

Hello, my beautiful babes, and welcome back to another episode of The Manifestation Babe podcast. It's another week in my life where I'm diving deep into what my priorities are, and discovering, very gently, I guess, maybe not that gently. But nonetheless discovering it's one of those weeks where Mama needs a little more support. Because mama came back from a powerful, transformative, very uncomfortable, like really uncomfortable, completely outside my comfort zone retreat that I just have to podcast on. I'll see where it fits in and how I feel about it next week, it won't be this podcast in detail, but I'm going to talk about it somehow with a whole breakdown because the stages of discomfort that I went through, and those three days were fucking nuts, and the fact that I put myself in these situations, I feel like there's so many teachings that can come out of why does Kathrin keep doing this to herself.

It's all for the name of growth, it's all for the name of transformation and transmutation and stepping up to the highest version of myself, showing myself discovering for myself who I truly am, without all the layers, without all of the layers of protection and the layers of shape shifting into who I'm not over the years of my entire childhood, and, you know, adulthood and teenage hood and everything in between, there was a lot that came up, and frankly, I'm still integrating so much of it. Even when I got home, I've been facing so many of my biggest fears, and it's really challenged me and created opportunities for me to rise up and step up to the plate of where I'm going to transform and transmute the most on my life path. I feel like I've gone through like 12 shamanic deaths. It's Thursday that I'm recording this, I got home on Monday, it's been like 12 shamanic deaths, I mean, so much. So, poof, I'm exhausted, and with this exhaustion comes in a big lesson that I've been integrating over the last few years, which is asking for support when I need it. I feel like this has been such an expander for me over the last few years, like really being unapologetic about getting help in all areas of my life. So they don't have to do it all. I don't have to drown. I don't have to suffer. I don't have to shut myself off creatively just because I feel like I have to create something new, which is the worst energy to ever be in, and that's never an energy that I ever want to bring to my work. Because this pressure of having to create something just adds pressure to the creative process and then completely shuts it down, and then you feel even more stuck, right? So I recently hired me and my team hired a new Podcast Producer, and they're helping me out this week by repurposing an older episode, or just whenever I'm feeling this way, older episodes in a really fresh new way. So that during those weeks when I'm just not feeling it, or I'm processing something really deep, and I'm still in it, and I'm not ready to share about it yet, we still got amazing content to add to the podcast, and for any of you who are newer listeners. Of course, you've probably haven't heard those episodes before. But if you have heard these episodes before, when they get repurposed, I promise. There's something that happens energetically when you bring up something that you thought you've heard before, and depending on the timing in your life, that you're in the phase, that you're in the journey, that you're in the chapter you're in, even if it's something you've heard before, it can penetrate you on a completely different level where you're like, what, I thought I heard this episode before, but frankly, I haven't. Because the way in which Kathrin said X, Y, Z, through the frequency that I'm embodying right now, it just hit me so different. So the reason why this is so big for me, is because I've made a commitment, right? I've devoted myself to uploading weekly episodes this year. It's just something that I decided on, that came out of a VIP day with my girl, Natalie I So who runs the big brand, boss babe? And we were just talking about what would be so exciting for me to grow, what would be so exciting for me to commit to

