

(#313) Asking a psychic medium...estions w_Allie Ninfo (part 2)

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SPEAKERS

Kathrin Zenkina, Allie Ninfo



Kathrin Zenkina 00:00

Everyone wants to know about energetic boob jobs, because you talk about reverse aging, how aging is just a concept how you can literally change your body by doing this work, and you've given yourself an energetic boob job. Your boobs are real, but they look fake and I felt them and I've had fake boobs. I know what they feel like yours are 100% real, but they look fake and they look so good. They're like up, you know, they're really lifted up to the sky. You have amazing cleavage. How does one get an energetic boob job? If you could guarantee making your dream life your reality, what would that be worth to you? Welcome to The Manifestation Babe podcast where we take topics like manifestation, universal laws, quantum physics, personal growth and spirituality and turn them into simple, powerful practical steps to apply in your life. I'm Kathrin Zenkina, manifestation expert, master mindset coach and multiple seven figure entrepreneur who has generated over \$25 million in just seven years. I am obsessed with helping you achieve everything that you once thought was impossible. There is no such thing as an unrealistic dream, and with the tools that I give you, don't be surprised with every area of your life receives a massive up level. Are you ready? Let's manifest Hello, my beautiful souls and welcome back to another episode of The Manifestation Babe podcast. We are back for part two of the asking a psychic medium your juiciest down the rabbit hole questions with the amazing intuitive ally in NFL. If you didn't yet listen to part one of this episode. I'm not going to intro this one too much. So we can just dive right in. But if you didn't yet, listen to part one of this episode, definitely go back to part one. Because otherwise you're going to be left really confused with no context, no introduction, and we're going to be going straight into wherever we left off last time in the last episode. So definitely go back to part one so that you can be caught up to speed. Okay, for those of you who are waiting on part two, I'm not going to hold you for long as promised. Let's just dive straight into the episode Okay, I want to talk about a lot of people are super into plant medicine nowadays. People get into Ayahuasca mushrooms, insert whatever plant medicine here, and I've definitely done my I almost said fair share, but I really haven't done that much. Yeah, and so I feel like for many people, what appeals to me about plant medicine is that it's such an incredible way to bypass the ego in the sense of like, I can go straight to the spirit world, gather information, gather what my blockages are, see myself in my highest potential. Like I had incredible experiences. When I did ayahuasca, I

literally asked what is my highest purpose it showed me. I rebranded my whole website off of ayahuasca and my business like took off from that point literally showed me so many cool cool moments that I had clarity around my relationship, my husband, but I'm curious because I have developed a slightly different opinions since I've done plant medicine that I haven't updated on my podcast, and we talked about this at dinner and I said Ali, I feel like I need to share my new perspective that I've learned since I started working with my shaman because I did plant medicine before I started working with him. He's taught me a lot about like the reality of plant medicine, and like important things to keep in mind and ever since then, I stopped recommending it and I want to share the reason why and I was telling you my hesitation in doing that and doing like my official update is that I don't want to give people like the problem without giving them a solution. So I don't want to tell them what could go wrong and then be like but guys, I don't know what to tell you like like I don't know my shaman has like a three year long waitlist and he recently closed it and not everyone can just go work with him because he has the hierarchy to help people with this. But not everyone else does and so then you're like well Kathrin just just send them to me because I can literally help people with this. So what is your take on plant medicine, and why?

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Allie Ninfo 04:42

Great question go off. I'm gonna go off okay. So a few different takes one, the first one the easier one to kind of understand wrap your head around. I have this thing in me if I need to be self sufficient. I do not want to rely on anything outside of me to access something or feel better, I don't want to rely on alcohol to calm down. I don't want to rely on Xanax to not have a panic attack, I don't want to rely on someone having to go to someone's house to sleep over because I'm scared, you know what I mean? I, I want to be able, a goal of mine a sole mastery that I've really desired to have, and it's not fully mastered yet by any means. But it's something that I really desire to keep cultivating is an emotional mastery of like, being able to if I'm having a panic attack, get out of it in point one seconds, just this thing of emotional mastery. Or, also, I have a I need my intuition everyday all the time. I can't rely on a plant medicine experience to access that or to open up and lower than wait until and wait until they Yeah, and what happens with that is, yes, you see things but then there is a lack of maybe not for you, someone who knows the right tools to use and has the right resources of reprogramming your brain. But a lot of people have an experience, but then they're like, they go home, they're like, Okay, now what, and they don't have the tools to reprogram their brain. So that's my first thing is, is relying on anything outside of you. To me, it's not my vibe, I like to teach, you can have that same experience without it. Like, people tell me what they see during it, and I'm like, oh, yeah, like I see that all my normal life. It's my normal life. I see demons crawling on the ceiling. I mean, like, or I see, you know, people go to like the this blue realm and I'm like, Oh, I've seen that. Oh, the blue round. We were like, We're Orion goes. Yeah, so I but it's I'm not special, anyone can learn to see that themselves with the right tools. That's my first thing. The next thing is when we go to those things, when we take any kind of stuff, substance alcohol, drugs, but also plant medicine. Our energy gets burst the fuck open. Our energy is amongst all the dimensions, all the realms you can possibly think of realm to being one of them. We are in realm free realm to is where like, darker, heavier that

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Kathrin Zenkina 07:06

like third dimension, second dimension kind of vibes. Like what where's the three and two come from? Kind of?

