

(#269) I GOT RRT™ D (an exclusive recording of my private 1:1...

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SUMMARY KEYWORDS

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SPEAKERS

Dr. Jon Connelly, Kathrin Zenkina



Kathrin Zenkina 00:14

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and multiple seven figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today, and now let's begin. Hello, my beautiful souls, and welcome back to another episode of The Manifestation Babe podcast. This episode today is not like any episode that I have ever done. In fact, it is not my usual interview. It is not my usual solo podcast where I sit down to chat with you and you're probably wondering, okay, then Kathrin, what is it? What is it anyway? Well, what it is, is a personal one on one session that I had back in December, early December, that not only shifted my mind completely, like I'm talking literally shifted gears like no other experience I have ever had, but it also led me to downloading the most insanely creative ideas like the freaking, what do you call it? Like the dam came down, and the river of creativity just started flowing, not just flowing It's like the freaking, What do you call it? The white river rapids? Is that a thing? Right? I hope that's the thing. You know what I'm talking about. So just the most insanely creative ideas just have been pouring out of me. I've been feeling lit up about my work like never before, and I've had two back to back million dollar months, December and January, that weren't even MBA launch months, which usually are my million dollar months, but it's been insane, you guys. I don't know if you've noticed any shift in me since early December. Feel free to let me know. I'm super curious, but I certainly feel it, and I'm not the same Kathrin I was before this one on one session. So that's what inspired me to put it out there for you guys to see like, where a massive shift happened for me at the end of 2022, that has really helped me take off so far in 2023. So what is this session exactly? This is a one on one with Dr. Jon Connelly, the founder of rapid resolution therapy, who I have featured a few

times on my podcast already and have literally been talking about nonstop since probably August of 2022, and I will never shut up about him or RRT just FYI, because it's been so life changing for me. I just, I can't even, and this is him and his modality, because he's the founder, is something and someone who my coach Andrea Crowder, who is a another recent podcast guest of mine, originally introduced to me back in February of 2021. She was talking about it way back then, and I just didn't listen to her at first and it took me a second to get into RRT because to be honest, I already thought I knew everything. I thought I knew every modality under the sun, but apparently I didn't know the one that was going to be the most life changing and effective for me. So joke's on me. Thank god I eventually listened. So through this session, this particular session, there's four distinct memories that came up for me related to this belief and the metaphors, the unconscious processes, the way that Dr. Connelly would share insights about them completely blew my mind and remember, you guys as you're listening, he's talking to my unconscious mind, understanding, knowing, and having the intention to communicate to my unconscious. So if you're listening and you're like, oh, Kathrin, that wasn't that revolutionary. It's because he says things that I needed to hear, that he knew that would rewire my unconscious. So walking away from this session, I was completely transformed, and when I tell you the creativity within me, though, whatever, white water river rapids, whatever the fuck you want to call it, than me has been unleashed. So enjoy this insight exclusive. Listen, I never thought in my life, I'd put up a one on one session of mine out there, but enjoy it, and may I recommend actually that as a much better listening experience. You watch the video recording itself so that you can actually see my face shift as my unconscious experiences these light bulb moments and it's actually so much more fun to watch them. Listen, I was watching this when I was reviewing it. Of course, I had both audio and video and I am so glad I watched it because I mean, it's just written all over my face, it's really cool to see, you can just tell that something shifted or rewired within me. So I posted that link in the show notes. If you take my advice and go that route, you may not always hear the shift in my voice, but like I said, you can see it across my face, it's so obvious. Remember, RRT isn't like talk therapy. It's not like traditional coaching. Some of the things that a facilitator of RRT says will make zero sense to the logical mind. So if you have been in my programs recently, like epically aligned or my melt your money blocks away masterclass, you'll know that the way that I'm talking to you, in the actual processes makes no fucking sense. Earlier like Kathrin, what are you talking about? But yet, after the fact you're like, but I feel completely different, and oh, my god, the results like all of a sudden, money's coming out of nowhere. Clients are flooding my way. Like, all of a sudden, I don't have this block anymore. Like holy fuck, what did you do? And it's like, yeah, because I'm speaking the language of your unconscious mind. Which who cares if your logical mind understand something or not? If transformation is, you know, due to the unconscious mind, finally, being in alignment with your desire, like, who cares what your logical mind thinks, it's not responsible for your success anyway. So I encourage you to put yourself into my shoes as you listen and just be in the most open minded state that you can enter. So you can really absorb things also on an unconscious level for yourself. I bet there's golden nuggets within this for you, too, that your unconscious will pick up, and if you want to book a one on one session with Dr. Connelly, or one of his trained facilitators or therapists, Dr. Connolly is definitely not the cheapest option, but he's so worth every fucking Penny, like if you can't afford him. I mean, it's like there's no one who compares right, but there are other facilitators and therapists who are amazing as well, and I've had already those of you who I've recommended our RRT, you've had sessions with other facilitators and therapists who are trained in RRT and have had an immense shift. So they are amazing as well. I'm going to put that link for the resources in the show notes for you, and if you want to experience RRT infused within a manifestation specific program, the Manifestation Babe Academy is the place where you can experience that as well, and that will be in the show notes just in time for launch. So it's already there, you can get on the waitlist, if you're listening to this the day that the podcast episode dropped, but it could

