

# (#319) Clearing old patterns t... of manifestation + more (Q&A)

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## SUMMARY KEYWORDS

pattern, manifestation, abundance, money, wealthy, finances, feel, manifesting, change, question, bill, emotional, cot, reaction, limiting belief, people, day, find, work, life

## SPEAKERS

Kathrin Zenkina

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**K** Kathrin Zenkina 00:00

A lot of people hate this question, and that's why very few people experience transformation in their lives, is because they are not willing to ask themselves this question and really sit with this question and really take self accountability and self responsibility for why things are the way that they are in their life. If you could guarantee making your dream life your reality, what would that be worth to you? Welcome to the manifestation babe podcast, where we take topics like manifestation, universal laws, quantum physics, personal growth and spirituality and turn them into simple, powerful, practical steps to apply in your life. I'm Kathrin zenkina, manifestation expert, Master mindset coach and multiple seven figure entrepreneur who has generated over \$25 million in just seven years. I am obsessed with helping you achieve everything that you once thought was impossible. There is no such thing as an unrealistic dream, and with the tools that I give you, don't be surprised when every area of your life receives a massive uplevel. Are you ready? Let's manifest. Hello my beautiful babes, and welcome back to another episode of the manifestation babe podcast. I did a thing, and I decided to take the entire month of August off of work. Yay. Yay me. So I am traveling as we speak right now with no laptop, no microphone, barely any Wi Fi, and it is as glorious as can be. Well, at least I know it will be, since I'm obviously recording this right now before I go and lose the laptop and microphone, and I'm just assuming it to be glorious. So I am currently on safari in South Africa with my family, and if you haven't yet caught up on this massive manifestation of mine to take my family on their first luxury safari in Africa, you'll definitely want to catch up on my instagram at manifestationbabe If you don't already follow me there. So with this month of taking some time off with my family, I obviously didn't want to put a pause on the podcast, so the show must go on, and for these next few episodes, I am whipping out the vault of past juicy Q&A sessions that I've done inside of my signature program, the manifestation babe Academy. These are questions that my students have asked me that I answer over the course of the program, and they're usually my favorite and juiciest questions. So in today's episode, I'm answering questions on how to clear old patterns, how to move past limiting beliefs while you're still struggling financially, how to believe in abundance when your physical reality does not yet reflect that. How to embody new, empowering thoughts while you're clearly in between manifestations and so much more. Now, before we jump into this episode, if you want to be

part of the next manifestationbabe Academy launch and get access to Q&A's like this and obviously my full number one program on exactly how to build your dream life, brick by brick, and get the entire blueprint to upgrading your energy, upgrading your identity, your self image and your beliefs for good. I'm going to drop the link to the wait list in the show notes below, or you can go directly to [manifestationbabe.com/MBAwaitlist](https://manifestationbabe.com/MBAwaitlist). All right, let's dive into the Q&A. My question to you is, you have said that when something happens in your life repeatedly, it always has a pattern. So if it's a negative thing, then recognize the pattern and find a solution or heal it, because something that's not healed inside you is getting projected outside. Bravo, yes. But once we recognize the pattern, how do we solve the problem? Okay, first of all, lots of stuff coming your way in the release phase. But second of all, I just want to provide you with something that you can work with right away, right off the bat. So here's the thing, is recognition of a pattern is awareness. Awareness of a pattern takes care of most of it. I can't tell you how powerful, especially the more that you do this. How just even recognizing a limiting belief or a pattern, or like, Hmm, something is happening here. There's something unhealed within me that is recreating this reality over and over and over and over and over again. That awareness alone can fix so many things, it can really wipe out so much of the pattern. So for example, Brennan and I have this pattern around tires constantly deflating, like constantly, and after some time, I'm like, I don't know what this is connected to, but this is a pattern, okay? This is some sort of a pattern in our life where at some point, our car's tire fucking deflates itself, makes us late somewhere, makes us miss something, makes us delayed going on a road trip or something like that, and a lot of students since then, and this pops up in my Q&A's on Instagram. Very often, they'll ask me, Hey, Kathrin, have you figured out that tire pattern yet, and I'm here to tell you that that tire pattern is gone. Okay, hasn't happened since then, because it was in that moment, it was in that month when I shared that with my students, that I recognized that there was a pattern, that I recognized that there was something in there, and subconsciously, my subconscious went to work on that pattern without even me consciously thinking about it, and afterwards, it hasn't happened since knock on wood, because I'm still Russian and I still knock on wood. It's part of our culture, and that alone just shows you how powerful awareness is. Now, awareness might not solve 100% of every single pattern. So what's next? The next step is to change the behavior that occurs when that pattern happens. Okay? So you recognize the pattern because it just happened. So you are typically reacting to a pattern in a certain way. Okay? That is the first thing that happens, right? You get triggered, and there's a reaction. So if you can't control the trigger yet, you can start with the reaction, and so for example, let's say that every time you sit down to do finances with your husband or with your partner or your wife or whomever, every time you sit down to talk about your bills and finances and goals and budgets and things like that, you get in a big fight. Okay, something gets triggered within both of you that causes a big fight. Okay, well, the reaction to sitting down to work on your finances is the fight itself. It's you snapping at each other, or like, something is said to one another. Or, like, obviously an MBA, we're doing work on ourselves first. So maybe it's looking at like, what am I saying to him or her or them, that is triggering this fight between us when it comes to money? Like, obviously, I'm believing something about money and obviously, like, there's a past experience that we've had that is being stacked and layered on top of each other, that's creating this energy, right? That isn't serving us. But how am I reacting to it? And how can I change that reaction as the very first step to changing the pattern? Or let's say that every time you manifest a huge sum of money, you also attract a bill right, to wipe out that money right away. And that's a pattern that's annoying and it needs to go, and obviously there's a belief, there's some sort of unworthiness that you feel around money. You feel discomfort around having money that is causing you to lose it right away. Well, let's say that normally, your reaction when you receive this big bill, right? You receive the big bill. You get triggered. What's your reaction? Your reaction is to freak out, right? Is to panic, is to cry, is to do all these things, right? And just like, throw a tantrum, and go in this downward

