

# (#312) Asking a psychic medium...estions w Allie Ninfo (part 1)

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## SUMMARY KEYWORDS

allie, talked, self image, fucking, people, psychic, soul, manifestation, feel, creator, intuition, literally, higher self, podcast, neuroscience, experiences, wait, love, coach, procrastinator

## SPEAKERS

Allie Ninfo, Kathrin Zenkina

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**A** Allie Ninfo 00:00

A key telling sign that maybe self image isn't as high as your higher self would like it to be, is if you find people aren't valuing you in relationships, in career, in life, if you find people, maybe, you start talking and they talk over you, and you get annoyed by that, those are some telling signs that self image might not be what your higher self wants it to be. self image is so important because it is the key to fucking life. Who the fuck is going to buy what you're selling or see your value in any area of life with whatever it may be, if you don't.

**K** Kathrin Zenkina 00:36

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, the 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 with every area of your life receives a massive up level. Are you ready? Let's manifest. Hello, my gorgeous souls and welcome back to another episode of The Manifestation Babe podcast. I just finished recording this incredible episode with my recent and new bestie, Allie Ninfo who just so happens to be an intuitive, a psychic, and a medium, and I just love her so much, and you guys know I don't bring guests on my podcast very often. So when I love someone, I truly love someone, and when I feel like they have a ton of value to add to the podcast, that's when I bring them and I'm so excited for this episode. If you guys know me, you know this is the kind of shit that I'm into. I'm obviously into astrology, I've brought plenty of astrologists to the podcast. I'm into shamanism, I'm into numerology, all the woo things, I love going super deep into the Whoo, and there's no exception here. I also love to get deep into psychics and mediums and intuitives and intuition and all that jazz. You guys did not hold back on this Q&A for Allie, I posted an Instagram Q&A if you don't follow me yet on

Instagram, you can find me on @manifestationbabe. Every time I bring on a guest, there's an opportunity for you to ask your questions, and I literally take them all into consideration. So if you want to be a part of these Q&A episodes when I bring guests on, and definitely stay tuned for those Q&A boxes, okay, we did this episode live in my podcast studio. In fact, Allie was the inaugural guest, and she had to sit through a couple of tech issues this morning, as we were setting up, but I'm so grateful for her patience and we just had so much fun. This episode is going to be a two parter, because we literally talked for almost two hours on all sorts of topics we went down the rabbit hole, such as how to hone in on your own psychic gifts. The fact that everyone is intuitive, but they just need to strengthen it like a muscle. I think that's such an empowering perspective, especially for people who feel like they don't have intuition or they're not psychic and they wish that they were. You are, you just need to grow that muscle. Allie's thoughts on plant medicine and my updated thoughts on plant medicine, since my own experience with Ayahuasca literally over five years ago now, we talked about whether or not dark forces, like demons exist and how to go about them, and why we shouldn't be afraid of them. What the spiritual root cause of certain health issues are, like I remember I was talking about weight gain, negotiating with spirit babies. So we've talked about spirit babies on the podcast before but we've never talked about negotiating with them, which I thought was so interesting, and I've never heard this concept or this topic being talked about from this angle. Then from Allie. We talked about conspiracy theories. We talked about selling souls for money in Hollywood. We talked about aliens, spiritual attacks, self-image and how to use neuroscience to change the way that you see yourself. We talked about why you are the best at being you, and why we're all the best at being ourselves. We talked about energetic boob jobs, energetic Botox and all sorts of other things that we can do to our physical bodies just by using our energy alone. So how do we create those physical body manifestations? If you don't already know who Allie Ninfo is, Allie is an intuitive who helps you master intuition, helps you master energetics, laws of the universe, and neuroscience to unfuck your life and access your soul's greatest potential. Allie has been a medium as long as she can remember and around 19 years old, She began on her journey of honing in and mastering her intuitive skill sets, not just to be able to channel souls who have crossed over, but to be able to read energy souls both here and on the other side herself and source energy, heavily training her intuition to be incredibly accurate and seeing where a soul is, where it wants to go and helping it get there. Along with intuition training she has trained in neuroscience to implement to reprogram the brain and subconscious to aid in getting the life your soul desires. Allie has used this method to heal herself of multiple traumas she experienced at a young age, shattered self-image, as eating disorders, extreme anxiety, along with helping others heal chronic illness, trauma, shattered self-image and really just about anything you can think of, alongside of healing. Allie has developed proven tools to use your intuition and energetic work to create the physical reality that you desire by embodying a full understanding of universal laws, Allie's, insanely routed to the fact that everyone can learn to develop their intuition and become their own healer and creator with the right tools. Like already mentioned, this one's going to be a two parter. So if you are left off on a cliffhanger, don't say I didn't warn you. I will be uploading Part Two soon. So I won't leave you hanging for too long, I promise. Let us know how you love the episode. I'm definitely going to drop all the links of everything we talked about in the show notes per usual and without further ado, let's dive in. Oh, my God, Allie. Welcome to my new podcast studio.

A

Allie Ninfo 07:16

I love it. You guys. I walked in here and I was like, this is the best podcast you have ever seen, and it's in your own home. You can just whenever you feel like just come in here and just say whatever you wanna say.