also be that you're listening to this at a time where we are currently launching, so then the signup button will be there for you, and I can't wait to see you inside. Okay, this is a really long intro. I know, I just wanted to give as much context as possible. So without making this intro any longer. Please enjoy. So RRT has the ability to shift entire lifelong traumas in a single session. It sounds insane, but that's what it did for me. My very first session with Dr. Connelly was about a sexual trauma that I endured when I was just an infant, which ended up being my very first memory that resurface when I was pregnant. I don't know maybe you've heard me talk about this in previous podcasts where I was manifesting a modality that I could bring this trauma to, that would actually let me heal it, and I'm so grateful that I saved it for our party because that trauma was cleared in a single session. It was the most freeing experience I have ever had, and I was sold hardcore from that moment on, and here I am. I've had a one on one sessions, I think with Dr. Jon Connelly, obviously, my coach is trained by Dr. Connelly, so we do a lot of RRT every single week, literally, it's amazing, and our sessions and now I'm getting trained in RRT, infusing all of my programs with RRT and creating processes left and right for my students to benefit from, as I continue to learn and grow and get certified. In fact, this upcoming round of the manifestation babe academy that is opening this upcoming Monday, March 6, mark your calendars is going to go through an initial update since its birth in 2021, so that I can add RRT into it, which I am stoked about, and of course, it will continue to get updated until I feel like it's complete, which I don't know when that's going to be but for sure, this first upcoming round in 2023. That's opening on Monday, we'll have some processes and techniques and things that I'm going to put in there and concepts and things that are seen from the RRT perspective that I think is going to be a game changer, and if you enjoy the free podcast series, The Secret podcast series, which, you know, surprisingly, at the time that this episode is live, it is not too late to catch up on, so make sure you DM me the word secret, if you want the link to that, I will also post the link in the show notes as well. So you can catch up, and if you've had, you know, some shifts with that, I've been sharing things from the RRT perspective, we haven't even done the actual unconscious rewiring in there. So that is something that you will expect to see in this upcoming round of MBA. So if you're signing up next week, or you are already an alumni, since you do get lifetime access, get ready. That's all I'm gonna say, Get ready. So Okay, in this one on one session, I bring up to Dr. Connelly, that I have this belief that I don't know what I'm talking about. That people don't find me interesting. I'm a boring storyteller, and no one cares what I have to say. Which you may be looking at me right now. Like, what the fuck are you talking about Kathrin, but I'm dead serious. You guys, this is a real life, believe like this is real in my head. Okay, and until December 4th 2022, which is the day of the session. This was 100% reality for me, like 100%, and how this manifested was not in lack of, you know, success, clearly, it hasn't affected me in that way. So, obviously, there's something else positive that's working for me, thank god, but how this manifested was in creative blocks and creative blocks that would last forever, making the course creation process like a daunting task for me. I love creating courses, I love creating programs, you guys get huge transformations from the things that I create, and my students would have amazing experiences, but it would just be daunting for me in the sense of like, not that I didn't enjoy it, it would just take 100 times longer than it really needed to, it would be like down to the wire where it's like, Kathrin, you got to launch this tomorrow. You have to record today, and then it's like my unconscious with just forcefully, just release whatever creativity that I needed to muster to meet the deadline, and of course, I would do it, but god damn like there has to be an easier way, and I just realized, when I did this session, it was actually around the launch of Epically Aligned. So if you were in the round of Epically Aligned, I had the session right before then, and I was struggling with creative blocks around it, and I'm someone who constantly wants to innovate her stuff. So I could have totally recycled and just use last year's content, but I was like, no, I've learned so much since then, I really want to share the things that I've learned

and so I was like fuck it, Dr. Connelly, you have to help me with this because I am not going through this any longer. If you can clear a sexual trauma for me in a single session. This should be fucking peanuts for you.

D

Dr. Jon Connelly 10:16

So what comes to the top of our meeting today?

K

Kathrin Zenkina 14:19

Yeah, there is something at the top. So there's something that has been a constant theme, that is showing up right now. So let me just, let me just talk it out. So something that's been coming up for me a lot is this belief of like, I don't know what I'm talking about or I'm not interesting enough to people or nobody cares about what I'm talking about, which is, it doesn't really manifest in my life in the sense that, I don't have a following, I don't have success, it manifests in me experiencing creative blocks, and silencing myself when I have such great stuff to share with the world and questioning it, and being like, I don't know what I'm talking about. I don't know if it's important enough, I don't know if it matters. I don't know if I can do it right now, and how it's manifesting currently is, we're in the midst of a move right now. So we're moving to Las Vegas, like I've shared before. There has been some issues that came up with the house, which I think is gonna get resolved today. But that's been creating this like adrenaline in my system, because there's so much uncertainty to where I'm not finding the motivation, the interest in sitting down and creating this program that I'm launching on Monday. So this program I've launched before, a few times, like every year, I do it in December. So I have the stuff from last year that I can just recycle and edit for this year, but I wanted to rework it, and I was excited about it. But this move is just completely, like it's left me so frazzled, that I keep feeling like I'm behind now, and I have to rush through and I'm like, Oh, my God, I gotta take care of my son, I don't have a nanny anymore, because we're moving, and this house, like we don't even have it, and we don't have the keys yet, and I have to sit down and create this program and be my best self, and launch it, and just act like everything's great and normal, and I find myself having this immense creative block to where I just don't know what the hell to put in this program. So it leads me back to, I don't know what I'm talking about, I don't know what's valuable to share, I'm not interesting, those kinds of things.