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Allie Ninfo 07:12

That's a great question. I've just channeled it from source like, so when I see Rome to it is like, it's hell doesn't exist. It's not hell. But it's like where lower darker entities live souls aren't there. It's like darker entities that like to get on you suck your light, that kind of thing. Yeah. Run force sources. We're in realm free. Okay. So when we are doing this, we're blasting our energy open. Now what happens with that is if we don't have dark force mastery, and we don't know how to clear ourself of these other energies, even just other people's energy that you're not taking on, it affects us 92% 92% of your life, and your day, between 80 to 97% is not your own. When you are not clearing off these energies, other people's energy, you are taking on 90 to 97% of other people's thoughts, and energy and these dark things, and people leading the ceremonies will say they have dark force mastery, but the sage and the palo santo ain't working. The Dark Forces are gonna smell it. They can be like, oh, you know, smells a little weird. But like, you're funny that you thought that was going to clear me. Yeah, and then they take advantage of the humans. Yes, and now why we should care about having those things on us is they can create massive mental illness. Massive physical illness, they can fuck with your career. They can fuck with your relationships. Have you ever found yourself even not YouTube? Like listening? If you've ever found yourself responding to your partner just and you just have this rage and you don't even know fucking why? Probably a dark horse. You're found yourself like just in your career, and it's just like, it almost feels like someone has a fucking curse on you. Yeah, probably a dark forest. Yeah, people come to me. They think they're bipolar. I go no, you're not you have a fucking demon in your brain. I clear it out. They're fine. I kid you not people who have gone through like a program of mine where I like do this work in it, offering a depressant medicine. Her name's Mikayla. Shout out to Mikayla if you're listening in three months, and she was on it for 10 years and in therapy for 10 years trying to figure out her shit. Because she got to clear herself. These things caused massive mental illness. You have them and even if you think oh, I just won't think about it. They're there whether you realize it or not ignorance is maybe not bliss with this because even if you say oh no, I'm I have angels around me I have light. Angels want you to learn lessons. Angels want you to master your mastery dark for dark dark forces. Yeah, your Higher Self also wants you to gain a grip on your reality also wants you to learn lessons. They won't protect you from this stuff. Because Higher Self sees things as a very different perspective, which isn't a bad thing. It doesn't see this as a lesson that makes sense. Exact Play Yeah, exactly. So you can say you have all the protection you want. But again source and angels have their hands out of our lives anyway because source sees everything as like the human has the power and so our higher self will let these things in so we can get lessons and so we can eventually over the years over the lifetimes learn about this stuff and take our power back. It's programmed into movies into media into music, it's everywhere so whether you think you have it on you or not, you probably do if you're listening this podcast you're definitely a light being your light being you definitely have them on you and they're definitely taking over your brain like moths to a flame Yep, like moths to a flame I've

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Kathrin Zenkina 10:45

noticed that the more I've developed my like the more I've gone down the rabbit hole of spirituality the more that I have developed my spiritual gifts especially in the beginning not so much now but in the beginning. weird shit happened yeah, like I could see thing Yes, I had to learn how to fight things off and at the time I had nobody teaching me like I intuitively had

what you would call a demon come and try to take over me like yeah, like wanting to come down my throat and I actually talked about this in a podcast episode if you're an OG it's like years ago that I recorded this so you've probably heard it. If not, you're gonna have to scroll for a little while but I had this experience and intuitively i I only had my intuition to work with I just started screaming at the top of my lungs just like very i i took on the very commanding like presence because we are the most powerful and I just started chanting I am love I am love over and over and over again, and I noticed that at first it got stronger, and I started changing my voice like I can't even make that sound that's how I know this is real my voice doesn't go that low it's like oh Moogly I can't even do it and then I just persisted with it persisted with it eventually and then I saw like I send it to the light to like I literally called on Jesus at one point like I just was calling on like the most powerful like spiritual beings I know to exist the Ascended Masters and things like that and God and source and whatever, and then went away and that was crazy. That was nuts. It doesn't happen as often anymore. In fact, it hasn't happened in a while. But I just know that as a light being as you open yourself up to more things you also need to understand that you have to protect yourself as well that there are there is such thing as Dark Forces I used to be in the line of thinking that it's like no there's no such thing as as evil or no such thing as dark forces, and as I started working with like a very powerful shaman, he's like, no bitch. There are dark forces and spiritual warfare is real. Yeah, but they don't have the power that light beings do know only when you forget about your own power. Do they have the power to then mess with you? Yes, I'm okay. I want to share my Oh, sorry, I just cut you off. No, I'm

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Allie Ninfo 13:10

just gonna say knowledge is power with that stuff. Like the more people think oh, if I don't listen then but the more you know, the more you can clear them off and what takes these people like six months to put a ritual on to you can take you two seconds to fucking clear they have no power over you.

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Kathrin Zenkina 13:26

Oh my god. Okay, we need to talk about that. First I just want to share I want you to Raska Okay, so first of all, I've been to round two instantly. Yeah, instantaneous round two to listen to my Ayahuasca episodes, anyone who's listening who's gone through those episodes. My very first experience was instant hell like dark place what is going on? I remember coming out of that ceremony and everyone's like, and it ended thank God it ended well, because otherwise I wouldn't have shown up the next day to do more. Yeah, and everyone's like, Oh my god, it's so beautiful, and I'm just like, What are you talking about? I literally went to hell. That was not what I got. Right? No, it's and I have this experience where I shared with you about like the the grandfather spirit who was like this light being that was with me, and then he like looked at Mother Ayahuasca Mother Ayahuasca glared at me back and said, Bring her when she's ready not saying Mother Ayahuasca is bad. But it just like it just felt like a stark difference from like, I feel like I'm about to go through the fucking ringer. I knew as soon as I saw that scene, that this this journey was about to like, this is not going to be a fun day. This was this is not just going to be like seeing like fractals and images like I'm about to have my shit handed to me. Yeah, and the second day was a beautiful experience and overtime is so interesting. In the very first ceremony, I heard Ayahuasca say, I'm not your medicine, and I don't remember I'm pretty sure I did share this in those episodes. I'm Not your medicine, and your medicine is actually

