

(#316) Part 2_ Hack into the m...ess owner (with James Wedmore)

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SPEAKERS

James Wedmore, Kathrin Zenkina



James Wedmore 00:00

So the lesson for me was like, stop comparing yourself to others and stop being so hard on yourself, and what I realized was the it was bear to show me that as a mirror, that the only thing that's blocking your gifts from coming through a perception is you been on hard on yourself that you're not perceiving things, and all I had to do stop doing that.



Kathrin Zenkina 00:26

If you could guarantee making your dream life your reality, what would that be worth to you? Welcome to The Manifestation Babe podcast where we take topics like manifestation, universal laws, quantum physics, personal growth and spirituality, and turn them into simple, powerful practical steps to apply in your life. I'm Kathrin Zenkina, manifestation expert, master mindset coach and multiple seven figure entrepreneur who has generated over \$25 million in just seven years. I am obsessed with helping you achieve everything that you once thought was impossible. There is no such thing as an unrealistic dream, and with the tools that I give you, don't be surprised with every area of your life receives a massive up level. Are you ready? Let's manifest Hello, my beautiful babes, and welcome back to another episode of The Manifestation Babe podcast. I know I know you've been waiting for part two of the James Wedmore interview and it's finally here. I didn't keep you waiting too long did I swear it's only been a couple days, so not too long this time. Now if you're coming into this episode right now without first listening to part one uploaded right before this episode, you might be a little confused might be a little confusing and jarring to just dive into a conversation with absolutely no context. So my recommendation for the best experience possible. Please go back and listen to part one so you can get caught up and then listen to the rest of it by coming back to part two. I know you guys are gonna love the rest of this interview because you have been on fire with the feedback for part one. Now super quick reminder before we dive back into even more of an entrepreneurship and spirituality, deep dive and inspo James just launched his signature program business by design this morning, June 17, and enrollment is going to be closing on Thursday, June 20. By midnight Pacific Time, that's literally only a four day period, and I know it's gonna take some

time for this episode to populate your feeds and for you to get into and listen to it. So we may even be on the last day of enrollment. So BB D is a program that I affiliate for every single year. It's one that's massively transformed how I run my business. I'm super proud of this program, and I believe in it so much that I even include an abundance of manifestation babe masterclasses workshops, audio downloads, meditations, Hypno sees and a virtual event even and so much more into your enrollment have BBD as a bonus to supercharge all of your manifestations in your business that you will get just by signing up with me that will literally take all of your manifestations in your business to the next level. So if you want to stop running your business like a hobby and start running it like a powerful CEO who actually gets to enjoy all of the freedom, fulfillment and other fruits that your business can offer you, you're definitely going to want to get inside. So to get inside of business by design and get all of my bonuses, all you have to do is head over to [manifestationbabe.com slash BB D](https://manifestationbabe.com/slash/BB-D) again, that's [manifestationbabe.com slash BB D](https://manifestationbabe.com/slash/BB-D) that's B for business B for BI D for design a BB D Alright, with that being said, enjoy the episode Okay, James, business brings up a lot of emotions for people speaking of what we just talked about, how do you personally deal with all the emotions that come with running a business especially when you were going through some really tough times that I witnessed you going through bad stuff? Funny stuff down in denial. You went through a cancellation? Yeah, attempt. Yeah, a divorce, a lawsuit. All kinds of stuff. Some fun, bumpy it can be really triggering. I

J James Wedmore 04:44

got a call from a for my forensic CPA and said so. In your divorce, we think it's going to cost you \$16 million. I had that was the night For I was off to Scottsdale to run one of my seven figure masterminds, and I had to drive down there and host a three day event for these incredible leaders that hold me to the highest of standards, and they should, because they're looking for the best, and I had to be in that room while still processing, that I could be months away from losing everything, and then some and have to start over and maybe maybe at 40 years old, go move in with my parents. So that was challenging. was insane. Yes.

K Kathrin Zenkina 05:37

So how does James Wedmore deal with that? Yeah. Do you have any tools?

J James Wedmore 05:42

I do have?

K Kathrin Zenkina 05:42

Do you have a mindset? So weird, because especially I put on I

J James Wedmore 05:46

meditated this morning? And with that question in silence of like, what, what would be something that Kathrin's podcast listeners would really value? And yeah, this little tool came

