview each other, but no one is the solid, unified interviewer, interviewee we want this to be a three way dialogue, conversation and back and forth, and in this episode, particularly, the topic is going to be around the discussion of manifestation. Obviously, Kathrin, this has been your wheelhouse since day one. That's really exciting.


 Kathrin Zenkina 07:08
Since the womb, baby.


 Jen Finley 07:11
It's not like it's her favorite topic or anything.

 James Wedmore 07:17
No, I know. Do you ever get sick of talking about all this stuff?

 Kathrin Zenkina 07:21
Honestly, no, the only thing I struggle with is when complete strangers asked me what I do for a living, and then I get all sorts of like, here we go. Okay. All right. How do I begin? Where do I begin?

 James Wedmore 07:32
what do you say?

 Kathrin Zenkina 07:32
I developed this, I developed this strategy. I just give them my instagram handle, and I'm like, You're gonna figure it out.

 Jen Finley 07:40
Do they start immediately treating you like a magic genie?

 James Wedmore 07:44

K Kathrin Zenkina 07:44

It depends. One time I got into an argument with an Uber driver. Oh, actually two of them for some reason, because I learned to just not get into it.

J James Wedmore 07:52

Right, this is what I was telling you.

K Kathrin Zenkina 07:55

I don't have the energy for it. I realize I don't have the energy for it.

J James Wedmore 07:59

When you're new. When you're new. You're waiting for everybody to ask you, right?

K Kathrin Zenkina 08:03

Exactly. When you're brand new, like I was driving to, this uber driver was driving me somewhere, and he was like, what are you doing? and I like kind of tried to explain things, and he's like, Ah, so you lie to yourself for a living, and I was like, actually, you know what? I do. Listen, we can lie to ourselves about bullshit that doesn't serve us or we can lie to ourselves about bullshit that does serve us either way we are essentially lying to ourselves. So just depends on what stories you want to tell, and that determines the reality that you create, and literally this guy, DM he found me on Instagram three days later or maybe even like the next and he's like, You changed my life with that one statement. I'm like, deep in your podcast now. I've scrolled your entire Instagram account, I bought all the books, and then another guy, it didn't work out so well.

J James Wedmore 08:50

Okay, but wait a second. I want to start with that, because like, you're so right about what you said is like we're already lying to ourselves. When we say I'm no good, I suck, I'm a loser. Like, what's wrong with you? like that is us lying to ourselves, and we know we're lying to ourselves, because we'd like feel like shit when we say it, but I would actually challenge you, I don't think you're if we're talking about something that we were talking about intent and we're talking about a decision to cause, create, or attract something into our life that hasn't happened yet. I don't see how that's lie. Because I love that quote that I shared at the mastermind, which we'll have to bring up, which is, I forgot who it was, William Blake. Do you know what I'm talking about Jen? So the quote is something that I'm gonna bring it actually will you Google it while I'm batching it for our audience in real time. Will you Google this conspiracy theory for me. Oh, yeah, there it is on NBC. So it's something that, William Blake said like when the doors to perception are cleansed, you will see nothing but infinite possibility. So when you talk about manifesting as something you're choosing, did I nail it?

J Jen Finley 09:58

It's so close. When the doors of perception were cleansed. Everything would appear to man as it is infinite.

J James Wedmore 10:08

Boom, Bingo, Bango, Bongo, and so like that's truth. So when here we are, we stand in this moment of time, the present moment right now, and we look to the future. If we see anything that isn't infinite, it's already a lie. So we are choosing one to collapse one. I mean, tell me if I'm wrong, Kathrin, you were just choosing to collapse one of the infinite possibilities and say, That's the next one I want, and it's like looking at it's like a giant jar of Skittles, and you're just gonna say I want one and you just pull it in you grab one, and to me, there's nothing lying about that. So I appreciate that. What you did was you like totally reframed it, but it's like to me.

K Kathrin Zenkina 10:49

I used his language. Obviously we're not lying to ourselves.

—

J Jen Finley 10:53
She took his energy and then flipped, so he had nothing to rebel against.

J James Wedmore 11:00
He's like, Well, you already are lying to yourself. So at least lie about something you want. So good, that's beautiful. Let's, start with with Kathrin. I've shared my definition of manifesting. But when someone goes, Okay, what do you do and you're like, I teach people how to be a badass manifestor, and then someone says, what does that really mean? How do you define that for the average person?

K Kathrin Zenkina 11:21
It's so funny. One time, I think it was like back in 2018, I was sitting on the beaches of Costa Rica, and I was like, I feel like I need to come up with a one liner for those kinds of people that aren't familiar with the secret have never heard of it, or have never heard of it, like the basic concepts of manifestation. So I just define it as like when something that was once a part of the imagination becomes actualized into physical reality.

J James Wedmore 11:44
Oh wow, let's say that again, slow down. So when something that's a part of your imagination.

K Kathrin Zenkina 11:49
When something that was once a part of your imagination becomes actualized into your physical reality.

J James Wedmore 11:55
So can we say that the more imaginative you are the better manifestor you can be?

K Kathrin Zenkina 11:57
Absolutely, because you're able to tap into that infinite space, the better your imagination is. Because if your imagination ain't that great, you're really just like, speaking of the metaphor with the Skittles, you're reaching in. But these are other people Skittles. Yes, they are your mom's Skittles your dad's Skittles are grandparents, Skittles, kids from school, Skittles, you know, your teachers Skittles, and so it's the ability to create your own skittle jar.

J James Wedmore 12:27
Yeah, and it's like, why are we limited into skittles?

J Jen Finley 12:31
What about M&Ms?

J James Wedmore 12:32
Yeah, we're KitKats, Reese's Pieces.

J Jen Finley 12:36
I love that you use the word imagination, because it links that there is a connection between the visual element and bringing something into 3D reality, which I think we can get into later about the way that visual cues or visual reminders, visualization meditation.

J James Wedmore 12:55

and I like it too, because I think that's something that I've always tried to do is keep that childlike. You know, wonder and creative play in my life. I'm always daydreaming, and it's like, I don't do it today from, I think I've changed that association with imagining, it's like, it's literally like, I'm in an Amazon shop in my mind, and it's like, well, I'll put it, I'll put it on my waitlist for maybe my wish list for later. Or maybe I should get it or I'll just leave it in the checkout cart and come back and sleep on it, but it's not like this. That would be nice, if only I could. It's like, it's only for certain types of people, and it's just like, No, it's just what do I want with nothing else attached to it.

K Kathrin Zenkina 13:41

I found an old report card. The other day, my mom collected these things, and like, I don't know, she brought them to LA with her. She divorced my stepdad and brought, you know, half her things to LA and she just handed me this report card. I think it was from second grade, and you know how the teachers leave comments. My number one comment, there was like three or four report cards from elementary school, and it said, she daydreams way too much. Oh, like, Kathrin is constantly daydreaming, and I'm like, Yeah, and that's why I'm successful bitches.

J James Wedmore 14:10

Yeah, I mean, it's so sad. When did those things get, I mean, that's, and that's the whole thing is like, I actually really sympathize and understand, like, we've been doing a lot more of the whoo content on social, and, you know, the backstory for me, Kathrin is, as you may know, you know, before I was doing the things I was doing on this podcast, we were talking YouTube and video. So we're talking about frame rates and codecs and your editing softwares and you know, what kind of video camera you want to use, and it was very nerdy technical stuff. It was actually ironically, was about 70 to 80% male audience and now it's flipped, like exactly flipped, and so I'm starting to post a lot of these clips from the podcast on the YouTube and the YouTube shorts, and those followers are kind of coming out of the woodwork and commenting on it, and man, like they shut it all down, like, it's the same kind of things as the Uber driver, you know, like, Oh, so you're just, you know, full of it and just like, Oh, you're just playing pretender, oh, you're full. One video was like, this video was great until he went on all woowoo on us, and it's like, I actually really sympathize with that. I think that's something that I've always felt honored to play a role in is that, as Jen knows, cuz she's known me for 20 years, I was one of those people, like I was. So I wasn't like Kathrin in the third grade daydreaming and saying one day, this will be mine, and I was so 3D. I was so logical. I was so like, you either work hard sacrifice your life and be somewhat successful or nothing, and then you die.

J Jen Finley 15:44

You know, it stands out to me. It's a memory of you back then was being out to dinner, and you asking me to make an argument that this is a credit. No, I love this, because even though you were skeptical, you were interested and curious, and you asked me to make a logical argument about why zodiac signs might be for real.

J James Wedmore 16:07

I remember that. Yeah, as the astrological signs, like how could that have anything to do with who you are your personality.

J Jen Finley 16:13

Yeah, but I did make a case for the energetics of the principle behind it. Even if you don't believe in, you know this, you know, like they say, Vedic Astrology is different than astrology now, but I was making a case for it's a concept that your energy is connected to all the energy in the universe by an invisible thread, and that energetic vibration has a cyclical pattern that repeats, and so at that moment that you decide to come into consciousness, you choose to enter the 3D reality at a time when you are a match for the vibrational reality of what's already occurring on the planet, and we've categorized that into 12 different characteristics that you could call the zodiac signs. But you could also just look at it as what vibration was happening at that moment, and even where the planets are, where the stars are, where the constellations are, all of that comes into play, and it makes your birth time, this not accidental thing, but this beautiful miracle that's interwoven and connected to everything that is alive, and in that moment, I saw this little twinkle in your eyes and go, Oh, well, that I might be able to get behind. I just can't get behind the New York Times, printing out fortunes for everybody and saying this is what's gonna happen on your day on Tuesday.

J James Wedmore 17:38

Right, but I liked the idea to just like, well, you know, if the moon can affect the tides, and we're made up of mostly water, that

right, but I liked the idea to just like, well, you know, if the moon can affect the tides, and we're made up of mostly water, that is enough of a logical for me. But let's talk about this, because I think it brings up a great topic that I actually did a little like tiktok, kind of opened the door to this the other day, which I find so fascinating is that, for me, who I was, traditionally it was a very logical, very reasonable, like it had to make 3D sense. It had to satiate the left side of my brain, and it becomes this really interesting relationship with manifesting, and I don't know if either of you want to talk to that some degree where it's like, people don't get on board with it, because it doesn't seem to fit the logical model of the world that they already have set up in their brain, and I think it's, you know, that's kind of the point because it like exists beyond that. But I wonder if either of you too, can can speak to that at all.

K Kathrin Zenkina 18:32

Yeah, I think like being someone who can be so logical, if we want to bring astrology.

