

(#302) What numerology tells y...path (with Kaitlyn Kaerhart) 1

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SPEAKERS

Kathrin Zenkina



00:00

You should know all your numbers but they're really three numbers that you should know that will just like make everything just like that for you, and that's your life path number, your life destiny number which is sometimes called a life expression number. Personally, your disciples, those three numbers alone if you follow them and sync up with them will change your life and like I've experienced that myself like I always tell people like I'm not like special in this way. Like I was able to like, you know, go from like rock bottom to where I am now just by following those three numbers.



Kathrin Zenkina 00:32

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach and multiple seven figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today, and now let's begin. Hello my gorgeous souls and welcome back to The Manifestation Babe podcast. I am so excited because I just finished interviewing the very first numerologist that I've ever brought to The Manifestation Babe podcast, and today I am releasing an interview with Caitlin Kerr Hart, who is an incredible world renowned numerologist that is going to blow your mind. I feel like everyone knows astrology Now everyone, you know talks about their sun sign and rising sign and moon sign and it's become so mainstream, which is amazing because you guys know I love astrology. I love Human Design. Obviously I love manifestation. I love all the woowoo things. But something that just hasn't hit the mainstream as much is numerology,

and I discovered numerology back in 2015, and I feel like for the first time truly, when we entered 2020 For Instagram went buck wild talking about how we are entering a collective universal year number eight and how that means money and abundance for everyone, and everyone started diving into their personal year numbers, and I felt like it was like the talk of the town all of January where was about numerology on Instagram, and I was like, oh my god, you guys, like I feel like I've been keeping the stuff to myself, all these years where, you know, 2015 I knew that I was in a year, year six and then 2016 and I was in a personal year seven and eight and the nine and like, I track this shit, and I used the meanings behind these numbers to assist me in how I not so much plan my years but just what to expect and what to come with each year. That that came along and like what to expect and I kind of looked back on a year prior and saw what lessons I learned and it was really fascinating for me and then I got into life path number and Heart's Desire number and expression number. I bought a couple you know things here and there Googled a couple things here and there, but I finally got to sit down and talk to Caitlyn, who broke down numerology in such an easy to digest, very concise way and I think you guys are going to love her. So if you haven't heard of Caitlin Kerr heart before she's a world renowned numerologist, astrologer, and author with a long list of celebrity clients. She was discovered by Penguin Random House in 2019 and immediately was offered a book deal as predicted her first title you are cosmic code essential numerology took the mainstream market by storm, achieving international bestseller status within a week of release. In this episode, we talk about how Caitlin got into numerology why she thinks it hasn't hit the mainstream as hard as astrology has. We talk about life path numbers, personal year cycles, Destiny numbers, Heart's Desire numbers, which life path she thinks is the best one and which one she thinks is harder. Is there anything to numerology and compatibility Like, what if your partner has a life path six in your life path? One? What does that mean? What are the master numbers like 1122 33? What about personal year numbers that are harder than others are easier than others? How does it relate to the universal year number? I mean, we go freaking deep. She even talks about Angel numbers and how she almost got canceled over Angel numbers and talking about Angel numbers, and it was just such a good conversation. Overall, I think she's incredible. She's amazing. I'm going to link all her info in the show notes. So as you go through this episode, definitely I would recommend getting her report. It is the most in depth report that I've ever received in numerology, and I was referencing it the whole episodes, if you're wondering where my numbers are coming from, it's coming from the calculations that Caitlin did for me and sent me a whole report just summarizing all of my calculations based on my name and my birth date. So this is actually really cool, because this is the one thing that you don't need to know your birth time. So I feel like a lot of people get limited and like if they don't know their birth time, which happens to many people, they feel like they don't have the accuracy of human design, or they feel like they don't have the accuracy of astrology because the time really impacts the planets. But with numerology, you don't need the birth time, which is fantastic. So it opens up more people to enjoy this this system. So without further ado, let's dive into this interview. Oh my god, Caitlin, I'm so excited to have you because I don't think I've had I've definitely haven't had a numerologist on the podcast before. I am so excited to have you, and I feel like this is something that is so juicy is so informative, but isn't as mainstream as astrology, and so, welcome to the fucking show. I can't wait to dive. I know I know. I know you are. It's funny because we were just talking off air about how 2015 was my sixth year how I'm in my sixth year again, and 2015 was actually the year that I discovered numerology and I started to play around with this concept of personal year numbers and collective your numbers, and it's so funny because all of a sudden, like it's something I kept to myself and then all of a sudden 2024 comes around and everyone on Instagram is talking about personal year numbers. As if it's like this big discovery and I'm like guys I've been I've been like tracking my personal year number and collective your number. Yeah, it's like It's so wild. First of all, Caitlin like what is numerology for anyone who is unfamiliar to this term or concept?



07:44

So numerology is an ancient branch of esoteric wisdom that's similar to astrology. But instead of looking at the cosmos and the planets to tell us like who we are, and to understand the energy that's available to us, numerology looks at the power of numbers, right? So kind of like astrology. But using numbers, I think it's the most straightforward way to put it. Where



Kathrin Zenkina 08:05

does it come from? Like, How did someone decide that numbers have meaning to them? Like it comes from your birthday? And your name, right? There's certain calculations that you do for your name as well, I know that you did a report for me, I gave you the wrong name and that like all



08:22

the numbers, so I became friends. Yeah, literally.



Kathrin Zenkina 08:25

So how does it like how does it work? If you can explain it. So



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numerology has existed for as long as numbers have existed. It goes back to ancient societies. I mean, it shows up in ancient Samaria and China and Japan and all over, and essentially, numerology believes that everything is energy, everything is frequency. So every letter in your name has a numerical value, and then obviously, your birthday also has a numerical value. So you being you know, October 15, that's 1015. That's a numerical value, and there are different calculations in numerology where you can add up your birthday and the letters in your name that tell you like who you are the path that you're on the year cycle you're in, like, I mean, it goes pretty deep. There's even numbers that tell you like how to best deal with conflict or what your karma is on this planet, your karmic debt, your karmic lessons. Again, numerology is really infinite, just in the same way that astrology is.



Kathrin Zenkina 09:22

Yeah, yeah. Not as mainstream. Why do you think that is? You know, I've



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thought a lot about this, and I think people are turned off by math, the moment that they see that they even have to add numbers a little too complicated, and maybe I know you talk a lot

that they even have to add numbers a little too complicated, and maybe I know you talk a lot about like manifestation and finances. Maybe you even get that to people just kind of check out and I think it's easier to be like, Oh, I'm September 11. So I know I'm a Virgo. People don't have to do a lot of work to know. Yeah, when they were foreign versus when numerology it's very simple math, but you still do have to add up the numbers.

