

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach and multiple seven figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest the 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 soul, and welcome back to another episode of The Manifestation Babe podcast. I had an amazing conversation today with a friend that inspired this episode, and I could not go to bed until I recorded it. So just guess where I'm recording this episode right now. Just, Just, guess like, we're on the saga of random locations in Kathrin's life. I swear this has been a really weird year. We're in the final stretch, where I'm finally going to have a freaking office again, and a podcast studio like it's about time. We've been all over the place, all over the world. I'm currently in my hotel room in Vegas. We are moving out tomorrow. So I'm out of the house officially moving to Arizona and my baby's sleeping in the living room. My husband's in the bedroom, and your girl is in the closet, because she needs silence. So welcome to my podcast studio today. I really wanted to get this episode out here, because it is fresh, and I want to talk about quantum leaps, and both me and my friend are in the middle of a quantum leap, and she asked me for my advice today, and how I normalize quantum leaps, and the advice that I gave to her was very surprising to me, actually, because it's not the advice that I normally give. Now, let me give you some context before I get into it, and I will share at the end, or towards the end of this episode. After I explain what a quantum leap is, how do you normally normalize it for anyone out there who's like, I'm going through a lot of life changes really fast. Oh my God, everything I want is happening so quickly. What do I do? Holy crap. It's way too much for my nervous system. I feel dysregulated, What do I do? Right? I'll give you some really good advice. and then I'll share with you what I told my friend, like I've never said before, and it's so fucking good, in my humble opinion.

So why you shouldn't normalize a quantum leap too quickly. What is a quantum leap? Okay, I feel like this is a word that's thrown around a lot in the manifestation community. I'm pretty sure you know this word, but just in case, quantum leap is something that is experienced when life changes in your favor. So this is a really good thing, very fast, in a very big way. Like when the manifestation that you desire, it could be one manifestation. It could be a really big manifestation. It could be your whole life changing overnight, and it shows up so much faster than you expected in a totally unexpected way. Okay, now, what ends up happening that is unfortunate for so many people is that many people experience a freakout when they Quantum Leap, and that's because when life shifts in a really fast way where your nervous system doesn't have time to acclimate to what's happening and what's going on, and even though this is something you so deeply wanted and desired. There's this surge of all these unfamiliar

experiences that are causing unfamiliar emotions. It's like one thing to, you know, imagine how it's gonna go, and imagine Oh, yeah, this is how I'm gonna feel, and then it actually happens and you're like, Oh, my God, what is going on? And you think it's like such a surprise, right? Our gut reaction is tip likely to push it away, and to make it stop, and we do this unconsciously. Because what is unfamiliar to the unconscious is just automatically deemed unsafe, right? Even if consciously we're like, No, this is safe. This is good, oh my god more money. Oh my god, I met the man of my dreams, oh my god, I'm falling in love, oh my god, oh my god, oh my god. It's like, if it's unfamiliar, it's marked unsafe. So it causes a massive dysregulation in our nervous system, and we reach what is called an upper limit. So that is coined by the author Gay Hendricks, he wrote an amazing book that I highly recommend it, I read it years and years and years ago, it's called The Big Leap, and basically, it's where we've reached the max capacity of how much love, how much success, how much abundance and joy that we can allow ourselves to feel in any given moment, and this is based off of our programming. So it's not like we were born with some sort of capacity. We are all infinite beings, right? in human form, we actually have infinite capacity. But based off of our life experiences, and off of our belief systems, and off of the programming that we have been programmed with, as children growing up in this world, that experiences and practices a lot of limitations for whatever reason, right? We have given ourselves a certain capacity, we give ourselves a certain level of permission. As to this much love, this much success, this much abundance, this much joy is socially appropriate for me to feel, in order for me to still fit in and belong as a member of society, right? That's where we're afraid of being too much. Like I can't be too successful, I can't be too rich, I can't be too this. Because then people will be jealous or I have to experience just enough XYZ, like I got to experience just enough success, just enough abundance, just enough beauty or just enough fitness, right? So that I'm deemed to be cool. and people will want to hang out with me and know me and be with me, right? So that's where the capacity comes from. But we actually have infinite capacity, it's just how much do we allow ourselves to experience. So with this capacity, with the upper limit, when we reach, you know, our limits on the upper end, this is where we get so close to getting what we want. Maybe we even get what we want, and then last minute, it poops out of our reach. This has happened to me so many times with this house search, with this house manifestation that I finally manifested, where the perfect rental, the perfect home, the perfect situation, would just get ripped out of my hands like What the f right, and the key to finalizing, the key to crystallizing, the key to keeping and maintaining a quantum leap is to normalize it. So typically, when something happens in my life that finally manifests, I go right into the process of normalization, so that I don't scare it away, and I actually, like it's so funny with this house move. It's like my nervous system is starting to get dysregulated because it's like, Finally I'm getting exactly what I want on my own terms, and as a result, you know, moving is chaotic, and so I'm letting the chaos get to me, and it's like, I finally noticed where I'm like hold on a second, I'm reaching an upper limit here. All right, and then my friend texted me and she's like, You, I'm reaching an upper limit with my launch, like helped me through this, right. So how we normalize a quantum leap, is we regulate our nervous system in the midst of it. So we want to show ourselves on both a conscious and unconscious level, that this is normal. That's what we mean by normalizing that this is something, our future self, aka now we're experiencing it, our present self experiences all the time.