mushrooms and breathwork, and when we talked at dinner, I was saying how I'm pretty sure she was talking about like not psychedelic mushrooms, but just like medicinal mushrooms like adaptogenic mushrooms because I was really into them at that point, and she was kind of like saying, this is your vibe, replace coffee with it for like a year. She didn't give me a timeline, but I intuitively picked up a year, and then she said, breathwork, and like, that's what I got from that whole experience that is with me to this day is like breathwork is my jam. Like, I get into those intuitive realms, the spirit realm so easily with breathwork I get so many intuitive downloads through breathwork. Like it's my like way of connecting, and so long story short, when I met my shaman, he was like, Oh, girl, like we need to like heal a couple things from your I WASC experience, and I'm like, What are you talking about? And so what he taught me was that when you ingest a plant, and he says he's actually he says, It's such a pity that we even call it psychedelics, because it's actually flowers of the gods, and it just felt like such a beautiful way to label these likes adjustables Yeah, it just brings such a beauty and respect to them, flowers of the gods. So incredible, and that just goes to show you like, that's what the indigenous that's how the indigenous use them, like the indigenous know what the fuck to do with them, and so when you're doing it, like not recreationally, but just with people who have more of a recreational like flair to how they're doing it, and they're just like hosting retreats, and just whatever. He says that when you ingest them, you get blown into bigger numbers, and I can even say, Yeah, let's just say a billion pieces, you got blown into a billion pieces, you are literally like particles, like subatomic particles of yourself are then blown across the entire universe, through every single dimension, through every single parallel reality through every single universe because we live in a multiverse, and that's that, that makes sense. Because when you have that experience, and I can speak from experience here, like and you can speak from like the spirit realm, it's just like you're accessing everything all at once. So in order for you to access everything at once your energy has to be in every place at what Yep, and so he says, you know, that's fine and dandy, because the facilitator, or shaman or whatever you want to call them, if they have the level of hierarchy, which they need to have in order to lead these, these ceremonies, they can find all of these pieces, and help you bring yourself back so they can help you integrate before you essentially wake up from the medicine. Yes, and he says what ends up happening is that people leave pieces of themselves behind. So you have literal like particles of yourself that are left behind in some other dimension, and let me just tell you, this is the trickiest thing in the world. I know, I now know what it feels like to be in another dimension, and it's so fucking weird, and in almost like, in a way, like scary because you feel like home is so far away. Like when I was in another dimension. Yeah, I remember trying to make like trying to make sense of it. Because I was so scared that I was like Hathorne. Just remember, you're in Costa Rica right now, and you live in Los Angeles, and then I was like, Why does it feel like it's a million light years away? Like, why does the concept of Costa Rica of where I am doing this right now feel so fucking far away? Like, I'll never reach it, and then I was like, Oh, I'm in a different dimension. That's why That's and so he says, the proper integrator, the proper facilitator, the proper shaman is trained in this they have the spiritual hierarchy to be able to do that they can literally pinpoint that and that's what he helped me do is to help me reintegrate. But he says that most people go about this doing it with someone who doesn't have that hierarchy, and so my fear and all this was like, Well, how am I supposed to know if they have the hierarchy? There's no way of telling like, they can say whatever they want, and so I remember making this decision mainly from like Ayahuasca herself telling her like, Yo, like, you're not really the I'm not really your medicine for you. Yeah, I had a session my very first call with my Shaman, and when he was reading into like, my soul contract, he was like, you have done so much goddamn flowers of the gods to the point where you're at this level where you've mastered them not like from an ego sense. Yeah, not speaking from ego sense because I felt like or thing. I felt like I wasn't a master of it at all when I was doing it. But he says like, if you continue to do it in this lifetime, you're actually going to spiritually regress, which matched up

exactly to what Ayahuasca was telling me. But then when I shared it with one of the facilitators at this retreat center, he's he said, losco would never say that she would never tell you that, and so it made me get really confused, but thank God I kept listening to my own intuition, and when I was like, No, I'm just gonna go with like, What I'm feeling what I'm vibing with like, I'm just going to drink less and less. That's what I ended up doing. Yeah, drink less and less, to where the fourth night I could just like I literally was just in the energy of it. I didn't actually drink drink the cup. Anyway, from that point, people ask me all the time, are you going to do it again, I'm like, honestly, I'm not feeling guided towards it, and then I started telling people like, what my Shaman was sharing with me, and I was telling this to you at dinner, and I was like, I haven't felt ready to share this perspective on my podcast, because I've led so many people to the plant medicine world through my episodes that I've shared, and now I learned like, wait a second, this can be like, in many ways harmful. If you do it with someone who doesn't know what they're doing, you don't know how to clear those dark forces and reintegrate yourself, and he said that if you leave pieces of yourself behind, you're fine for now. But but in like 1020 30 years, it can manifest like you said, as mental illness can manifest as cancer it can manifest as just your life going to shed. Yep, and so I'm like, Allie, I don't have a solution for people. So I've never really shared this perspective before, and you were like, Kathrin, I have a solution. So what's the solution? Allie,

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Allie Ninfo 21:11

I have a solution. What's great is that you can actually learn to recover your energy yourself. You can learn to clear Dark Forces yourself, you can learn how to be like your own energetic healer, whether you want to do it for other people, or whether you just want to do it for yourself. Anyone should learn it to do it for at least themselves. All energy work is is guiding light into cells, and it's you can learn how to retrieve your own soul, retrieve your own energy, retrieve all the missing parts of your chakras, you can learn how to clear off these entities and rituals and groups of people targeting should at you, you can learn how to clear these things off yourself. Just knowing how, and I have a course called called fuck Dark Forces.

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Kathrin Zenkina 21:56

I literally saw it on your like, it's a so on brand. Like it wasn't there a couple days ago. But today it's here, and I'm so glad you have that. Because I feel like it's such a valuable life skill, regardless of plant medicine or not. Yeah, just because you said you said this thing at dinner, all about rituals. What the fuck is that? Like are? And then one of the questions I have here is like are curses hexes? Like those things real? And how do we get rid of them? And like what are rituals? Okay, so

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Allie Ninfo 22:23

rituals are now before I go into this, just because we wouldn't do something harmful to people doesn't mean there's not people out there who won't, right. So this can sometimes be a like mind blowing, like, hard concept to wrap our minds around. Because anyone listening, this podcast, obviously has great intentions for the world. That doesn't mean that everyone does though. So there are people who are so hungry, for power for money for fame, they're so deeply insecure, and a lot of times source does not have the like they don't have the contract

through source to be able to get the money, get the fame, get the whatever, right. Most people aren't supposed to even be famous in Hollywood, but it's not part of their sole source soul contract. So if they can't get it through source, and they don't have the ability to create a manifest like you know, you do, then they get it through disconnecting from source, which is essentially selling their soul now disconnected from sources not being atheist or just not believing that's very different that has no like Soul karma. If you purpose they have to purposely disconnect from source purposely, and how they do