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Kathrin Zenkina 09:55

But there are calculators online because I don't think I've ever personally done my own. Math with numerology. So, you guys, you can go on Google and Google Nelson

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know, I would actually really advise against that, because there's really human operators out there that are completely wrong. Like, I've had people come to me and we're like, oh, I'm a Life Path six, and it's like a seven, like completely completely off. A lot of those calculators are wrong. Yeah. So that's why I'm always like, Wait, guys, be careful. Even if you Google, like famous life path numbers, a lot of the like celebrity life path numbers that you find on Google, a lot of them are wrong. So that's why that's one of the reasons I launched my numerology report is because I knew the calculation would be correct. But there's a lot out there, especially when you get into your life destiny number, which is sometimes called a life expression number, and that's based on your name. There are again, there are all kinds of nuances to calculating these things out. So the calculator sometimes will miss that.

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Kathrin Zenkina 10:54

Yeah, there really are also because like, I have a Slavic name, and that was a whole thing where when I first got into numerology, so 2015, I asked my mom like, Mom, I need your advice, because, in English, my birth name is it's Ekaterina, and there's a Y E, k, T, E, R I N A, but in Russian, there's no like Wi Fi. That's just the sound of a single letter. So it's actually just an E, and a lot of people carry that over when they immigrate to the United States where it's then spelled like E Catarina, and so I'm like, What do I put in this calculator? Because it's definitely going to change the numbers, and so I've done it where, why use the calculator, but I've played around with both names and just seeing like, what resonates with me more, and it was just dropping the why and having the E and so that's what I used for your report, and then I forgot, like my middle name and stuff like that. But yeah, I guess don't use a calculator on Google. Definitely buy Caitlin's report because you have the most in depth report I've ever seen. I'm like, What the fuck I thought there was like four numbers that you can look up because that's what the internet shows like, that's what the more mainstream numerology will show. It's like, I know the expression. I know the heart's desire, the life path and something else, and then I go to a port and you give me like 100 numbers and I'm like,

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12:09

What the fuck? Yeah. Well, honestly, again, that's not even all of the numbers, it goes so so deep numerology, just in the same way that astrology does, right? It's like, you can look at your chart, but then you can go to like your Solar Return chart and your transits and then you can

get into degrees and asteroids. It's the same thing with numerology, right? It's, it's infinite. But, you know, for the sake of the reports, those are all the like, core numbers that you should know, and again, it's 33 pages, anything. It doesn't even include the personal year cycle either. That's a whole other.

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Kathrin Zenkina 12:40

I got that report too. Okay, how did you get into numerology? I feel like you didn't just like wake up one day as a kid and like Mom, I want to be a numerologist like how did that come about for you? What was the journey like for you?

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It's always funny telling this story because it whenever I tell it, I feel like it sounds like I'm making it up but I'm really not. Numerology came to me a dream one night, I just had a dream about like, love that numbers, and I woke up at like 3am and was like, What the hell what is spiritual number and I started Googling it and looking it up, and that's how I kind of discovered numerology, and I found this woman who was like my first teacher in numerology, who came from a long line of mystics in India, and in India, numerology isn't seen as like, woowoo. Like, it isn't a West. It's just like, oh, yeah, neurology, like, of course, and I booked a session with her. It was so weird to when I booked a session. She was like, how did you find me? And I was like, 15 pages deep into Google. What do you mean? Like you have a website, and I got a reading from her and it blew my mind, and at the time, like, I didn't believe in astrology I wasn't, I wouldn't consider myself spiritual. I wasn't in any of that. But I just couldn't believe that a complete and total stranger knew so much about me, and again, this isn't a while ago, I didn't have like, nothing about me was really online either. So she couldn't have possibly, like, Googled me, and then from there, I just got really obsessed with numerology and it was like my, my little party trick and like my hobby and long story short, I ended up building a totally word of mouth business doing numerology readings for people they started offering to pay me and then Penguin Random House found me offered me a book deal. Oh, booked it. So like none of this was planned at all. It was just like, lately, like me following you know, what was lighting me up at the time and here

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Kathrin Zenkina 14:27

I am, is what you're doing today in your numerology chart? Yes,

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well, the thing is, like we still have an element of free will. But for me my something that actually really shocked me with my numerology chart is that my numerology charts a series of like ones and elevens set kind of like mess. Yeah, I put it in my book too, and even my initials are k k, which is the 11th letter of the alphabet, and then I was born at 10:10pm, which is 1010. I'm like, Whoa, and the one energy is all about being the leader and being independent and and creative and innovative, whatever space you're in. So I definitely do think and hope that that's

the energy that I'm bringing to the spiritual numerology space. So, yeah, but I mean, even if you look at my astrology chart, you know, I have a lot of like Pisces energy, a lot of Virgo energy so that like mystic music. Yeah.

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Kathrin Zenkina 15:21

What were you doing before this though? Like, what was your career before you got into numerology? Or did you get into in a really young age?

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No, I was a musician, actually. So yeah, I was signed to a record label, and I was working on songs, and you know, I have like the typical musician story I was signed to draw many times, and so I'm signed now to think liberal, actually, but yeah, I was just working as a musician, and that's when I was started really practicing numerology, I would go into sessions with people, and I'd be like, hey, when's your birthday? And then I'd be like, Oh, my God, you're a five. So you're this and you're that and this person's a three, and so Oh, you're really good at writing. That makes sense. We're all here together, like that sort of thing, and it was honestly just for fun. Like, I wasn't even taking it like that. Seriously. It was just like a obsession of mine. But yeah, I was a musician. That's

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Kathrin Zenkina 16:10

so awesome. It's so similar to like my story with manifestation because manifestation I learned at a super young age, and it was just that thing, like you said, bringing it as your party trick. Like, I remember passing out books on manifestation to my friends. and my first job at the movie theater, and just like seeing these people be so negative, and just, I'm like, Oh, you guys need to change your language. You don't even know what you're manifesting. I need to give you this book here, read this book, and they wouldn't give it back to me and be like, this is complete bullshit, and I'm like, No, it's not bullshit. Right? I was giving them the secret. I was giving them Abraham Hicks. I was giving them something else, like, variety of what I was into. This is like back in 2008 2010, like, way back when of what was available at the time, and I'm like, No, you guys, this is real, and like, anyway, over time, of course, like, they started watching me and like, you know, seeing what I do now, and it just, it's just, it's amazing how, like, you just fall into a path and you see that, like, the universe is leading you all along into this specific path, and it's like, this is what you're meant to do, and it just like so shows up through your passions, and I love stories of this. Okay, so we have life path number we have birthday number, expression number heart's desire, number, personality, and number like a million numbers, where the fuck do we start? Like, what does this all mean? Where does Where does one begin? What is the most important in your opinion?