Kathrin Zenkina 07:26

Literally, I love that I have a separate door leading in here. It's just made to be a podcast studio.



Allie Ninfo 07:31

I was walking to your door and then you popped out of the other guy, and I was like, oh, it's like a magic secret door.



Kathrin Zenkina 07:39

Allie, I am obsessed with you.



Allie Ninfo 07:41

I'm obsessed with you. I think we're having a love affair.



Kathrin Zenkina 07:44

Do you know how I found you? Do you remember the day that we discovered each other?



Allie Ninfo 07:49

Through Andrea



Kathrin Zenkina 07:50

Through Andrea, but like leading up to that there were other breadcrumbs? Oh Tiktok. Tiktok. I scrolled past one of your videos on Tiktok literally two nights before I learned that you were Andrea's client. So two nights before I see this blonde girl being like, let me tell you the science behind manifestation. You're just like, so like, to the point so blunt. So like, upbeat, bubbly, I listened to the whole video, and I'm like, I'm really like this. She's cool. But I kept scrolling because I was on my scroll mode, and then I heard Andrea Voice Note me in the middle, and I'm like, I don't know who she's talking to. But I like this client. She's like, I'm with my client Allie, and I didn't make the connection at first, but I just heard your giggle, and I'm like, I really like her. I don't know who that is, and then she sent me your Instagram profile, because you had a course all about what was it, a glow formula, and literally the sales page was written for me because at the time I was trying to figure out like, why I wasn't losing postpartum weight, and I felt like I hadn't really felt low self image with my body, and so I'm like, Oh my God, this

girl is just speaking to me. Like I just need to be in her course and her energy, and then literally like we just became Oh, I booked a one on one with you. Yes, I booked a one on one with you. Yeah, halfway through. We're like, are we gonna be best friends?

A

Allie Ninfo 09:16

I was like, we're gonna be best friends.

K

Kathrin Zenkina 09:17

We're 100% gonna be best friends.

A

Allie Ninfo 09:19

I just gave you my number. I'm just like here, text me.

K

Kathrin Zenkina 09:25

So then we started texting. We've been on a retreat together. Now you're in Scottsdale. You hired a new coo, and so you're visiting Scottsdale and so we're like we need to do a podcast episode together. So that's the backstory you guys.

A

Allie Ninfo 09:38

I have a backstory of how I found out about you. Okay, People have mentioned you to me randomly throughout like the past two years. Okay. But like the first time I like forgot, like I just did, but someone was like in one of my classes if you need to follow manifestation babe. I was like, Okay, I'll check her out. I forget, then my friend. I just like, you know, I'm fucking ADHD so then my friend Nikki is like oh my god you in this manifestation babe girl would be such good friends like he called it. Thank you Nikki for that one shout out to Nikki, and I was like, then I looked you up and then I had this thing of like, I can't follow her yet because we're gonna be friends. I don't want to know her life before we're friends. It was like this thing of like, I feel like if we're gonna be friends like, I don't want to know about her before.

K

Kathrin Zenkina 10:27

we dive right into the friendship though. That was very similar to the TikTok thing. I didn't follow you.

A

Allie Ninfo 10:27

And that's probably why, and then Andrea was then messaging you during my session with Andrea, she just got in the room, and she was like, Uh, wait, hold on. I was like laughing at

something she was saying, and then she's like, Oh, Kathrin, and then I was like, and I was like, oh my god, like I was like, connected the dots, and then I think then glow formula and that whole thing, and then and here we are, and We're soulmates.

K

Kathrin Zenkina 10:34

You're an Aries sun, Libra moon and a Gemini rising. My husband is an Aries sun. So we bonded on that. Your boyfriend Justin is the day after mine, his birthday. So he's a Libra sun, I'm a Libra rising and Gemini moon. Like we literally guys were texting about this shortly after we had dinner together, and we're like, everything's making sense now. This is why we get along.

A

Allie Ninfo 11:24

It makes so much sense. I was like, Oh, my God, and like, I'll even hear you. Like, when we talk about like, our partners and kind of thing. I'm like, wait, like, I can relate to Brennan. I feel like you can relate to Justin. Like, I feel like it just makes so much sense. Because aren't Libra and Aries, they're like Sister signs. They're opposites of the Zodiac, right or like complementary opposite.

K

Kathrin Zenkina 11:47

Yes, it makes it get along very well. We recently went to a retreat together, and when I introduced you to my friend Ashley, and like vice versa. I remember at one point, I think like Ashley was doing her, she was running her program and you and I were like, on the Zoom watching Ashley run her program, and it was while we're driving to Sedona where I go, Wait, I don't think Ashley knows that you're a psychic medium. Like I don't think she understands that there's a freaking psychic in our car. So that of course opened up this whole vortex, Of like, Wait, Allie can like read our thoughts, and Allie can like, see your future, and we started asking you about spirit babies. So this is the real reason why I wanted to bring Allie on the podcast is because she has courses on intuition mastery, Dark Forces mastery, how to really clear your energy, how to be a psychic and all that jazz. So that's like the real real topic. We're gonna go down the rabbit hole of talking, we're going down the rabbit. So many rabbit holes, for sure. But I want to ask you first, like, how did you know that you were and do you say psychic and medium? Psychic Medium? What's the difference between the two?