D

Dr. Jon Connelly 16:41

Good job, for three or four seconds, cause the I don't know what I'm talking about feeling.

K

Kathrin Zenkina 16:53

Yeah, It's like a drop in my neck.

D

Dr. Jon Connelly 16:56

Now, we think, You and I think, that the thing that caused the feeling was what we call mind.

Mind is what processes information outside of awareness. You become aware of the feeling, not

mind is what processes information outside of awareness. You become aware of the feeling, not of the cause. When you hear music play on the radio, you hear the sound you don't hear or see the airwaves, but it's the airwaves that are causing the sound that you're hearing.

K Kathrin Zenkina 17:38

That's a great metaphor, I'm gonna use that one.

D Dr. Jon Connelly 17:41

Create the thank you, create the visual abstract representation of what is going on. It's not a thing, it's a process. It's an action that's happening within unconscious relating to data, make a design for that and just tell me grayscale or whether there's a color,

K Kathrin Zenkina 18:14

Grayscale.

D Dr. Jon Connelly 18:15

Good job, and we're done with that. Open your eyes, and so give me a moment. Okay, so what I'm seeing now is what is intended for you, and I see you, like end of the day, it's future Kathrin, I see you end of the day future, having the realization that what had been problematic, no longer occurs, and then kind of like somebody sticking their tongue to where there had been a toothache. I see you kind of feeling around to try to find it unsuccessfully, and then being pleased that that failure because it's just not there. Um, so that's what, I like see you there, and that comes in with more depth in detail by the moment. Does it sound okay?

K Kathrin Zenkina 19:36

Yes.

D Dr. Jon Connelly 19:40

So people you know, would call that perhaps confidence, and say things like, Well, now you realize you can do it, you have got it. That isn't what I'm seeing now. I'm not seeing you realizing that. I'm just seeing you sharing the information, it's just straight to that. When you pour a glass of water, there is no confidence that comes with drinking it or pouring it. So I'm seeing you doing this the way you would do that. Nice, we have the same intention, purpose, and vision. Hence, energy comes together, it's useful to find ways to symbolize the energy. Sometimes, one might see a color by seeing it as if watching paint of that color dripping down. Somebody else might see a color by seeing smoke of that color billowing up. Somebody else might see a light, but somebody else might see a light beam. What's the color?

K Kathrin Zenkina 21:15

It's like a violet pink.

D Dr. Jon Connelly 21:18

Violet Pink, and if there was a fragrance, what would that be?

K Kathrin Zenkina 21:32

Like, blueberry fragrance. Not like what the fruit smells like, but when you make it like an artificial blueberry smell. That's what it smells like.

D Dr. Jon Connelly 21:47

What life form will inspire us?

K Kathrin Zenkina 21:52

Does it have to be a life form that exists on planet Earth?

D Dr. Jon Connelly 21:56

It can be a mythical, the only restrictions or I'd rather it not be domesticated or a pet.

K Kathrin Zenkina 22:06

Okay, I see a phoenix.

D Dr. Jon Connelly 22:08

Yeah, Phoenix is on its way up, that's a very lovely and inspiring for me, a form. We've got all of that. All of that is already moving things there. Next, if you could rest your elbow on something, and let me see your hand, and then could you adjust your camera so there's no space above your head, and now, that's fine. That's your left hand, and it's fine, a left hand, like less, and then just look at a spot on the back of the hand. That's it. Look at a spot and know that there's movement that you can't see, and that there is movement that you can see. Some of what you can see with your eyes is being read by your mind, and hence is conscious. Some of what your eyes see, it doesn't mean you consciously connect to, as you look at that spot, and you are conscious of movement, and there's already a great deal of movement. Because your mind is eager in its responsiveness. It's eager and responding quite dramatically, and quite quickly, and yet, as much movement as you consciously can see, you can consciously realize that there is