something that Kathryn's podcast listeners would really value? And yeah, this little tool came, and I was like, Oh, I hope she asked something that would, that would get to this. So I don't know. I don't know if we've talked about this before. But to me, in an applied spiritual, and emotion based tool is my favorite tool. It's unbelievable, and I, I, I shared it like events and stuff, and for those that it's like, I think it's kind of hard for some people to grasp it at first, but those that apply it, it's amazing. So it's as simple as this, this is what I do. Okay, so obviously, I was joking. Like, we don't want to suppress our emotions, because emotion is just energy, right? We feel the sensations in the body, and so we understand this concept of you are where your attention is, and our thoughts mirror emotions are a mirror or motions mirror thoughts, they amplify, right? So when I, if I place your attention on something, I go, like, Oh, look at this sad story here, look at the story of this puppy or whatever, and then you put your attention on that, and you have this thought and like, our emotion follows stop. So we can see that play out in our lives. So this intimate dance that our thoughts and emotions are in, and so a lot of times all we feel is the emotion, and I always wondered that, like in college, and in my early business girls, like how come no one actually teaches anything in high school, but like what your emotions are? , and I really was like, curious about, like, what are emotions? You know, it's like, well, first of all, having emotions in our like central nervous system is like allows us to experience like we we get to have a feeling experience that I don't think we have when we pass out of this body, right? And all the NDAs they talk about, once they pass, they have the same universal experiences, which is this unconditional love, that you can't even put into words, and can't even re experience back when they're in the physical. Yeah. So then it lends credence to this, we are love. Right? We are of love, we are love. Okay, so the tool is, and it's like one of these things is like, if you were like to disagree, even if you disagree and say I don't believe that, it doesn't really matter, because it still works 100% of the time. So if we are love and we also exist in a 3d paradigm where we have free will, then are our motions not the human lie detector, of how close we are in alignment to the love that we are, or how much we are separating ourselves from that, and if you notice to the degree in which you the small you, but lowercase you separate yourself from the capital you the more painful the emotion the more you separate yourself from you the more painful uncomfortable, unpleasant emotion and so anytime I trained myself this years ago, anytime I noticed I was PRET I'm you become president. So that's huge. First of all, because when we're in those emotions, we're just we're rarely present. Yeah. So we're in the emotion but we're not present that were in the emotion, and so the first thing is I had to train myself to become present of the emotion that I was experiencing, and I'd say I'd get angry because I was like a big thing. I had to work through a lot of anger issues. So I'm, I'm like, fucking angry. You know what I'd be like back and then what I go okay, okay, and I would feel where that emotion was in the body. So I was present to and I go, what thought am I feeding? It's feeding this anger. What is the thought behind the anger? And every time I'd have the answer, it's like, oh, I'm and like, I remember I would go through stuff is like a dude and pride and ego and all type of stuff. When I was younger, I was like, someone disrespected me. You know? So it's like, so it'd be this like, I am not respected. I am not treated a certain way and are I'm writing random, like people and that means I'm not good enough or I'm not, you know, and it's like, oh my gosh, I'm just leading myself away from truth, that I'm not respected and I need to be productive. You know what I mean? And it's like, the further away and then the the anger would be there, and so what I trained myself to do is say is just go, Is this the perspective of God source? my higher self? No. So what is that perspective? What is my higher self knows to be true? That all in what is true is like, Do you respect yourself, because that's all that matters, and what someone thinks about you, what someone says about you never matters, unless you make it matter, and then you're going to be angry and upset about it, and every time I would do that, I'm walking myself back to truth, and every time I would do that, it would feel better, and you go, why does it feel better? Because it's true, and it's like, when I share this with people, they think it's bonkers, and then I go find

me an example where this is not the case, and no one in about 10 years has been able to do that. When you are present to the DIS come on uncomfortable. This pleasant emotion. There is a thought behind that. What if that thought is your freewill choice to feed a thought or perspective? That is not the perspective of God? Hmm. So

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Kathrin Zenkina 11:20

is it just like you're literally taking on the perspective, like you're sitting in the seat of your higher self, or sitting in the seat of God or some higher consciousness and then seeing the situation from that perspective?

J

James Wedmore 11:31

I mean, I think that's a way in which people could apply that I wouldn't say I necessarily did that. I would just say, but I mean, yes, you could do it that way. I would just say like, Okay, do I had to assume that this is what I'm saying is real. So I'd say, am I angry and upset? Is that Yes, and you can, you can break emotions into two categories, right? The unpleasant ones and the pleasant ones. People call it the empowering ones that disembark the good ones, the bad