A

Allie Ninfo 12:59

I say intuitive.

K

Kathrin Zenkina 13:00

Intuitive.

A

Allie Ninfo 13:01

A Allie Ninfo 13:01

Only because psychics can get a bad rep. Okay, because it's like, you know, you go to the \$10 Psychic on the corner. Yes, and they're telling you, like I told you'll never get married. Yeah, I have a whole story on that.

K Kathrin Zenkina 13:12

Can you tell that story? What your frustration?

A Allie Ninfo 13:14

Yeah, yeah. My frustration was psychics are, I'm a psychic literally, as a psychic myself is everyone has intuition, we all have the divine right to be connected to source. Now there's a difference between being naturally good at something, and then like having to actually hone in on it, train it, coach yourself in it. Okay. So you can be not, anyone can go dribble a basketball, not everyone can get in the NBA. So the intuition NBA is getting a coach, training it, learning the right tools, learning how to ask the right questions, taking what we all have naturally in the Divine Right, but actually learning how to use it, and so what psychics are doing is, they're reading, they're not wrong, but they don't know what they're reading. So this girl, I was telling you this at dinner, this girl for the first time ever comes to me, like few years ago, crying hysterically, and she's like, Allie, a psychic just told me I was never gonna get married. I'm like, Oh, God, here we go. Let me if I can. I'm like getting ready. Let me look in, and like let me dive in there to see what's going on, and the psychic wasn't wrong. In that girl's creator field. She had a set of belief systems that were making her not an energy match to get married. If you don't know the Creator field is the science term is our electromagnetic field around our body. Whatever we think on a daily basis, whatever we believe to be true, gets programmed and soaked up absorbed into our Creator field and it gets broadcasted out and that is Like her manifestation field. Yeah, we manifest. Yeah, exactly. It's our manifestation field, and that determined the people we find ourself around, the situation, circumstance we find ourself in and how our physical reality is. So in her creator field was riddled with these beliefs of, I'm not good enough to get married. No one's ever gonna like me. I hate men, bla bla bla, and so I'm like, okay, I see what the psychic was reading. But then I look in in her higher self field, we have different fields, we have Source field, we have Angel and guide field, but I don't ask guides questions because they can lie, but we'll get into that later. They can lie guides can lie to you.

K Kathrin Zenkina 15:29

I don't like that.

A Allie Ninfo 15:33

They don't do it with that intent. But they do it to get you to learn a lesson. But you can bypass having to learn a lesson by just asking your higher self so I'm like, why the fuck would I get lied to go have to go through some shit, when I can just asked higher self and bypass the whole thing. So we can read guides and guide field. I choose not to, we love them. But I don't read for

advice. Then we have higher self field then we have our soul field. We have creator field, we have Source field and we have thought field. So thoughts are obviously what we're thinking, creator fields, is what I just explained, sources, obviously source, higher self is higher self, soul is reading the soul. So I then look at her higher self, and I'm like, Okay, let me check with herself. No Higher Self like, is like yeah, like I literally have, like, so compliment to get married to like, there's so many options, like, it's possible. Look at soul contracting, or soul contract is literally to get married and like, okay, so it's not like this girl has some weird soul contract where she's doomed for life is never getting married, even if she did, you can negotiate that and change it anyway. So like, she would have been fine either way. So I then explained to her this whole thing, I'm like, no, like, she was reading your creator field, but she wasn't reading your higher self and your soul. So what I do is I see where someone's at, where they want to go, and I help them get there by reading their creator field and seeing what's blocking them from their higher self, and so I, like looked at her creator field, looks like a math equation. I mean, I'm like, Okay, you have this belief here. Here's how we rewire this, I bring in neuroscience, but I intuitively test how the neuroscience tool is going to work. So not everyone's going to be using the same neuroscience what's not going to all work. But I have a whole pocket of neuroscience tools and ways to shift the brain that I intuitively test. Okay, zero to 100%. How effective is this for them? I give her the tool. She shifts, she's fucking engaged now.

K

Kathrin Zenkina 17:21

Oh, my God. Thank God.

A

Allie Ninfo 17:23

Thank God.

K

Kathrin Zenkina 17:24

Thank God you, she came to you. You know what this sounds like to me, it's like you're working on a coaching capacity, but you're using your intuitive and psychic gifts to just tell people what their limiting beliefs are, instead of like asking them questions like, hey, what do you think it is? Which obviously can be useful because then you're asking them to use their intuition, which can be a very valuable practice, but like for someone who just wants the answers, and to just bridge the gap quickly, and just get the tools like, that's what they come to you for that?

A

Allie Ninfo 17:55

100% Yeah, because you can spin your wheels in therapy for 20 years. But where the problems coming up is never the root cause of the problem. The root cause of the problem is in a completely different area of life. Like we're about this, like extra weight, it's never like, Oh, we're working out, eating, bla bla. It's always like, I'm beating myself up, I don't blah, blah, blah, blah. Like it's always these other things. So what are you going to be in therapy and be like, oh, people don't value me, my boyfriend doesn't value me, and then the therapist is going to be like, Oh, well date someone who does. But the thing is, is you'll never create a life or attract someone who does until you do in your own world, in your own energy, in your own

creator field until you value yourself so people spin their wheels, but I'm like you can learn and I'm not special. Everyone has intuition. You can learn the right tools. Ask your own intuition and be like, what's the root cause, shifted in fucking 10 minutes and be good to go with your day?