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Kathrin Zenkina 23:34

that actual contract they sign is that a ritual? Like what does that look

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Allie Ninfo 23:38

like? Yeah, it's through a sacrifice, which then leads me into ritual. So it's through a sacrifice. They sacrifice a loved one, they sacrifice an animal, they sacrifice babies. I mean, it's wild, and this is what happens in Hollywood. What happens in Hollywood? Yeah, and I've seen it I've heard I have clients who have like, got out of Hollywood, and I've heard about it firsthand. I have when I lived there, I had friends in it. I heard about it firsthand through them. It is what I mean, a girl came up to my friend Nikki at a party one time, I won't say her name, but you would know her name. I'll tell you offline. She goes that is crying hysterically, and my friends like what's wrong? I wasn't there. But he told me this. She was like, what's wrong? And she was like, I just had to kill a goat to be my next movie, and so these people and now it's not always their fault. Like if you get them young. If I'm 14 and I want to be on Disney Channel, someone comes up to me, because I want to be on Disney Channel when I was 14. I want to be fucking Hannah Montana. You know what I mean? by who? Doesn't? Someone comes up to me, and they're like, hey, I can make you a famous Disney Channel star. You can have a lot of fame. You can get famous you can then be a singer later in your life. You can then be a pop star. All you have to do is come to this meeting and watch me kill a chicken or watch like a goat get kills for you. I'm gonna be like That's fucking weird, but I'm 14. I don't know what's going on. Yeah, I want to be Hannah Montana. Sure, you know so because you don't know This knowledge, so a lot of people, when they who got into it young, they weren't really knowing what they were doing, and now they're just in it, and now they it's hard, very hard to get out. Then there are the people who know exactly what they're doing, and have the sacrifices. Now, there are a whole group of different colts, leading these people and enticing these people to do this. They have friends, they have friends, they have friends. Now, those friends of their friends of their friends, maybe they're not so high up in Hollywood, but maybe it's their job just like us. They're psychic. They can sense you and me as lights. They can sense anyone out there who's a light, right? And who's helping the world in some way, shape or form. They don't know who it is. Maybe they don't know. Oh, Kathrin Zenkina. Allen info, but they can sense our energy. Right? Maybe they do know us. Who knows? God? I don't know. I don't want to know. So but they can sense our energy. Yeah. So what happens there is they then it takes about six months to create a ritual during a full moon, they go out into the middle of the woods do this whole like ritual situation, and they direct a ritual is like an energy and intent directed towards you, and it's a negative energy. Well, it can be positive or negative. But this one is obviously negative energy and intent directed toward the person. So they can sense a lightning just like how we can sense them, and so they'll direct it toward us. Now, this should take some six months to fucking create, and it's so embarrassing. I think of these people as like, guys in their mom's basement,

in their 50s. Living with their mom in their underwear, eating Cheetos with cheesy finger hands, like sitting on their couch, like playing the game, how they think of that? How miserable do you have to be miserable? To be in your life? Yes, yes, and they're, why they're doing it and why there's those level lower levels is then they can work to get to the higher levels, be in control of like the Hollywood demons and the Hollywood stuff, and then they make a lot of money. So what it's like there's these hierarchies, and so that is essentially a ritual.

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Kathrin Zenkina 26:55

This on to you money, money, from your perspective, what is money? Because it seems like, you know, the reason why a lot of people do this is for money. But if we can just manifest money, why would someone go to those lengths to do something like that?

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Allie Ninfo 27:12

Yeah, because they don't have the right tools, and it maybe they didn't have a soul contract to get that money and fame, otherwise, and they don't have the right tools to negotiate the soul or manifest or create it separately. Okay, and they come they are so deeply insecure. They have negative self image and they just want fame because they think it's going to validate them and make them feel better.

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Kathrin Zenkina 27:36

Okay, speaking of conspiracies, I we can do that all day long. But there's an interesting one, which is like, what is a conspiracy that you can think of? Off the top of your head? That actually is a conspiracy? Like it's such bullshit and so ridiculous that it's like, just clear the record straight?

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Allie Ninfo 27:53

Oh, like a conspiracy. That actually is not real. Yeah, yeah. Oh, my God. I don't know. It's hard. I don't let me I don't know.

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Kathrin Zenkina 28:05

That's what I want to know.

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Allie Ninfo 28:09

We got round.

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Kathrin Zenkina 28:12

It's not round. It's not

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Allie Ninfo 28:14

I don't know if it's, I don't see that it's flat. Or like the sphere. It almost feels more of like a, like, in between, like, in between, like, both people are right. Yeah. It doesn't feel fully either. Okay. Uh huh. But it's not what they're saying. It is. Not. Earth does not look how they make it. Look, that's for sure. Okay, yeah,

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Kathrin Zenkina 28:34

I have a psychic medium slash intuitive. We're gonna call you intuitive because that's what you prefer to be called. I want to ask about something and experience and I want to see if you can tune into it and just clarify or confirm this. Yeah. I was at a crystal shop in Sedona. Mm hmm. It was like a back end. It was kind of like a bizarre vibe. I don't know where we went somewhere in uptown, and they have like a bizarre vibe, where it's like, little tiny pockets of shops in like this indoor kind of area, and I went in there and I just like did not like this fucking store. I immediately got a stomach ache while being there. I didn't want to touch anything. Sometimes I'll like pick up crystals, whatever, just so I can rotate them. Look at them. I dared not to touch any of them. Yeah, one of the guys I didn't like the shopkeepers. It's like these two guys, they come up to me, one of them, and randomly he just like kind of targets me and just picks up a rose quartz and just says, you know, you can touch this right? And I go, No, and he's like, you know, it's and he starts teaching me about crystals and energy, and I'm like, Dude, you have no idea what I know about crystal energy. Almost like looking at me and I think it's because the way I was dressed and like the handbag that I had that you probably assumed that I was just like totally like, not of this. of this world. Yeah, totally out of touch with this with this world. But what was interesting is like not only did I get a weird vibe, I almost felt like he wasn't real. Like he wasn't a human. Like he wasn't there was no soul inside. I didn't talk to him. Human I talked to something else What the fuck was that? A