Now think of the thermostat theory where we have like this metaphorical temperature range within ourselves that we unconsciously feel the most comfortable and familiar with, Okay? So for example, when life gets too cold Okay, it's not like we have a real thermostat. But it's like this unconscious thermostats, a metaphorical thermostat, where we have this temperature range of how much it's the capacity, right? The lower temperature is the lower capacity, the higher temperature is the higher capacity, and like a thermostat, we unconsciously sense when we're on the lower end, the higher end, above the higher end, or below the lower end. So when life gets too cold, well, what does the thermostat do, it kicks up the heater, right heats things up. So we unconsciously will do whatever needs to be done to heat up life, to heat up whatever aspect of life that just went too cold. So for example, if it's financially, if we're used to a certain number in our bank account, and that number goes below the number of what we're used to, we will unconsciously attract the money we need to make up for the loss balance, this happens on an unconscious level. So either you'll receive an unexpected check and unexpected bonus, or just automatically, you go into creative mode, and you're like, it's okay, I'm gonna bam, bam, bam, bam, bam, this is how I'm going to make the money back, and somehow, by the end of the month, the balance is right there within the temperature range. Now, if life gets too hot, which is a good thing, we want it to keep heating up and heating up and heating up. But let's say that this month, you manifested an extra client, or you got a bonus at work, or you started a side hustle or something like that, and you made 6k this month when you're used to making 4k? Well, if this is something that makes you unconsciously uncomfortable, again, unconsciously, and I say unconsciously, because consciously we're like, this is great. This is fantastic. More money, yes. But if we're unconsciously uncomfortable with it, we will actually find an excuse. We all of a sudden find something to buy, that we tell ourselves, ooh, but I need that history. Instead of holding on to that money, keeping that money. utilizing it in some other way, investing it, adding it to savings, paying off debt, we're like, Oh, I like that handbag. Oh, I like those shoes, ooh, oh, you're inviting me on a trip, I want to come right, so unconsciously spend the money. Or we can attract an unexpected bill or circumstance that, you know, causes us to spend money, like maybe we had a health thing happen where we had to go to the ER, or our tire goes flat on our car, and we have to buy new tires, or whatever it is, and it brings us right back to only having that 4k in the bank. So that's that thermostat that we have within us, and so the process of normalization is what allows a quantum leap to stabilize where we acclimate to the new temperature the new hot, hot, hot, really good temperature. Okay, I guess we become like reptiles or something I don't know, like, making them we we train ourselves to absorb more heat, I guess. So that we can keep repeating the results we desire on repeat without it just regulating our nervous system, and then of course, you're always going to reach a new level, right? This is something it's like a never ending freaking process, right? Because there's no end to how much you can be do and have in this lifetime. So you will typically, you know, if you manifest things really slowly, like that gives you an opportunity to acclimate, but there will be moments where, oh my god, you got your dream job literally overnight, right? You got fired from your job, and then you got your dream job offered the next day like holy shit, talk about a life change, or you started a business and one of your posts promoting your business. Like let's say you created a product, a t shirt business or whatever. One of your posts went viral, and everyone and Sally and their dog and their aunt wants to buy your T shirt, and you know for Christmas. All of a sudden you make a million dollars overnight like Holy fucking shit, right? That's what I'm talking

about here. So, we want to adjust to this new temperature so that we can hold on to this result. We can keep manifesting like this on repeat, without dis-regulating us to such a degree where we repel it right? That's the key here. So ways that I typically stabilize a quantum leap. So this is my typical actions. abs are typical practices or typical advice that I give to people. Number one is the most basic, and in fact, it's so basic, you're gonna roll your eyes at me, and I, I tell you, like most people go, that's it. Like, well, no, that's not it. But that's one massive step that actually does more magic than you think. Which is deep, intentional breathing. So literally just pausing before you get reactive before you act from a reactive state of mind that is operating from a past program before you delete something, you know, do something, spend something, do something to make it stop, stop, pause, breathe.

