

(#318) How to act like the \$10...ng like her & going into debt.

Tue, Aug 27, 2024 6:54PM 14:50

SUMMARY KEYWORDS

manifestation, embodying, act, spending, version, money, podcast, life, orion, mba, family, literally, safari, put, answering, students, brennan, thought, deeper, misconstrue

SPEAKERS

Kathrin Zenkina



Kathrin Zenkina 00:00

So notice how it's called acting as if, not spending as if, 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 souls, and welcome back to another episode of the manifestation babe podcast. So at the time of this podcast release, aka, right now I and my family are officially on our way to South Africa, so I am taking my dear, dear family on a fully paid for all inclusive luxury Safari vacation that is an absolute dream come true for me to be able to do this, like talk about a major manifestation for me, I remember the last time that I went on safari with Brennan, just the two of us, we did this incredible journey to Rwanda, trekked with gorillas in the wild. It was insane. So amazing, and then we went to Kenya and did like a classic Safari, and I remember specifically saying, We will bring our family back here, and this is before we had a baby, before we were even pregnant, and so it's so cool that we're doing it. Some of you may remember me surprising my grandparents literally at the airport before our flight to Paris last year. It was last April when they literally had no clue that we were about to take them to Europe for their first time, and it just made me realize, you know, one of my highest values is family, and spoiling my family is a massive motivator for me. It's so important to me, it's why I continue to dive deeper into this work and just, it's like my way of appreciating them for bringing me into this life, for raising me, for making me who I am, and because I love who I am today, because I live such a beautiful life, and every single life experience good, bad or ugly or amazing, has literally led me into this work, into learning how powerful the mind is, and using my mind to create such such profound beauty, and I want to continue to spoil my family, and I want to help you do the same, if this is something that you want to manifest as well. So now this time, we are taking Brennan's parents along with us. So we've done a lot of travel with Orion, with my mom, the two of us, this time

finally, Brennan's parents are coming along for the ride. So them, us, my mom, and little Orion are about to head into lion and leopard and cheetah and giraffe, zebra, elephant country and go explore what South Africa has to offer for us. So the inspiration behind this episode was me answering a question inside one of my private Q&A's that I do for my students in every single live round of the program, and instead of rushing through an episode while I'm packing my head off over here, just trying to calculate how many diapers I'm going to need for the African bush, which, if you've ever traveled with a with a toddler that isn't potty trained yet, you know, all the logistics that comes with bottles and, you know, formula, which Orion still consumes a lot of, we're still working on that, and diapers and things like that. So I was like, You know what? I did an awesome Q&A on Monday, and I would love to give you guys a segment of a very, very good question that was asked by one of my students. So I really love my Q&A sessions. I do them for my students in every single live round of my program, they just give me so many ideas for content for other places, like Hello, the podcast, as well as my Instagram and just you know. Getting ideas for how I can take my students even deeper within my courses. So one of my students asked me how she can literally act as if, you know, we hear a lot about the concept of acting as if, embodying the version of you. So how can she literally act as if she's already making 100k a month, which is one of her goals, without actually spending, like that version of her since, obviously doing that now, before she's there, would literally put her into debt, and I think this is one of the most nuanced questions in the manifestation world, and I love answering it, because people very often completely misconstrue what it means to act as if all the freaking time, and they actually put themselves unfortunately by taking really bad advice in a worse off position as a result, because they didn't do the acting as if correctly, they didn't act as if they spent as if, and notice that it's act as if, not spend as if. So they end up spending money that they don't actually have, which the 100k version of you would never do. So think about it, if the 100k version of you would never overspend, then you wouldn't overspend to become the 100k version of you, or 100k months version of you, or whatever, whatever your personal financial goal is. So by spending like her, you don't actually act like her, which, again, super nuanced. I'm going to give as much detail as I went into with my students with you. This is directly out of the Q&A but it is such a game changer distinction. Now, before we get into my answer to this question, I just want to quickly mention that the manifestation babe Academy, which is my OG manifestation program that I've been fine tuning since 2018 making it better and better and better every single year, is officially finally coming back for a relaunch. For the first time in over a year and a half. It's going to be relaunched in just a few short months. So if you know that you're ready to go all in with me, you want to go deeper into the world of manifestation, deeper than I could ever go in the podcast. You guys, I get this question all the time, like I feel like I get so much from your podcast. What could I possibly get from your academy? My students who have been through MBA will echo this as well, so much fucking deeper, you guys have no idea, and the experiences and the processes that I can give you just don't work on a podcast. So it's very well thought out and curated for you to have an epic, epic transformation. So if mastering your reality is one of your priorities for the new year, you can get on the waitlist right now by heading to manifestationbabe.com/MBAwaitlist. I'm also going to put the link in the show notes as well for ease of clicking. So if you want to be the first in or you want to get special notifications or a reminder of the dates, or make sure you get into my free workshop that I always do before I launch any my programs, the waitlist is the best way to stay notified and updated. So without further ado, let's dive into answering the question how to act as I already have what I want without going into debt. Who here wants clarity around that? Because I feel like this is a really good one, and I want to, I really want to clarify this, because a lot of people misconstrue this. So, hi, I'm having trouble with acting as I already have what I'm manifesting. So for context, I'm manifesting 100k months. How exciting my current revenue is lower than that. How to act as the person who already earns that amount of money without spending more of what I really can at this moment, I don't want to go into debt.