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Allie Ninfo 30:04

reptilian so reptilians can take form as humans they can put on a human suit, and but they're there from Rome for I know it sounds contradicting sources from Rome for it's like different sections around for

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Kathrin Zenkina 30:18

different rooms different rooms

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Allie Ninfo 30:20

Yeah, different rooms and Reptilians are. So in Hollywood they put when someone sells their soul, something has to take up the body. It's either a demon or reptilian. And you can tell like the ones who look a little more reptile ish. Or like reptilian? Yeah, the ones who look a little

more deep. Yeah, yeah, that

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Kathrin Zenkina 30:38

makes sense. Yeah, makes sense. Yeah. Yeah. So

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Allie Ninfo 30:42

in a place like Sedona, where there is a lot of high frequency vortexes and all of that stuff, there's going to be an equal amount, because the world has to be imbalanced, just like LA LA's, the highest frequency plays in the lowest frequency place at the same fucking time in the world, and so in somewhere like Sedona to the universe has to be imbalanced, and because unfortunately, the collective energy in the world is not at a 500 frequency or higher yet, we then are matched to lower frequency energies. So because of that law, for Sedona with all the high frequency things, there's gonna also be the absence of light beings, and they can put on human suits like this reptilian, it's just probably acting like a human. But if you don't feel a soul in there, you're probably not fucking wrong. Like there is no soul because it's a reptilian taking up the body.

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Kathrin Zenkina 31:36

I'm so glad I didn't touch any of the crystals or necklaces or anything. It just felt often like there was a group of us and I was like, how did you feel in that store? And everyone's like, I got the worst stomachache.

A

Allie Ninfo 31:47

That's how you know it's the reptilian like, you feel like someone punched you in the stomach and you want to throw up, and when I went to someone's concert, I won't say her name. She came on stage, and I watched her cording to everyone and I felt this punch right in my stomach, and I watched it. I watched everyone that says like, Oh, she's has so much energy on stage. No, the reptilian is cording into everyone so that it can take the fans energy, and I cut the cord and I was fine., and I cleared myself. But imagine if you don't have to fucking clear yourself. Now you a piece of your energy is with that person from their concert?

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Kathrin Zenkina 32:23

How do we protect our kids in these times and everything happening in the world to be clear the kids,

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Allie Ninfo 32:30

we can but we have to ask their higher self because the kids Higher Self might want that thing on them as a lesson to get them where they are. So wants to go quicker. So like, I'm glad that

no one cleared me when I was younger because I could see these things, and it made me really immune to them at a young age. So now I can see them, and I'm like, Oh, whatever. Because I don't want

K

Kathrin Zenkina 32:49

to see demons crawling. Yeah, you're just like, Okay, no, yeah, and

A

Allie Ninfo 32:53

I doesn't faze me. I clear. I'm going I'm like, Okay, everyone have

K

Kathrin Zenkina 32:56

a good night. Bye. Okay, oh my gosh, I'm just scrolling through my phone with these massive amounts of questions. Okay, so you were we've been talking a lot about like, you know, just ask their higher self blah, blah, blah. For a newbie that wants to start accessing their intuition. What's like the most basic tool like someone today they decide right now as they're listening. They want to use your intuition. Yeah, and then I have a really good question to follow this up, too. Okay, love.

A

Allie Ninfo 33:25

I have two different yes or no tools that I can give them. Okay, so yes and no intuitive answers. So number one, it's important to know the intuition is only as good as the questions you ask. So there's a difference between eating salmon is good for me versus eating salmon today for dinner is good for me. Right? Because he didn't say it was good for me. Well, what the fuck like maybe sometimes yes, maybe sometimes. No? Like, that answer is gonna get so wonky. You want to be so specific eating wild caught organic salmon tonight for dinner is good for me cuz even if you say salmon will what we talked about this like the farm salmon isn't good for you? Yeah, you know like wild caught right? So arm salmon Brook Farms. We need a PSA about don't eat farm. So

K

Kathrin Zenkina 34:10

we had a whole lecture, you guys, there was a woman that we sat next to in Sedona at local juicery and she went off about the fisheries she was waiting to eat which fish not to eat. Just like I mean, she went off and the biggest takeaway was like don't eat tuna. Don't eat farmed salmon. Yes. You learned

A

Allie Ninfo 34:28

do not eat farmed salmon. So even just saying salmon? I don't know. You know what I mean? Is it farmed? Is it wild caught like your Higher Self doesn't know what the fuck you're talking about? Yeah. So to get the most accurate answers, you have to be so specific. So eating, and I

about? Yeah. So to get the most accurate answers, you have to be so specific. So eating, and I will say 10 statements versus asking a question because it's even more clear. Eating wild caught organic salmon for dinner tonight is going to get me to my health and fitness goals the quickest. Then you can get a clear answer. Now that's very specific. Once you form your question, I want you At home to practice something right now so I want you to close your eyes and I want you to say to yourself doing cocaine is good for me doing cocaine is good for me doing okay it's good for me it's gonna be a no so just heads up PSA PSA it's gonna be a no I want you to feel in your body where that no feeling is once you get that, we'll test it. Yes So drinking alkaline water is good for me drinking alkaline water is good for me. See where you feel that in your body that's going to be your body's intuitive Yes. Now some people depend on the relationship they have with their body could be disconnected from their body so I'm going to give you one other way if that doesn't work for right now. We just need to practice that for it to work but if it doesn't work right now, pick like your top three favorite colors and pick your top three like colors that would be a no like to me reds and no I like to wear red but if I see red it's like a no to me. Yellows a yes to me greens yesterday PCs to me. Right? Yeah, I'm

K

Kathrin Zenkina 35:53

giving. You're giving just resounding yes. Energy.