challenge myself to rise up to, and I told her that my podcast is my favorite way to deliver content, and she asked me, what would it be like, if you committed yourself to uploading weekly episodes, and really committed yourself to growing this platform, and that's just something that excites me right now in this moment, and who knows what I'll do next year, but it's one of those feels really good to have done things, right, just accessing what feels good to have done and then make it feel as good to do as possible. So to grow, this podcast beyond anything it's experienced so far, is feeling so delicious to me right now to reach new people, to get myself to express, when sometimes I hold it in, I find myself when I have like life lessons to share, and then I don't, and I hold it in because I just like don't have time, or there's something else going on or I'm just in that phase of my two, four generator. If you're a two, four generator, like me, or not even generator, just the two, four profile, you know what I mean, where you oscillate between the cycles of more introversion and extraversion, and you feel like two different people, but it's just this beautiful balance that the universe gift it to you to experience within yourself and radical self acceptance of like, sometimes I'm this way, and sometimes I'm this way, and it's both me and it's both valid, and it's both magical. When I feel like I haven't expressed myself in a while. My goodness, too, I feel uncomfortable. So the podcast gives me an opportunity to really express myself. When I hold it in for way too long. It's like holding in a poop you guys like literally holding in a poop, and then when you finally poop, you feel so good, and so light. That's how I feel sometimes when I express myself, and just like connect with you, and what I believe outside of my courses is my deepest way of connecting with you, you know, Instagram only go so far. Okay, like a real only goes so far a caption, only goes so far with the podcast, I'm blabbing to you for anywhere between an hour or half an hour to an hour to an hour and a half, and it's just my way of really diving deep with you, and I love it so much. My word this year has been conduit, and I decided to add in another word to tag onto conduit and that's devotion. So I don't know, maybe devotional conduit, something like that. I talked a lot about devotion inside my most recent program Sovereign Money, which is my money manifestation program, where I went into the difference between discipline and devotion, where we often think that discipline is the energy that's going to get us to our biggest goals, and then we resist doing what it takes to get there. Because discipline comes from the energy of force. Discipline comes from the energy of restriction from constriction, and no wonder we feel immediate resistance to whatever we're trying to discipline ourselves to do, because we're already coming from the energy of restriction. So what the fuck feels exciting about restriction? If you ask me absolutely nothing, and devotion comes from the energy of love, and the energy of passion and the energy of, you know, like commitment, but in a way that feels sexy. It's like I'm devoting myself to love devoting myself to my work. I really want to do the things that I got to do in my business, because it's a devotion for me, it's a devotional practice, it's a devotion to my craft. It's a devotion to my art, devotion to you guys, and it just feels so yummy. It feels more. I don't know, feminine, I would say, yes, definitely a more feminine, yummy energy. I love it. So with that being said, In this episode, I'm going to be talking about the powerful three step process for creating a clear vision around your desires. So this is perfect for anyone who is in the early stages of manifestation and is feeling stuck on trying to define what you want for the first time in your life. Or for someone who has been doing this work for a while and just can't figure out what they want for the next level that they're going to. I don't know what I want Kathrin. If you ever caught yourself saying that then obviously this episodes for you. Keep listening. I created this three step process way back in the early stage of

my journey when Brennan and I used to hate Now at this local Hookah Lounge in LA with our laptops, working on the business and dreaming about the life that we are one day going to create we did so many launches so many clothes cart launches like the last day of our launches, we go to the Hookah Lounge and we would answer DMS together and just get people excited. This is before I had a DMS team. As before, I had multiple team members as me and Brennan just work, work work in a way and really just dreaming about the life that we're creating together and getting crystal clear clarity on what that life looks like, and if you've ever been to this place called the spot. It's not just hookah though. Who goes primarily their offering they do have delicious food and it's just a vibe. I don't know I pretty much grew up going there. I feel so bad saying this, but since I like turned 18 It's like what me and my friends did we just smoked hookah. I don't do it as much anymore. In fact, I haven't done it in like three years since I've started my conception journey went through pregnancy, haven't done it postpartum and all that stuff. But yeah, it's called the spot and it's in Encino, California, which is in Los Angeles. So yeah, that's just like a little piece a little, a little piece of memory lane that I'd love to offer you today. Okay, so I'm all about processes, and simple practices that you can implement right away, and this is exactly what you're going to find in this episode. Enjoy. Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a master mindset coach and success strategist for entrepreneurial babes, just like you. I absolutely love helping you uplevel your life, your business, your finances, and helping you see the infinite potential within yourself to be, do and have anything that you want. It is my duty and obsession to give you the tools, the resources, strategies and teachings, you need to manifest the reality of your wildest dreams. Think of this podcast is your daily dose of personal development to maximize your impact, your influence and your income. If you're ready to get your ass kicked to the next level, then you come to the right place. I hope you enjoy today's episode. Now let's begin. Hey, gorgeous souls. It is Kathrin for manifestationbabe.com, and I'm so excited to be recording a another podcast for you. I just got super excited about finally breaking out of my box yesterday on this whole perfection thing, and I decided to sit down again and share with you guys a powerful, powerful, manifesting ritual that will give you crystal clarity on your life. To give you a little bit of background. Actually, about a year and a half ago, I really sat with myself and I asked myself, you know, I have all this knowledge on manifestation I have all this knowledge on the law of attraction. I've manifested some pretty incredible things up until this point, how can I create a system like what are the most effective things that I have done? And how can I put it into a process that contains the least amount of steps possible so that I can share this with people, and so I basically created my three step manifest manifestation process, and now I call it kind of my manifesting ritual, and it's actually something that I share with Brennan, and those of you who know, Brendon or maybe do not Brennan is my fiancée, and he's someone who used to look at me like I was crazy when I talked about manifestation law of attraction, and this ritual is actually something that excited him and it was easy enough for him to do it. It gave him crystal clarity, he closed his notebook after we did it actually Friday night. At a Hookah Lounge that we were at together, we're kind of sitting there having some food, enjoying ourselves having some tea, and we had our laptops out and we often like to go to high vibe places and just like these environments, where people are typically like, you know, socializing and partying and having some fun and Brenda and I are always bring our laptops and we like to soak up the energy,