spiral where you're like, oh my god, I have to make more money. I have to make more money. I have to make more money, and you go into this hustle mode and this and that and all these things, where eventually you figured out a way to create more money, but then again, something happens. You attract another bill, and that money gets wiped out, and you're always being brought back down to zero. So how is that reaction changed? So for example, in the example with like your partner is sitting down to do finances. What if instead, the next time it happens before you go into working on your finances together, you both do an abundance meditation. It's very simple. You know, changing patterns is not about like this whole huge thing that you have to do right away. It's about starting with one simple shift. What is one simple shift they can do this time? Well, maybe we can do an abundance meditation together, okay? And if they're not willing to do it, at least I can do it because I'm in control of me. Okay? I have all the power over me, and so that's what I'm going to do, and so when we're doing our finances now, I'm in a peak state. Now I'm in this abundant state, so yeah, we might not like what we see. Maybe our finances are still not up to par with our dream, but at least I'm in a state where I'm willing to believe that what we're seeing right now can one day be shifted and change, and I'm less likely to get mad at my partner for buying Xbox the other week, that we're seeing on our credit card bill, right? with the bill maybe instead of freaking out and crying over the bill, you can think the bill for the services that you received as a result of that bill. So let's say the electricity bill is like really high this month. Well, maybe we can find gratitude for all of the things that we were able to accomplish as a result of that electricity. Maybe the bill is for a consultant or something that you hired that you didn't realize that their services actually cost more than what you thought that they cost. Well, just be grateful for the services anyway, right? Like, Thank God I was able to afford hiring this consultant. Actually, I did get value out of this consultant, and if I apply this value that I received out of this consultant, then you know what? I can actually implement this and I can actually make more money. So that's an awesome thing. Maybe it's a vet bill, maybe it's a medical bill, maybe it's a hospital bill, right? It's not always like fun bills that we receive, and so it's just being grateful for, thank God that I was able to get to the hospital in time, thank God that I was able to live through that experience Well, thank God that I mended my broken leg, or whatever it is that happened, right? Being grateful for whatever that bill is, whatever that service is, is a change in your reaction, and that's step one of changing the frequency of how you interact with this quote, unquote, negative situation, and by changing your reaction, repetition over time, every time you react differently, you start to believe different things about this scenario. You start to neutralize it so that you're able to look at it objectively, and you're able to behave in a completely different way. That's where it happens. You're nipping the limitation right there in the bud. Instead of the pattern repeating itself, you're nipping it in the bud. So you're saying no to limitation, and you're saying that there's another way to go about this. I can see this differently. I can act differently. I can be differently. Who is the version of myself who would handle the situation differently? A lot of people think that when they have a pattern in their life, they expect the pattern to change itself, but when it doesn't, they feel helpless and they feel like, oh my gosh, they're a victim of their circumstances. Instead of being like, okay, what can I control in this situation? What can I control in this scenario? And then starting there. How do we keep a positive mindset and move past our limiting beliefs when we have literally \$20 to your name, past due credit card and all of my auto charges getting denied on my credit card. How do I push past this and still believe I have an abundance of money? Also, what else could I say to your place? I can't afford that. So here's a tough question to always ask yourself, and whenever I have found myself in similar situations in the past, or when I find myself in a frustrating situation, or some sort of a plateau, or like something is just feeling like it's not going my way, or it's going backwards, or, oh my god, things are getting worse, whatever, right? Like we're creating all these stories about whatever is happening. I ask myself this really tough question that a lot of people don't like. A lot of people hate this question, and that's why