A

Allie Ninfo 35:57

Kathrin's giving big resounding yes. Energy in her pink outfit today. Which I love by the way, like I definitely that said active. Yes. Love. Shout out to set active. They should sponsor you. Okay, so just hear hear that anyone who works there? Okay, so pick like your three top favorite colors? And then like your no cultural would be a no to say the question. Close your eyes. But then you're going to open your eyes and physically look around the room. Like it's not a color you see in your head. It's a color you see physically, like, if I look at your pink outfit that's going to I'm gonna get a yes. Like that's my Yes. So you'll physically look and then whatever color you see first, like now I'm seeing Brennan's phone it has the yellow cover over it. That's a yes. So or whatever. Whoever's phone is over there. Think it's my old nine year old phone? burner phone? Yeah. So it's a big yes. Energy, everything about us? Yes, energy today. So then that would be your Yes. So that's a really easy way to start, and you can literally take that today and start doing intuitive reads like right now with that on yourself. Okay.

K

Kathrin Zenkina 37:00

So good. For the people who have a hard time discerning, and this is a question I asked every single person who teaches intuition. What's the difference between intuition and fear? Like, how do you know it's, you're just being in a pattern of fear, and that's why you're being told not to do that thing, or go that direction? Or take that flight? Versus your soul, your intuition, your intuitive abilities? Whatever? Yeah, heart, whatever you want to call it, saying, that's not a good idea. Good

A

Allie Ninfo 37:33

question. So, in order to even have your intuition be as good as you want it to be, you've got to

gain emotional mastery, which is calming down your nervous system. Although God of us think our intuition is our emotions. It is not at all, if you aren't even even listening, exciting, that's happening. If you are any kind of emotional, you're emotionally manipulating your intuition big time, and you can can our emotions are very strong, they can convince us very much that something is good, or bad or don't get on the flight or, or this is going to be so life changing, and it turns out to not be or whatever it is. So my emotional breath pattern, not mine sources, I channeled this from source and it's like, I just asked, I was like, What is a optimal breath pattern to calm down the nervous system. It's breathe in for six, hold for two out the mouth for eight, and from source, you know, I'm not a breathwork person, but like, that's don't look after me. That's just what source said.

K

Kathrin Zenkina 38:37

Literally, the pattern I do is that when I do nervous system regulation, I stopped making decisions from any sort of emotion. Because I used to be under the guise of like, if I'm feeling excited about it, that's a good sign. But actually, I've made a lot of wrong decisions from excitement because I'm taking other people's excitement. Other people are excited about an idea. I get excited because they're excited, and then I fucking resent the activity, that agreement, whatever it was, like, Why did I agree to do this? I want no part of it. I want nothing to do with it. Why did this happen? Yeah, and so then I learned like, wait a second, emotions come from the subconscious mind or from the limbic brain, your intuitions from the superconscious mind, and so in order for you to they work very closely together, you need they're like a bridge to each other. You have to go through the subconscious to get the superconscious This is my own personal channeling. Yeah, and if there's emotions, or your nervous system is out of whack, you can't hear the superconscious. But the moment that you just settle yourself down, do emotional regulation, nervous system regulation, take a pause, like take some time. You know, there's a there's human design that comes in here where some people need to like sleep on decisions. For me, I need to tune into my gut, but even that could take like five minutes, you know, and so in those five minutes, it's me calming my emotions down and then I can clearly hear it because the superconscious has no act Access to emotions. Intuition is not an emotional response. No, and so it's very like direct. It's very neutral. It's very just like and the thing is, and this is like the nuanced This is where nuance comes into everything is you can have an emotion to the intuition. Yeah. Like you can not like the answer and then feel pissed about it. Yeah, you could be confused by it and have an emotion but you have to understand like, which one came first? And did you tune in first by not having an emotion to it? Literally, you

A

Allie Ninfo 40:31

explained that so well, thank you. Here's an example of that. Like, if you feel like oh my god, my partner is cheating on me. Right? Yeah. Here's the difference. Like, you could have the emotion of like, oh my god, like I'm really anxious simulation of her does she know me? Or you could be cooking fucking eggs and just get this neutral thing of like, yeah, my partner's cheating on me. Yeah. Then after obviously you get pissed, but exactly like war came first. Yeah. Oh, yes. That was such a good explanation. Okay, I

K

Kathrin Zenkina 40:59

think this is kind of where I want to start wrapping up around is even though there's so many we can get into but obviously you're gonna come back even though this is already a two parter. Feel like we could easily do a four parter, but I'm gonna be here for I'm gonna let my husband's cameras rest as he's been changing the batteries like crazy. Okay, everyone wants to know about energetic boob jobs, because you talk about reverse aging. How aging is just a concept how you can literally change your body by doing this work, and you've given yourself an energetic boob job. Your boobs are real, but they look fake, and I felt them and I've had fake boobs. I know what they feel like. Yours are 100% real, but they look fake, and they look so good. They're like up, you know, they're just really lifted up to the sky. You have amazing cleavage. How does one get an energetic boob job?

A Allie Ninfo 41:47

Okay,

K Kathrin Zenkina 41:48

so how did you even come up with this concept in the first place? Okay, start there. Yes.

A Allie Ninfo 41:52

So, you know, everything is good and bad. Yeah, I had insanely low self image issues. Here's the good that came out of that is going How can I energetically manipulate my body? And my face? And anything that I fucking want? But I wasn't allowed to do it until I shifted my self image. That's why I think one time Andrea, she was like, you should just sell the energetic boob job. I said, No, I can't do that. That only comes at the end of glow formula after you do the inner healing work first or else it won't work. I'm not having my name on the fucking line of it not working. Yeah, no, we're not doing that. So in order for me before we even go into this in order for any kind of physical manipulation to work, you got to love it before you change it. You have to genuinely love it before you change he genuinely

K Kathrin Zenkina 42:41

love it before you change it. Everyone's gonna be asking that question.