much movement that isn't conscious at all. Hence, as your eyes begin to get ready to close, you recognize that you are even able to be conscious of not being conscious as you are conscious, but not unconscious of unconscious yet conscious of unconscious and will gradually rest as you drop even further, and wonderful movements we saw are the outward visible manifestation of the game internal shifting and connection already like the speedometer a needle moving 15 27 43 as you see the needle move you know much more is moving even though you can see that there is movement and then passing offense, perhaps it might seem like you're moving or visually that it's moving, perhaps not that both are moving even though you do know that everything is always moving. Our minds are complicated, so much more advanced than the mind of a sheep or a goose ,complicated and therefore prone to dysfunction and a dysfunction you'll notice now in others is sometimes he's quiet observing, what he's also doing, that doesn't happen to the eagle as she soars, doesn't happen to a majestic tree as it grows or an amazing flower as it opens, even at this moment whatever traction that has had is dissolving. Like trying to hold on to something that's just too slippery, it can't hold, it falls off, it's gone and yet it meant well, and it's happy to have everything it intended for you happen, creativity with now with ease ,and now with fun, your wisdom, your clarity, your intuitiveness, can receive so much credit for your success, but very significant, is your just fun and now you can have fun because as people hear you and see you, they have fun, as you deliver and realize that you have fun, and the fun is slipping backwards into the preparation, so it's fun to prepare what's fun to deliver, bear with this, it's fun to prepare what's fun to receive, it's fun to deliver, what's fun to deliver is fun to prepare. Every process we engage in builds, one before up that staircase 3,4,139, 15,621, up and it's fun for the Phoenix to give you a ride so it flies and you fly, a long time finding your way. Super slow back up. Savor it, yeah, yes, there you go, yeah. How is that right now dear? If you look so radiant, I don't much need to ask but tell me?

K

Kathrin Zenkina 36:03

It's interesting my mind is definitely very busy during that, like, all over the place, and a lot of it was in a good way where I was actually downloading my thing that I'm teaching next week as you were talking, but also is like scattered like everywhere. So I don't know if I interfered with the process or that was like a normal thing that was supposed to happen.

D

Dr. Jon Connelly 36:33

Well, no, it's not normal Kathrin, you gave up on that a long time ago. I can do a lot of magic, but I'm not going to end up with you normal today. That matter, not you or any of the people you hang with. So that your mind is or that there's conscious, that there's a conscious dance during it. It's not you, and it's not an interference. It's just a conscious dance. It's kind of like, you know, in a dark room, there's a flashlight of it, kind of spins it can catch this or this or this, and that what's going on there. I'll say this, you see what your responses, you don't know what you're talking about, What's it feel like?

K

Kathrin Zenkina 37:54

It's definitely not as extreme as it was before, It's like a little twinge. Like a little tiny twinge, yeah.

D Dr. Jon Connelly 38:03
That where I was predicting of would be. Um, but it's nice to see the difference, yes?

K Kathrin Zenkina 38:11
Yes.

D Dr. Jon Connelly 38:15
So that's one process toward it. We grow up with people who are looking for us to do well, observing us, and commenting on our performance, and then, since our minds get that that's good. In order to do well, they begin you know, I'm sorry, Coach couldn't make it today. Oh, that's okay. I can do it. So, you know, I'm here on the sidelines watching myself through this thing, and it's a second of it here, and there may have some value, but for the most part, it would be absolutely fine to lose it totally. But that thing, and in years has not only been observing, but observing critically. So that's not so useful. So I'm seeing you clearly where that dysfunctional thing is disabled. It doesn't go where you're fully in it, as you're in it.

K Kathrin Zenkina 39:51
Yes, that would be amazing.

D Dr. Jon Connelly 39:54
Yeah, just like right now. I'm all in it, and so are you. So it's just this, it's not anything. It's just this. So it's valuable to bring to awareness. What data from prior experiences or ask your mind to scan and pinpoint an experience that you had, at some time between your birth and now, got it? Were you a little girl? Were you a teen?

K Kathrin Zenkina 41:01
There's like four memories coming up at the same time.

D Dr. Jon Connelly 41:05
Four years old?

K Kathrin Zenkina 41:07
No four memories coming up at the same time. Like all at once

D Dr. Jon Connelly 41:12
Oh okay, Is it four ages?

K Kathrin Zenkina 41:16
12, 7, honestly, there's two of them at 12 and two at 7.

D Dr. Jon Connelly 41:31
So describe, give me a headline on one of the things that happened to Kathrin at seven.

K Kathrin Zenkina 41:42
Yeah, I was standing in front of the class doing a presentation and the kids are laughing at me.

D Dr. Jon Connelly 41:49
What were you presenting on?

K Kathrin Zenkina 41:53
Some project that I did last minute. So I was already embarrassed that I had no desire to do the project. I had to do the project so I wouldn't get in trouble, and then I had to present it.

D Dr. Jon Connelly 42:06
What happened after you got done with it? The presentation.

K Kathrin Zenkina 42:10
The project? I just felt like an idiot.

D Dr. Jon Connelly 42:18
And what happened then? See, it's not coming in?

K Kathrin Zenkina 42:25
No. It's just me in front of the class.

D Dr. Jon Connelly 42:29

So here's what happens there, and I've mentioned this it'll come right back to you, as he was being mugged at knifepoint on a busy sidewalk, LA at rush hour. So the guy had to do it quickly. There was a knife, the wallets gone, he's gone. But when asked by the police officer to describe possible witnesses who are walking by, no information. So peripheral vision. It's fortunate if he even has any information about what the guy's face look like. It could narrow right, just to the knife, and there is no thought during it, of what his breakfast was like, and there is no thought of dinner. So this is protectively done so that there is more of a close up on what needs to be attended to. So the difference is, the more advanced human mind is likely to store that information, and because it became bigger, that's how it enlarged. Like you would do that with your camera editing. that I just want that piece and then you enlarge that, as that became bigger, the data from that didn't process easily, and then a meaning got attached to it, and most meanings have to do with two things that were done to us when we were little, and one is you were taught to understand yourself based on credit, blame, pride and shame, and second, you were taught that you were being observed and judged constantly. So at that moment, all that stuff was then triggered, and I've told you prior to think in terms of a colander and the lumpy piece of sticky sand go up together, won't go through the hole till we pick it up, and then it all does, but we're left with the energy which will fuel your creativity. I just heard, and your babies lunch.