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Those are like, the numbers are infinite mean where that girl is looking at and she sees all the numbers I'm talking about? Yeah, like okay, so I tell everybody, if you want to change your life, it's very simple like you only really, I mean, you should know all your numbers, but there really

are three numbers that you should know that will just like make everything just like that for you, and that's your life path number your life destiny number which is sometimes called a life expression number and your personal year disciples. Those three numbers alone if you follow them and sync up with them will change your life and like I've experienced that myself, like I always tell people like I'm not like special in this way. Like I was able to like you know, go from like rock bottom to where I am now just by following those three numbers. So those are the ones okay and then you are nuanced with like, again the heart's desire and your your balance your karmic numbers, all those things. Life

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Kathrin Zenkina 18:25

destiny was also called why

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what was it? So the life destiny number is your full legal birth name added up, and that is called a destiny number. But sometimes it's called The Life expression number. It's an interchangeable term. It's kind of like an astrology how you'll say someone's rising sign versus their ascendant it's the same thing. But the reason it's sometimes called an expression number is because the Destiny number is how your life path is expressing yourself. So if your life path one, but a life destiny or life expression three, your one is being expressive one's of a three, and it's very important to know both of those. So if there's anyone listening, who doesn't resonate with their life path number, which I will say is pretty rare that people don't, it's usually because they don't know their life destiny expression number. It's so important to both of them. You can't just know one, though, I will say like the most important number in numerology is the life path. But again, if you're not feeling it, definitely you have to know your life destiny in your life expression.

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Kathrin Zenkina 19:25

This makes so much sense. Okay, I wanted to clarify the names. I opened up my report and so I am a life path one and my expression is a seven. So can you just tell us a bit more?

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Yeah, okay. So yeah, one is the again, the creative pioneer. It's the innovator, just to kind of put it into context. Other life path ones are Lady Gaga, Gwyneth Paltrow, Miley Cyrus, Bradley Cooper Childish Gambino Steve Jobs Martin Luther King, Jr. So again, we're in a better space there and no pressure, but what's in Interesting about you is that your one is expressing itself through the lens of a seventh and the seventh is the most spiritual number other than the alignment, right? The 11 is more of a cosmic spiritual number, where the seven is a very grounded spiritual body. So it's absolutely perfect because here you are a one a leader in your space, and you're channeling that energy through the seventh, which is this grounded spirituality. So again, that makes perfect sense that what you teach is manifestation especially when it comes to you know, more practical things like money, how to take care of ourselves in a grounded earthly way. So that's perfect for your content. You



Kathrin Zenkina 20:36

know, it's interesting, I started manifestation babe in my personal year seven, two. So well, that's a time to singular focus



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too, right? Because when you're in a seven in a personal year seven, it is a your spiritual awakenings. But it's also time to just like put your head down and get it done. Like a lot of my clients who are authors, they write books and seven things like that. I also built my business, and a seven, like my book came out in a six, which is a very highly magnetic time for career and also for love. It's nicked in the marriage or divorce here. But then it's kind of like you have these opportunities coming to six, and then in the seven, you just put your head down, you make it happen, and that leads you up to the eighth, which is your money here.



Kathrin Zenkina 21:17

Yes, which is so true. Because I went from my year seven, just starting my business making \$9,000 total, and then in 2017, that was my eighth year and I quantum leap to making \$600,000 a year, and I remember looking at the beginning of my year seven reading what I read about the year seven and just being like oh man this year sounds like it's sucks. Like I'm just going to be in here and just doing my thing and being super introspective and keep to myself, but next year looks really good. I just got so excited. and it's funny because I don't think I was consciously paying close attention to being like, Oh, this makes sense why I'm having so many financial breakthroughs. It's because I'm in my year eight, but I think when I looked back, I'm like, Holy fuck, like, that's exactly what happened, and then year nine, I remember was a lot of ending, endings completing, letting go, but it was also the year I became a millionaire because I think I just like, scrapped what wasn't working for me anymore, and just created a whole new team at the time, essentially a whole new business, like I really got focused on what I wanted my business to look like, and it became my first million dollar year. So it's really cool looking back at all these numbers and the cycles and the themes and seeing how they play out. So can you share like, Okay, can we just kind of go into a breakdown of the life paths to begin kind of like what is life path one like to like three like and then I'd love to talk more about personal year cycles as well. Yeah, so



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life path one, this is the innovator, the creative pioneer, this is the independent leader. I could go like a little bit deeper, but there are quite a bit of numbers, so I'm just gonna kind of go Yeah, and then we got I've got two which is the empath a diplomat, the Peacekeeper, it's very Libra energy, big partnership energy. Then we got the three which is all about self expression. It's the artist, it's the communicator, it really is the number of communication to be honest, and then we got four which is the builder. So these are practical, methodical, reliable people. We got the five which is the free spirit, the traveler, the Nomad. They're here to learn adaptability and teach that to others. and then we got the six which is the nurturer and the six is really here to build a stable loving home life that they also balanced with successful career life. So like

Victoria Beckham, Jessica Alba are good examples, and then we have seven which is the seeker and the philosopher second very grounded spiritual energy, think Bruce Lee. Then we got the eight which is the powerhouse eight, the only number that has to do with the material realm. So these are master manifesters. They're really here to master money and material possessions, and just really bring it like the rock is an eight Stevie Nicks. I'm Elizabeth Taylor, and then we got the nine which is the humanitarian so they're here to make the world a kinder, more gentle place. So mother, Teresa Gandhi, actually, Priyanka Chopra is also a nine, and then we have the master numbers, which are the master teachers in numerology, and these are life paths 1122 and 33. So we got 11, which is the psychic there, again, the most psychic number, they're very inventive, very creative. Then we got 22, which is the most powerful number in numerology. This is the master builder. They're here to create structures on the planet that shift all of humanity. So, Richard Branson's at 22, and then the last one is that 33 and this is the number of unconditional love. So these people are here to master unconditional love. teach that to others. It's also known as Christ consciousness. Steve or When, for example was a life path 33 So like very, very heart centered number. So that's all of them.

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Kathrin Zenkina 25:07

I yeah, I was just thinking I have to master numbers in my life my husband's 22 My mom's at 33 and as you're describing this, like my mom is someone who's really taught me a lot about like giving and giving from an open heart like my mom is the first person to go help like, my mom would be a part of a Facebook group of like, you know, our neighborhood and someone needs help with you know, someone a tree fell on a chicken coop and so someone's asking for neighbors to come together to rebuild the chicken coop, my mom's the first one there. She's like gathering the neighbors like, Let's go help. Let's go rebuild the chicken coop, like she's very much a giver, and then my husband, you know, you're describing the 20 twos, and I'm like, Oh, my God, this, my husband's brain is insane. The way that he sees the world, the way that he has these innovative genius ideas, very, like, I've just comes up with ideas out of nowhere, where I'm like, What the fuck, I never even thought about things and that way. You know, when I first was learning about numerology, I'm like, I didn't really understand the master numbers. But as you're describing them, I'm like, Yes, that's my husband. Yes, it's my mom, and then of course, me as one. Like, I totally see myself as a one. There's no question about that. The moment that I read about myself as a one, I'm like, Yeah, that's very fun and accurate, and, you know, is there any correlation between the numbers and like, the houses and in astrology? Because no, actually, they're not now that I think about it. It's



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funny, because I've tried to, like connect the two and I've tried to find them because I do use both of them. Like whenever I braid, like when someone comes to me and they want a reading, I always, numerology first is the basis I do everything from, but then I'll also check in with their astrology, their human design, their mind and the 52 card deck, because I'm proficient, and all of those systems. But again, I think that all these different systems, all these tools are telling us the same things, but in different ways, right. So but yeah, there isn't that correlation between the houses and the life path numbers. Okay,

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Kathrin Zenkina 27:05

so let's go into oh my gosh, there's so many places I want to get into, but Okay, actually, I have a question. What about I've been seeing some stuff lately on like, birthday numbers, like mine is a sixth one and a five, and it's really interesting, because my mom is also a sixth birthday, and my son's also sixth birthday. So 24th Sixth and 15. What is there to the birthday number, just the day that you're born?