J James Wedmore 18:37

Do you feel like you are? Do you feel like you're traditionally more logical, or?

K Kathrin Zenkina 18:41

Here's the thing. So it's hard for me to remember like growing up as a young child, because it was such a traumatic childhood that I actually have so much of it blocked out, like I don't really have memories before the age of nine. So when people ask me, like, you know, people, psychics will tell me, Kathrin, you're very psychic, like, didn't you see things as a kid, I'm like, I have no memories before the age of nine. I don't know. So I don't really know what I was like as a kid. But I can tell you who I was programmed to be, and that was to be this very scientific, logical person, like by my mother, because that was the key to success. The key to success was you read the books, you get into the science, A plus B equals C like that kind of stuff, and it wasn't until literally just my friend in her living room just handed me a book and said, This is how my grandpa has everything that he wants, and he doesn't work for money, money works for him, and just for some reason, that made so much sense to me, and I was like, I'm sold. I want money to work for me, right? and I just got curious, and so I read the book, and for some reason, it's like, I can only explain it on the spiritual level. This is what opened me up to spirituality. It's like the universe got me on the path that I'm supposed to be on. I was not supposed to be a doctor. I was not supposed to be the scientist. I'm supposed to be this intuitive soul who came here to transform her life and help other people transform their lives too, and what helped me break free of that so instantly as well, when I look back and something to help people is like, yeah, we can mold things to be logical, and we can say that logic is the only way, and the 3D is the only way. But we have to ask ourselves, is this producing a happy and fulfilling and successful life for me, and if it isn't, there's got to be another way. I've always looked at life when things are not working out for me, I'm not going into the definition of insanity, which is doing the same thing over and over and over again, and getting the same result, which is not the result that I want. I'm constantly questioning, I'm like, Alright, I've done this 85 times, and I'm not getting where I want to go. So there's gotta be something else, there's got to be another way, and I think that that is what keeps me open to dive deeper into other things like deeper into astrology, into human design into working with a shaman, right? Like, that's what gets me into these places, because I'm like, Alright, I'm not yet where I want to be. There's got to be another way, and then I get into those things, and I'm like, Whoa, this is awesome. Like, this is a different way of thinking, it's producing a different quality of life for me, I feel a tangible difference, even if there isn't a shift right away, just feeling more clear, more free, just happier. Like, what is wrong with that? There's absolutely nothing wrong with that.

J James Wedmore 21:20

I know but it's interesting, too, is what you said is like, you know, it wasn't my path to become a doctor or, you know, go the traditional path, but then I can argue or ask, but was it your path to go down that path? To have the contrast of that experience, you know what I mean, and I think that's part of the journey that we have to honor and appreciate, like, I look at, you know, because Jen was a huge part of that in my life. So she saw this very, like, I tapped into my dad, you know, he was the hardest working person I've ever met in my entire life, and I adopted that model, and it was, that's how I'm going to do this. I'm just going to work harder, and that's where that whole, you know, Jen, you were around for better that, but I was like, popping the Adderall, and I was in front of that computer for 14 hours a day, and that is to say, oh my gosh, and I had no complaints about it. Like, literally just like, let I'm here for it, totally. I think that's a whole another conversation. I try to not complain about anything as much as I can, you know, it's like, if you're gonna do it, you might as well just do it or not do it. But like doing it and complaining about it. It's kind of just like, extra tax.

J Jen Finley 22:33

But I remember there being a phase in around 2008, 2009, where we started to identify that you had a belief that there is a prerequisite that in order to be successful, you had to work your ass off, and then you had to challenge and dismantle that off, could it be easy? Is there a way that you could also be successful and have rest and ease while doing that.

J James Wedmore 22:56

Yeah, yeah. But you know, like, I love that that's part of all of our journeys. It's like, this thing.

J Jen Finley 23:02

well, I'm the opposite.

J James Wedmore 23:03

I do want to get into your origin story in a moment, but like, very similar to Kathrin is like you kind of hit this, this motor like, well, I might as well if this isn't working. Am I adaptable and flexible enough to try a different way? and just experiment and observe and say, Can I try it this way and see, and that's how it started. I mean, like, we're skipping years of the whole process, but it was like, Okay, fine. I'm willing to test this. You know, when my mom and sister, who you know, very well, came home with the secret and asking it is given Abraham Hicks and I took that, and I looked him in the eye. I said, don't you ever give me this Hocus, Pocus, rubbish, and I threw it in a garbage can in front of them like I was so like.

K Kathrin Zenkina 23:49

what was your thinking behind that? Because I'm now I'm curious. I'll tell you. You're like I'm so far away from that now. Where I want to know what your thinking was.

J James Wedmore 23:57

Well, there's the conscious. Okay. Well, yeah. So there's the conscious thinking. But then there was the unconscious, and so what was happening was is, I had decided that I have to work hard to be successful, and I had been working hard, and I started reading that and it's like, no, you don't, like that's not it, and so it just threatened. What I had, it's like, if you start building your dream house in your dream town, and halfway done, someone says, This is not where you should build the house. This is not the town it should be in and it shouldn't be like that. You'd be like, Screw you. I've been working at this, How dare you say that this is wrong, and that's what it was for me, and I wasn't willing to look at it, and I've told these stories before but it was Jen that was the totally had to blame as the gatekeeper for me, and it was when like, I was not actually open to this stuff at all. Until ironically, I made some money, and that's one of the reasons why I believe my journey was so like long and arduous and slow before any, like four and a half years with nothing like just zero and working harder than anyone I've ever met, and it was the moment when it all came in, and I had to partner with somebody else, like I couldn't even do it on my own still was like, they kind of like compensated for where I was like lacking, and they assisted and then I made a bunch of money, I still felt insecure, I still felt worthless, I still felt the same, like, you know, in my mind, perception, this pathetic kid that I had always just kind of seen myself as, and that's when I went to a really dark place, and I was like, Well, I was so frickin stubborn, that I was willing to keep trying that old strategy of like, just the 3D app routine until your eyeballs bleed, and I got somewhere with this, and I don't like where I ended up, and I said, Something's wrong here. Something's off here. Because it was like this. I still feel worthless though. I have the money and I could look at the bank account and I could like feel like something just was still felt wrong with me, and then I had this like, do I have to work even harder to fix this and I didn't want to and so that put me in a chokehold that was like a soul level chokehold of like, are you ready to try it the right way, kid, and then Jen, who I, we still can't decide who broke up with who. But after we broke up, being the better person and wanting to rub it in my face. No, it's pure and unconditional love sends me these CDs, and I've told this story before people reach out all the time. They're like I kind of, but she sends me these like the day after Christmas, I opened them, and it's got this beautiful note from her and yeah, she wrote a poem for me. Thank you. okay, I get it, you're the better person here, and those CDs finally cracked it all open for me.

J Jen Finley 26:41

Well, I was always looking for a way in because you would bring up this very valid point where there were many, many mentors or examples in your life where people had manifested amazing thing, and at the time, I was studying to be a healer in a lot of different healing modalities, yoga and Reiki and, and meditation, and you kept saying, but if it's about attracting abundance, why are these people scrapping it?

J James Wedmore 27:08

I had a real I had a real problem with them.

J Jen Finley 27:10

and I remember offering like, well, what if that's not a goal of theirs, and you were like, I understand if they don't want to be wealthy, but we're talking about they have financial issues, like they have an unhealthy relationship with money, and so I was always looking for an example that I could point them towards, of this is someone who is actually an entrepreneur that's applying this and doesn't have a belief that, you know, money is the root of all evil, and you can attract abundance., and when I found those tapes, I was like, I got it. I got the doorway in for James.

J James Wedmore 27:43

and those were that's Kevin Trudeau

K Kathrin Zenkina 27:45

What tapes, were they?

J James Wedmore 27:45

Okay, okay, so it's the your wish is your command, and I will say, no, I seriously, like those tapes that Jennifer Finley, sent to me, changed my frickin life. Because when I tell people about these tapes, I'm like, That guy has kind of a bad reputation. So I don't know, like,

K Kathrin Zenkina 28:04

I think I've listened to these. The YouTube comments were very, like, everyone was like, make all kinds of mixed feelings.

J James Wedmore 28:10

All kinds of mixed feelings, but for whatever reason, I was at the right place at the right time, and I heard those, and I was so open to it. Now, here's what happened next. I was 14 hours. So it was a total immersion experience, right? and then at the end, he recommends books to keep going further, and the first one is these Abraham hicks books and the secret.

K Kathrin Zenkina 28:29

That you threw.

J James Wedmore 28:30

That I threw away, and I was like, Oh, my God, and as soon as he told me that, you know, yes, you can read these. I was like, Okay, fine. Now, look through the trash, but it had been years since the trash had come out, but I started doing these little experiments, and they worked like little things, and I was like, Holy crap. That was the beginning of a huge change. So before we go any further, Jen, like, I know, you grew up with like, traditional Christian values, like is this was this stuff the devil?

J Jen Finley 29:07

Oh, well, no, I have a totally different, totally different background than the two of you, which is why I admire how far you've like 180 flipped on not only believing in the law of attraction, but the application of it. I grew up in a family on both sides were Irish Native American. Not sure my dad's Native American heritage, but my mom is Comanche bloodline, and they've done lots of research and we'll go back and back and back. What is the beginning of this bloodline and difficult to pinpoint exactly, but the living relatives that recall all of them have said the same thing that we are descendants of Quannah Parker, who's a very well known Comanche psychic, very bloody past, I started looking into the history of this and anytime you try to read, when you try to read books on my ancestors, I'm like, Oh, this is not my, this is not my energy. But my my great, great, great grandmother walked the trail of tears, and everyone in that bloodline, they had an agreement that all of us had a tremendous amount of psychic ability, and the women in the family would tell the other women when we were about 10 years old about the gift air quotes, and so I remember my grandmother sitting me down when we are 10 or 11 years old and telling me and my twin sister, identical twins, and saying, We have a gift, we're able to read each other's minds. It was always presented to me

inside of the family, that the family has an intuitive capacity, and we would call it sending messages. So they would tell us like if you send me a message, and I'll receive it, and these things would happen routinely, my dad would walk into the house and say, Tamra, I bought milk and bread, and she'd go, Oh, good, you got my message or like, I remember.

J James Wedmore 29:26
No texting back them.