K Kathrin Zenkina 45:40

Yeah, just a lot of energy going towards my baby.

D Dr. Jon Connelly 45:44

Yeah, so that was interesting. So as we, The giggling you heard from the kids in the room. I'm sensing it was nervous giggling.

K Kathrin Zenkina 46:20

Maybe.

D Dr. Jon Connelly 46:21

Well, did you ever watch a play where the actor for a moment seem to forget her line? What went on for you in the audience? You can feel in your stomach, right?

K Kathrin Zenkina 46:42

Right. Yeah, it's like, what's gonna happen kind of silence.

D Dr. Jon Connelly 46:47

And within you, there is a significant physiological experience watching that as there was within those kids who saw that you were fearful, hence, they became giggly? Because that's what they do when scared. So there was that kind of fear in the room, and there's a little giggling thing that goes with being kind of scared, and so the gal, the little seven year old, it wasn't just a seven year old doing her thing. Like, coming up with a skit, a play, like that guy kids sometimes do and they like to do these like things in front of each other. It was a kid who had been seeped in moralistic thought and judgment. Who was then understanding her feeling of stuck at the moment with being bid. Bid and exposed.

K Kathrin Zenkina 48:30

Yeah, around the topic that I didn't even care about.

D Dr. Jon Connelly 48:39

Right, yeah, got it? So think about a moment when you recognized they were a rather significant handful of people being inspired by you. Okay, there have been a number of times you realize that, but I want you to think of one time when you went, Wow, there are a bunch of people being inspired by me, okay, a big bunch of people and being deeply inspired, okay. That little girl never even heard of anything like that. So if you told her that's going to happen, it won't even make sense. She's never heard of it. But what she can get, if you'll do this, close your eyes and bring both of those things together. That moment of recognizing how much influence was going on, from You to others, even inspiring them. So that and the little girl in front of the class, so that she begins getting not all the details, but she gets that there absolutely is a future which will be providing much more than she could comprehend, and as soon as you do that she's no longer trapped. You're not trapped. You're not stuck. You're not there. There's flow and freedom. You're free to ride that Phoenix up, and then the sparkle, which is a beautiful colored energy, bubble that just dances joyfully around you, notice the color and then when that's done, you can open your eyes. Beautiful, and please tell me the color.

K Kathrin Zenkina 51:25

Hot Pink.

D Dr. Jon Connelly 51:28

Yes.

K Kathrin Zenkina 51:33

Neon.

D Dr. Jon Connelly 51:35

Yeah good, beautiful. What else happened when when you were seven?

K Kathrin Zenkina 51:52

I was in ballroom dancing, and I had a very critical experience ballroom dancing, where not only did my teacher but my parents and my dance partner who was just a year older than me, would constantly criticize not just the dancing, but also this is where the weight part comes in, they will constantly tell me that if I were to lose 20 pounds I'd be a better dancer, and I'm too fat, and too this, and too that, and too this, and so.

D Dr. Jon Connelly 52:38

I get it, I get it.

K Kathrin Zenkina 52:42

I started dancing when I was seven, and that world of criticism was up until I was 14, when I finally quit.

D Dr. Jon Connelly 52:57

Really, that kind of criticism, huh?

K Kathrin Zenkina 53:03

Yeah, I went on my first diet when I was 11 years old.

D Dr. Jon Connelly 53:14

So I'm seeing her, I'm seeing the body and face of you at seven dancing and so with me, I'm seeing her, and close your eyes, and I'm seeing her, watching her, and the experience that I'm having watching you dance is absolute adoration, so just from the sideline, just watch me. Yeah, close your eyes and see me right there. Watching her, look at the expression on my face, watching that seven year old. Kinda like just notice my breath watch the, it's like adoration, and joyfulness, it's like excitement, I don't know, I keep hearing and seeing a xylophone playing all kinds of really crazy, fun, amazing stuff with those, whatever you call them that hit the keys going so fast that they'd become invisible, and that's like the the thing going on, in me watching her got it? good. Then look at me, looking at her and bring your consciousness closer to me and then inhabit me, so that you get to feel my feeling as you see her through my eyes, and those eyes that I see her through are clear eyes. I see your beauty, I see you with total

pleasure through clear, clear, sheer that's it, joyful, excited, adoring, melding with me, just feel my feelings, look right through my eyes, feel my feelings, there it is. Take your time when you're ready, you come back to here. What's the feeling right this moment?

K Kathrin Zenkina 58:03

Like I can't describe it, it's just a good feeling, contentment.

D Dr. Jon Connelly 58:09

So close your eyes again and now see that little girl dancing to that adoration and dancing with that going on, yes and yeah just follow this like she steps on to the palm of my hand, and is tiny and perfect and is lifted up as the perfect butterfly, and right hand is flat as it reaches way above my head, and there's a perfect connection but the hand is open, and you've been lifted and just fly, yeah that's it. Just fly away, yeah fly away, you're not ever gonna get normal, you're not gonna get average. that's it, but you can fly, yes that's it. Take your time, call me when you're ready, real slow, yeah.