What am I missing? So notice how it's called acting as if not spending as if. Okay, you're acting as if, not spending as if, and what I mean by that, I want you to also think about how the 100k version of you isn't spending money that she doesn't have. She's not engaging in the act of spending money that she doesn't have. Otherwise she wouldn't have got there. So you in acting like that version of you is also not spending money she doesn't have. Okay, so notice that very meta, high level connection between the two. A lot of people, what they do is they focus on embodying the end product. So they're looking at the end product, and they're seeing this version of them, who's physically experiencing reality in a specific way, like, well, this version of me is flying first class. This version of me has Prada shoes. This version of me drives a certain car. Does that mean I go and buy all those things? No, we're not embodying the end product. What we are embodying is the energy that creates that money. So you guys now know that energy creates reality. So look at the energy that you currently embody and the reality that you currently have. Think about the energy of that version of you and the reality that is created through that energy, and then ask yourself, what is creating all this that she has, that I can tap into right now that involves nothing actually physical. There's some physical elements to it, but it's not the end result. Does that make sense? I know this is kind of like ethereal and esoteric and thinking about energies and what not, but it makes sense in the fact that when you're embodying the 100k per month version of you, you're thinking about what created that money. So you're looking at how does she speak about money? What are her beliefs about money? What is her financial nervous system like, which we talk about a little bit later in the program. What does she consume? What kind of social media does she consume? Who does she spend time with? What are the kinds of friends that she has? What are her boundaries like? What are her values? How does she take care of herself? What does she focus on? What are the types of investments that she makes. Listen how it's not spending but it's just, what kind of investments does she make? Did she work with a specific mentor? Can I access that mentor now, to the degree that I can, maybe I can't do one on one with them, but maybe I can take one of their courses. What kinds of courses does she take? What kinds of books does she read, right? What does she deem to be important? What is she saying yes to? What is she saying no to? That's what's creating the money right now. The reality you're living is a product of the energy that you've been embodying, the beliefs that you've been embodying, the way you speak about money, all those things up until now. So you're looking at, Okay, how did she get there? What is the energy that she embodied to create those results, and it's by embodying the energy of that 100k version of yourself that's then going to create the end product. A lot of people make the biggest fattest mistake, which they do, go into debt because they're like, ah, get like, I'm gonna spend like the 100k a month version of myself. But again, high level, she didn't get there by spending money that she didn't have. So clearly, that's not the answer. Okay, so you match creational energy with creational energy, not end result with end result. Otherwise you will overspend. Because Yeah, it's act as if not spend as if, right? I feel like that's the easiest way to remember now, will there be moments you guys, where you might need to circulate some money, because you're approaching your life from a place of faith, not fear, like when I did invest \$15,000 into Tony Robbins, that one day, where I literally did not have the \$15,000 I still spent as much as I could, right? It wasn't like I put 15 grand on the credit card. I put myself on a payment plan, and I just created a plan for how I'm going to teach myself financial responsibility through this loan, through this credit card, through these payments, and so still embodying that version of myself who invests in herself, but I'm doing in a way where I feel really aligned with so that is what led me to then becoming a certain version of myself. Because, again, I'm embodying her on a higher level. It's not like, Oh, I'm just gonna blow 15 grand that I don't have. It's like, How can I do this in a way where I'm using money that I already have? Thank you so much for listening to this episode of the manifestation babe podcast. If you loved what you 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](#).