J Jen Finley 30:53
No, no texting back then I remember flying home from university and thinking on the plane, I forgot my toothbrush and toothpaste, and I had gotten it at crest had just come out with the vanilla mint flavor, and that was my new favorite flavor toothpaste and I come home, and on my dresser. There's the exact same toothpaste tube that I had just bought a week before and a toothbrush sitting on the counter, and my mom said I got your message about 2pm when you were on the plane, no text message didn't tell her just came home, and I went Oh, good, you got my message. So I grew up in this context of extreme psychic ability, and it just being really normal. Like when I was four, I walked up to my mom and I had lost this pencil that I loved. It was one of those pencils with little teddy bears on the top, and I lost it and I said, I want to find my pencil, who can assist me, I'd probably didn't say assists I'm a little girl, and like who can help me find my pencil, and I heard a voice that told me where it was, and my mom said, Oh, you found it. I was going to help you. What? How did you find that, and I said, my guides helped me, my angels told me where it was, instead of being like, oh, no, no, no, no, no, no, no, no, you're not hearing voices. It was Oh, good. You're talking to your angels. That's wonderful. What did they say, and we had a relative that passed away when we were 10. That came me and my sister came downstairs and told my mom, we saw meme, and she wanted to tell you she's okay. She's in heaven with Papa, and they're having blueberry pancakes, and my grandmother and my mom looked at each other, and we were referencing my grandmother's husband, who we had never met. He died three years before we were born, and his favorite food was blueberry pancakes, and they had never shared that with us. So that was like, wow, how are the children doing this, but also as an identical twin. You have a high level of psychic aptitude just with your twin. So I grew up in this really rich environment where you know, my dad's father was a motivational speaker that taught people how to, what he called it, crystallizing your dreams, crystallizing your vision. So he would host these workshops on how to manifest what you want, and we grew up with that as being normal. Like we were playing sports at 10 years old, and my dad has us parked in the parking lot in his Volvo playing I don't know why he chose that our meditation music was clean, but he played another one bites the dust as loud as possible, and he's got us, Okay, girls, now I want you to visualize every single inning of the game. Every move you make, what is the scoreboard say? Who wins the game? By how many runs? What are you doing, you got to see it and visualize it in your mind, and you start from the minute you walk into the dugout, all the way through to the moment you win the game, and we would sit in the car for half an hour before every sports game and visualize the scoreboard, and then after the game. He wouldn't ask us what the visualization wasn't afterwards, he would be like, and was it what you saw? and we'd be like, yes, it was exactly what I saw in my mind. So I grew up with it, and so when I met James when we were 20, and he didn't believe in any of it.

J James Wedmore 34:09
She walked up to me, she goes Hi, my name is Jennifer and I manifested you.

J Jen Finley 34:15
Actually, we were I did in a way, I had two majors and a minor in college and I had too much time to ever date and I needed a date to an event, and my sister said, I got the perfect guy for you to meet, and I was like and so I was always thinking of ways to like, introduce it to him in a way that was palatable, and like to your line Kathrin, there was a point in my, when I was working as a healer and I was working as an intuitive coach and a psychic when I had to come up with my party line answer for when people say I don't believe in that, because that would, I spent years not even, I would never say the word psychic. I would say I'm intuitive or I can send things I was very uncomfortable saying psychic, especially growing up in Texas with lots of Christian background and just not wanting to invite any skepticism around it because there was a time when it really shook me up if someone was skeptical, and then I just realized, Oh, I know exactly what to say in this instance, I remember one of my friends saying, psychic, huh? I don't believe in that. Why don't you believe it? and he was like, Well, I've just never seen it really be real, and I said, Really? Have you ever seen a tiger? and he said, no, and I went How do you know they're real? and he was like, Well, I mean, and I went, Yeah, same with me. It's okay, if you've never seen it, but I live with it every day. So for me, it's real, and then he just stopped and walked away, and I was like, Okay, I finally came up with a way to present to people you don't have to see it in order to know that it's real.

J James Wedmore 35:50
When I was five, I had one of those fuzzy pencil topper teddy bears, and I walked up to a girl that I had a crush on. Her name

was Claire Sean's B, and I said, here, I want you to have this, and it was white. She goes, where did you get this? I said, Oh, I found it because I found it at home, and then she walks over to the gym teacher because we're in gym class, and they're talking I was like, what's going on? and then he stops the gym. He goes, did someone lose their pencil stopper? Did someone lose their little teddy bear? and that was the last day I had a crush on her.

J Jen Finley 36:25
Oh well, lucky me.

J James Wedmore 36:31
and that's my random story. We'll cut that from the final episode. We both had a fuzzy pencil stopper.

J Jen Finley 36:40
Yet, we also discovered that we both had the exact same Halloween costume when we were three or four years old. Kathrin I gotta send you a photo of that, the exact same costume, we're dressed as a clown, it's funny, and you know what, and we're also wearing the same shirt in our kindergarten picture, and we have weirdly almost the same haircut because I had a little like, bangs, and I gotta, I'm wearing a pink polo shirt. James is wearing a blue polo shirt were posed in the exact same way is hilarious.

K Kathrin Zenkina 37:10
Freaking crazy, I've seen those tiktoks where it's like they husband and wife look at their childhood pictures, and they realize that like the husband was actually in the background or like something like that, you know? Wow, wow.

J James Wedmore 37:25
But do you ever, like meet anybody and you're like, wait a second, wait a second, we used to go that same restaurant,

J Jen Finley 37:29
That's my parents, they were within just like, such close proximity to each other for years.

K Kathrin Zenkina 37:35
Oh me and Brennan.

J James Wedmore 37:37
It's all simulation, none of it's real. Here's what I, here's what I want to dive into. I actually want to offer two things, because I don't know if one of these topics could go for another five hours here. So I'll let you guys choose, and maybe either one of you. I wanted to either talk about, like, where the gap is where it's like, because I think we both I heard both you guys talked about this in your own way, like people that know about this stuff and believe it but there's a gap in the application of it, and I'm wondering like, what's what's preventing that or how you know, people's like, yeah, I should be manifesting more or to go even more specific. Kathrin, I'm curious, do you have experiences because I've noticed a lot of these recently, where people will come to me and share with me that there's contextual manifestation, meaning in they can do it in one area, and they do it in one area all the time, and they realize, like, I've been doing it with my love life, but I didn't even think about doing it in my business, and it's kind of a subset of the same conversation around application like some people can apply it in an area, but for whatever reason, they've decided it doesn't apply in this area, and I'm wondering if either of you guys want to start that conversation like where's the gap in the application?

K Kathrin Zenkina 38:46
Okay, I can definitely take both for sure. Let me start first with the gap. One thing I've noticed from manifestation becoming this like big buzzword where there's a bazillion tiktoks, you know, made about manifestation and I'm always watching them and listening and just seeing like, what is trending, what are people talking about, and it wasn't until I had nylon magazine interview

me about a specific manifestation strategy. I think it was like the 369 method or something like that, and at first, I'm like, What the hell is a 369? they were coming to me, and I forgot what it was exactly. That's Mom Brain for you, like my priorities are obviously on Orion now. So I like forget, like I forgot my whole life before Orion existed. But anyways, right before he was born, I was writing this article, and I was like, I need to Google this, and it goes to show you like, I'm a manifestation coach, and I don't even know these rituals, right? I don't even know these techniques, and I realized that so many people, they get stuck in thinking that manifestation is something that you do for like, 10 minutes in the morning, and then that's it or like you have this other thing. It's like, I need to sit down and manifest right now. To me, that's so silly, because I have thought that way before when I first got into it, and now it is something that is so a part of me, it's in the every single moment that I am embodying manifestation, meaning if something comes up that I don't like, or I don't want, or it's a pattern, I'm immediately examining the pattern like on the spot and like, what belief do I have going on that is creating this reality for me. I don't like this contrast, what's the thing I want? What do I need to focus? What do I need to shift? like, if this is a 24/7 process for me, and it's not like I expend all my energy 24/7 on it, it's just an embodied thing for me, it is not something I sit down where I'm like, Okay, I need to meditate to manifest this morning, and those things help, and a lot of people think that it's the tools that are a manifestation, they don't realize that the tools assist the manifestation process. So a lot of people think manifestation is the five by five method, the 369 method, is the meditation, is the journaling, is the specific prompt, those things are assisting what it actually is, and what it actually is, is an energy that you embody 24/7 So when someone cuts you off on the freeway, how you react is manifestation, what you're thinking about, as you're driving, what you're daydreaming about, is manifestation how you're conversing with people is manifestation, what you say to yourself, as you look in the mirror, that's manifestation, all of it is manifestation. So I see a huge gap there, and I'm constantly reminding my students and like, yes, we can get caught up in all these tools. Sure. But they are assisting the process, they are not the process.

J James Wedmore 41:48

I think this is really profound. Because I feel like I've had that experience that I feel like, the longer I've been doing this and the more it goes into an unconscious competence, the less it feels like you are doing, and it's not a separate process, and I think that's a really important thing to bring out, and it really reminds me of that Don Juan quote, which is everything is about the doing and not doing at the same time, and I think that should be the goal for everybody is like, I think when you're finding yourself in that place, more often than not, there's a level of mastery or unconscious competence, that's starting to happen. Because it becomes everything and nothing at the same time. The exercise almost stretches out into your entire day. It's like that notion of like, you can meditate for 10 minutes and then go back into like, your sulking. Yeah, exactly. Versus like, bring that meditation throughout the whole day.

K Kathrin Zenkina 42:42

It's like driving, the first time you learn to drive. It's like, oh, god, okay, open the car door, get inside, put the keys in the ignition, turn it on. Right, check the mirrors, and now we just we're not even thinking about driving as we're getting in the car to drive.

J James Wedmore 42:57

But I feel like you're still at the same time. Like there's Are you doing anything that's like constantly like Okay, what's next? What's next? Because I will be dead honest. I have definitely hit moments in my life, and I don't want to stay here too long. Where you go like, Oh, crap, like everything you

J Jen Finley 43:14

I manifested it all.

J James Wedmore 43:15

and it caught up with you. Yes, and this is like, what next? and it's like, I don't want to egg we call that like no man's land. Right? You know, you're kind of like, there's nothing motivating you to move away from something. But you don't have anything like pulling you forward. So are you doing discipline of like, what's next? What's next?