Deep, deep breaths are all do a breathwork session, if time allows, that will just help me move energy and just signal to my body that all is well. Because in a dysregulated state, if you actually tune in, you are shallow breathing or barely breathing at all. So when you're like that can literally induce a panic attack because you're telling your body that you should be having a panic attack. But if you're breathing calmly, slowly, just taking a moment to like, step aside and be like, I'm okay. Like it's okay. Then you know, your physiology will help your mind follow the mind follows the body, the body follows the mind. It truly is one like there's a mind body connection. It's all one because all of it, in my opinion, is the subconscious mind subconscious mind rules the body and rules the mind as well. It honestly rolls all. So that's like the first go to thing that I'll do, and as I do that, I will remind myself, I will tune into my future self, and I will remind myself, I'll see her the N N realize the fact that she lives this reality all of the time, and I will tune into her process like I'll see the connection between me right now and me and her there, and realize that at one point, she crossed this crossroads, this crossroad of discomfort, this crossroad of chaos, this crossroad of uncertainty, right? But she got there, she exists, my future self is there she got there. So obviously, it's possible for me, all I need to do is I just need to realize that if I just sit for a few moments with a few uncomfortable emotions, because that's all it is, it will pass before I know it, because she's living proof that I can get through this. This quantum leap is here to stay because she lives it every day. It's normal for her, and I'll see that she also fell a little wonky on the path there and all that wonkiness was was a few uncomfortable emotions, and a few uncomfortable sensations, and that's all it comes down to, and I have a mantra as I do this, and I've this my like, I don't know why I'm getting goosebumps right now. But for whatever reason, I guess this is a message that really needs to pass through which this mantra has changed the game for me, while I'm doing the deep breathing. While I'm reminding myself of my future self and tuning in, I tell myself, I am the type of person for whom this is normal. I am the type of person for whom this is a regular occurrence, and I'll just repeat that over and over and over again. I'm the type of person for whom this is normal. I'm the type of person for whom this is a regular occurrence, and of course, you can like shift this and change this however you want. But this has been magical for me, and then if I'm still struggling, I'll go and CO regulate with my partner which is a powerful way to regulate your nervous system with another person who seems to be quite regulated in their state so you can borrow them for your own nervous system regulation. So I will see that my partner typically we never feel the same upper limit. We never feel it in the same way. He'll have his upper limit and usually I'm like what are you worried about? What what Okay, let me help you with this, and then I will go through an upper limit and he's like Catherine stop Upper Limiting, like I can see your Upper Limiting let me help you

through this, and I'll just spend time and his energy. I will talk it through him. We will hug We will cooperate together just being with him being with someone who's not stressing or overwhelmed or worried like I am is so potent for me for my co regulation especially because I have so much trust and we're so linked together you know as a married couple who spends 24/7. Together literally working together raising a kid together just being in each other's energies all the time. That co regulation works really well for us, and then I will go on to like if I'm still feeling overwhelmed, making sure I'm disconnected from electronics, and taking a moment to spend time from spent spend time away from influences that overstimulate me. So typically that's like social media or electronics just being away from the things that overstimulate me because I realized that maybe I'm feeling overwhelmed because I'm feeling overstimulated, and the overstimulation is only adding to the overwhelm, which then makes it unbearable, right? I will also connect with my heart, and this is a tip a trick that Gay Hendricks recommends. This is inspired by the big leap, one of the mantras, which is how can I expand? Well, it's more of a question. I frame it as a question for myself. I connect with my heart and I ask it, how can I expand into even more love even more success and even more abundance right now, and this is coming from, you know, my philosophy, my belief, my theory, my truth? That great questions inspire great answers. So I love the practice of asking myself really good questions, and this is a really good one. Just like asking myself how can I expand into even more love even more success and even more abundance right now? It like stretches me in the best way possible to realize oh, this is all you got bitch like, Let's go more. Like, let's let's let's expand into more you're capable of receiving so much more, and then just like connecting, like, if I feel that the reason I feel this way is because I'm feeling the feelings of unworthiness come up. If I feel any indication that I might not be worthy of this quantum leap. This is where I connect with a higher power I connect with God I connect with universe creator, whatever it is that you connect with, you can call it whatever you want. I like to interchange between God universe, Infinite Intelligence, divine intelligence, divinity, creator, Supreme Creator, whatever it is, and I remind myself that the way that God sees me is that my worthiness is innate, just like I see my child, my son, Orion, his worthiness is absolutely innate. Like there's nothing he can or can't do to take away his worthiness of my love, right, and so we are seeing the same way through the eyes of our Creator. We are God in human form, we are divine, it's our birthright to have everything that we desire. This is where what is desired by me is destined for me. That mantra that I use all the time comes from, it comes from the fact that the word desire comes from the Latin root day and Sire, which means of the Father, which means of God. So when you desire something, it's not because you have some selfish, random thought of like, oh, I want this for myself for no reason, like, no, there's a much bigger reason behind the things that we want. So the fact that you got what you wanted, through this quantum leap is such an expression of God manifesting what he or she or it or whatever wants for itself, it wants to experience this and it chose you to experience it through you because you had the desire. That means the the energy was supposed to be manifested through you. Okay, so this is my typical advice. Alright, so, so far, I've gone along my path, and then, until my advice wasn't my typical advice for my friend today, who is currently going through a quantum leap, and this is another thing that I think it's important for you to also understand and know and appreciate and have gratitude for. Not because anything in the normalization process that I typically follow, should be changed or that it's not a good thing to normalize a quantum leap. But instead, I just had a different