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Yeah, so it's sometimes colors a little bit of like your personality, almost like a rising sign would I don't leave the birthday numbers that much just because I think like, if we're going to go there, we should be looking at the life path number because it carries so much more weight, if that makes sense. Yeah, yeah. So I don't put a ton of emphasis on that. But again, it's just like, okay, when that's your birthday number you have some of those qualities. So all the people that you just named have some of the qualities of a six which is again like nurturing and again, it is labor oriented. Family Yeah, really likes to be at the home I always think about the six energies being kind of like cancer, energy and astrology. Hmm,

 Kathrin Zenkina 28:10

that makes sense. This is something that I was always curious about when I was first learning about numerology like the pinnacles and the cycles What the fuck is that all about? Because it talks about like what your life is going to be like the first 30 years and then the second years and third 30 years and I remember looking at maybe it was like my third 30 years and I'm like, I don't like that. Like I don't want that like what is that all about?

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So when it comes to timing and numerology, there are the Pentacles the cycles and then there the personal year cycles, right? So it's almost like how deep into astrology Have you gone,

 Kathrin Zenkina 28:44

I get a lot of readings, I do my best to memorize as much as I possibly can. Just in it's like, I'm still learning. I think I just learned the order of the signs recently. Like, you can tell me now birthday and I know what sign you are, I finally got to that point and I know the houses, the 12 houses, I kind of have an idea of that and some of the planets but I'm not like fucking astrologist.

 29:07

So I was gonna say like the pinnacle and the cycles, these are more like the longer slower burns, right? So you'll feel these themes coming up. So for example, if your first 30 years is associated with the one then a lot of your challenges are going to be like you know, asserting yourself as an individual like rising up as like who am I like focusing on the self right? Sometimes the one is perceived as being like too self involved, but it's again because you're

meant to learn and know yourself and again, like stand in your power right and bring that innovation and all that so it'd be tested a lot in those areas. So it's more like that, but again, it's a slower burn where like, you look at the person years cycles, and that's like okay, this is a quick year we're going you know what I'm saying like this year is your sixth year, so it's going to be like that that marriage or divorce year that love family responsibilities. You but also a lot of magnetism and career. So again, it's kind of like the cycles and the pinnacles are much, much longer a slower burn. They should not be feared, though, right? Like, yeah, some people panic like, Oh man, I haven't died at the end of my, it's like, no, no, that's not how you should use it just like take it all with like a little bit a grain of salt. It's a tool to help you and to empower you, and just to kind of make sense of what's going on. Yeah,

 Kathrin Zenkina 30:24

my second pinnacle is a nine. So as you just said a nine on my

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mind's in 11. So

 Kathrin Zenkina 30:37

I was psychic. Yeah. Oh my gosh.

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Yeah. It's like, stepping more into that. That metaphysical space, that psychic space, but also the 11 does carry the energy of a double one, which is like my life path life destiny, and it's like, a whole life. It's just a series of challenges that involve one.


 Kathrin Zenkina 30:55


It's like, it's like The Matrix, the ones and zeros like you're just all wax. That's it code.


 31:01


No, here's it. I was like, part of the reason I started believing in some of these things, well, not even believe it's just like, there's gotta be some truth to this. Because how bizarre is it? That my codes are like, it's just the same, and, you know, it's funny is that when I first got into numerology, I used to Google famous people, and just like, you know, try and guess what their numbers were to see if I could tap into it, and then I would go look them up, because famous people or you know, they have their information online, and I remember that I went through a stage where I was looking up like Ascended Masters, like people who had transitioned from being like normal people to gurus, like the person who wrote The Autobiography of a Yogi, uh huh. I forget, name, person. But every time I found someone like that, their codes would be


normal, and then the moment that they changed their name, everything became a nine in their chart everything, and I was like, How was this? Everything like every single number and all their karma became zeros.


 Kathrin Zenkina 31:58
Oh, my God.

 32:00
How is this possible? Right? It's really crazy.

 Kathrin Zenkina 32:03
So what is the karma? Talk about that real quick? So I'm sure everyone would want to know that like, Oh my God, what's my karma? I can't believe I can find out about my karma numerology like I have. It's called the karmic lesson right in the in the

 32:18
report. Yeah, there to the karmic debt show up in the report. I don't really teach. I teach about karmic debts. In my numerology 101 course, it's kind of hard to talk about karmic debt, just because there is no exact calculation for karmic debt to discover your karmic debt, you kind of have to decode your entire self, and then if you come upon a 1314 16, or 19, that means you have a karmic debt, right? And karmic debts are just, you know, an abuse that was made in a previous lifetime that you're now kind of making amends for it's not a punishment. Almost every single person on the planet has one, it's very rare to not have any karmic debt, and I would say that if you don't have any karmic debt, then that means that you actually chose to come here at this time, which let me tell you it's like equally as infuriating as having karmic debt. So for anyone who's like, I wish I didn't have any, it's like, no, it's still hard. Let me tell you, and to know the karmic lessons so karmic lessons are not as serious as karmic debts. They don't carry as much weight. It's just kind of like, oh, you know, these are some lessons you need to learn in this lifetime that you haven't learned before. Right?

 Kathrin Zenkina 33:21
Yeah. So minus seven. What does that mean? Seven means

 33:25
and again, the thing about the karmic lessons is that it might not necessarily last your whole life, like this may be something that you really worked through when you were a kid. But now you're feeling okay about it. Karmic lessons are things that we work through. So, again, they might be things that you're constantly challenged by, or there could be something like, oh,

yeah, that was me when I was like, 15, but I got through it. So to have a karmic lesson seven, this means that there are innate talents that you have that you may be neglecting. For example, you actually really, really love to paint, right? But you ignored that, because your parents were like, What are you you're going to be a painter, like, you're not going to make any money that way. You know, like, Fine, I won't paint me more, but secretly, your heart yearns to paint, right. So it's one of those things where there are gifts and talents you have that you're not exploring, and the reason that you have that isn't because if we're going to use this example, it doesn't mean that you're meant to be a painter. It means that through doing the act of creating in this way, and using that gift that you have, it will lead you towards other things you're meant to be part of.