K

Kathrin Zenkina 18:58

Shifted in just 10 minutes and then move on with your day. Wait, oh my God, my mind wants to take this in like literally 1000 directions and I literally have 1000 directions. We have so many questions. But the thing that stood out that I want to dive into real quick, if someone asks a difference between like soul contract and manifestation, like at what point is it in our soul contract? Are we manifesting it and then you just said you can negotiate your soul contract? How does one negotiate their soul contract like what if it's literally not in someone's contract to have a multimillion dollar business but in this lifetime, they really want to have a multimillion dollar business or be a millionaire or look a certain way or have something or be married or whatever it is that isn't in their soul contract like how do we do this Allie? What are the steps?

A

Allie Ninfo 19:45

I We are energetic beings. In the physical world do you notice? We need 100 with an energetic 100% Physical so we also have to play to our human, if human wants something, we can play to that, and we can, how we negotiate with the soul is by how you negotiate with someone else. Like if you're talking to Brennan, and like I got, I gotta get Brennan to see how my ideas is better, and if I can play it into his highest value, I can get him on board. So I look at what's the soul's highest value in this lifetime? Maybe it is self image, self love, and maybe if they got money without realizing this, they would have never done the work on their self image, they would have just used money to suppress that. Yeah, so I go, Okay, what's it still have to learn that it would have learned through not having this? I figured out let's say it's self image. I teach them self image, I get them routed to it, and I'm like, and if we do this, then will they then be able to then create the money, the millions that they want? If I get a yes, from Soul, they're good to go. So you negotiate it just like you negotiate with anyone.

K

Kathrin Zenkina 20:57

You know what you said the other day that like blew my mind, we were talking about spirit babies, and you said you had a negotiation with your spirit baby. I started negotiating with my next spirit baby. Because there were certain goals that I had, where I really want to reach a certain level of health before I got pregnant again, it doesn't feel in alignment for me to get pregnant off of the base that I am right now, in terms of, you know, certain health issues that have you know, come up for me postpartum, and so I told the spirit baby, like, helped me overcome these health issues. Get my body where it needs to be, and I'll get pregnant with you right away, and I don't know, I don't think I got any sort of answer for my spirit baby, and weirdly enough, this is so like, sometimes I forget about my own tools or like, I'll give someone advice, and I'd be like, Wait a second. Did I take that advice? Because I remember having direct communication with Orion like, I could hear him talk to me, and it's because I opened up communication, and I realized I never talked to my other spirit baby. I never once open the communication. I've been thinking a lot about her nonstop and talking a lot about her but I'm like, wait a second. I never even talked to her, hold on a moment, I've just recently opened up



the communication, and I know you've told me like that I have a spirit baby. It's a girl and she's like dying to come in and she's like dying to come in. I'm just kind of like okay, maybe for me it feels better to wait a little bit longer. I know you want to come in right away so let's like make a deal. Did I go about this correctly?

A

Allie Ninfo 22:37

Yeah and you can go hey, like, the faster I get this so you can even put them to work? So I thought that the project I'm working on. I had to negotiate with my daughter like to not come in because I'm like, I don't want to be pregnant for the start of that, and like I want to be pregnant after this, and so it's like hey, the faster you help mom get this going, the faster you can come, you can like put them to work.

K

Kathrin Zenkina 23:03

This is manifestation mastery level. So do only do this with your spirit baby or like can you tell your guides to help you manifest?

A

Allie Ninfo 23:13

Guides are hard? Because guides again they will. Okay, I'm gonna use COVID as an example. When COVID was going around, I didn't want to get it. Who wanted to get it? so I every day I would go I'm an energetic match for COVID If I got to know I'd be like cool, if I got a yes I'd be like why, I dive into my emotions of like what emotionally would make me a match to physically manifest it, I'd shift the emotions Kathrin before I would even have to get fucking COVID. You can only do that through higher self, though guides won't tell you that because guides will just have you get covered, they'll lie to you and say you're not a match for it, when you are so you can get it and get the lesson that way. But if you direct your question to higher self you can bypass tyrosyl tells you the future, source doesn't. you can bypass all of it, so I can get the lesson of what COVID would have taught me without me having to get COVID or anything you can bypass rejection, you can bypass pitching an idea and not getting picked up by looking at am I a match for this to get picked up? If not, why? Let me shift it now so I don't even have to get rejected in the first place. Intuition is the fucking hack to the fucking system.

K

Kathrin Zenkina 24:34

Okay, is everybody psychic? Okay, so are some people like is it because maybe in their childhood, it doesn't get turned off as much as others that they then like I'm imagining like the psychics that you know obviously which we didn't talk about but if you want to share a little bit about your story of like how you knew that your medium by seeing I think it was your grandpa at a funeral right?

A

Allie Ninfo 24:36

Yeah. That and then another experience yeah.