very few people experience transformation in their lives, is because they are not willing to ask themselves this question and really sit with this question and really take self accountability and self responsibility for why things are the way that they are in their life. So whenever I have a situation like this, or let's take me back to Grandma's couch days, the good old days on grandma's couch is, what do I have to believe about myself? What do I have to believe about money, about abundance, about the world about whatever, insert, whatever you need, whatever you want, in order to be creating such a reality. So what do I have to believe about x in order to be creating such a reality? Or, if it helps you, I really love taking the third person perspective. So I really love to pull myself out of myself and pretend like I'm my friend, okay? And I'm in or I'm just a neutral observer of Kathrin zenkina, and I'm just watching Kathrin, Like I got the biggest aha moment of my life a couple weeks ago, where I'm like, oh, okay, that makes sense. This is where I need to work. My work is cut out for me here. This is these are my action steps. I can see it clearly. So you could be like, Hmm, wow. If Jessica was my friend, what does Jessica have to believe about herself in order to be creating such a reality? And that's really where you to dig in and see where you're giving energy to beliefs that aren't serving you. So when we introduce the limiting belief blaster, that's where I want you to focus on. Bring this frustration to the limiting belief blaster. You have a tool. You have a literal formula. When I talk about the funnel in which you enter the limiting belief faster, where it could be like something that triggers you a negative emotion, or just an area in life that you have a lot of frustration in. You start there with that funnel, and then whatever comes out of that, that's what you want to work on. You asked about you know, what else you could say to replace, I can't afford that. Well, some of my favorites is, instead, you know, subconscious mind loves to answer questions. So instead of being like, I can't afford that, be like, How can I afford that? Where are there money manifesting opportunities that I'm just not seeing right now? Because remember, if you're really hyper focused on all this happening here. What is your RAS going to filter? More of your RAS is only going to find more of similar reality, and so if you ask yourself, Where are the money manifesting opportunities? Let's focus on that instead that I'm not seeing right now, and your subconscious mind can't help but want to answer that question, Where else is there abundance in my life that I'm not allowing myself to see right now? You guys, abundance isn't just in money, though I know it's awesome, and everyone wants that, and you can have that absolutely but it's also understanding that abundance is a connection to more than enough in all facets of life, and by shifting your focus to you know, where else do you have an abundance? Do you have an abundance of love in your life? Do you have an abundance of gratitude? Do you have an abundance of clothing. Do you have an abundance of hair on your head, right? Like do you have an abundance of food in your fridge? that will allow you to build a stronger relationship with abundance, that you can trust that like, no matter what happens, there's always more than enough. There's always, universe will always provide, and the universe will always replenish, and another way of saying, this is something that really helped me, and someone did bring this up in the Q&A portion the questions, which is a lot of people would ask me, Kathrin, what if, like, you're saving your money, or you're currently on the manifestation journey, and you're, like, paying off your debt, and you just don't have money to spend on, like, going to a weekend trip to Las Vegas with your friends. What is another way of instead of telling them, oh, I can't afford that, what is an empowering thing that you can tell them? And it's literally like getting creative and just saying, This isn't in alignment with my priorities right now, but I'm so excited to join you guys next time when it is in alignment with my priorities, or, yeah, this yacht isn't in alignment with my priorities right now, but I'm so excited to one day be able to purchase it, or to be able to charter it in the Mediterranean, around the islands of Greece, with my whole family and all my friends one day soon, right? So you're shifting the focus of like, maybe not right now. It's not an alignment right now, but one day it will be, that's all that you need remember, that tiny piece of evidence that internal lawyer just needs to focus on, the fact that it's going to happen no matter what. It doesn't matter that there's all this other