K Kathrin Zenkina 1:02:00

Wow I feel light.

D Dr. Jon Connelly 1:02:18

So now I didn't know that magnificent butterfly would be a little more normal, if she could be more normal and that's what you can hear from down there, like more normal would mean you'd fall like a rock, yeah. And you can't have it. So that's the real deal sweetheart.

K Kathrin Zenkina 1:03:26

You don't want that. My mind blown.

D Dr. Jon Connelly 1:04:02

Tell me something about your baby.

K Kathrin Zenkina 1:04:05

My baby, he's really cute. He's a big boy. He was born 9.1 pounds, 23 inches long. It's a really tall baby and he's progressing really fast in life. Like I swear, like if he could walk he would start running today.

D Dr. Jon Connelly 1:04:28

Um close your eyes and stand right next to me. Where you can feel your arm against where my shoulder is right above yours, and we're real close, and we're looking at your child together with that kind of sheer excitement, joy, love, that's it, and you're being lifted up on the palm of my hand with all that in you, through you, swirling around you, and then fly, yeah, and fly, and here we are, and when you're ready, eyes can open. Nice, you can think at event number one, event number two, and it's all clear.

K Kathrin Zenkina 1:06:39

It's clear. All clear.

D Dr. Jon Connelly 1:06:45

So something happened when you were 12, Huh?

K Kathrin Zenkina 1:06:53

Yeah.

D Dr. Jon Connelly 1:06:55

What was that?

K Kathrin Zenkina 1:06:58

My mom, checking my backpack, which she does, and she did do. She doesn't do it anymore. I don't have a back, but she did on a consistent basis, and I think this is the time that it hurt me the most, the first time. She would pull out, you know, tests and stuff that I would collect in my backpack and she would see that I didn't have like an A on a test, and she would call me stupid. I'm a disgrace. Why did she sacrifice so much to come to this country, if I'm such a horrible student.

D Dr. Jon Connelly 1:07:34

Good job. Now look at the little girl, and what does she make of this?

K Kathrin Zenkina 1:07:44

I mean, she feels not good enough at all. She feels like a stupid, an idiot, never can make mom happy.

D Dr. Jon Connelly 1:08:01

Good job, and now change it so that you're seeing a boy who is about that age, and his father is doing stuff similar, and we're just watching it, and finding it, watching it, disturbing, and whose behavior are we disturbed by?

K Kathrin Zenkina 1:08:48

The dad's.

D Dr. Jon Connelly 1:08:50

Yeah, and I say to you, hey, you know, I've got a bullet. Let's do him. Can you say Jon, take a breath. That daddy had a daddy, who had a daddy.

K Kathrin Zenkina 1:09:28

Yeah, I got it. Oh, yeah.

D Dr. Jon Connelly 1:09:35

You know, sometimes there are those car wrecks on the highway that involved with 16 vehicles.

K Kathrin Zenkina 1:09:41

Aha, Yeah.

D Dr. Jon Connelly 1:09:44

Why did you hit me? because she hit me. Why did you hit him? because he had me. I mean, that guy in the middle of that thing wasn't making many choices, he just got out mushed, and now think about that dad. Actually there's a whole line of dads, and they just, you know one push, the other got fell on top of the next one, which got pushed into the next one, which got pushed into the next one, and so we don't make walk over to the middle car, and start clubbing the driver to death. We're just are you okay? Dude what a clusterfuck.

K Kathrin Zenkina 1:10:41

Such a great metaphor, Wow. You're the metaphor King, that's what you are.

D

Dr. Jon Connelly 1:10:50

Thank you sweetie. So you see, but you know what's interesting is, you see that gal having her backpack stuff criticized, look at that and see the whole line of people pushing to cause that particular accident right there, and then get it that she's not gonna do it. That whole thing that goes way back, just stopped. Phoenix rose, it didn't just bump the car in front.

K

Kathrin Zenkina 1:11:55

Yeah, that makes me really cool.

D

Dr. Jon Connelly 1:11:59

Yeah, and you know what the rising Phoenix did? She started giving all these amazing gifts to her mom, and then to her son, you know, feel that moment, and then feel it with gratefulness. Somehow you got to pop out of that thing to rise above the train, you didn't hit the car in front. There are 37 collisions that ended up smacking into your butt and you rose up and didn't hit the car in front. You just ascended up instead of pumped forward, and you ascended up, turned around and threw love back at your mom and then, you did it again, and to do that you had to have two things. The interest and desire, and the ability. What a treasure that is who has either, you got both, pretty neat, huh?

K

Kathrin Zenkina 1:12:12

This is crazy. Like in the best way possible. I feel I'm gonna fly, like a phoenix is gonna come by my window and I'm gonna hop on and fly away.