K Kathrin Zenkina 43:33

No, I let it be, I go with the cycles. So I have cycles. Like for example, 2022 was a very quiet year for me, it was not very much like pushing on anything specific. It wasn't like this has to happen by the end of the year. It was just me enjoying what I've created so far, and feeling like I don't necessarily know what's next for me, and that's like a scary thought, learning to be okay,

and knowing that in the right timing, I will be inspired by something new. In the right timing. Like, for example, we just were going to Las Vegas this weekend, which by the time the podcast comes out, like people will know about this. So we're going to go see officially the house that we're moving into for 2023, and I've been meaning to move out of LA for about like a year, year and a half now and it just wasn't working, and it just wasn't. I didn't know what the next steps were, and I just knew that there's something next but I couldn't get myself to really focus on anything, and whenever I would, it would just frustrate me. I don't know, I just felt like tension around it, and so I'm just like, whatever. I'm gonna let it go. I'm just going to be and when the time is right, it's going to align perfectly and that's exactly what happened, and now after the birth of my son and especially being pregnant, being pregnant I felt the most unmotivated in terms of work, and as soon as I gave birth, it was like it is not like I have a new purpose. It's like my purpose expanded, my mission expanded, and all of a sudden, I'm so excited about life, and now I'm in that like, Okay, what's next? What can we do in the business, I can recreate my course and make you more effective, and let's sell for this and that, and I'm just like, all of a sudden, in that beginner's Kathrin mindset of just, this is the new beginning, let's start some new shit.

J James Wedmore 45:23

But I also, I love all of that, and I also love what you were just saying about like, there are definitely times when you like, don't know what you want next, and I think it's very easy to go into a total breakdown. How do you train yourself to be okay with looking out into the void of the future, and it's nothing but an unknown mystery and not have a total panic attack.

K Kathrin Zenkina 45:48

I just, you know, I use the metaphor of seasons, you know, winter feels like it's forever, but ends at some point. At some point, the seasons turn to spring, at some point, the seasons turn to summer. So it's just trusting the seasons, and I use the past a lot, not as a way for me to get stuck into something, but as a way for me to reflect on past lessons that could be applied to the future. So I always think about, okay, was there another time in my life where I felt like something was never going to end? Or I felt really inspired? and then something came around the corner? Or did I ever feel like I was unclear about something and all of a sudden, the clarity came? Yes. So it's gonna happen again. So I just like kind of learned to look on, and I explained this to people. If you ever asked me, Kathrin, where were you when this happened? I'll literally tell you the date and the time. Brennan is just baffled. He's like, when did we go there? and I'm like, December 16, 2019, and happened at 12pm right after we did this.

J Jen Finley 46:51

Yeah, there's actually a 60 minute specialists about, it's a particular type of memory that they 60 Minutes did a whole special on people who remember every single day of their life, and my dad watched and I was like, I can do that. Yeah.

K Kathrin Zenkina 47:06

It's not. It's not like I can sit right now and think exactly what I did this time last year. But if you ask me a question that's worded in the proper way, I go, bam, that time that date, so I use that to my advantage, and I really use this like timeline in front of me where I'm like, Okay, here's the now, here's the future, here's the past. All right, let's look back. Did this work out in my favor when I did it this way in the past? No. Okay. So it's got to be another way for the future. Yes, it did. Okay. How did like I just, I'm like a little I don't know, I'm like a little mad scientist, you know, have you ever pictured or have you ever seen or I don't know, this is what I picture where there's like this crazy mad scientist just like writing things all over the whiteboard, and it's just like, a million things. That's me. That's literally me.

J Jen Finley 47:48

Yeah, I picture myself like Tom Cruise in Minority Report when he's got the computer since moving things around.

J James Wedmore 47:55

That was so innovative back. I feel like that's right around me. Probably already happening bunch of places.

J Jen Finley 48:00

I think that one thing that's really key and pivotal to manifesting is focusing on the what and not the how, and



J James Wedmore 48:07

I think people focus on the how don't know how, and then they say that of course impossible.

J Jen Finley 48:07

that but when you say like, what's next? A lot of people when they ask what's next, they're actually thinking about how, like, for example,

J James Wedmore 48:20

or what is it going to look like to get there which is how.

J Jen Finley 48:22

What's is going to look like in the 3D, which is the how, versus coming back to what do I want to be experiencing? How do I want to feel and I learned a long time ago that gratitude is the cosmic flypaper for everything amazing in your life, and actually, they've done all these studies about how gratitude is the most powerful magnetic emotion. Even if you look at like water crystals when you start speaking words into water, then the water will react and form different crystals based on the words, and we can link this up in the shownotes.

J James Wedmore 48:53

It's a real funny cosmic joke though, right? Because there's something if you kind of just like, get present to the, to the unspoken essence of wanting something. It's a very thin line. Where we want something because what you have isn't good enough, which is absence of gratitude, and so then I think people get into like, oh, manifesting is just like, asking the universe for what you want, and it's like, no, people have been doing that for a long time and not getting a single thing that they want. It's like, yeah, how do you want from a place that is also from gratitude, you know what I mean? Like, wanting without saying, because what I have right now sucks. The wanting implies lack. Yeah, a lack of whatever you want, or a lot, even just a lack of gratitude.

J Jen Finley 49:52

I think I love Esther Hicks mantra, the better it gets, the better it gets. Going back to Kevin Trudeau and your wishes your comman, and one of the distinctions that's made in those tapes that I thought was like almost the missing ingredient to a lot of the manifestation books that I had read before listening to that program is that it's down to your belief and your desire, and your believability has to be at a 10, and your desire has to be at a 10, and what usually happens for people is when you're in the presence of I want it but I don't have it yet your desires that attend but your believability about getting it if you feel lack or you don't feel good when you think about that, that's because you don't actually believe at a level 10 that you could have it and I started playing around with that concept of like are the things that I manifest really quickly, the things that I desire at a 10, and I believe at a 10 I could absolutely have it that could appear right now, and when I started mapping it out for me, the things that I was reaching for, that I was really attached to, or I was coming from a place of I'm so upset that I don't have that yet. I really wanted it. But I also had some level of deep belief that there was a barrier to it coming in that it was going to take a long time would take a lot of effort that I didn't deserve it. I wasn't worthy of it, and once I started to increase the believability, which we can get into like tools, I love tools and tactics of how do you do that. But it's really not just about what do you want but it's do you believe you can have it, and do you believe it can come to you easily.

K Kathrin Zenkina 51:31

I have a very powerful tool that helped me break through financially like it was the difference maker between me going from \$9,000 in a year to 600k.

J James Wedmore 51:40

and that's all we have for today's episode. If you'd like to continue subscribe to our paid podcast at \$1,000 a month for one episode with Kathrin sharing the tools.

K Kathrin Zenkina 51:53

I love you guys.

J James Wedmore 51:56

I mean, you set that up. It's so juicy, this is good.

K Kathrin Zenkina 52:00

So I mean, it's so simple. It's ridiculously simple, and I labeled it gave it a name. It's called the ladder of believability. So it plays into exactly what you said Jen desires at a 10, but belief is at a 2, so how do you bridge the gap? So breaking apart the goal, where you are creating smaller stepping stone goals that are leading you into the direction of your big goal, but isn't something so extreme to where it's like no matter what just thinking about it causes you stress because you're like, I don't know, how am I ever gonna get there. I've never, like for example, when I made \$9,000 in a whole year in my business manifestation babe, the next year I wanted to make well, you know, my desire was to make a million dollars. But that's such a huge jump for me, and at the time, I haven't even made like a 10k month and so I knew I had to start somewhere, and what I ended up doing was I set a goal of \$100,000 for the year. Now some people might be like, Oh, so you downgraded your goals, right? You committed a huge nono and manifestation where you are playing smaller, which you aren't. I'm still thinking about the eventual million dollars. But what I'm doing is I'm breaking it into segments and breaking into stepping stone.

J Jen Finley 53:15

Yeah you're taking a little layover. Little layover on the flight to a million.

K Kathrin Zenkina 53:19

Exactly, exactly, and I love that you said that. So it's like for me, I just see myself stepping on this ladder. So I asked myself, okay, alright, how much do I think I can make in a month? and I answered that question with like, Okay, two grand, and I'm like, Alright, let's stretch it just a little bit. Let's do 2500 So I set my goal for 2500 and my believability behind that was like a nine or a 10. Mm hmm. So what ended up happening? I manifested that, the next month. I'm like, Whoa, okay, I did 2500 could I do 5000? How does 5000 feel to me? and it was like 10 believability? 10 Boom, I did. 7000, all right. Okay, what's the next stepping stone to that? and I'm like, you know, what, and I would play, I would ask myself 8000? too Easy, like believability 27, right. 20,000? No, it still feels like a five, right? So I'm like, Okay, what's next? 10,000 All right, boom, I would do like 15,000. Then the next month, I'm like, Oh my god. 25,000. I know, I could do 25,000 believability, nine or 10, whatever, and then I ended up seeing 25k month, 30k month, 50k month, 80k month, one after the other, after the other, after the other, and mind you my goal for that year was \$100,000. I ended up with 600k. Because I removed all of the resistance behind that goal, and I worked with my belief system, not against it. A lot of people are in such a rush to make that big goal, that they think that if they don't make that big goal, they're a total failure, and I'm here to encourage people that it is okay, and you can give yourself permission to break things down. Like, who cares if it takes you three years to get there, you freaking get there.

J James Wedmore 55:10

Yeah because you're three to four could be like this quantum and you just, you know what I mean? Like, you could go in there in your fourth year, you could 10x 20x like, you had to build that foundation, and I want to say two things to this, first is that, you know, as you're saying, like, Be okay with those small wins, because they're the stepping stone or the rungs on the ladder. I've said this before, it's like, I think I want to see more people grateful on those rungs, I think it's easy to see everyone else, and be like, I'm not there yet. But then you're what you're left with is it's not enough, and then it's the absence of the gratitude what you were talking about Jen, and I'll tell you the one of the best manifestation hacks you can do, and I've heard people that are just like, so 3D dense, don't talk about the stuff at all, and they will give the same advice, and it's you celebrate, yeah, every one of those rungs, because even if you don't want to use the word manifestation, all these are just all labels and words that humans gave to universal things that are already happening. We could put this under a neuroscience, you know, brain science kind of conversation to say, just the same way you would Pavlov or train a dog, you're linking a positive full body experience to a specific set of actions and behaviors that you just you training yourself, reinforce and reward, reinforce and reward, and I think if people started celebrating more, the first sale they got, you know, it's really, it's always sad to me, I tried to bite my tongue, and it's no judgement, but it's really sad when someone's like, well, I did my first launch for my first thing that I've ever done with no list and no audience and only two months in business, and only got four people give me money, and it's like those are for human beings, it took a chance on you were you didn't have the years of experience of doing this or all the testimonials and the results and da da da and it's like, if you're not grateful for four, how could we expect more to come in? 5,6,7,8,9,10? I think that's really important. But there's another piece I want to add to this is really interesting that you talk

about this, Kathrin, because I actually talked about it from the other angle, it's like the way I'm hearing you is like I 1,000% agree that it's like we have to find where that level of believability is for ourself. But I think that there's two dials. The dial that I'm hearing Kathrin play with is the size of the manifestation, tone it down for now. But I've also played with time.