have fun while we work. So that's our little system. But anyway, that's what we were doing on Friday, and I decided to bring a journal, my journal and then Brendan brought his journal and finally came time to us. For us to you know, we're getting a little bit tired and we realized that we didn't even do what we kind of came there for which is I asked Brennan if we can go out and kind of bring our journals and redefine what we're working on and redefine our goals and redefine our vision and redefine our desires and figure out a new plan, because every about six months, you know, as things manifest, and as things change, you need to keep getting clear so that you're never feeling stuck. I hear from a lot of people that they feel stuck in their life, and it's probably because they haven't redefined their vision and a while, and I promise you by doing this manifest, manifesting ritual, I'm like struggling between calling it a manifestation process and a manifesting ritual. So sometimes I combine the two. But anyway, so this is a really powerful process to give you that crystal clarity so that all of a sudden, you have the action steps that you need to take, a lot of people sit down, and they create a vision board, or they sit down, they write out write out their desires, and all of a sudden, they're like, Well, I have no idea how this is going to happen, and I know it's up to the universe, but I seriously don't even know where to start, and they get so caught up in that I don't know how it's gonna happen, that they never actually believe that it's possible. But if you have such crystal clarity that comes out of the manifesting ritual, where you actually identify the first steps that you can take, all of a sudden, it's more believable, because all of a sudden, it's like holy crap, even though ultimately, this vision is so large, and I don't really know how I'm gonna get there. But at least I can kind of see how I can help it unfold by taking the first you know, one step two steps, three steps, I know where I can start so that the universe can come in, and basically, do the rest of the work and help bring the people and help bring the circumstances and the events and the ideas and the thoughts and the beliefs and everything that I need to help this vision unfold. So are you guys ready for me to share with you the manifesting ritual, this is actually something that I am going to be creating an entire Academy out of, and obviously, the academy is going to go really, really deep into manifestation law of attraction, it's going to be called the manifestation babe Academy, and it's a four week live course, if you're super interested in working through an entire course on kind of the science and how the law of attraction works, and how manifestation works and how to really apply it to your life so that you have even more crystal clarity and that you can actually start to see this magic unfold in your life and have it be explained by someone who's not using all this jargon and this complex language and it doesn't feel so I don't know how to explain it not woowoo. But you know, like, sometimes you listen to spiritual teachers, and it's like, I don't know what plane they're, they're on right now. I don't know, this is some sort of metaphysical plane that I am not a part of. So I don't understand what they're talking about. It's almost if the words are just kind of floating up in the air, and I need someone to bring it back to Earth, I need someone who lives in the 21st century talks like the 21st century, and actually takes these concepts and applies it to the 21st century. So just make sure you're following me on Instagram @manifestationbabe, and on Facebook, just look up Kathrin Zenkina @manifestationbabe. I'll make sure to keep you updated, and also, the best way to stay updated is obviously my email list, and any freebie you sign up for on my website, if you just go to manifestationbabe.com Whether you choose a freebie library or something else, or sign up for our free five day challenge, whatever it is, you will also get the update. So back to the point of this podcast. It's a three step process that I really want to talk to you guys about, and let's just get frickin into it.