K

Kathrin Zenkina 24:59

I've never had those experiences or at least I don't remember having those experiences I can see Orion having those experiences where we don't have knock on wood like dead family members, that he would know of or that I feel like would communicate with him. But I'm seeing him communicate with guides, spirit guides, whomever beings, whatever, and he has comedians on the other side, because they make them laugh nonstop, harder than I've ever made them laugh, and I'm so jealous, but I can see that he's talking to them, I can see his eye movements tracking someone. They're chasing each other. It's amazing, I don't remember having these experiences. But every single psychic session I've ever had, there's one significant one that I had where my mom. My mom would always book me in with a psychic like, she's just like, So she's like, You need to get on this chicks calendar. She doesn't do virtual. She's in LA right now, and she like sees all the celebrities, kind of like a Tyler Henry. But I forgot her name. Not as big, obviously doesn't have like a Netflix special where everyone would know her, and so I went to her hotel room. While she was in LA. That's where she was seeing clients, and she looked at me at the end of her session, and everything she was saying was accurate. She looked at me at the end of her session. She's like, I don't fully understand why you're here, though, and I'm like, What are you talking about? And she's like, you're more psychic than I am. Like, you're far more psychic than I am. You should read me, cause we talked about this where I'm like, Allie, if you had me practice on you, like I said, I want to, you know, learn more like harness my intuitive gifts, and like, if you asked me to like, read you once a week, I would probably freak out because I just it just shuts down, and so of course is shut down in the moment. But then I was like, she started asking me questions about like her son, and then I was getting it right. She was like, can you tell me what's wrong with him? And I'm like, he's depressed. You just lost someone, whatever, like, all of the stuff, and she's like, you're right. You're right. You're right, and so I would constantly be told this, and I'm just like, in this place where I'm like, okay, so when is it going to turn on? You know, like, I'm waiting for someone to push a button, I'm waiting for a button to be pushed. But what you're saying is it's a muscle, it's a muscle, everyone has to develop the muscle in the same way or more people, they come in with a more developed muscle or like, what's the deal here?

A

Allie Ninfo 27:16

Everyone has to develop it because even if you have experiences from childhood, I had zero control. I didn't know what I was reading. I didn't know what was going on. I didn't know how I was getting it. Yes, I picked up that my grandma had cancer. But if I tried to look in, if someone came to me and said, Hey, do I have cancer? I'd have no idea how to look it on it. It's kind of like an untrained psychic just waits for things to come in and channels. A trained psychic and trained intuitive reads energy. Reading energy is different than channeling. Channeling is like the feminine, readings like the masculine, so channeling is like the receiving, I'm getting chills even saying that. channeling is like the receiving, and reading is like the masculine of like, I'm gonna go like being intentional with it, Asking questions like if you asked me something, I'm not just gonna go.

K

Kathrin Zenkina 28:03

Oh, it's more strategic. Channeling is the feminine because it's just like you're just, it's a slow

passive, not that saying feminine is passive, but it's a more passive mechanism.

A

Allie Ninfo 28:15

Passive it can happen when you're working out, when you're just whatever, reading is, you're sitting in front of me, and I'm going okay, why is Kathrin experiencing this? Let me dive in. Is it here? Let me ask this question. Okay. It's not but like, that's 60% What's the other part of it? And I'm like, asking questions to then get my intuitive answers.

K

Kathrin Zenkina 28:34

Yeah. Okay. How did you learn to like, how did you master your intuition? Like, how did you gain control over it?

A

Allie Ninfo 28:44

Yes. So Well, long story short, I had these few experiences when I was younger. I like talking my grandfather's funeral and then predicting illness and my grandma before she knew about and then two weeks later, she ended up getting cancer. I was like, Mom, grandma's cancer. My mom's like, No, she doesn't. To be clear. She found out she did. I thought nothing of it. Then in like high school, I started hearing people's thoughts. I start knowing what's wrong with people when they're not telling me anything, and I'm like, I'm fucking weird bye. get me out of here. Like I'm not doing that shit. Train and pro dancing. Took me to LA. I'm in LA. I'm broke. I don't have a car. I'm 19 I live in North Hollywood. I need my hair done. Noho baby? We lived in Noho at the same time.

K

Kathrin Zenkina 29:27

At the same time. Like a few streets over.

A

Allie Ninfo 29:30

A few streets over Yeah, that's weird itself? we've probably pass each other on the street. How old are you now? 28.

K

Kathrin Zenkina 29:35

How old are you? 31. Okay,

A

Allie Ninfo 29:40

yeah. So I need my hair done. I go to the hair salon, and I'm like, Hey, can you move somebody does blondes. He puts me this girl Caitlin, and I started word vomiting to her Kathrin I've never

told anyone this should at this point. I'm 19 I'm so embarrassed. I'm I care about dance and being a pro famous dancer. Like I don't care about the shit. So I'm telling her like, I'm so sorry. I don't know why I'm word vomiting onto you. she goes, she smiles and she goes, I know why, and I'm like, What the fuck? Like, I need you to meet my intuitive healer or like, whatever. That sounds weird, but I go, at the time AI, my teacher used to teach these in person classes. We just sit around on a fucking yoga mat in a workout studio. It was like so random. I walk in. It's Sunday night. I walk in, Caitlin's like alley, this is AI, and I'm like, Hey, I don't know what I'm doing here.