J Jen Finley 57:24
Oh, yes, such a good point.

J James Wedmore 57:26
You can play with both. If I sit there and said, Okay, \$10,000 this month, is like seems a little outside and we go okay, let's bring it down to 8000. Next month, okay, I can do that, and they said, Okay, how about 8000 by the end of tomorrow, whoa, whoa, whoa, whoa, like, that's crazy. So we just, we just cranked the time deadline up to a tomorrow, and all of a sudden, your believability went back down, and so what I'll do with people is they're like, I'm about to do my first launch, and they start to collapse, and attach their entire future, which, by the way, full circle moment to Kathrin talking about seasons as a metaphor, but not just a metaphor, actual literal description of life being seasonal, it's temporary, and I think it's easy for our brains to go into something is more permanent than it is, right? Like, I'm going to do this promotion, this project, this business, this idea, this partnership, this whatever, and everything's riding on it, there's a sense of permanency there, there's the if this doesn't work, it'll never work. This is the one all, be all, you know, viable experiment that proves if my future is going to pan out or not.

J Jen Finley 58:34
Yeah, that's been scientifically proven actually, I learned that when I was a fitness instructor that human beings naturally produce an experience, that pain will last forever. Which is why when you're doing something like teaching fitness, they instruct you to count down from you have eight reps left, because your human brain naturally thinks I'm in pain, and it's never going to end.

K Kathrin Zenkina 58:56
That's labor.

J James Wedmore 59:00
Yeah, yeah, that's that sounds more accurate. A day of that, but what I've done with clients is when when I see him in that like, like, let's just say, like two or one believability level, and they're just in a very dark place. I'll stop them, and I'll say, Okay, okay, hold on. What's the goal again, you know, whatever the goal is, you know, could be like to fill this program, to get their first 10 People, could be to have their first six figure year and I go, let me just ask you this. Do you feel like this is something that you're meant to do? They go, yes. So I follow up, and I say, so, do you believe that this will happen in your lifetime? and their entire state changes in an instant, Yeah, of course I go, then who cares? What else matters? If you know how the story is going to end, then what else matters? We know how it's going to end and it's the same thing you're doing Kathrin but instead of dialing up and record down the results. You're dialing time. It's like, the self imposed deadline that you're giving yourself isn't serving you. Sometimes it does. I've read a lot of the manifestation books and they're like, give the universe a deadline. It's like not if it's gonna freak you out the whole time because then it's like, it never works for me either.

J Jen Finley 1:00:18
The way that it makes you feel, There's Some people, when you write that date down, it makes them feel like yes, it's scheduled. Now it's going to happen, and other people experience time, like time is the trash compactor, Star Wars walls, closing in on them producing this experience of pressure, and then when you expand the container of time, all of a sudden, there's no pressure anymore, and pressure is a killer for possibility.

K Kathrin Zenkina 1:00:45
Well, pressure puts you into survival mode.

J Jen Finley 1:00:47
Yes. yeah. or prove it mode. You know.

K Kathrin Zenkina 1:00:51

If people want to know what real pressure is to the unconscious mind it's breathing. It's someone literally closing your mouth and nose, and all of a sudden that pressure builds up, like, I need oxygen now, and so our unconscious minds when we put that much pressure on ourselves to achieve a goal, it literally puts us into fight or flight, constant fight or flight to where we could never be in our intuition.

J James Wedmore 1:01:17

Yeah, and you can't have like, I feel like one of my strengths and businesses always been problem solving. Yeah, like I just just, there's always a way, and I just know that, and it's like, that's a fun way I like to use manifestation is like, manifesting creative solutions, and I'm just allowing and trying to stay in receptive mode to receive a creative idea and say, How can I turn this adversity into actually huge opportunity, you can't do that in fight or flight mode. You can't do that in restricted pressure.

J Jen Finley 1:01:42

I think that's where you really have to understand how you operate though. Because like, that's that, you know, you can't go with a cookie cutter method, which is actually one thing I've really taken away from working with our shaman, Don Javier, he'll say to all of us, and he said to me, specifically, recently, I know you want me to give you the one, the two, the three, the four. But that's for you to discover, and everyone's different, and that's the thing is like when you read a goal setting book or a manifestation book, and it says, you absolutely have to write it in this way or you must put a deadline. If you write that date down for me, I would call myself a pressure player. I've always been that way. My family tells a story, and when I was in eighth grade playing basketball, I was fouled, and it was like up to the free throw game winning points, and I was being heckled, who is heckling at a middle school basketball game. I don't know why as a grown adult, I'm like, why was that even happening, you know, so I was being heckled, but I made the shot, and then the crowd would quiet down, and then it would start again, just you can't do it, you know, but I turned to the crowd, and I gave them the signal like pushing my hands up in the air, like, yeah, get louder, and then I turned around, and I made the shot, and my dad always used to tell me that story to reinforce it, and to anchor it as you're a pressure player. Remember, when you told the crowd to get louder? That's how well you play under pressure. So for me, I know that I'm a diamond, I need that pressure baby to make me perform, but I do know like being a goal coach and actually working for Lululemon for years, we had a formula, this is how we teach people to do goals, you have to have a buy when, you got to have a deadline, when's it going to happen, and I would encounter a lot of people that putting that date there all of a sudden immediately started to produce pressure and decrease believability, and I didn't have that context for it. It worked for me, but I think that's really important that you approach the methodology of how you manifest from a place of curiosity, and like you said, Kathrin I loved that you said that you were playing, that you were coming at it from I'm gonna play.

J James Wedmore 1:03:54

You have to keep that, you can't lose that, and I think that's the other side of it, too, which is that man, and we've been, you know, Don Javier has called us out on this so much, and it's like, so important. It's like, you play and then create, and then now you lose that. Because you're afraid of losing the thing that you just created. It's no longer play anymore, and it's like, Would you really manifest something if the moment you're going to manifest it, you're going to spend the rest of your time and energy just trying to hold on to it, and it's like, then you missed the whole point. It's like you you tapped into the power that creates and then the moment you say, I need to hold on to this, you're losing that. Because you're thinking that it's now in this thing that I hold in my hands, not in the thing that allowed this to come into its existence. I think that's where like, once entrepreneurs and business owners specifically start getting successful, that's the thing that takes them down. That's the thing that keeps us stuck. I've seen that so much like we see that with our coaching programs in the mastermind like People get to a level, and it's almost like monkeys swinging from branch to branch, and each branch is like that next plateau or level in their business. There's that freefall moment where you actually have to let go of one to grab the next, and they won't do it because they're afraid to let go of what they've created.

K Kathrin Zenkina 1:05:17

Yeah, I say, there's a mindset I developed because every launch felt like all this pressure, and it felt like oh, my God, if it's not as good as the last one, So for me, what really helps me lose that fear of like, you know, losing something, was just, instead of seeing every step a lot of people see and this is exactly what you were saying a lot of people see all of those checkpoints or destinations or manifestations as the end points and I started seeing them as the beginning, everything is just the beginning. So whatever I achieve, if it's, for example, last launch, we just went through a launch. So this past launch is just the beginning. So whether it went our way, or didn't go our way, or met our goals, or didn't meet our goals, or it was more money than we

expect, or less money than we expected doesn't matter, because it's just the beginning. I'm just getting started, I started to approach everything I do in my life, every single podcast I release, I'm not attached to the download numbers anymore. I'm not attached to my Instagram post likes and comments anymore. I'm not attached to anything. In fact, with our last launch, we lost half our email list. How don't ask me, weird crap happened it was like technology. No, it's just like, it just got deleted, I don't know, if we were just not able to all of a sudden market to half of our list without explanation, and instead of freaking out about that, I just told myself like, whatever. In the end, I'm gonna get what I want. Like you said, in this lifetime, I'm gonna get what I want, and every single day is just the beginning, and nothing will mean anything about who I am, as a person, as an entrepreneur, as a mom as wife, as whatever label that we want to add whatever identity that we embody at different stages in my life, like nothing actually means anything about those things, and every day is a beautiful day to get started on something new and embody a new energy.

J James Wedmore 1:07:20

I love that, and I think I want to add on top of that, that I think something that I've really tried working on, and cultivating last couple of years is actually to simplify my life more, and I feel like the more I start to simplify my life, like you know, need less, do less, and in all that sense, you find that it's easier to be completely detached from all the things that you're doing, and the notion and the theme that I think a lot of entrepreneurs go through is it's this, okay, I want I crave I desire, you know, the growth, the money and all that type of stuff, because it's somehow better over there than it is here, and, you know, it can be just gonna be straight up, like, it absolutely can't be like, money can take so many big problems and turn them into minor minor conveniences in your life, you know, you can stay at a nicer hotel, and you could buy a bigger home, like yes, there's, there's a 3D fact to it. But we do take our shit with us wherever we go, and if you have financial money issues now, like chances are, you're just gonna take that with you even with more money, and it's very easy for us, and I think, like, I went through this, you know, and I think people with like, new money go, most people go through it, it's like, all of a sudden, you're making more money, but you're spending just as much, you know, as you're making, and I've shared those stories before and all of a sudden you like there's nothing left over even though I'm making five times as much, and that's also that same thing where it's like now it has to get bigger, now it has to be more and it's like I think there's something really beautiful in simplifying your life, and then you get to and I think that's something that's really served me and helped me because like everything I do is not, I never want it to be necessity. I never want it to be any type of needed, I want it to always remain play, and the amount of times I have called my students and clients on this where, you know there's a lot of method to the madness of us teaching this beta launch process that we do and there's a lot of people that poopoo it which I love that bring it on you guys realize that I'm just like Jen and I love, I love a good pressure like you have no idea how much you're serving me when you want to you want to try and push back on

J Jen Finley 1:09:25

He tries to manufacture it sometimes and you told me, I couldn't do it and look at me now and I'm like no I never said that.

J James Wedmore 1:09:27

I'll just go on Instagram some days and I'll be like, you told me I wouldn't be able to build this and look at me now and it's like no one ever said that, I know. No one said that, everyone said they believed in you. I know, in my mind, that's how I'm motivated .

J Jen Finley 1:09:48

Just let it be.