evidence of a never happening. You just need that tiny little piece of evidence that will get you out of jail, that will get you out of lack and scarcity jail, right? That's all that you need, and you just need to get really good at arguing for that one little piece of evidence, and I obviously like hearing that analogy was so helpful that I love to share it now, and we'll be sharing it from this point forward. But I realized as I was hearing it, the reason why I wanted to share it with you is because it's literally how I've done this. It's how I went from having absolutely nothing, no proof, no one believing in me just nothing but a freaking dream and a vision, and then literally having my whole dream and my vision, starting from the fucking caught behind my grandma's couch, which is just a fun little tidbit of my grandma's couch story is she tried to make me a private space in her living room because I had nowhere else to Sleep, and instead of making me feel like I'm couch surfing, she brought a cot from another grandma, Eastern European grandmas, she brought a cot, like, literally, you guys, like a nap cot or, like a, you know, cot that you would sleep on if you're, like, boot camp training or something like that, and. Made me like a little bedroom behind her couch, between the couch and the wall, and that was so uncomfortable, but I remember like crying myself to sleeping. Like, is this really what my life looks like? Did I really say no to medical school for this? Did I really say goodbye to Beachbody coaching for this? Like, did I really say goodbye to living this cozy life at my parents house for this, right? It was wild, and I had to find the one little piece of evidence of like, you know what? Everyone in these books that I'm reading, these manifestation books, they say that if you desire something, it's already done, in the energetic world. It's already done just because you envision something, your mind doesn't know the difference between what's real and what is imagined, and so who gives a F if it's just imagined? I'm going to argue for that. That's where my internal lawyer is going to come in. I don't care if I'm sleeping on a cot right now behind my grandma's couch, and then moved on my grandma's couch. That doesn't matter. All I need is this tiny little bit of proof, tiny little bit of faith, tiny little bit of belief, and then I just let that grow, because that's the seed that I planted into my subconscious mind, and that's all it fucking took, and every day became easier and easier and easier for that little, tiny, little seed to sprout into a seedling, to sprout into a plant, to sprout into a tree, to sprout into that exact reality that I was dreaming of on my grandma's couch, and of course, I live far beyond that reality now, but that's all it took. Okay, yes, give full gratitude for any bill you pay with. Thank you for the electricity this hydro bill gave. Give full gratitude for all money that I spent. Look at what the credit card purchase gave you. Yes, yes, yes, yes, yes, yes. I've had so much evidence so far already through this time together, a big one being paying off this course and not on my credit card. Oh my gosh, congratulations. Do you have any tips on how to get better and embodying the new thoughts? The first thing that comes to my mind when you ask that is get better at embodying new actions, because we can sit on our rooms and work on our thoughts all day long, and beliefs and this stuff. But it's in the actions that you take that your brain chemistry actually changes. It's in the acting upon that your subconscious actually shifts, and so instead of being like I just need to tell myself 1000 times that I'm wealthy, just start acting like a wealthy person, and do it in steps. Of course, it's like what a wealthy person avoid checking their bank account? Probably not. Maybe I can do that, and it's even in spite of having anxiety or fears come up, which, of course, there's practices like deep belly breathing, there's visualizations you can do. There's all kinds of stuff that you could do, of course, to help to help with the mental part. But it's ultimately in ripping the band aid off and just logging into your bank account, that you're going to start the process of embodiment, and through taking the actions, the thoughts are going to change, and guess what, they're going to change automatically. So going back to automatic, this is how we can use automatic in our favor, right? But I feel like there's a fine line there. I experienced like a wealthy person wouldn't think twice about x investment. So do I take to chance, even though I'm tight with my finances? So yes, a wealthy person wouldn't think twice about x investment, but take it into proportions. Okay, let's say the wealthiest version of you wouldn't think twice about a million dollar investment. Am I