Okay, so number one. Okay, Brennan and I did this on Friday, and it was absolutely amazing. So number one is to list all of your desires on a piece of paper or in a journal or somewhere where you can just have at least I want to say this will take you about I recommend five to six to seven pages. You know, give it some time, give it some energy. This will probably take you about an hour, but I don't see you taking it taking you any longer. So number one is to list all of your desires unfiltered into your journal, and by this I literally mean I don't want you to envision any limitations. You have a genie in a bottle and I just handed you this genie in the bottle. What does your life look like? Or I'm a wizard with a magic wand and I literally have this magic wand and I wave it over your life. What do you want and I want to make sure that you make it as big as possible and have a combination of all areas of your life. What do you want in your relationships? What do you want financially? It's okay to have smaller goals and there to there is no filtration there's no like, this is for a year ahead. This is for five years ahead. Oh my god. I don't know where I'm going to be five years from now. I don't understand. Oh, this is so annoying. I believe you know, this is so difficult. I'm not even sure how this is going to happen, I want you to stop thinking about all that crap and just literally list down, what do you want? And then number two, so step number two, once you have all of your desires, and they're just kind of out there, and you have kind of shown yourself your subconscious mind the universe, what is it that you want? Step number two, is asking yourself, Who must you become in order to live this kind of life? Who is the version of yourself who already has all of these desires, I want you to literally describe her in just whatever comes to you because Brennan and I both had descriptions of our, you know, versions of ourselves that already lived this reality already lived this truth, and they both had different perspectives of how we would describe ourselves. But we ended up both understanding the understanding the prompt in a way where it's like, Oh, I see what the blueprint is, I see the building blocks of where I can improve, and I'm, or unleash what's already deep inside of me, and the key here also is to give this version of herself some sort of a nickname. Okay? So the reason why is because when you give this version of yourself a name, all of a sudden, it feels so real. It's like, oh, let me just step into Cynthia, let me just step into Mary, let me just step into and for me, this is kind of funny, guys. But those of you who are in my rich Bay Program, or have been in my rich may program, you know, that my higher self or version of myself, who already has everything that I want, I refer to her as Kathrin fucking Zenkina. That's something that came out of me, during a Tony Robbins event where he was like, you know, who are you? What is your truth? You know, give it a name, and I was like, how I'm fuckin Zenkina. With Brennan, it is actually Brent, so it doesn't matter. But if you give it a nickname, or some sort of name, and you put that at the top of the paper, all of a sudden, you can keep asking yourself this question, how can I unleash blink? How can I step into blink, and I want you to list out, just like the kinds of beliefs that this version of yourself has the kinds of thoughts, the behaviors, the habits, how much she loves herself, what she does, what her boundaries are, you know, just like anything that comes to mind, and I want to say I'm looking through mine, right now, mine took about two pages, and even random stuff came up, you guys like something as simple as you know, I take impeccable care of myself, and that includes stretching yoga hit, and washing my face twice per day. So like, that's very random, right. But I know that by me taking care of myself, that's ultimately the version of myself who already has everything that she wants, she would take care of herself in this way, and then she would appreciate people in her life, and I just created this whole list of kind of, you know, what Kathrin

fucking Zenkina is like, and what I noticed from this list, and what Brenda and I both noticed was that ultimately, all of a sudden, we have the building blocks of where we can improve, because you can look at this list and be like, interesting, the version of myself, who already has everything that she wants, she has boundaries, she takes care of herself, she works a certain amount of hours per day, she also has a certain level of fun. Hmm, I currently don't take care of myself, I don't have any fun. I feel like I'm overworking or not working enough. I feel like I'm not prioritizing myself. I feel like I'm saying yes to everyone, and not enough no to you know, the situations that people the events and stuff that don't really resonate with me. So oh my god, there are the building blocks of where I can improve. Or, you know, sometimes you might recognize that you are already and this is true, because you are technically already this version of yourself. It's just that this is this is future you you're thinking about, and so sometimes you can look at and be like, Oh my God, this stuff is already deep inside of me. I am already filled with so much faith and love and gratitude and appreciation. I just need to step into that and unleash what's already deep inside of me, and then what is step three? Well, I promise you after going through steps one and through steps two, the third step is really easy. It's three action steps you commit to as the version of yourself from step two. So what are three things that you can think of right now so has to be something that you recognize, and I promise you, you're gonna recognize something. Remember how I said, Oh, the version of myself who already has everything she wants, has boundaries. She says no more often. Wait a second. Here's an action step there. Something that is just annoying the hell out of me on my calendar, it's not serving me, it's not taking my life to the next level. It's really because I'm trying to please this person, and I'm afraid to say no, wait a second, I can step into the version of myself who already has everything that she wants by committing to that action step, and so it's really, really easy to identify this because all of a sudden, you have so much clarity on what you want, and who must you become in order to have these things, and so what are the first three things you can do starting right now that you can literally take action on immediately, that will propel you forward, and once you have these three steps, you know, once you identify what you want, who you must become, and you actually take the first steps, well, guess what the universe is going to come in and unfold the rest. This is where you you know, as the universe is always matching what you are doing, you know, law of vibration law of attraction law of action, so many different laws, but the universe is always going to match up what you are doing law of cause and effect law of compensation, I can go on and on and on, and so if you are not taking the first steps, if you are idly waiting for perfection, or you are idly waiting for things to be perfect. For the timing to be right, for you to have enough knowledge, you know, I just need one more course I just need one more book, I just need one more symbol from the universe, I just need one more confirmation, I just need one more essential oil or whatever your one more is, a lot of us are just waiting and waiting and waiting. But guess what, the more you wait, the more the universe waits. It's an exact match. If you're idle, the universe is idle. But the magic that happens really is that when you start to put energy in, even though the universe matches that energy, the thing is, is that we live in such an incredible universe where the universe is in charge of doing the hard lifting, the dirty work, the stuff that we cannot even imagine we cannot even come up with the universe, it's going to feel like we take three steps, and the universe takes 10. Because even though to the universe, it's essentially taking like a human version of three steps, it's actually going to be it's actually going to feel like 1020 3040 steps to us, where we're like, holy crap, this