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Kathrin Zenkina 34:25

This is so relevant on so many levels. There's something currently that's evolving for me where I'm like, that's been a passion of mine my whole life, like now I want to get into it, and also when I first got into manifestation, the first I don't know what, four to five years, it was like a secret passion of mine. It was like something that I was like, but this this doesn't relate to medical school. Like, yeah, let me just use this to manifest the money that I need for medical school. It's like, God is literally laughing like Ha ha ha, like, We'll see about that. But that's so resonates oh my gosh, this is so amazing. Okay, let's get into personal year cycles, because this is interesting to also someone brought up a question. Good. Someone brought up a question when I did the q&a box on Instagram of like, what if the personal year number and the collective your number are in conflict with one another? And then I thought about it and I'm like, Isn't every single year like every time I'm in a year six, it's a collective you're eight like no matter what you're going to? Because it's like they both cycle through not?



35:33

Mathematically Yes, yeah. So I don't I don't see things like that at all that they would be in conflict, the universal year cycle. So for anyone who may not know there's a personally or a cycle that's based on your birthday, it's what you're going through, and there's a universal your cycle, and that's what the collective is going through, right. So we're in a universal, you're eight, and that's because two plus two plus four equals eight, that's based on 2024, and then again, you're in a year six, because if we add 10 plus 15, plus eight, that's going to reduce down to a six. That's not exactly how you do it. But you get the you get what the collective is experiencing, that's what's happening on a global level. So we're in a universal, you're eight. So there's a lot of shifts happening within financial systems and within our power structures. But that's, again, that's the collective that's the world, what you're going through on a personal level is very different. So I don't see how those would ever be in conflict.

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Kathrin Zenkina 36:30

Yeah, that makes sense. Okay, so can you break down each of the personal year numbers and like, what does one experience in a one and a two and a three, and so on? Well,



36:42

so we got year one, that's a year of rebirth, new beginnings, it's a year to really focused on the self, and if you aren't a you're one, which I am, anything that you start new, you're one tends to take the whole nine year cycles, whether that's good or bad. So just be careful. If you're into year one, then we've got year two, which is all about partnerships and collaborations, and finding balance in life is a really, really good time to manifest collaborations and partnerships of all kinds, whether it's love or business, then we have your three, which is like usually the most fun year, not always, but tends to be. So it's all about communication, socializing, heart opening self expression, it's really a year to again, express yourself and communicate whether good or bad, and again, there's a light and shadow side to each year cycle. So again, like when I say like communication, yay, that could be your going out to a bunch of parties, or it could be you're in a relationship, having a lot of heavy conversations, and you're like, Oh, my God, but you're growing, right? Yeah, then we got four, which is your foundations and work and breakthroughs, or is the only number of breakthroughs. So a lot of times people on your fours will have breakdowns, but it's only to get to that breakthrough, right, and lots and lots of shifts when it comes to work. So great, great time for that, and we've got your five, which is all about travel and defining what freedom means to you, and learning to be adaptable, five is the number of change. So in a year five, you will see a lot of changes, and a lot of them are probably going to be very unexpected. It's kind of like you get thrown a lot of curveballs from the university, like, oh, you know, and then there's your six, which is the marriage or divorce here. This is the best time to manifest love. It is a time of healing and relationships and family and responsibilities and really defining where home is for you. But like your heart, like you know, not your physical home. But like where do you feel most at home, it's also highly magnetic for career, you're just the most magnetic and you're six, and then we have your seven, which is a time to be single to focus the time of spiritual awakenings, it's time to get really grounded. Again, it's a time where you're going to want to be alone, because seven is kind of a loner number. So you won't want to be socializing this time, you're gonna want to put your head down and focus on something, then we have your eight which is the money here. So money and power and achievement. This is the time where you can really go for what whatever money you want to be manifesting, I've seen people quadruple their income, obviously, you've told me that you went from making 9000 to 600,000, and your your your eight. That's incredible. So again, this is a really good time for money and for power, and then we have your nine, which I used to always joke keeps me in business as a numerologist. It's some of the harder harder years to be honest, because it's a time of completion and letting go and ending. So it's really like a death year it's a death to rebirth. You're right. So in a nine you have to let go of this version of yourself that you've been in for the last nine year cycle, so that you can embrace a new version of yourself next year in your year one. So again, nine is this time to really kind of let go. I always see it as you're a caterpillar in the cocoon, melting down into conscious goo and you're about to become a butterfly but you're not actually going to fight your way. out of the cocoon and fly away until year one. So again, it's a time to let go and to complete things. So again, not to scare anyone because you know, your nine is pretty gnarly. I'm not gonna lie. But it could also be a time of good endings, like people can graduate university in their year nine or close it big deal they've been working on for years. So again, it's it's one of those completion years.

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Kathrin Zenkina 40:25

And then you repeat it and repeat it and repeat it until you die, and then you do, and then you do it through different life paths and different this and that, oh my gosh, this is, this is so funny. Okay, so I can kind of get a sense of this question. But my question for you is like, you know,

with nine being the probably the hardest year, or typically the one to least look forward to like, was it a three for you that you like the best or like, what is your favorite year? Oh, man, I would say my favorite year.

 41:03

Man, I really love a good five and a good six. I had one epic, like probably one of the best years of my life was year three, but then the next year three was not good. But I really love the five I think because I like excitement, and I like change, and I like like, oh my god, anything can happen, and it has that kind of energy. But this six is so beautiful. Because I don't in my last year six Penguin Random House found me offered me a book deal, and I fell in love. So it was just like one of the best years of my life like I had such a great time. So again, each has a light and shadow side. Now for example, if you go into your six, and you're not in the right relationship, or things aren't aligned, you're probably gonna go through a breakup, therefore, you probably won't like it. You're six. I went into my year six, like I'm open to anything universe and things were great. So I would say five and three for fun and then a six for again love and like really up leveling and career because I wasn't looking to write a book. Like that wasn't on my radar. I wasn't even like out as a numerologist, and Penguin Random House found me and it was a really exciting time. So yeah, that

 Kathrin Zenkina 42:11

is manifestation at its finest right there. And my last year six, I've mentioned how I met my husband. But what I didn't mention is the week prior to meeting my now husband, I ended a six year relationship. So I literally ended a relationship, and then within a week, I found my husband, and it was like I had no desire whatsoever to find my husband because I wanted

 42:14

Yeah, right.