D

Dr. Jon Connelly 1:15:07

You are significantly in flight most of the time, but you don't get to live, you know, without anything that even being there to look at and clear up, thank goodness, because you just fly without any bruises happening and you're pretty, you know and decorative and have all of the value of a pretty flower, and that's where that would have been, if you didn't get bruised by it, you would have been pretty flowers. Think of this secretary who's been just doing everything possible to make her boss's life a success, and there's no raise, there's no bonus, but he says, you're just a sweetie, and gives her a rose, so you're not that rose. You come with some experience, which gives you power. So if you're talking to somebody who got screamed at, and rage, and insulted, What are you going to say? Oh, yeah, I think I read about something like that once in a magazine.

K

Kathrin Zenkina 1:17:25

So true. I know it so intimately.

D Dr. Jon Connelly 1:17:30

I get you, you don't even have to hardly say it, because it shows, yeah. So mom's insults get rewarded now, because actually it worked.

K Kathrin Zenkina 1:17:54

I mean, she gets lots of rewards for me, that's for sure, travels, first class around the world, moving into a mansion, has a grandson.

D Dr. Jon Connelly 1:18:14

Yeah, you did good but bad Kiddo..

K Kathrin Zenkina 1:18:19

Yeah, this is so true, Wow. This is this is a game changer. Oh, my God, Game Changer.

D Dr. Jon Connelly 1:18:38

And something else happened when Kathrin was 12.

K Kathrin Zenkina 1:18:54

They all flash at me so fast, but that was just a very hard 11,12 was very, very hard in my life, and that was middle school, and oh, I remembered, the fourth one. Yes, this makes sense, based on what I told you in the beginning of our session, I wrote a story for my sixth grade. So I was like borderline 11,12. I wrote a story in English class in sixth grade, and I thought it was the best damn story in the world. I turned it in. I got the paper back and in red ink. I don't remember the grade I got. I just remember being surprised by how many points were knocked off, and then the comment that was said by my sixth grade English teacher was, this is an incredibly boring story. You're not a very good storyteller, and my stomach just sank, and I think that's where you have nothing interesting to say comes from, because I just literally took it on and I remember I shut down to.

D Dr. Jon Connelly 1:20:09

But he wouldn't have said it if it wasn't true Kathrin (jokingly)

K Kathrin Zenkina 1:20:15

It shut me down creatively. Like I thrive in scientific like papers, like factual things I can look up but I never tried to be creative ever again

but I never tried to be creative ever again.

D Dr. Jon Connelly 1:20:25

Well, so let's look at that situation here from where we see both people, and what are we learning about this girl's lack of effectiveness and creating fiction. What are we learning about the skill of this teacher to inspire and really be somebody who sets energy on fire and turns kids into sparks of creative genius.

K Kathrin Zenkina 1:21:10

Yeah, it's a shitty teacher.

D Dr. Jon Connelly 1:21:14

Horrendous.

K Kathrin Zenkina 1:21:16

Yeah, and there was no like, it's not even constructive criticism. There was no suggestions.

D Dr. Jon Connelly 1:21:24

No, it was horrendous, and here you are in spite of that.

K Kathrin Zenkina 1:21:38

Here I am telling stories on my podcast, people say I'm a great storyteller, but I never believe them. I'm always like, that's weird.

D Dr. Jon Connelly 1:22:01

So let's look at that. See, here's the thing. Here's what happened, because we want to do well, something more accurate than just vilify that bitch.

K Kathrin Zenkina 1:22:20

It was a guy but also a bitch.

D Dr. Jon Connelly 1:22:22

.....

So here's what what actually happened. So you have heard me say this, I believe, but you have this lovely friend named Larry, and what do you like is he's so gentle, and kind, and you bring him over to meet Mary, who is hostile, guarded, defensive, and explains it to you by saying he's evil, and you say, he was just sweet, even when you were incredibly rude, and she said, he's evil, and you say, but I didn't see any of it, and she says, yeah, I know, but I did, and what you didn't see is that his voice structure had a similarity to Jeffrey, but 23 years ago, who used to make her feel so badly when she was in fifth grade, and the Jeffrey data, didn't go through the hole, and tuning fork without it ever being into consciousness caused her to feel this, was coming from this, and hence she hates Larry, and that's going on a whole lot to people. Does that make sense? Well, guess what? That story was kinda like the one that Jeffrey would tell, didn't even have anything to do with you, it had to do with there was something in what you wrote that hit of vulnerable, unprocessed piece of data in that teacher, and brought her into the rage that she experienced, that she didn't even remember.

K Kathrin Zenkina 1:24:40
And I made it all about me.

D Dr. Jon Connelly 1:24:44
And that's, because there was a similarity in that story. Do you remember what the story was about?

K Kathrin Zenkina 1:25:03
Sorta.

D Dr. Jon Connelly 1:25:06
Tell me.

K Kathrin Zenkina 1:25:09
Something along the lines of a bear and a variety of animals getting stuck in a cave, and like the stories how they got out of the cave.

D Dr. Jon Connelly 1:25:21
How did they?

K Kathrin Zenkina 1:25:27
I want to say, I'm gonna say either someone saved them or they somehow saved themselves. I

don't remember. I literally don't remember.

D Dr. Jon Connelly 1:25:42

Come on, go back to it.

K Kathrin Zenkina 1:25:51

They came all together and realize that if all of them push on this rock together at the same time, they would create enough strength to push it out of the way and escape from the cave.