is amazing. My life is finally unfolding, and as you start to actually act as the version of yourself, who already has everything, I promise you, you're gonna get more information, you're gonna get more knowledge, you're gonna get more nudges, you're gonna get more intuitive. Just like these intuitive urges, to do something, to call someone to create something to write a book, I don't know what's going to come forward to you. But I promise you by identifying what you want, identifying who you must become, and actually taking action. This is how you manifest you guys, this is how you apply all of the laws of the universe into one three step process. Because you have the law of attraction here you have the law of action, you are actually taking action, which for those of you who have read or watched the secret, you know that the number one thing that they left out of that movie, sadly, or that book is the law of action, and you have to take the first step, the more you wait, the more the universe waits, and all of a sudden you're nine years old, you're looking back at your life and you're like holy crap, I missed out. But if you just do one thing, I promise you, like, for me, it was so so simple. One of my steps is like I have practice yoga, stretching or hit at least three times per week, starting right now and I make it a priority. How easy is it for me, I live in freakin Los Angeles to find a yoga class or do a stretch right now next to my desk, just get on the ground and stretch my body or do some sort of hit I haven't I literally live upstairs from 24 Fitness, and so I have a gym right there. How easy is it for me to go to the gym and take action. Now this might seem completely unrelated to, you know, my financial goals that I have set for myself, my travel goals that I've set for myself, you know, the kind of dogs that I want, you know, you know, the kind of houses I want to own and what my investment account looks like I have all these desires written here. It's kind of like how the hell does the gym have anything to do with this? Well, it has everything to do with it because the version of yourself who already has these things, is you know, for me working out and taking care of herself and stretching her body and making a priority, and so this really does encompass all the levels of manifestation and all of a sudden, you can watch the universe kind of come in and take over and you can open yourself up to receive because there's going to be a lot and a lot and a lot to receive, and so that is my three step ritual, and I hope you try it. Remember, number one, list all of your desires. Number two, ask yourself who must you become? And number three, what are the three action steps you commit to? I want you guys to do this in your journal. As soon as you hear this podcast episode, I know that life can get in the way, you might move on to another podcast episode, you might make yourself some lunch, you might scroll on Facebook, you might, you know, be at the gym right now, and you might come home and just forget about it. You might be driving right now and you're just kind of like, oh, this is cool. I'll do this like later, or I'll do this next week. I want you to do it right now as soon as you get a chance to whip out a pen and a piece of paper. I want you guys to do it and to hold yourself accountable. I want you to screenshot this episode tag me and let me know that you have put it into practice, and also let me know how much crystal clarity you have in your life right now and how excited you are to implement this how excited you are to take the first three action steps and if you have taken the three action steps already today, bonus points for you. I want to know it to send me a DM leave me a comment. However you can contact me however you can tag me. Let me know once you've done it I love you guys so much. Have an awesome day. Bye. Thank you so much for tuning in today's episode. If you absolutely love what you heard today, be sure to share it with me by leaving a review on iTunes but I can keep the good stuff coming. If you aren't already following me on

social media. Come soak up some extra inspiration on Instagram by searching @manifestationbabe or visiting my website @manifestationbabe.com. I love and adore you so much and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.