 42:37

Yeah, I'm done with really, when you marry him Did You Know Were you like, wait a minute, oh my god, this could be my,

 Kathrin Zenkina 42:43

my friend made me go on Tinder as a joke, like just as a distraction. Because I came home from a Tony Robbins event, and I just had that my intuition was like, You're in the wrong relationship. You're in the wrong career. You're living in the wrong place. So I just like made all these changes just overnight, like crazy, and then I was like, and then you're going to do a detox. So I came home, I made all these shifts and changes told my parents I'm not going to medical school broke up with my boyfriend decided to move back to LA, and I'm like, and I'm going to do a detox too. So we can do the detox. I'm having all these detox symptoms and feeling like

shit, and my best friend who's in LA while I'm still living in Washington State. She's like, Katherine, go on Tinder, just as a complete distraction as a joke. Like, let's fuck around. Let's see what's out there. Just like just mess around, and I'm like, around Oh, yeah, I'm like, I don't want to go on Tinder, and she's like, Just do it, and so I kept I downloaded the app, but it wasn't working, and for whatever reason, I kept trying, four tries, and I finally log in or make an account or whatever, however it works nowadays, and I was started swiping on guys, and guess what it's like every guy went to high school with and I'm like, Oh, I don't want to be around like it just No, and so I'm like VPN, there's nothing interesting going on here, and then I was like, Wait, let me open up the parameters to like a 50 mile radius, or 25, or whatever the furthest was that you can go, and then I was like, Okay, now I'm finding some interesting guys, and like, I started to, you know, match up and chat, whatever, and then there's this guy who I couldn't really tell what his pictures were like, I couldn't really tell what he looked like, like, and he had pictures with his fucking sister, and I'm like, dude, these are the worst pictures ever. I don't know if this is your girlfriend, your sister like who is this? There's like a picture of him cooking and it's like this huge pot in front of them. But you can barely you can just see like his bicep muscles, but you can't really see his face. It was just, and then him, bro. I'm like, these are horrible. But for whatever reason, something in his bio. He said he lived in Australia for a year and I was like, Oh, I'm very attracted to people who travel or like have been around the world because I'm just such traveler. My north node is in Sagittarius like I just in in in Yeah, I'm just like and my moon Gemini moon in the ninth house. So like there's a lot I've just freedom travel, all that stuff in my chart, and as soon as I swiped on him, my intuition was like, this is your husband enjoy, and I'm like, Oh, I don't want to meet my husband. Oh, no. But we started talking and it was just instant connection sparks magnetism, couldn't get enough of each other went on our first date, like a few days later and have been inseparable since. So that was my six years, both a breakup and meeting my husband within the same week. I



45:33

see that so much though, in the year six, where people will break up and then get into relationships still in the year six. So I always warn people, I'm like, look like people will come to me in the early stages of a six. Like, I went through a breakup. It's over for me, because I thought there's my love here, and I wanted to make it work. Am I no, no, it's not over girlfriend. Like, you can definitely still manifest that right partner. But that is a crazy story, and it's so interesting, because I'm single now and so I feel like really thought about this, like, people tell me all the time, like, oh, when you know, you know, I met my guy, and I just knew and I'm like, how do you ever really know? Like, while I'm balling that, you were just like, that's my did he did he know, too? Did he have that feeling? Or was it like



Kathrin Zenkina 46:14

he very much like, resisted, like, just letting himself just fall in love with me? Like he like over time. He, you know, in reflection, he was like, I just didn't think I deserved you like you were so incredible. I was like windblown like, how is that too? Yeah, and I in my Tinder profile literally said, not looking for anything serious. I'm moving to LA in like three months like, and of course, every guy was like, perfect, you know, and I'm like, perfect. Let's just have fun. So he was one of those guys were just like, let's just have fun. But we fell fast and hard for each other. He just didn't admit it for a very long time.



46:53

I feel that even in my own life, the quickest manifestations I've ever had have always been when there's no attachment to the outcome, and I feel like in this story that you just told you were signing up for Tinder, you had absolutely no expectation you were not attached to anything that was happening. Husband, and I think that it's when we hold on too tightly to like, oh my god, I'm gonna sign up for Tinder, and my husband has to be here that it won't happen. But the moment that you kind of allow that, that neutral zone, that neutral point is like, where are those miracles happen? We're.



Kathrin Zenkina 47:29

So there he was, yeah. 100%, and it's like, people have all these rules of like, you know, I don't want to go on the apps. I don't want to do this. I don't want to do that, and it's like, yeah, just be open to everything. You never know. You can bump into your your partner in a random elevator like tomorrow, you could bump into them in the grocery store. You could find them on Tinder, you could find them on hinge, you could find them here and there, whatever. You just have to be fully open, like don't create rules before you like you have to stay fully open, don't create roles of like, No, I'm not going to get on those dating apps. Like what if your husband is on the stupid dating apps, even if you have to fish through a sea of all these people who aren't the right people, and maybe there are scumbags on there. But maybe your husband is there too, and so you have to be like fully open and detach and just play around and just mess around and, you know, just just be open to anything happening, and that's when the manifestation comes in. You're so right about that.



48:28

And that detachment, I think is so important. I always talk with people about that just like Don't be so committed to it has to look this way. Yeah, and even with clients that I've worked with, who've come to me and like I've been single for a decade, I want to manifest my husband, I'm like, okay, cool, like, what are you looking for, and a lot of times, they're like, he needs to look like this, and then they wind up, they kind of loosen that they wind up actually with men who like don't look like that at all, and it's like, oh, I just needed to like, again, not hold on so tightly, but be open to what the universe wants to bring to you. Right? And I feel like we rarely end up with the people that we think we're supposed to end up with. You're like, what kind of guy and here I am with this guy.



Kathrin Zenkina 49:12

Speaking of relationships, is there anything about compatibility and numerology? Like, are there certain life paths that shouldn't be together?



49:21

Okay, so I'm really lenient about this, and I think it's because I really do look at numerology and astrology as like tools to empower us, not to deter us from things. But what I always say to people is you look like anyone can be with anyone. It's just how challenging. Do you want your

people I say, look like anyone can be with anyone. It's just now challenging Do you want your life to be? Right? But again, I think when you look at things through, for example, the life path numbers, if you like, for example, you're one and your husband's at 22. Now you guys are very different. Both leader archetypes are because he's a master number and you're one but like the 22 is, they tend to be a little more structured, they tend to be a little more like Hey, we're gonna make these rules and we're gonna follow them, and it's like, inherent in the one to break every single rule. You're like, this doesn't make sense to me. I'm breaking it. Yeah, we're the forest, like, What do you mean? rules are in place for a reason we need to follow them. We need structure, we need order, and the ones like, I don't want structure, I don't want order, I just want to come in and change everything. Right? And so you could butt heads with that, because you're thinking like, Well, why is he doing it this way, and you guys might not understand each other. But again, when you can look at that and be like, Oh my God, that's his strength, and that's something that's not inherent with me, you can play to each other strength and be a stronger team.

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Kathrin Zenkina 50:35

That is a much better way of looking at it. Because I think that some people get so dogmatic with everything with astrology, with numerology with human design, like this means this knot means that and it becomes this like prison that they create out of these systems,



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it missing the point entirely, and again, I tell everyone, like the moment that these tools are no longer empowering, you get rid of them, because they're not here to hold you back. They're here to help you self reflect, help you understand yourself and the world around you and the energy that's available to us, and then use that to go live your best life and achieve your dreams. That's it. But the moment that you're sitting there, you know, maybe not giving someone a chance because other life path for and I don't want to be with a four again, like you're missing out on beautiful lessons and opportunities, and again, I see these tools is just being a small part of the picture, we still have so many other aspects to look at, you

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Kathrin Zenkina 51:34

know, this question popped up, like halfway through our conversation, and it just kept popping in and out. But I wanted to ask it because I think it's important because a lot of people get confused by this, does the personal year cycle start January 1 Or your birthday?