A Allie Ninfo 42:45

Good question. So seeing why your soul chose it so like, I used to hate my nose, and because it's an Italian nose like to me it wasn't feminine blah blah, blah back nose so I can totally relate. Totally like I think you were the cutest nose but like

K Kathrin Zenkina 43:01

you I think your nose is great

A Allie Ninfo 43:05
we can hold hands later we can we quickly

K Kathrin Zenkina 43:07
just have an intermission to this thought and just express that like literally we saw each other walking across the street meeting each other and my thought was like oh my god she's so hot. Like who is that girl and like you have to You're like I love her outfit like we have like these thoughts about each other before we even register it with each other we register with each other it was the funniest I was like that's a boss bitch over there

A Allie Ninfo 43:31
like there's like within it registered that we were each other and they were like oh my god like oh my god

K Kathrin Zenkina 43:36
not that that changes anything but yeah, check this out. Yes. Okay italianos Yes, I

A Allie Ninfo 43:41
do love you knows you know love now love I hate it and I was like what the fuck man and then I realized well, I obviously am here to talk a lot clearly come here we are and are knows the way it shaped determines how our voice sounds and the way my voice sounds, and the way I express really helps me to being able to reach a group of people who maybe wouldn't be drawn to this stuff in the first place. And like the basic bitch kind of tone of voice that I have like the valley girl kind of like Alexis from shits Creek kind of voice that I have going on allows me to reach a group of people that will resonate with me that can get access to this stuff who would have never gone to the woowo crystal shop and found it that Yeah, yeah, and so I got really grateful because your knows that how it's shaped has a lot to do with the tone of your voice, and then it made me really grateful for it, and then I started going wait, like, I don't look like everyone else that's fucking hot. Who the fuck wants to look like the fucking filter on Instagram where everyone has a small little nose the big fucking lips? Yeah, you know, like, everyone's gonna start looking the fucking same. I want to be the person who looks different.

K Kathrin Zenkina 44:50
You know what I mean? Yeah, and

...

A

Allie Ninto 44:53

so I started to fall in love with it that way and then there's basic things of like also Well, I can breathe through my fucking nose. You know? If you like hate your legs and You think they're fat or whatever? Well, you can walk, you can fucking run like you can, you gotta start where you can actually get behind. You know, you can't lie to yourself you gotta start record actually emotionally get behind. So start small start really small, and I used to not let myself leave the mirror until I was at some angle that I liked, I could have been the most weirdest contortion ever, or I could have just been having my hand out looking at my pinky fucking finger, I wouldn't let myself leave them here until I had some kind of picture that I liked, and then I would look away and leave, and that's how I started healing my self image. So, anyway, me having a low self image in the past got me thinking, Hmm, can I manipulate the body, and I can and you can, but you have to do it from a place of being fully in love with it first, and so when I got to that place, I was like, this could be fun, because implants are really bad for you. You can get breast implant illness, all these things, injections and filler don't even get me fucking started on the fucking disease and chronic illness that's gonna cause you in 10 years, like don't even go get me down that road, and I'm like, but I want to be able to have enhance the way that I look at whoever looks through energywork, and so I start going down this rabbit hole, and it turns out you can and so you need energetic, it's energetic ingredients mixed with energy work like Guiding Light from source the cells. So what I do with you and Ashley was like the energy work portion at the retreat. Yeah, but then there's also an emotional component. Now this is where it's different between soul contract and manifesting. So I didn't have a soul contract to have the boobs that I have. Yeah, we're small. I was like a dancer grew up gymnasts fives. But you can manifest them, you can create them. Now people who just naturally had a soul contract to have maybe bigger boobs or whatever boobs, it doesn't mean that they have these emotional ingredients. It just means that that's how they chose to contracts are soul contracts, but you can create them if you don't have it, and it's by how you do that is by connecting to emotional ingredients of how you would need the emotions that you need to have to have that thing. It's like baking a cake. You need all the right ingredients to have the cake turned out good and perfect. You need all the right emotional ingredients to create something that's not in your soul contract that's out of the coming out of nowhere, and that's for any kind of manifestation that's on your soul contract. So I was like, hmm, I wonder what ingredients you'd need for big boobs, and I won't give them all away, but I'll give away like one or two. One of them is you need to feel like nourished in life need

K

Kathrin Zenkina 47:23

to feel nourished. Like you're you yourself. You need to because boobs are literally nourishment. Exactly. We were talking about this at dinner, and I was like, this makes so much sense. Yes. You're like, how much do I have to give to the world? And I was like, this makes sense. Because you're giving milk? Yeah, through boobs? Um, yes. Typically, that's what they're, you're nourishing or Yeah, yeah. When

A

Allie Ninfo 47:42

you think of the function of the body part and that probably has to do something with that. Oh, so good. Yes, and then the other one is you need to feel like you bring like life you bring a special unique energy. You bring life literally life to people, you bring a unique energy to the world like you can create something special in the world do you have to be emotionally

connected to that? There's about like eight other ingredients, and I'm not not telling you because I don't want to not tell you. It's just, it won't work unless you do the self image healing first. That's why you get it after you go through glow formula

K

Kathrin Zenkina 48:13

that makes so much sense. Okay, so what is like the root cause of like weight gain, for example? Yeah,

A

Allie Ninfo 48:18

the emotional root cause of weight gain is could be a few things, it is either beating yourself up, and how you can start to love that that happened is your body is literally protecting itself from you. Your body is gaining weight instead of your words about yourself hitting your fucking liver and causing a bigger problem. So instead of getting mad at the extra fat, like, fucking think it because it's literally protecting you from having a fucking liver disease instead. Like it's way easier to deal with that. It's easy, but it's easier to deal with extra fat than it is the fucking liver disease. Yeah, so your body's just protect its need to protect you. Because you're beating yourself up constantly, and it doesn't, here's what happens. Where something manifests is not the root cause so it doesn't even mean you have to be beating yourself up about your body. You could be beating yourself up about the financial decisions you're making or the relationships you're in or the career you're in or whatever, or what you're saying or how you perceive yourself internally, and that will even cause weight gain on the body. Or you don't feel safe in life you don't feel safe you feel like you have to predominate yourself it's a protective it's a protective mechanism. Yeah.

K

Kathrin Zenkina 49:23

What about like is energetic like Botox very similar because yeah, your forehead like I know you don't have Botox but like you have not a single wrinkle. You know, I can tell like your forehead is moving so I know you have you don't have actual Botox, but at the same time, I can see like a lot of control on your forehead where it doesn't wrinkle up.