K

Kathrin Zenkina 30:25

Just gonna sit on a yoga mat.

A

Allie Ninfo 30:28

I'll start talking about like, self image that you can. If you think you're great, other people think you're great. Like, if you heal your self image and you heal your trauma, you can get what you want. I'm thinking I cracked the code to be a famous dancer. I'm going to heal myself image, and then I'm gonna book all the dance jobs, but little did I know, I keep going to those classes. Then I'm like, looking at the fucking clock and dance. I'm on my Dream Dance job with a pop artist, and I'm miserable, and I'm like, wait a fucking minute. I'm like getting all these I'm booking work. It's not like I wasn't booking work either, and I'm like, I fucking hate this. I literally do a session without because I'm like, Oh, I don't know what's going on my life. He goes, Yeah, you're done dancing. AI has no emotion. So AI is neutral about everything. So AI doesn't care if you're sad or upset. He just goes yeah, no, you're done. He doesn't try and like, like, save your feelings.

K

Kathrin Zenkina 31:20

Yeah, that's kind of like my Shaman. He's very similar. He just will tell it like it is. I mean, he does a lot of I feel like he works more like a spirit guide. Not in the lying sense. But he wants you to get your own lesson, instead of just telling you like it is. So sometimes it'll come with some weird like puzzles, you're gonna have to solve, it's very cryptic, and sometimes he'll straight up be like, we need to heal you on that or like, that needs to stop or bla bla bla bla bla, not like telling you what to do, but it comes so emotionless.

A

Allie Ninfo 31:49

Yes, yes. Because there's so, they've trained themselves to just see the balance in the world, which I'd love to go into later. But like, they've trained themselves to just see the balance in the world. So like, nothing's good or bad, so he said that to me, I resonate on a soul level, my human freaked out and like, Who the fuck am I without dance, I lived, slept, and ate, and breathed dance, and so I just started healing my self image. I started healing trauma. I started like, and I started to feel better sort of working. Like I could be around my dad again, I could like talk to him, and he wouldn't trigger me, and I could do all these things. I was like, this is interesting. So then I was holding, like an intuition course, and like, Yeah, fuck it, like, I'll go. I'm

like, I've had these weird things going on. I might as well like, learn how to like, because he would he marketed it as like, you know, getting control of your fucking anxiety that you get when you go out into the world, and sucks. I would get panic attacks going to Starbucks, like because all the energy overwhelm, couldn't go to concerts, couldn't do anything. So I go this class, and I'm like, holy fucking fuck balls, like this shit works. I'm reading other people. I'm reading myself, I start reading my friends for fun, and then it starts working, and then they're sending people to me, and then they're sending people to me, like I gotta charge for this. I start charging, and it just word of mouth was how my business started, and I had 500 People followers on Instagram, I did had no tiktok, I had no nothing, no email lists. I was making 11,000 bucks or more a month from word of mouth in my small Instagram following because I just fucking didn't care about money and I loved it so much. I loved it so much, and my teacher was AI and I trained heavily with him in honing in on my intuition, you need a coach for that, you can be naturally gifted all you want but it's like a basketball player you can be naturally gifted until you get a coach until you know where you have to stand to like get the thing in the hoop every time and guarantee it 100% You're not going to be using your gifts to the potential that they could be being used.

K

Kathrin Zenkina 33:56

I just have to say that frequency in this room right now is so high like I'm getting usually I start seeing like energy swirls around people when the frequency is at a certain level, I'm just like seeing your eyes and the rest is energy like that's it.

A

Allie Ninfo 34:10

same I'm like literally like shaking like because of the energy.

K

Kathrin Zenkina 34:15

So my shamans have very similar things in that before I started working with him he would say to like my friend James and be like Kathrin is incredibly gifted, but she needs guidance, and so that's the same thing. It's the same thing. It's like you can be talented in basketball but you're still gonna get a coach. Yeah, like there's no single basketball player out there, and my husband of course in the room loves this analogy right now. He's all about the sports analogies, Hi Brennan.

A

Allie Ninfo 34:40

like they all have coaches. Yeah, you don't see any of them just go rogue like there's no team out there that's going rogue they all have coach. They all have coaches, gymnasts or Olympic athletes. They all have coaches, and if you ever think you're too good for a coach, that's a whole ego death that has to be had because The best people have have so many tools. The best people have coaches. Yeah, the best people found someone that they resonate with, that they can learn from, and that's what they say sticks, and they have coaches, and so if you ever

think like, oh, no, I'm good enough at this, like, No, I've been doing intuition, nine years training in this and I still go to AI to keep up leveling myself. There's never the more you know, the more you don't know for sure, you know,

K

Kathrin Zenkina 35:26

100%, like, I know, I'm gonna be with my shaman for the rest of my life, and like, he, he's a Don, which is like, I'm assuming it's like a Latin American or South American, or he's Mexican, but like, they have like something called Don. It's like a title, and so when you reach a certain hierarchy, you get the title, Don plus her name. So his name is Don Javier, and so he has a Don and his Don has a Don and his Don has a Don and their Don has a Don and they all have a Don, and it's all their information, all of their teachings, all of the things like they naturally come into the world as a shaman. But then they're integrated, Don, and then the Don, you know, passes on their Don, then they find their Don and so on, and so it feels like, this makes sense in so many different contexts. Like it makes sense. Because I know that there's a part of our ego that goes well, at some point, I should stop having a teacher or stop having a coach or stop, whatever. But it's just not how things work.