51:50

Okay, so I'm going to die on this hill. Okay. I have gotten an argument to people about this, and I'm looking for different folks. But I will say I have tracked at this point 1000s of I've been doing this for so many years, and also like with my reports in my personal year cycles, and doing readings for clients and friends and, and all of that it starts January 1 and December 31, and I understand that it's the Gregorian calendar, it's made up, yada, yada, I know all of this, I can't tell you exactly why the personal year cycles work this way. But they do, they're way more

accurate this way. Honestly, I kind of believe that these are just the code to the matrix that we're living in. But it's January 1, December 31, and again, like, people get very upset when I say that, and to them, I will say you go dedicate a decade of your life to numerology and tracking cycles, and then come talk to me about what you find. That's all, and I'd note I don't say that with that. I'm just like, you again, like I'm gonna give you my opinion. Now, if you're really, really devoted to birthday to birthday. Cool, do that. But my recommendation as a professional numerologist will always be January 1 to December 31. Yeah. So like, if someone has a June birthday, if they're going from birthday to birthday, they're really just like living half a six and half a seven, and then half a seven, eight, thinking that they're living a full six or full seven. Mathematically, it makes more sense to like, the equation makes more sense when you use it based on January 1 to December 31. But I've also again, I've just tracked it for so many people. and I always test things right. Like I'm very data driven, even with my book, a lot of what I wrote was from my own findings, doing readings with people and I was like, I always noticed this pattern with ones and I always noticed this patterns with threes, and I put that in there, and again, the data that I have tracked has always aligned with January 1 to December 31. But I encourage everyone like if that really doesn't resonate with you then you should try whatever way does but yeah, I definitely yeah,

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Kathrin Zenkina 53:54

I think I think for me personally like the January 1 through December 31 resonates toe I've just kind of gone by that as well. Also, New Year's Eve is like my favorite holiday I got married on New Year's Eve. It's like something about like the the ending and the beginning happening at the same time, and it's like, it just it just correlates beautifully with that as well. So I'm gonna go with January 1 through December 31 as well because it works for me as well. No, this is for us. This is just like your personal opinion. But do you have like, like a life path number that you think is like a harder one to navigate? If someone's a certain life path and one that's like, Fuck, I wish I was that life path. You know, you know, like if you aren't which which one would it be?



54:37

Actually said this in my book. Okay, so first off, I just want to clarify that each life path has a light and a shadow side, right? So like, we're talking about the light side of each one that comes to like, which one I think is the best. I think being a life path eight is pretty legendary. Because if you're in alignment, you're guaranteed to manifest money pretty quickly. I mean, that's really what you're here to do. I also love the three because they're so fun. They're so magnetic. They're like the life of the party like most famous musicians, singers, actresses, writers, they're all threes, right? Like Ed Sheeran, Katy Perry, Christina Aguilera, David Bowie, a bunch of, you know, threes right there, I would say the harder path 100% If you're a master number, that is just a much, much harder path, master numbers come into this world with a considerably larger ego than the rest of the numbers that they then have to break down. So they're extraordinary hardships. They have they're, I mean, you're married to one. So, and again, because of this, they tend to be late bloomers. So it's not that they're being punished, it's that they have to learn a lot of lessons that are going to resonate with people on a mass scale. So master number definitely harder, and then I will say that the life path nine tends to be pretty tough, because with the nine you're here to be that humanitarian and so that means you're meant to find a healthy detachment from the earthly realm. So with life path, nine clients that I have, and people that I am close with, whenever they get too attached to something, whether that's a

person, a place, whatever, you know, something happens, that's like, Oh, you think you're attached to this? Nevermind, which is also what you'll feel in your person or your nine but I do tend to find that that's really hard to be in that energy, you know, but again, it's each you to love humanity as a whole. It's almost like this Aquarius energy, you have to find a little bit of that detachment.

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Kathrin Zenkina 56:31

So you talked about eights eights being legendary. What is the heart's desire eight because that's me and a personality eight. I'm looking at my chart. That makes sense. So

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again, have it's funny, because that's my heart's desire. Number two. So your heart's desire is too well, a couple of things. One, be that powerhouse, there's a lot of things you want to do. So again, I'm not I don't know everything about your business, and like everything that you've done, but you know, you're probably someone who's going to build multiple businesses over a lifetime. Like there's a lot of different things you're going to have your hands in, and they'll all be successful, like a really good example that is Jane Fonda, right? Like she had her workout videos, but she was an actress, she was also a philanthropist, and an activist. Like there's so much that she's done. So again, with the hearts are a you have a desire to be that powerhouse to be the leader to build things. But also like, you're here to manifest money, like you want to, like be able to financially support yourself. Like if that's your heart's desire number, like having financial stability is connected to like what your soul actually needs. Like you're someone who's like, this is so you know, some people are not motivated by money. Some people are like, whatever, I could take it or leave it and I'm just kind of freewheeling for you it's like no different from someone who has a heart's desire six, right, if your heart's desire, six, like you really want a family, you really want to have this like loving warm home for people to communicate, right. So again, the heart's desire number is very interesting to look at, especially within compatibility. But you having all that eighth energy in your chart just tells me again, that you're good with money, you understand manifestation in the material realm, and you really are here to embody that and then to teach it to others, and that's something that I think is really powerful about numerology is that your codes, once you master then that is what you're here to teach. So even you being a life path, one, you're here to teach others how to lead, how to innovate, you know, and that's the beautiful thing when you can use this language, and look at the people in your life and go, Oh, my best friends are five, and she's teaching me how to be comfortable with change and how to be comfortable with adaptability, and then, you know, my other good friend is a three and they helped me to be more heart centered, right? We're all just kind of walking each other home as ROM, das says, no life path numbers, give us that language. There is

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Kathrin Zenkina 58:53

a reason why I mastered money mindset, you guys was very important to me, and that's why I love teaching, and it has to be I mean, I'm very money motivated, and I'm not afraid to say that, like, I'm not, it's not something I see as a negative thing. No,

 59:12


it's not at all. It's what you're here to teach others as well, and again, like, I posted something on the day, it was like, money is not the goal for the sake of like material possessions, like money is a tool for freedom. That's what it is. The fact that you understand that you've mastered that, and then you're giving that to other people is so powerful, because then you're helping other people to have that freedom, right? Because if you're struggling financially, you can't really do anything like, right, I've been very broke, and it was like, I was like, oh my god, how am I going to pay my bills, that level of stress. You can't explore and create in the way that we're meant to like, unfortunately, we do live in a society where we have to make friends with that right? We

 Kathrin Zenkina 59:55

really do and then it's hard to like access higher level questions when you're so concerned about your basic needs. It's like we need to get past that so that you can access your passions and your interests and actually solve world problems and like help people and make the world a better place and like focus on these higher consciousness frequencies. It's hard to do if you're like, just how am I going to pay my bills? How am I gonna pay my bills? How am I gonna pay my bills, it's like, that's keeping you in a frequency that is distracting you from your dharma. So it all connects beautifully. Okay, I want to start wrapping this up. I can ask like a zillion more questions because I swear to God, this report is like, what is this? And what is that? And obviously, you have it all described here, but it's so much fun to hear it from your own mouth, of course. Okay, there was a lot of people, I would say half the questions that came up in the q&a box were about Angel numbers, like what is 111? What is 222? What is three, three? So as a Numerology? What are your thoughts on ANGEL numbers?