A

Allie Ninfo 49:42

Yes, Kathrin. I gave myself energetic. I'm so glad you've noticed.

K

Kathrin Zenkina 49:47

Like I like your foreheads lifted, your eyebrows are lifted. So is that the same thing with energetic boobs?

A

Allie Ninfo 49:55

A little bit. So aging there's only 7% of us part of us that's supposed to actually age once we hit like full grown adult. The reason why we age is because of reflections. So you know how people they get to six years old now they can't hear. It's not because they're aging, it's because they're not listening to their fucking intuition for that meant that long, you know, if you don't listen to for 20 years, okay? 30 years, okay, 40 years, well, now it's manifested into your body. Every physical thing in this world started out as a thought this microphone, someone had to think about it, design it, send it to a manufacturer, they had to create it. Now it's here. Same thing with our body. Any physical thing that's going on starts out as an emotional thought and emotional root cause even if like, you know how you hear running water, then you have to pee. Yeah, it's like, we have this this thing of like, our body is so connected to the physical world, and what instantly responds to our thoughts like you hear the water and all of a sudden you've to pee, or I like deciding

K

Kathrin Zenkina 50:53

a lemon biting a letter salivating. Yeah, like thinking about lunch or whatever, yes, I can describe the best dessert to you, and then you'd start like craving a mind can't tell the difference between real or imagined. Exactly,

A

Allie Ninfo 51:03

exactly, exactly. So the body instantly responds to our thoughts. So everywhere on your face, where you could have wrinkles. That is an emotional root cause so wrinkles are like worry, okay, they're on your forehead. It's worry about how other people are perceiving you. I've done so much self image looking healing that I don't care. Yeah, yeah. So that's why I don't have them. If they're now I have a little smile on going on. That's because on my left side, it's because I got to figure out what it was cuz I chose it before. Oh, it's because I was worried about like, how people were receiving what I was saying. Because I can be really like, direct and upfront and like, not fucking care, you know, if I trigger people, and so I got, but I got worried about, I got worried about it, and I still have it, and it's like, I'm still working on clearing it, but I can't clear it. But foreheads clear because I'm not worried about how people are perceiving me. Yes, and we're about how people are perceiving what I'm saying to them. Right. So you can clear all of or worry around your eyes worried about the future or worried about what you're seeing in front of you. It depends. When you have intuition, you can channel and go in and see what all these things mean, and you shift the emotion and then you end up shifting, literally how you physically look.

K

Kathrin Zenkina 52:21

Speaking about not worrying about how people perceive you, something that I appreciate so much about you is like you're literally the same person, no matter who you're in front of no matter like no matter what the situation is, you're just so authentically and radically you, they are so inspiring. Thank you. So thank now I know why you have no wrinkles. Like it's very evident. But that's where it comes from.

A

Allie Ninfo 52:44

Thank you, and I was the complete opposite of that. You know what I mean? So, so thank you and anyone can and shift that you know, and I think in the world has to be imbalanced if you're experiencing deep self image stuff. It's only a matter of time with the right tools so you can experience the complete opposite. You know what I mean? So if you're down in the fucking trash can dumps toilet like heads in the toilet, I get it. I've been there we're gonna need to grab your head and pull it out, and you can you can also experience the opposite. Yeah, that massively

K

Kathrin Zenkina 53:19

ally we can literally talk for 27 years straight like I'm I texted Ashley after we left the restaurant. I was like Allie and I just spent three hours at True Food and she's like, I'm surprised it wasn't for me, and I was like me too. But I have a baby at home so I needed to like tend to be 100% otherwise we would have gone on and like the waiter was even like, can you just sign like my thing? So I'll leave you alone but just like can you guys just check out some of the like keep asking you guys

A

Allie Ninfo 53:46

table there's weird shit going on over here.

K

Kathrin Zenkina 53:50

I felt like we were just in an energetic vortex. So oh my gosh, so high frequency gonna bubble around. Have you noticed that No one sat next to us like the restaurant was full. But the table to their left and our right was empty. Yes.

A

Allie Ninfo 54:05

Yeah, no one sat next we put a shield on ourselves for sure. Because you know, we talked about a lot of shit and I'm like, Okay, well, we can't have these other beings hearing that. We're not getting like a tap to know.

K

Kathrin Zenkina 54:14

Oh my god. Okay, Allie, where can people go to connect with you more? To learn more about you to work with you? Where can they find your programs or courses and we talked about dark force Dark Forces mastery, what is a collector for fuck dark forces, and then you have a whole intuition bootcamp, like you have level one, level two, level three, level four. You have like a pre class intuitive as far because you have a lot of options on your website. Like where can people find you and work with you? Yes.

A

Allie Ninfo 54:43

So Instagram is just adding Allie ninfo. People think like, oh my god, alien and that's a genius statement. I'm like, it's just my name.

K Kathrin Zenkina 54:54
I'm gonna link it in the show notes. link in the show

A Allie Ninfo 54:57
notes tick tock ally underscore info same thing website. Allie info.com We have the dark fuck Dark Forces course for sure. We have like the unfuck yourself Academy we have intuition courses we have. Right now we have open the unfucked intensive, which is like a three day intensive which is like the prereq to unfuck yourself Academy. Just go to the website,

K Kathrin Zenkina 55:18
there, go on the web, I'm gonna link it and then you guys do yourself a favor and go watch Allie's videos on Tiktok they're the most entertaining the most animated videos on like manifestation that you'll ever see in your life. She does dances, she gets really into it she just goes like heart like like her words just animate through her body is hysterical, and if you want like a teacher that entertains you at the same time that they're teaching you something It's Allie on her Tik Tok

A Allie Ninfo 55:49
oh my god thank you. It's like I get so passionate it just comes out of me

K Kathrin Zenkina 55:56
thank you so much for being here.

A Allie Ninfo 55:58
Oh my god thank you You're such a pure like light and so on the we're like a cry like thinking about it. Seriously, like I love you. Thank you for being here.

K Kathrin Zenkina 56:11
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