A

Allie Ninfo 36:23

And I want to tell you guys about why Kathrin's so successful is.

K

Kathrin Zenkina 36:27

please Allie.

A

Allie Ninfo 36:32

You truly always, you find the people who are really good at their field, and you learn from them, and then you tie it into your own thing, and then you make it your own, and then But then you also have your own unique thing, but like you are, you don't have this ego of like, oh, I can't learn from you because you don't make what I make. Yeah, I can't learn from you. Because blah, blah, blah, like, you see the talents here, and that person is talented and that person is talented and that person and you are really good at intuitively, like doing that and honing in on those things, and someone asked me actually, like, as a genuine question, the first time I had AL on my podcast is that aren't you nervous? I'm like, what? Like, well, that's your mentor, aren't you afraid everyone's gonna go to him? Actually No, it's a scarcity mindset, and I'm a completely different person than AL, We couldn't be more different. Me and you are completely different people, like me, and you could be saying the exact same thing, but because it's coming from you and because of coming from me, it's gonna resonate with a whole different group of people, there is no competition. competition does not exist. I can't take your soul contract. You can't take fucking mine, and, you know this, that's just for the audience. But like, you can't out manifest like, if someone manifested money. You know, before you they didn't manifest all the money in the world and take it from you. You know.

K

Kathrin Zenkina 37:57

You know, it's funny, like, I'll take your courses and you're in my courses, and it's like, You can literally say something that I teach, and when I hear you say it, I'm like, Oh, my God, no way. That's how it works. Like my shaman will literally say the law of attraction is the most powerful law in the universe, and I'll go, What. The Law of Attraction and it's like, I never like, I never stopped being a student.

A

Allie Ninfo 38:19

No me neither. Because I was listening to sovereign money, and you I text you about this, but you said something about freewill, and which, like, I know, but then when you said it, I was like, oh my god, Kathrin, I just had the biggest epiphany from this episode, I remember that. Yes, and like I literally like, you can learn from each other. Nothing's ever original. Like you're either channeling it, you're picking it up from someone, or making it your own, and everyone's the fucking best.

K

Kathrin Zenkina 38:46

Can you talk about that? Because that was a mindset. I forgot. I think it was in glow formula that you talked about. I'm about to get a hair on my eyes. So my eyes are so watering, but I'm gonna let you start talking. I literally have a hair in my eye. It's like holy shit. Explain the I'm the best thing because at first, like if you're looking at it, from a certain perspective, you can be like, god that's so egotistical, but it's actually the least egotistical, egotistical like mindset to have in the way that you explain it. Can you please explain this because this has to do with self image and that's a next thing I want to briefly touch on before we dive into this like woowo shit that I want to get into like, What the fuck is self image? Because you said this word at least 100 times?

A

Allie Ninfo 39:27

Yeah. self image. Is that the way that you perceive yourself and the way that you perceive other people to see you? Yeah, so what happens is, again, our thoughts, clear beliefs, our beliefs get programmed into our Creator field, our Creator field determines what we're getting back from people of the world. So a key telling sign that maybe self image isn't as high as your higher self would like it to be, is if you find people aren't valuing you in relationships, in career, in life. If you find people maybe you start talking and they talk over you You get annoyed by that. Like, it makes you triggered like not just like neutral, like it actually makes you feel like they're not listening, yes. Those are some Telling Signs that self image might not be your higher self wants it to be, self image is so important because it is the key to fucking life. Who the fuck is going to buy what you're selling? Or see your value in any area of life with whatever it may be, if you don't, who? Because they won't, because if you don't see it, it's not in your Creator field and the world responds to your Creator field, your electromagnetic field, and so I, in a lot of I've talked to a lot of souls all the time every day. So what I found is, everyone's the fucking best. I'm the best at being Allie. There's no other Allie, Kathrin's the best at being Kathrin, there's no other Kathrin, Kathrin and me can say the same fucking thing. We could go

and teach the same exact course word for word Kathrin, and it would be different and it would resonate with different people. Because we have different stories. We have different looks. We have different voices, we have a different way of explaining things, different life experience.

K

Kathrin Zenkina 41:10

Like the flavor is different, the flavor is different, and the meal could be the same. Like everyone can take mac and cheese, but everyone has a different flavor to it.