J James Wedmore 1:09:49

Just let this weirdo be, But I've had students that will get in that same thing you're talking about what their launches, and I'd be like, Hold on cuz I remember that first beta launch that you did that did so well, you told me, this is just a fun experiment. I got nothing to lose. Let's just see what happens, and let's have fun, and now you've lost that. You've lost it because it's no longer simple and light and just what it is, it's now the stakes are higher, and I've got something here that I got to preserve or a reputation or something.

K Kathrin Zenkina 1:10:32

It's your business and it's your job.

J James Wedmore 1:10:35

Yeah, and a really crappy one, you know, and that happens to us all, I think we just need to keep reorienting, I found myself there before I've absolutely have and it's like, whoa, whoa, whoa, that's not what I want.

J Jen Finley 1:10:46

When I find myself doing that. I can remember the moment when I found the doctor's name. It's dr. Emoto, the hidden messengers of water.

J James Wedmore 1:10:54

Did he pass recently? Did I hear something about that?

J Jen Finley 1:10:56

I'm not sure, but we can link up his book in the show notes, but I remember having this moment of realizing how powerful gratitude was, and then having this understanding that actually, the best way to hang on to the results you've already produced, is to just be grateful, and that, for me, almost felt like a relief when I realized that because it was like, Oh, my gosh, there's not more for me to do, except for say, thank you, thank you, thank you, thank you, thank you for this, and that's the most powerful way to maintain it, and there's a proverb that I read once that I say almost in every meditation that I read is, if there's one prayer, I learned my whole life, let it be this. Thank you. Thank you, thank you, and to me, that's been my secret sauce in manifestation is, if I find myself getting in a place of attachment, or pressure, or I mean, the kind of pressure that's taking you out of believability, or deep, deep desire, but also not feeling good when I'm thinking about what I want, I take a moment to pause and go, Wait a minute, I got to get back into a state of gratitude, and I've been trying to practice that as well, or I've been practicing that also with the challenges that arise, because if I can be grateful for the problem that's arising, I'm more likely to arrive at the solution. So there's that yogic concept of you know, the mountaineer needs the mountain, but you're given the challenges that are required to produce what you really want, and we're all setting goals or desiring things in not just to get that thing, but to become whoever we need to be come in order to have it or to have an experience on our way to that or when we get there. So if I can start to be really grateful for thank you for this challenge that's arriving now. Thank you for this problem that's presented itself, what is it going to bring into my life to learn how to overcome this challenge? and that actually starts to magnetize solutions.

J James Wedmore 1:13:00

Yeah, Dr. Emoto passed a lot longer than I thought, back in 2014. By the way, fuck Wikipedia. Like, he was a pseudo scientist who claimed that human consciousness could affect the molecular structure of the water, you mean claimed, he proved it

J Jen Finley 1:13:17

Not approved by the FDA.

J James Wedmore 1:13:18

I mean, like, this just grinds my gears, you know, like, we're going around like people doing something that oh, it isn't the mainstream fit the box of science, and we're like, okay, let's put on the internet, and just like in vain with someone who's past who did some incredible work that has been scientifically proven, let's put pseudo in front of it, which is basically like a scientific middle finger fu.

J Jen Finley 1:13:45

Well, I actually think that's a good thing to point out. Because when people say, Oh, I have a hard time manifesting, it's like cut yourself a break. The world that you live in right now is not designed or set up to encourage you to be empowered in this way.

J James Wedmore 1:13:58

It's not even meant to lift you up and like, it's meant to ridicule you, if you're even, if you can talk about this stuff.

J Jen Finley 1:14:04

We're gonna get into this when we start talking about intuition, because I deeply believe the society we live in now is actually I think it's intentionally architected in a way for you to turn off intuition. When people say like, Oh, I'm not intuitive, or I don't have that gift. I always go well, don't worry. You've just been living in a place where you haven't been taught encouraged or in an environment that would facilitate that and we can start to turn the volume up.

J James Wedmore 1:14:35

Well. It's like, what's that show that just came out with Season Two that's with Buster from Arrested Development, and it's literally like the, I'm trying to remember this when I watched it as soon as it came out, and I was like a year and a half ago and now season two is out. But like they're the literally the show is like he's like broadcasting some frequency out into the world, and it's like that's how it feels like is that there is you know, Kathrin and I talked about this in the first episode, is the drift, and I believe that the drift is a frequency, I believe that it's, there is a frequency and if you allow yourself to tune to it, it'll take you down.

K Kathrin Zenkina 1:15:07

You have to be your own advocate, like, figure it out, living in a home where absolutely zero people supported me. In fact, they actively tried to bring me down when I decided to start my own business and forego medical school and do my own thing, and it was such a threat, right to my parents and their whole viewpoint of what they thought a successful child would look like, and of course, you know, parents very often, depending on the success of their children, that reflects on their success of parenting, right, which totally doesn't it, we have disconnect that our children don't owe us anything, we're not responsible for them, we can guide them and we can help them become who they're meant to be. That's like a whole other thing. That's not my point. My point is, is that I did everything in my power to listen to podcasts, YouTube books, audiobooks, 24/7, I had the frequency that I wanted in my soul playing at me at all times the day I was that crazy lady that listen to affirmations going to bed at night, I literally had Bob Proctor saying money flows easily and effortlessly that whatever is affirmation is all night long, and I would wake up and I would immediately listen to audiobooks, podcasts, YouTube, because I knew that the whole world my immediate home, my immediate family, and just the world at large is against this stuff. They don't get it, and in order for me to become successful, I need to be tuning into the right frequency, actively being my own advocate not waiting for someone to tell me Hey, Kathrin, like this works or doesn't work or tell me what they think or give me their belief systems. I had to develop my own.

J James Wedmore 1:16:58

That was my experience, too, and it's exactly why I created this podcast because I was like, I'm not finding enough of that where it's also like for the entrepreneur and I have to imagine Kathrin that it's like doing that must have felt like you're a what do you call like when the first part of a seed when it's kind of like the seedling or the initial, the sapling, busting through like frozen tundra soil. You know what I mean? Like you're

K Kathrin Zenkina 1:17:27

walking uphill, barefoot in the snow.

J James Wedmore 1:17:29

Both ways. Yeah, for 30 miles. But it's like, you know, just to break through the little seedling to break through this, like frozen ice, desert, void of nutrient, void of everything, like everything, and it's not to be negative. But it's like it really feels like it's an environment that you have to cultivate something in an environment that is void of what you need in order to thrive, and so you have to create that.

J Jen Finley 1:17:51

I'm just seeing the Tupac album with a rose blooming in concrete. That's Kathrin.

J James Wedmore 1:17:56

... ..

with eyes wide open.

J Jen Finley 1:17:59

Kathrin, have you heard the killed LeBron poem on children that just everything you were oh my gosh, you've got it. I'll send it to you after this, he has a beautiful book that he actually he wrote a collection of poems called the Prophet, and he carried it around with him for two years, because he wanted every word to be just perfect truth. I think that's so beautiful. But it's my favorite poem, but he wrote what exactly what you were saying that your children aren't your children and he has this line in the poem, where he says, You are the base from which your children as living arrows are sent forth. I would like to get into more of what you guys are talking about, like, leaving room for and inviting everyone to experiment and play with their own methodology of how to become a master level Jedi manifestor. But to get into what are the mindsets, what are the tactics? What like Kathrin saying this ladder of believability? What are the specific things that we all do that produce that level of magic?

J James Wedmore 1:19:15

The first thing is you got to start looking at evidence of what you've already been successful at in your life. Like there's no way anybody listening. If you're listening this podcast, you've manifested a phone and a set of headphones. So you've done something right, and it's very easy for us to just discount and discredit where we are. It's not enough, right? Cuz you're always looking at what could be, and you're looking at the gap of what's missing, and that's already a part of like, okay, your deed manifesting, but you've done something, right. You've done things right, and I think if we just took time to look back, because that is success, success leaves clues. There's an internal strategy there, that we can go What was I doing to call this into my life, declare the past things that you've created miracles and say, Well, how did I approach that? What was I doing then that I didn't do here, and Jen helped me out with one of those because years ago, I called her for psychic guidance, and I had this really failed promotion, and I told her I said, I knew this wasn't gonna work. Obviously, this could go great in the intuition episode, but she's like, Well, that just shows your intuitive, right? and so even when I didn't get what I want, I got evidence.

J Jen Finley 1:20:16

Yes I teach this. We got to break that apart.

J James Wedmore 1:20:18

Yeah, so I think I think that's a big thing for me is just like, you know, look at what has already is working and isn't working in your life.

J Jen Finley 1:20:26

Yes, you're reverse engineering. I have three little rules that I've produced for myself, because I love little formula. So I have three R's that I use. Step one, no, it's more principles than like a step process. But there's three R's that I use, and it's reminders, repetition, and rehearsal, and I try to do all three of those when I'm setting myself into a state of manifestation, the reminders I want to do visual audio and kinesthetic anchors, when I learned NLP and I learned that you're receiving information, primarily, visually, auditorily, kinesthetically, I started becoming obsessed with the way that my brain processes and takes in data, and so then I thought, Well, man, if you're trying to manifest, what if you could give your brain these anchors throughout the day that are reminders of what you want. So, you know, my living spaces, especially a bedroom or an office are just covered in pictures, that are anchors and visual reminders of things that I love that I've manifested, or that I want to call in, and I try to produce also like a feeling or a sense, in my physical space, so that as I'm looking around the room, we'll talk about this an intuition to like, I have anchors, visual anchors that are my spirit guides, or animal guides, where when I'm looking around the room, I have a reminder of I'm guided, I'm gifted, I have manifested all of these things, and then I try to repeat out loud or in my mind with a thought or a mantra, or I'll change all my passwords to like a goal that I want. So that I have to repeat that I have to. So and that's that repetition. Like I type it out over and over and over and over and over, and then the mental rehearsal, I do it in two ways. One is meditation because I'm a meditation teacher. So I love the vehicle of sitting down to meditate and mentally rehearse a future that you want to live into, and I've created many meditations for myself, that's around creating a memory that hasn't happened yet, and then the distinction of like, what makes a memory different than a movie. So when I learned NLP, disassociation and associative memories, associated memories are the ones that are more powerful, and that's how we generally remember a memory that produces a lot of emotion is like you're living in it, not you're seeing yourself through it, and actually, when you're teaching people to dismantle emotion, like if you want to dissolve a phobia, or a fear, you teach people to see themselves in the movie, and I found really quickly when I was teaching goal setting, a lot of people when they go to meditate about their goal, are putting themselves in the movie, and they're like watching a movie about something that can happen to them, instead of trying to conjure up a memory of the future, and then I also do silly things like, and I know I got this from your wishes your command, but to do a rehearsal of like, what do you really want and put yourself physically in