saying just take the million dollar investment? Of course not, because you don't want to put yourself in a lower vibration. Andrea always says it's the feminine that leads and the masculine that supports, and the same thing with intuition. Intuition leads and logic supports, okay, your intuition is leading you on the path of a wealthier lifestyle, of a wealthier life, but you need to support things with logic too. Okay, so if you just do that, that's completely illogical. There's an imbalance of intuition versus logic. There's an imbalance of feminine versus masculine energy, right? So you want to bring it back into balance. So let's go in proportion. What is in proportion to you right now? What is something that based on your finances, a person who has these kind of finances shouldn't think twice about XYZ investment, but still does out of an old pattern. So let's say for you, it's \$100 investment. Let's say it's \$100 course, or for you, it's a \$2,000 course, whatever, and you still don't take action with that, even though you do have the money. But it's that fear of like, what if the money doesn't last, and blah blah and all this stuff. It's like, in proportion, don't think twice about that investment, and as you do, guess what the universe rewards. The universe will bring more, and then you're able to grow and grow and grow into a wealthier person, to where you are able to make million dollar investments, like you can just drop a million bucks on a new property that you want to convert into an Airbnb or retreat, whatever the okay, but you're no longer afraid. You don't feel hesitation. Because you have the money. Why do you have the money? Because you manifested the money. How did you manifest the money? Because you started manifesting when you had far less. I started manifesting from negative bank account balances. When I started manifestationbabe, I was the queen of negative bank account balances. Okay. How did I get here? Let me tell you, wasn't in investing 100 grand from a negative bank account balance. It was in me being like, Huh? What is in proportion to this? Could I buy like, for example, at that time, I was very much into fitness. Still am, just differently. It's not part of my business. Obviously, I really encouraged myself. I pushed myself outside my comfort zone to shop at Whole Foods for certain ingredients. So for me, that was a big step. For me, that was me being the wealthiest version of myself was buying this particular like, healthy ice cream that I wanted that was only available at Whole Foods or sprouts or one of those stores. Then I would buy, like, certain produce that were organic. Was important for me based off of the Dirty Dozen and the Clean 15 list that I would buy those certain produce organic, and the rest, I could go to like Ralph's or something, or Vaughn's or whatever. But it's important that I would take those steps, because in taking those steps, I was showing the universe that there's plenty more where that came from, and I would say that I adopted that from Marie Forleo, there's more where that came from, and another example something I did was, I didn't have very much money, but my wallet always had, like, quarters and change and stuff, and so I did my best to give it away. How did I do that? Because I was like, you know, the the wealthy version of myself gives away all kinds of money because she's very interested in all these causes and just helping people and this and that. So it's like, let me just like, go and bless people and pay for their parking meters. I would walk by parking meters, especially outside my job at the time, or outside the grocery store or wherever I would go, and I would just drop change into people's parking meters and just fill them up. Or just like, fill up one, you know, like that has, even if it has plenty of time in it, I was just like, you know what the next car is going to have free parking today. Let me tell you how much. First of all, first of all, my this is never my intention, but the law of cause and effect, the law of karma, is very real. I can't tell you how many times I have not gotten parking tickets because of that karma. There's so many times where I unintentionally ran out of time on my meter. Never got a ticket like, knock on wood, to this day, still haven't gotten a parking ticket since that time. No, maybe that's a lie. Maybe I had like, one or two, but proportionally, proportionally speaking, very few. I can't tell you how many times I've pulled into a parking spot where the meter was actually already full. That's interesting. Another thing I would do is, back in Gig Harbor, I would go to Target and part of my 10, 10, 10 rule, which you can read all about in my book, people ask me, Do I still practice it? I still practice the principles the percentages are different because it just