 1:00:58

Okay, the only time that I, someone or people tried to cancel me was when I talked about Angel numbers. Okay, how do I approach this? Okay, so,

 Kathrin Zenkina 1:01:10

wait, why cancel over Angel numbers?

 1:01:13

Let's just, it's correct. Yeah, yeah, people got very upset. It was crazy. I was getting the nastiest comments from people just attacking me. Okay, so I see when I think of Angel numbers, I want to say repeating numbers, right? Because yeah, numeral is about repeating numbers, whereas Angel numbers I see as being like, what bothers you Angel numbers is that there's so much misinformation out there online, or people are like 555, money is coming to you. That's not true, like five is the number of change. Yeah, and problem with what I see in regards to Angel numbers is that there's so many websites dedicated to, I don't know, applying a lot of things to the numbers that they don't have to do with numerology. It's almost like if I was to be like, Oh,

I'm born September 11. But you know, I'm actually a Scorpio September 11 Scorpio, that's what I decided, and a lot of people do that, and what I find frustrating is that when you're seeing repeating numbers, I see those as downloads, I see those as messages from you know, spirit guides, whatever you believe in, that's directing you on your path, and if you're not reading those correctly, then it's like downloading the wrong software into your system, right? Like it's not going to work. So again, just in the example that I use, if you're seeing fives and you think that's money, you might be like, Oh, my God, let me manifest money. But actually, what's being communicated to you is, hey, there's a big change coming, and maybe you should sit there and reflect on what are the areas of my life that needs to change, right? Or, it's if people see like 888 they, you might go online, Big Love is here, no money is here. So are you gonna make money, right, so again, like, there is a way to read repeating numbers as through numerology, which is the most accurate way, and I have a lot of that stuff on my Instagram, by the way, for anyone who wants to dive deep. But the other thing I want to say that is so vital to know is that when you know your cosmic code, then repeating numbers you see take on a whole different level. So for example, your life path one, you seeing a life path, one or one repeated is much different and more significant than someone who's say life path five, right? So generic, a life path. One could be like, a new beginning is near, and you need to be a leader in your own life, like, focus on the self, but your life path once you see that, that's like, hey, remember who the fuck you are like, you embrace your life path, are you living your life path? And that's how you should reflect on that. Right? And also, for me, like I see fours a lot, and four is my balance number. So every time I see four before, it's always when I'm so stressed out, and I see it, I'll be like, Oh, okay, I need to balance myself out right now. Because right now I'm just like, panicked and stressed and analysts are like, Okay, I'm gonna go meditate right now. Right? So when you know your cosmic code, then you'll know the numbers being communicated to you. For example, you being an eight to having that eight Heart's Desire might be reminding you like, hey, how connected to your heart. Are you right now?

K

Kathrin Zenkina 1:04:12

Huh? This is so fucking good. You're such a wealth of knowledge, and you can tell that you've really studied this shit and like you live and breathe this shit, and this is like your dharma on this planet. Like I love this conversation so much for anyone who wants to dive deeper. You you been talking about your book? I've obviously been referencing the report and I know you have several. Where can people go learn more? Buy these things from you and work with you?

o

1:04:41

Yeah, so everything is on my website. So it's just Kerr heart.com sets, k e r h a r t . c o m . And then I'm most active on Instagram. So again, my handle is just at Kevin Hart, and you can find pretty much everything on there. I have a lot The free resources on my Instagram tons of stuff on there, and then to go deeper I have my reports, my numerology personal year cycle planners and numerology 101, where we really dive deep on all of these things. So yeah,

K

Kathrin Zenkina 1:05:13

yes, you have like a whole planner. So is it like, yeah, so



1:05:17

it's based on each personal year cycle. It's funny, because I actually created it for myself, I was like, God, I really want to find a better way to track my year. So I started making it myself in Canva, and then after I made one, I was like, I bet other people might like this. So then I made nine, okay, I'm not like graphic designer, I'm not any of this. It was such a labor of love, and every year, keep doing them. I just love it so much. So it's all nine year cycles, like it breaks down your your month. So you don't need to calculate out anything and has like, you know, tips and tricks on like, what to do. They're like gratitude journals, and they're like, all the time, all the things that you need, like sync up with and know what each month is bringing for you and your year. So



Kathrin Zenkina 1:06:01

wait in each year is the month going to be consistently the same. Like I haven't really looked into months actually, like how do the models My God,



1:06:09

that is the biggest game changer. The gear cycles, which is the main character, but then we have the month cycles, which are kind of like the mini themes that like supporting character, right, and they work together. So for example, you're in a year six, which is love marriage relationships. We've talked about that already. But March is your month nine. So there's actually ending and completion and letting go, and that might actually occur in a relationship in your life. Because it's a year six, right? So we can they work together. Yeah, and then next month is a month one, which is the time for like new beginnings. launching something new time. Yep. Okay.



Kathrin Zenkina 1:06:54

And every year six, it's going to be March is going to be nine and April is going to be one. Okay. Oh my gosh,



1:07:01

mathematically based, right. So, yeah, it's a year cycle, and then you add the months to it. So right, you're in a year six. So January, which is represented by one would one plus six, that would make January or seven, and then February is your eight. So you must have had a pretty big money month in February. Yes. I



Kathrin Zenkina 1:07:20

had a launch beginning of February. Yeah, yeah. Yeah. Okay. So now I have my own studies to go like I have thank you for the rabbit hole that I'm now going to go down. and your Instagram is incredible. I love your Instagram. I know that we met through my friend Mel wells she

interviewed. I think you were you did like a master class or something in one of your containers, and then I found your Instagram and I was like, I fucking love you. Like you're I'm obsessed with you like you're so good, and your energy. So great. So I've been following you ever since, and your Instagram is incredible, and you have the most incredible resources and I'm definitely gonna get your book. So I'm gonna post all those links in the show notes for anyone who's like, I don't know how to spell her name. It's okay. I will put that all in the show notes, and I'll make sure you don't miss



1:08:08

out like the English like care heart like the Carebear which is actually but it's spelled Germans. So it's like, what the hell? How do I say this?



Kathrin Zenkina 1:08:18

It's okay. My name is Catherine. A weird Catherine. So I totally get it. Caitlin, thank you so much. This was such an amazing conversation. I learned so much from you like this was such a joy to ask you all the things that I personally wanted to know and bring in my audience, of course, into this conversation as well. Yeah, thank you.



1:08:38

Thank you. Thanks for having me.



Kathrin Zenkina 1:08:40

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 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 some magic.