that environment as if it's already happening. Like I remember in 2008, before we live together in Laguna, I was actually manifesting that I would move to Laguna Beach, and I would drive down there and sleep in my car and wake up at five in the morning and go running like I live in Laguna, you know, and then I don't know if I'd recommend that if it's some dangerous today. and then a tiny little beach town. But I also I've done it before, like, I remember one of my first apartments in Austin, I had really lucked out in Los Angeles finding I got, like, grandfathered into this amazing apartment deal, and when I moved to Austin, I was like, I am not paying more rent than I paid in Los Angeles, I refused to do it, and I decided that I was going to find a one bedroom apartment for \$1,000 a month, which if you I mean, James is making a face. It's like now and I remember all my friends telling me, first of all, you can afford more than that, and second of all, you're never going to find an apartment that you want to live in that cost that and I thought challenge extended. I'm gonna manifest this, and I said out loud. I want it to be a one bedroom apartment that feels like I'm in this little tree house where I can walk to my yoga studio every day, and I want to live off of Bluebird Lane and I would get in my car and every day when I finished teaching yoga, I would drive around the neighborhood that I wanted to live in, but I would pretend like I was driving home and I would kind of like manufacture this reality of I've just finished teaching, and now I'm driving home, and I kid you not a week later, this student that I had never met, walks into the yoga studio and goes, Do you guys allow people to put fliers up? I've decided that I'm going to sublet my apartment because I'm moving in with my boyfriend, and it's just so adorable. I can't put it on Zillow, but I just made the flyer today, and I said, where is it? She said, It's across the street, and I said, How much is it for rent \$1,050 a month, and then I go to see it, and I had all these other I'm like, okay, but it has to be on the second floor, and it can have a smart meter on the side of the building, and I really want to feel like I'm in a tree house, and I walk in the units to a one, it's on a corner, no smart meters, and she looks at me and goes, Isn't it so cute we call it our little tree house.

J James Wedmore 1:25:51
Oh my gosh.

J Jen Finley 1:25:52
and I was like what? and so like, that's where I was like, you know that it's rehearsal, repetition and reminders that worked for me, that's my formula. Like if I'm going to manifest something intentional. That's how I do it. Yeah, Kathrin.

K Kathrin Zenkina 1:26:07
I love that. So I really love the password thing, because I love to use technology. So I'll do you know, my vision board is always the background on my computer, it's always the background of my phone, I have my password as whatever I'm manifesting at the moment, which gets really annoying when I meet it because I have to change all my passwords, or I got to upgrade my password. So it's like a million passwords. Something I do that actually is a great visualization tool. A lot of people are not using social media wisely. A lot of people are using social media to go online and see what their friends are up to and compare themselves like where am I, matching up or not matching up to my friends or whatever, and I use it as my personal vision board, especially when I'm manifesting something. Let's say I want to manifest like, this is like way back, I want to go to Bora Bora four seasons, Bora Bora was like a huge trip of mine that I really wanted to manifest, and that hotel is like 1000s and 1000s of dollars. Go on YouTube, and I watch vlogs of people who have been there who are sharing their experience there or their reviews, or whatever, luxury hotel people and I'm just like consuming as much. So I know that every single detail of this hotel, exactly what the water looks like, exactly what the food looks like, exactly what the restaurants look like, exactly how the flight is, how short it is, how long it is, how you get there, all these things. I'm obsessed with all these details, and then I use that for my own personal visualization material. So then I will literally see myself and I have such an accurate depiction of what this hotel looks like or what this home looks like or what that country looks like or whatever it is or you know if I want a specific bag, because I'm a purse person, and if there's like a specific bag that I'm manifesting, like back in the day, it was like my first Chanel bag, I'll go watch people unbox Chanel bags, or go into the Chanel store, and try immersing myself as much as I can into the environment, and then hypnotherapy is like my number one manifesting tool. I love hypnotherapy so much, and there's a hypnosis that I develop that I teach my students which I guide them through it. But for myself, it's something so easy that anyone can do it. If you can put yourself into a hypnotic state, like you can just do it by yourself, or you might need someone to help you do that. But I envision myself coming into this home, and then there's like a specific room that I walk into every time and it leaves downstairs to a movie theater, and what I do is I imagine seeing the like exact popcorn machine, I see like the popcorn, and I see that I have like someone who is bringing me drinks and bringing me the popcorn. So I'm like literally sitting and then I'm watching it like a movie. I love how you said, you know watching the movie because I literally will sit down and watch myself on the movie screen, experiencing something over and over and over again from as many angles as I possibly can, while in hypnosis, I'm in a theta wavelength, and then I jump into the screen. So then I associate and I just do it from as many angles as I possibly can, and then I literally see myself put the popcorn in the trash, and then I give my drink back to this guy. I walk up the stairs. I walk out the door. I drive out the driveway and I come out of hypnosis. I don't know why, just hypnotherapy in general. I always hire hypnotherapist to help me with anything I want to manifest. Like for example, the week that I conceived Orion. I came into my hypnotherapist office, I go see someone and I was like I want to manifest getting pregnant. She's like all right, and we didn't get pregnant the month prior. So I'm like, I know that I can hypnotize myself into doing this. So I went into hypnosis she did it and she gives me a recording that I listened to every single night. That week or no

the next week, which I saw you guys while I was technically pregnant, but I didn't know when we're in Sedona together and then three days later after that, I found out I was pregnant and I remember coming back to her the next week and I'm like, well I'm back because I already manifested the last thing.

J Jen Finley 1:30:28

Kathrin, Do you remember when we first met I think it was in August and I said we were doing a reading and I looked at you and I said are you trying to get pregnant you were like, no, me? and but Orion was in your auric field then and I remember afterwards going to James going she's going to be pregnant really soon because if they don't want a baby, she better be putting a guard up because they're

J James Wedmore 1:30:55

He's coming, he's common.

K Kathrin Zenkina 1:30:58

The whole Orion thing is for the intuition episode, because that his name, the way his name came to me it's insane the stories and the synchronicity to have around.

J Jen Finley 1:31:06

and the we can tell all the stories I have with every time you're coming to the house with Orion he's like coming on to the television. You know what there's a really cool one that happened with you actually, manifestation Kathrin. We had just been out to dinner with you guys, and I didn't think that we were going to see you one more time before you left. But I woke up in the morning and this is my like set it and forget it. The station were I just do the extra Hicks like wouldn't it be nice if and then you just just leave it there for the universe like James, your Amazon store in your mind. I woke up and I thought, Oh, we're out of almond milk. Wouldn't it be nice if someone just delivered almond milk and we're out of groceries, wouldn't it be nice if groceries just arrived at the house, and one hour later? There is a dingdong doorbell.

J James Wedmore 1:31:49

Brennan brings like a Costco size.

J Jen Finley 1:31:52

Like I mean bags full of groceries, and Kathrin goes oh, and I put my favorite almond milk in there, and I went oh my gosh, I manifested the manifestation babe delivering me my manifestation.

J James Wedmore 1:32:07

Okay, wait, wait. So I love what Kathrin's bringing up here as this movie projector because we're sympathizing with the skeptic for a moment. Some of this stuff is just like what this doesn't make sense. Like, how? you know, where's the science and understanding of it? and it's like, well, you know, you have to go beyond 3D to really even begin to understand it. But something that's really helped with me is it's not about just like, okay, manifesting means visualizing, and then that means it reminds me what I'm working towards, and it gives me a little bit more motivation and keeps me inspired. Like, that's sure that will help. But that's not it, and if we use this metaphor that I've used in the past, which I really like, which is that your consciousness, which is like, which is like a flashlight, is like that movie projector, and so if you imagine your consciousness as a movie projector, and your thoughts and emotions become the filmstrip, then you're just deciding what is playing in the movie next.

K Kathrin Zenkina 1:33:12

I literally share that metaphor in my course. Like, yeah, that exact metaphor.

J James Wedmore 1:33:16

Yeah, and you have to look at it from that level of craziness. Like I look at it as like, I am generating this hologram, what do I want popping in and what do I want popping out, and I'm just there to be that projector and consciously intentionally put the next strip or slide into the projector to project it out onto the screen, and that's what you're doing, you're projecting it into your conscious awareness to see it in, you know, illusionary 3D form, here's the last thing I'll add on that. That's also helped me, and this opens up big conversation, I'm gonna keep it really short. I've always played around with this idea. It's kind of similar to what I hear people say, you know, people say, like, create the space for what you're manifesting, if you want a new car, like, clean out the garage and get the space ready, and I know you've talked about that. But I look at that, but from a little different angle, which is, I've identified the thing I want, and I believe what helps to call it in is identifying and delivering what that thing I'm manifesting needs from me, and so from the car example, it's like, I want to manifest a new car, it's like, well, if I had that car, what would it need from me? Well, it need a nice space in the garage, you know, it would need all the cleaning materials to keep it nice and clean if I'm gonna clean myself or whatever, and I would start to prepare that and get it ready for that, and you know, I talk about this all the time in business, but like people want to manifest more sales and money in their business, but that's the dream or the vision or the next milestone the next manifestation, but they're actually not doing, it's the same thing you said too, about not changing like people don't want to change but then get the different results. Part of changes, I need to give what this thing needs? Yeah, in order for it to thrive. Here's a great example this You want to sit here and say I want to manifest a million dollars and you go okay, like you mean like winning the lotto? Like in my business. Okay, so like you want 1000s of customers to come flooding in? Do you have the infrastructure set up for that? Do you have the customer support systems? Do you have the tech for it? Do you have the email database system to support we'll know, it's like, you know, we're still in a 3D construct, and if you don't have that in place, you actually don't want 1000s of customers, because that would be a nightmare. The problems that would suddenly be bestowed upon you and the stress, you don't actually want that, and so a lot of times people aren't thinking through that. It's like, what would be the fertile ground and the environment that would allow for this, to thrive naturally.