A

Allie Ninfo 41:18

100% Yeah, and when you understand your self image, and I have a lot of tools for this, but one of them that you can take home and practice is It is scientifically metaphysically impossible to see and other people what we don't have in ourself. So if you find yourself going, oh my god, they're so funny. I can never be that funny. Or Oh my God, they are such a good businesswoman. Like now I'm mad at them, and now I can't do it. Or oh my god, they wrote a book now I can't read a book. No, you are seeing their zone of genius. You literally metaphysically scientifically could not see it unless that existed within you, and so you're witnessing it just like how have you ever had a friend talk shit about another friend? And the friends like, oh my god, they're so needy, and then you're thinking about that friend like, Wait, you're needy? Yeah, you know what I mean? Because you can't experience in anyone else what we don't have? Yeah, so and this goes both ways, both positive and negative. So if you're going, Oh, my gosh, they're so talented and gifted. You have that. So your self image tool that I'm going to give you today is where do you have that? So if you see a piano player playing piano beautifully, and you're like, Oh my God, they're such a creative songwriter doesn't mean that you're a songwriter, maybe you are but doesn't mean that you're that it means whatever you do, whatever your zone of genius is, you're equally that creative, and so when's the last time you can remember being that creative. Affirmations you know, don't work unless we emotionally connect. So we've actually got to turn it to a brain reprogramming statement, we go find the micro moment of the last time we remember being creative, we literally prove it to ourself, our brain likes proof, we now start to slowly suffocate the old neural pathways where we're beating ourselves up judging, jealous, whatever, and we start to build new ones of praising ourselves actually seeing our soul and all its contract, and the more you do that, you prove it by a memory of when you actually feel like that. Even if it was for like two fucking seconds. I don't care. Prove it to yourself emotionally connect, you've shifted do you do it again, you've shifted a little more you do it again, you have just a little more before you know it. Now you're going to your Creator feels aligned with your actual soul with your soul attributes because our soul chose every single thing about us down to what our pinky toenail looks like, down to the qualities you think holds you back. Everyone used to beat up on me for being a procrastinator. In high school, my mom used to like your procrastinator, like that's why you don't get good grades, blah, blah, blah. Teachers were like you're never going to go to college. You're a procrastinator, and I was like, I tried I was a people pleaser, so I tried maybe they're right. Like I beat up on myself. I was like, I shouldn't be that way. Yeah, well, didn't get good grades. The only good grades I got was writing essays in English. Other than that, it was it was Ds over here for me. But essays, it would be like A's. So one time I tried to not procrastinate I ended up doing way worse. I got like a C I think when I write it the night before I would get an A in my self image healing. I'd go wait a minute. My soul chose the quality of procrastinator it chose it for me because it already knew my soul plan. It already knew I was going to create a



business. Well, nothing in the universe is positive or negative. Everything is both so I was like okay, what's the good part of being a procrastinator? I found three great things like the fire under my ass. I work really well under pressure, I get shit done and what will take people five days and five fucking minutes, all qualities that I need to succeed and achieve what my soul came here to do my soul chose on purpose for a purpose. So once you start to realize that, you start to unbecoming strip away these fucking tar toxic things, limiting beliefs that were never yours in the first place and you get back to who your soul was, you start to understand why your soul chose it, and then you would become in love with it. Like I'm in love with the fact I procrastinate, I love it about myself. I'm the fucking best, you're the best. Brennan's the best, everyone's fucking best, and what that's when you have a high self image, you can also recognize that other people are also the best. If you don't, you have this thing of this, this limitation, and it's a human thing I've experienced, we've all experienced it. But you have this thing of like, oh, I don't want to compliment them because that takes away from me. We've all felt it. You know what I mean? We've all felt it. Yeah. But when you do that healing, you realize wait a minute, I can have my soul contract and I can create and manifest what I want to create manifest. You can have your soul contract you can create manifest what you want to create manifest, and everyone can just fucking win.

K

Kathrin Zenkina 45:58

you are giving us the whole TED talk right now. Like this is so funny, because we we've made it into two questions so far. so I already know this is gonna be like a two parter, for sure. For anyone who's listening? I'm definitely gonna break up this episode. Okay, holy shit. You just gave us neuroscience 101, reprogramming 101. That was really and how you said it. I feel like that's gonna resonate with so many people. You just made it so simple. It really is so simple. It's so simple. We overcomplicate things for no reason. Okay. I want to dive into the questions and I still have a hair in my eye. I have not found it. But it's okay. We're just gonna move forward. Okay, I want to talk about a lot of people are super into plant medicine nowadays. Okay, people get into Ayahuasca, mushrooms, insert whatever plant medicine here, and I've definitely done my, I almost had fair share, but I really haven't done that much, and so I feel like for many people, what appeals to me about plant medicine is that it's such an incredible way to bypass the ego in the sense of like, I can go straight to the spirit world, gather information, gather what my blockages are, see myself in my highest potential. Like I had incredible experiences. When I did ayahuasca, I literally asked what is my highest purpose, it showed me. I rebranded my whole website off of ayahuasca and my business like took off from that point, it literally showed me so many cool, cool moments that I had, clarity around my relationship, my husband, but I'm curious, because I have developed a slightly different opinions since I've done plant medicine, but I haven't updated on my podcast, and we talked about this at dinner and I said, Allie, I feel like I need to share my new perspective that I've learned since I started working with my shaman because I did plant medicine before I started working with him. He's taught me a lot about like the reality of plant medicine, and like important things to keep in mind and ever since then, I stopped recommending it, and I want to share the reason why and I was telling you my hesitation in doing that and doing like my official update is that. 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 @manifestationbabe or sign up for one of my next manifestation courses or offerings at manifestationbabe.com