perspective. The outcome of the Quantum Leap, which, in this case was a million dollar launch for my friend, right? She's very much on the path, having her biggest launch ever. It's like all so exciting, and she's like, Oh my God, right? And she's like, how, what do I do? How do you do this? How do you normalize this, and I told her, I realized that this million dollar launch one day will be so a part of her normal launch routine. That one day, she's going to miss the feeling of the first one. This extreme high that she feels right now that she felt the first time it happened by the time it normalizes. She's gonna miss it, and I know this, because I tuned right into this as she asked me this question. So many normalized experiences in my life, like, for example, being able to write a \$50,000 check to an organization that I believe in just on a random Tuesday, like here's a 50k check, like what that's now normalized for me to be able to generate \$3 million launches in five days in my business like that is normalized, having a million dollar day, the day I married my best friend, you know, the fact that I'm married to my best friend, it's like so normalized. I gave birth to my son who I prayed for and dreamed of for years, and he's here and I'm with him every day, and now it's normalized. Sometimes I look back, and I wish I could go back to the first time it all happened, and feel the rush of it all. You know, I really went back to my first million dollar launch, and I was like, Oh, my God, that excitement that rush that thrill, and so I told her, to let her heart race. She's like, half of my heart is racing, let it race. My mind is racing, ah, let it race. I told her to let her be blown away by what's happening. Let her excitement take over. Because it's not gonna last forever, and she said, Catherine, it's like falling in love, and I was like, yes, it's like falling in love. Falling in love is so uncertain. It's scary. But it's like a rush, right? You don't know if the other person feels the same way about you, you don't know if they're going to commit to you. Your heart races, when you're with them, you're so overwhelmed, but yet so excited at the same time, you're counting down the days, and the next time you're gonna see them, like, just so much extreme happening. Such a thrill is happening all at once, and when you're, you know, with the person, when you're with that person for five years, 10 years, once things have normalized. Sometimes you look back and you're like, I missed the beginning, when it was all still a thrill, and even if you're in a very amazing, incredible relationship, where you're experiencing new levels to your relationship, and you keep things exciting in different ways, and yes, like, it's, you don't actually want to go back, you really love the way things are now. But still, nothing will ever compare to the first moments you experienced, falling in love with that person, and it's the same with the quantum leap. You will miss the thrill of manifesting this for the first time. You will miss having it all snowball into your life. Yes, it's on grounding at times. Yes, it's chaotic, like, my week has been so ungrounded and so chaotic. It's like a holy fuck around a moment for me, and for my friend right now. But letting it just be that way, and like having gratitude for it and having appreciation and being the observer of it and like, it's like a it's like sitting on the roller coaster and having fun while you're on the ride. Rather than reminiscing of Oh, yeah. Do you remember that fun roller coaster that we went on yesterday? Or a year ago? or 10 years ago? Like you're on the roller coaster right now. So have fun while you're on the roller coaster right now, letting it be that way, and not rushing the process of normalization is another version of normalization, and that was my realization today. revaluing reveling I don't know that word but I'm gonna use it. I don't know how to say it, rebelling in the excitement, sitting in the excitement, not trying to stop down or fix the high extremes. But just knowing it is an extreme. It's a very high extreme. But one day, this will be a random Tuesday for you. But for now, it's not, and you can enjoy. You can have gratitude, you

can feel appreciation for this extreme feeling while alas, and of course, listen, if it does get too much for you go back to what I talked about in the normalization tips and techniques. Of course, they're always there for you when you are ready to implement them. But for now, just let it be, and that's all I got for you. I hope you enjoy this episode. I so appreciate you always sharing this podcast, leaving your reviews leaving your feedback. tagging me as you're listening to the episodes. I appreciate you so much. You have no idea. I hope you have an amazing day and I will catch you in the next episode. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media. Come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website @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