D Dr. Jon Connelly 1:26:10

But they were animals that were often opposed to each other. Stupid things so my hand goes, I gotta turn that off.

K Kathrin Zenkina 1:26:28

That's really funny. I was like, wow, we're in class.

D Dr. Jon Connelly 1:26:32

Yeah, I raised my hand and pops off. So that's that's magnificent. Do you get it, because they couldn't, they had to see how they all had that moment the exact same interest, so things that were naturally opposed, all formed together to create a victory, now I don't know what there was in it, that knocked into something.

K Kathrin Zenkina 1:27:34

The teacher.

D Dr. Jon Connelly 1:27:36

Yeah, it's not just, it happened at about the same age to her. That's not really, I kept thinking no, that's not relevant that's not a part of it, but it did. It's just coincidentally something happened to her, and about that age, this thing unlocked and caused such, it sparked some kind of threat that made her need to stomp on it like a spider. She stomped your story, like somebody who's afraid of bugs with Danfoss spider that she found near her pillow. That's what happened.

K Kathrin Zenkina 1:28:44

Wow. Like I just rewrote my whole past.

D Dr. Jon Connelly 1:28:51

And that, my friend that caused all that spark in her, you can't really get credit for it, because it just didn't even have anything to do with you. Good, bad or indifferent. It had to do with something that came to her mind when she read your story that caused her to shutter and need to stamp it out, so she didn't pick that spider up gently and let it out on the lawn.

K Kathrin Zenkina 1:29:38

No, the spider got smushed.

D Dr. Jon Connelly 1:29:42

Yeah, which brings up a story that has nothing to do with you but I want to share it, and it's of this, and this was many years ago and this gal, lovely gal, took a class with me, and in my classes you'll see it. There's often I'm doing stuff with people there, and this gal had raised her hand and talked to me, the whole class at about 50 people or more on the class about a fear of spiders, and so I worked with her. I'm not a sap, but this one sort of moves me. So expect me to blubber a bit, and when she came back, and I met her again a month later or something, and, I said, Oh, she said, I'd like to share that with you and others, and she got up to the front of the class, and she talked about how life changed, and she said, in the story, she said, and the other day I was on my way home, and right there on the front stoop, was this large, of like a big daddy long legged spider, and then I kind of winced, because I saw her foot grounding it out, and she just paused. I mean, it was a lengthy pause, and then she said, and I would have just gone back in the car and go somewhere else, I'm not going home, while somebody else went there and checked for me, I would not have gone in, I'm not going in, she said, but that was before, Jon worked with me. Some of you were here, and I'm wincing as she's telling that's because I'm seeing, and I'm not all mushy about spiders, but for some reason I was, as I'm hearing this, and she said, so I went over and looked at this big spider right on my stoop, and I said to him, now what are you doing here, fella? This is my house, and then I picked him up. I carried him to the garden, and I said, Now, this is where you fit.

K Kathrin Zenkina 1:33:14

Oh, that's really cute.

D Dr. Jon Connelly 1:33:19

And then I saw that she was wearing a spider necklace. So that was cool.

K Kathrin Zenkina 1:33:29

That's fucking cool, wow.

D Dr. Jon Connelly 1:33:34

I haven't thought of that, probably 15 years, so I just told you the story right now, but that one was. That was a big day, and she always, I mean she, you know, some people never get dressed. I mean, they always have something on, it's something their mother gave them or something, and she was never again without the spider, beautiful spider, a medallion on her necklace. She keeps it at her heart. So things can, I don't even remember there was some point at telling you the story, I think,

K Kathrin Zenkina 1:34:24

Squashing like a spider, the story. That's why I came up

D Dr. Jon Connelly 1:34:28

Yeah, That's right. She didn't carry it out, she squished it, that's what happened to you.

K Kathrin Zenkina 1:34:43

Now I'm re aliving the spider and carrying him out.

D Dr. Jon Connelly 1:34:47

Yeah, and so now, read her comments, and realize what happened You're just dealt with somebody whose trauma got triggered by something in your story.

K Kathrin Zenkina 1:35:12

This is so life changing, because this happened to my son. I can explain this to him and he doesn't have to carry that for his entire life. I can teach him the psychology right then and there, like that's such a game changer, Wow.

D Dr. Jon Connelly 1:35:33

So we had a nice meeting today.

K Kathrin Zenkina 1:35:36

Oh my god. Can I take a selfie of us on Zoom? Would you allow that to happen?

D Dr. Jon Connelly 1:35:46
I'd be flattered.

K Kathrin Zenkina 1:35:48
Okay, hold on. Let me, let me tell you when. Hold on. Okay, 123 , cute, it looks great, you'll see, you'll get tagged. More fun tomorrow.

D Dr. Jon Connelly 1:36:38
Yeah, it'll be interesting to see what you come up with when you've knocked all these over, I'll miss doing this. To find some other way to.

K Kathrin Zenkina 1:36:56
I'll start making up problems. I'll start storytelling.

D Dr. Jon Connelly 1:37:03
We're really knocking things over.

K Kathrin Zenkina 1:37:06
Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media. Come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website @manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.