J Jen Finley 1:35:44

I think that's the bringing together of the feminine and masculine energies, like if you think about it from a yogic perspective, you have these two forces that are working together that produce the experience of the asana postures and yoga, we would say suka versus sthira. suka is like the ease, the yen, the relaxation, the effortlessness within the pose, it literally translates in Sanskrit to mean like sweet space. But then there's the sthira, which is like the discipline, the effort, the muscular tension, the sweat, and those two things have to come together, and I think sometimes people look at manifesting and they think, Oh, it's just all about sitting and putting myself in the right vibration, and then it's gonna magnetize and vibrate to me, when actually, there can be an effort required, like I think the coolest thing. Well, there's a few things that I've manifested. I'm like, wow, that is a living dream, but my role on Team Wedmore right now is a nine year manifestation, where almost a decade ago, I wrote down, I want to be a performance coach that's relied upon to go into teams and businesses identify and diagnose what is the breakdown, and then deliver the breakthrough, but what I did was as soon as I wrote that down, first of all, when I wrote it, I was working for Lululemon, and I really, really was attached to inside of Lululemon, like I even know who I wanted to work for, and what department I wanted to be on, and I remember the moment where I deleted that, or I was like, Backspace, Backspace, Backspace. Doesn't have to be Lululemon because I was attached to how it was going to show up, and then I had to think through okay, where I'm at right now. Now, what type of person would that be naturally, a byproduct of what books have they read? What courses have they taken? What results have they produced? What actions did they take every day? and I got to work like it was urgent, and I actually had friends who would watch me like read. I remember, during the pandemic, the first three weeks of lockdown, I read 23 books, and it was like are you trying to become John Travolta in phenomenon? What is happening right here, and I was like, I just have this sense that there's this urgency around, I have to become this phenomenal coach, and I would have had no idea that in a year and a half, I would be presented with an opportunity to do what I do now on Team weadmore, but my actions and my behavior went about that manifestation as if it was urgent, and it required actions from me, and then all of a sudden, it became a reality. Well, I think that I also heard in that the whole concept, and I was in the Kevin Trudeau tapes about the expanding the circumference of the sonar screen, three inch diameter, we're looking for inside the organization already exists, or inside what I'm known, and it's like, whoa, whoa, whoa, whoa, like this could happen in so many other different places. Yeah, I think that like even that goes around. I've coached people in how to attract their dream relationship, too, and I always say, like, how do you need to become in order that that relationship would just be natural, like, your ideal partner would just be naturally attracted to that woman of you.

K Kathrin Zenkina 1:38:58

I literally, so back in 2017, I remember being at a Tony Robbins event and like, it was a 10 day event life and Wealth Mastery, and I had partners throughout the whole thing. The first time I had one partner, then he left because he wasn't going to do Wealth Mastery. So I switched partners, and it was a single guy and me and we developed like a really great friendship by the end of it, and I was constantly talking about my fiancée, because that's what Brennan was, he was my fiancée at the time, and he was like, Man, I want to manifest my soulmate, and I'm like, I will help you. That's what I do for a living, and so we sat down, and that's really where I defined my manifestation process was with him. I said, All right, what do you want? Let's list her out. What does she look like? What are her values? How is she, Like, what are her characteristics? Just as many details, Like she's sitting right in front of you right now. he's like alright, I got this and the second thing and I was like, and who must You become in order to attract her, and he's like, I never thought about that one, where I'm like, I know. That's why she's not here yet. So

let's get to work on that, and he's like, You know what, you're right. I can be more patient. I can do this. I can do that. Like, he just went into this whole. The list was just as long as the what do I want list, which a lot of people don't realize is that who must I become list is what bridges the gap, and then I'm like, now you take action. Now you actually become that person.

J Jen Finley 1:40:30

Yes, and it actually it gives you like a, that's what has you sustain it, Because maybe you pull it in, but then it goes out, and it's like, well, if you didn't become who you need to become in order to hold the container of what you just created, it's gonna fall in your hands.

J James Wedmore 1:40:45

and how many examples do we have of this? We have this the people that win the lotto and then lose the money, We've had these people that are, you know, these like overnight business successes, but they're gone the next day, you have people that become really famous really fast, and then these tragic things happens, more of these tiktok stars, they can't handle the attention, the money and all that type of stuff. It's like this power, this frequency. It's a muscle. I mean, I swear I say things that kind of, I try to take a lot of these concepts in conversation, we're having to make them a little bit more digestible for someone that isn't necessarily here and ready to have this conversation. But I'll say things to the effect of your business will grow to the level of problems that you can handle, because there's some certain frequency that you can hold and not that, and that's also another interesting thing, because this has come up with clients in the past where, and I don't know what your experience has been here Kathrin where people will get to a certain level, and then they're like, afraid they're gonna lose that, and so now it's less about where's the next level? Like, where's that as we're saying before that next brands to jump from. It's like, no, no, like, I think this is still a fluke, and it's like, What do you mean, as a fluke, like you got here, the fact that you got here means you can get here again, anytime you want. That's the new set point. That's the new

K Kathrin Zenkina 1:41:57

I have a metaphor for that, that worked so well for me, my coach gave me this metaphor, because I was struggling with something along the lines of I'm afraid, I'm going to lose it, it's a fear that came up for me when I got pregnant. Because my mom, literally, it was the end of her life, quote, unquote, when she got pregnant with me, because it kept her bound to my father for much longer than she ever needed to be with him, and I was processing so much of that through my birth, through my pregnancy, and all this stuff. So I really did develop a fear of like, what if motherhood makes me lose everything? Which didn't make conscious sense. Like, why would I lose everything that makes absolutely no sense, but subconsciously make complete sense to me, and I was working with my coach, and she gave me this brilliant metaphor, and basically, she said, Have you ever gone to like the fair or something where they have all these, they have, like these glass vessels that you fill with sand, it's like a layer of sand and a layer of green sand or whatever. That's what life is, every experience that you have in life, you're putting sand into this vessel, and when you have all these experiences layered on top of each other, you're only layering the next sand over the previous sand, you're not losing any sand, it's not like you're ever dug sand out, it's just layering on top of one of the other. There's no such thing as going backwards in life. There's no such thing as regression. Some layers of sand are skinnier than others, some are bigger than others, some are the colors that you like, and some of the colors that you maybe don't like, but you're constantly moving forward, and you're not losing the vibration that got you where you're where you are, and so therefore, you can always rebuild it, because you have that experience in your little vessel, and I was like, oh my god, yeah.

J James Wedmore 1:43:45

and you have, you know, you're you do this stuff long enough, and like, you're gonna have experiences and I've had these where, as you grow and change, certain things you've created in the past, have to be destroyed, have to burn down have to break apart. Because it's like, I'm trying to think of a good metaphor on the spot. But it's like, if you built, well, I'll try one or you see if you can top that. It's like if I built a foundation for a home, and then I say, okay, cool. Now I want to build a skyscraper. Well, I'm gonna have to tear down the home, I may even need to build a new foundation that can hold the skyscraper, and so but it doesn't mean that I've lost exactly what you're saying, like lost that I can always go build that home again. Because I've done that, and that whole, like, I think that's one of the best affirmations, you can say, the fact that I've done blank means I can do it again, you know, and I think that's just so such a simple, powerful truth, all right, top that metaphor Jen.

J Jen Finley 1:44:41

Now we're segwaying into intuition because you read my mind. That's, actually the metaphor that I teach with one of the meditations that I teach inside of manifesting something that you really want is called the empty space, which is all about associating a positive context with not having the thing that you want yet, and the thing is, is that we're reminded of that in nature all the time. Like, in order to take an inhale, you have to take an exhale, there has to be room, you can't inhale forever.

But in the law of manifestation, humans walk about their life as if you can build a house on a house, I got that, and now I just want more and more and more and more and more, and there's no recognition of that nature actually has duality to it, there's an in in and out, there's a give and a take, and there's a night and a day, and you can see that play out everywhere in the laws, and I think of nature as like, a place to look at what's the operating system for this 3D reality. You know, like, there's laws to the universe, and it's like, in this 3D manifestation of reality, there's duality, there's yoga, there's union, there's, you know, male, female, night, day, on, off, up, down, everything is a vibration, which is basically just an on off switch. So if that's the case, then in order to have something, you also have to have nothing. So, you know, when you look at, if I'm going to create something, in 3D reality, we would find it very normal to say, I'm going to build a new house, and the first thing that would arrive is the demolition crew. But suddenly, that happens in someone's actual life, and they're like, this is evidence that it's all falling apart.

J James Wedmore 1:46:19

I knew the other shoe is going to draw is only a matter of time.

J Jen Finley 1:46:22

wait a minute. Wait a minute, wait a minute, what if the universe is actually fulfilling your order and saying, Yes, James, I will bring that in, but first, we got to make some room here.

J James Wedmore 1:46:40

We are officially right at two hours, and I think it's like right at two hours. I think it's a it's a wonderful moment to start to wrap up a, an amazing discussion. So I want to thank both of you guys for taking the time, especially Kathrin, of your very busy schedule, being a new mom to come on the show. Any final thoughts or comments before we wrap this one up?

J Jen Finley 1:47:01

I think that was a very intuitive place to end.

K Kathrin Zenkina 1:47:06

I just want to add that every time we're together, it's like never ending like we could spend 10 hours together all night, every night, all day, every day. It's just the best.

J Jen Finley 1:47:21

Well, I think that's how we came up with the idea was we're this is just our dinner party conversation. Like we should have microphones.

J James Wedmore 1:47:27

We should just record. No, thank you. Thank you, Kathrin. Jen, any final thoughts ?

J Jen Finley 1:47:33

You know I'm ready to talk about my favorite topic intuition.

J James Wedmore 1:47:36

I knew you were gonna say that.

K Kathrin Zenkina 1:47:38

I know, I'm ready. I'm ready for you to be the star of that one.

J James Wedmore 1:47:41
Oh my goodness. You know, my first manifestation story that I told about the first time I manifested was about Jen. It was Tony Robbins tickets, it was for Jen. Full circle moment, here it is. I used to Tell you that story for years. Now you're on the show. We're talking about it. Pretty cool. Thank you both for coming on. Thank you to all of our listeners for hanging out. Listening to us for two hours. Really appreciate it.

K Kathrin Zenkina 1:48:10
If you've made it to the end, let us know.

J Jen Finley 1:48:12
It's not even the end yet. We have another part three is coming.

J James Wedmore 1:48:15
The secret word is Taco. So you just send us

J Jen Finley 1:48:19
comment below.

J James Wedmore 1:48:22
Send us a DM saying taco taco, and we will know or almond milk, almond milk. It's Tacos with a glass of almond milk. It's my day right there. Okay, have a wonderful rest of your day, and stay tuned for part three on this series where we're going to get into intuition, into intuition. We're gonna say that we're gonna get into-uition. How much is it? How much is your tuition into the intuition? Intuitive intuition class \$0. Stay tuned. We'll see you next time on The Mind your business podcast.

K Kathrin Zenkina 1:49:03
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 @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