wouldn't make sense financially for me and how I want to create my money right now, and how I want to grow so that I can go even bigger with how I handle my money. The percentages have changed, but I still donate, like I support an organization a couple weeks ago around a child loss, like families who are grieving child loss and needing support around that, found a random GoFundMe on Tiktok dropped the grand in that, like, I'm still doing those things. I'm, you know, tithing with my shaman, giving offerings every now and then for the spiritual work that I'm receiving in return, and all this stuff. Like, there's still elements of that, and so in the 10, 10, 10 rule, I don't want to say the word force, I encourage myself to go to Target, and 10% of my Beachbody checks I would, you know, withdraw from the bank in 10 and \$20 increments. Or maybe it was like, maybe sometimes it was like 100 bucks like, I'll do 100 bucks one time. Or I would get, like, 5, 20s or something like that, and I would go to target, and I'd put a post it note, and I encourage everyone to do this. I saw a couple people doing this. Like, if we can make this a trend, this will be awesome. Like, let's blow this up. Let's make this a next Tiktok trend, please. I would put on a sticky note. I would say money is an infinite resource, and it is always flowing your way. Please trust that, or something like that. Some sort of encouragement around how money is just a frequency. You tap into. Money is just energy the world wants to bless you. You are meant to have a great day. You are meant to be wealthy, things like that. I put it on a post, and now put on this money, and I would hide it in random places. So I would hide it in, like, a book that someone would have to pick up and open it. I've hid it actually in a book on a plane. Like, you know how you can the pocket, like, I just left a book and money in the pocket for someone else to find. Like, I got off the plane, but left the book with the money. So I've done that. I'll put it underneath a pillow, like in the pillow section or the home decor section, put in a candle. So it's just like random places that people would find it, and let me tell you, as time went on, I was able to give away more and more and more amounts money, and it always flowed back to me. So this is what I mean by proportionally speaking. Of course, I'm in a place now where I can do so much more, or have so much more, invest so much more, but I started out from a negative bank balance, and you can do anyone can. Okay. Okay, hopefully that answered your question. So someone asked, How do you behave and feel like someone you want to be if you don't yet know how it looks and feels. So remember the principle that the mind doesn't know the difference between what's real and what's imagined. Knowing that concept, the manifestation process, requires you to make a lot of shit up. I had no idea what a million dollars feels like. I had no idea what it would feel like to own my G wagon or go to Bora, Bora, or whatever, but I made it up. How do I think it's going to look and how do I think it's going to feel? The unconscious mind doesn't know the difference anyway. It's not like you're bullshitting me bitch, like I know that it's supposed to feel like XYZ, like your unconscious also doesn't know. Nobody knows, and so as far as you're concerned, just imagine it already done, and ask yourself, How would it feel and how would it look? And that's it, that that's the correct answer. Whatever comes to you is the correct answer. So for emotional authority, you want to have emotional neutrality to make a decision. So you want the entire length of your emotional wave to pass, and once you feel neutral, that's when the right decision comes. It's like the clarity comes through neutrality. So it's not like you don't want to make a decision from your initial reaction, because your initial reaction will be totally different from your neutral reaction. So my mom, I taught her this, and it's been a game changer. She's an emotional authority, and she has been through a lot in terms of, like, legal stuff in the last couple years, and especially with her divorce, and so anytime she would receive a legal email, and she would immediately respond to this email, it's always from this, like really heightened emotional state, and it never led to a good outcome ever, and so I taught her this concept years ago when I first started learning human design, and I said, Mom, you need to wait like, 48 hours, sleep on it, at least, at the very least sleep on it, but wait like, 48 hours and then respond to the email, and she's like, You know what? I started doing that I first of all read it completely differently, like I reread it two days later, and it's a different email, and I like understand it better. Second of all, I'm not

as reactive. I'm not as emotional. It doesn't affect me as much, and I know exactly what to say, and now this doesn't mean that for every decision you have to apply the emotional authority thing, because obviously you got to eat every day, sometimes multiple times a day, and I don't want you waiting 48 hours to eat your meal and figuring out like, Oh, let me go through my emotional way first before I eat. This only applies to big decisions. So you can choose what you want to wear, you can choose what you want to eat, you can choose what blanket you want to buy for the house, I guess, like the littler things that don't have as grand of consequences. You don't have to wait for your big emotional wave. Now I've heard, I don't know, but I've heard from many human design teachers and from people with emotional authority that there are many waves as well. So you can have a mini wave where it's like 15 minutes, you know whether you want to buy the blanket or not. 15 minutes, you kind of know what you want to eat and exercise walking space, sometimes just having a conversation will help you actually clear the energy around the emotion. So help you process the emotional wave a little bit faster, too. Thank you so much for listening to this episode of the manifestation babe podcast. If you loved what. Heard today, it would mean the world to me if you took a moment to rate, review and share this podcast with someone that you think would benefit too sharing the podcast is the best way to help it grow and create a powerful community to join you on your manifestation journey. In the meantime, come hang out with me on Instagram at my handle at manifestationbabe or sign up for one of my next manifestation courses or offerings at manifestationbabe.com.