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Kathrin Zenkina 11:54

ones? High five, low bar, yeah,

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James Wedmore 11:56

you know, yeah, whatever label, it doesn't matter, you know, which ones which, and you never, and so, when, and then there's the center point, which is like a more like a neutrality. You know, there's just kind of like a neutral, and, you know, they they're on a scale, they're on a spec spectrum, and so like depression is on a completely different side of the emotional scale than, like, this elation of joy and ecstasy, right, and so I would just convince myself if this hypothesis tool is true, and I feel on this negative side, that I am feeding something that is a distortion of truth, and I have separated myself from truth, and that's why I feel uncomfortable, and now my job, my journey, my work is to walk myself back to that, walk myself back to truth, and find truth within me, and I will know it by the way it feels, and that's an I don't care if someone doesn't like that agree with that. It's irrelevant. It frickin works, and it works every time. So what do you think the emotion I felt was? So we're just gonna put this example, what do you think was the primary emotion I felt? When I got the news from from a forensic CPA that you're gonna go? Oh, \$16 million, 16 million, I would say fear. It was anger, and then beneath that was fear. So if I'm present to the IRS, the anger is like, what's the thought behind that? Like, how dare she do that? I can't believe this. I've worked so hard for that my whole life, and it's all gonna get taken away, and then the fear part is, everything's gonna get taken away. Okay. So if I choose to place my attention on everything is going to be taken away? Is that the perspective of God? Source of the universe? Yeah, and it's like, well, of course not. That's what I'm choosing, and that's why it's so angry. So is that true? Is that a distortion? and you can walk yourself back anyway, you can sit there and say, like, well, everything is manifestation everything is energy. So as long as you hold the energy setpoint you're never losing anything,

and all law loss or lack is an illusion anyways, so I'm believing a lie to say something has been taken away. Because if the energy setpoint is there, then something can go and something else better replaces it. Right, right, and it's like, oh, my gosh, I can walk myself back to that and all of a sudden, I was able to, like, process that emotion, understand why it was my turn, all my ego would go to that place and say, but I'm not going to keep myself in that place. I'm not going to hold that because Wouldn't it be more beneficial and valuable for me to play with more truth and bring myself back to that and that is a that is transmutation. That is that is the alchemy of emotions to transmute something and to rise above it and find ourselves in a higher place of truth, even when you're going through it, you know, and so like, it's not if people on the outside that don't understand this will go Oh, so you're just like burying your head in the sand. No, that's not burying my head in the sand. Because burying my head in the sand would be saying, I am in denial that it's happening, and one of the first things I teach people is to the degree in which you accept what is, is the degree to which you have the power to do something about it. So you're not denying that that is happening. I didn't deny it. But I said, I care enough about my frequency, my emotions, my energy to say, I won't let that take me down. That is what will take me down. What's that mean? Taking myself down, and I'm not going to let that happen, and that takes such a fucking level of personal power. That is so hard, which is why I also say, and you'll know what this means that your business will grow to the level of problems that you're willing to handle. Yes. So you have to develop this muscle to be okay, when something isn't okay. That's resiliency that's been in your center that's been in your power that's been in this equilibrium of saying, even if something bad is happening, what is most important right now is that I don't let it affect me. That's not the same as being in denial, those are completely different things. Can you be okay, that something bad is happening? Can you be fighting for daddy and peace and steadiness and clarity, because they've also done a ton of studies that what fear does to our judgment or creativity, you know, those areas of the brain? So what I also know to be true, is every problem in life and this helps, comes with a solution there is, as universal law use a law, you cannot have any Yeah, you can't have a problem without a solution. But I can't find the solution if I'm in the problem. So I got to work myself back to that frequency that I held, and it is it's all energy, it's all your homebase get what I've been telling people is like, get in the pocket and stay in the pocket. You know what that means? You know, like, like, Where's, where's that spot where you feel good, and you're just on fire? Maybe it's when you have that second cup of coffee, and you feel like I'm unstoppable this morning. It's like, so stay there. Yeah, as much as you can, as often as you can take your morning routine and say, Can I be in that state all day, because that will make a difference. You won't see the first because there's like the lag, effect, and things take time. But you keep oscillating, taking yourself down, and then you realize your life mirrors those types of results, and every time you freak out, you keep going and you're like, Why do I always have these problems? And it was like, because you weren't doing that too, and it's like, the more I can be steady, the more I know, that's what makes a difference. So I'm reacting less to the external and pay more attention to the internal, and this

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Kathrin Zenkina 17:57

is a great transit or segue into the wheel, because he started going into the wheel. Do you remember one of the meditations that we did together, where I literally embodied God consciousness, and I said, Like, I literally, I literally became God, and then all that I noticed was all that there was was choice. Like, everything is choice, the all is choice. Do you remember that breakthrough that I had I, that sharing? I should go back and listen to the recording should go listen to that. So anyway, I started to use that as a technique just like you're describing for myself, for my clients, and for my students. I just started I remember specifically working with a

client and she was describing a problem, and I remember being like, Oh, God, I don't know like what's tell her I don't know what advice to give her which coaching isn't advice, I get that but I was like, Where do I want to lead her with, you know, with the session and the first thing that popped into my mind is like going into God consciousness. So I literally was like, embody God right now. Like, take on that level of consciousness and see the problem from his or her or its eyes, whatever you resonate with, and tell me what happens, and it's amazing how every single student or client or myself that I brought this technique to, they can see the solution. Yes, they can already see that it's gonna be okay. In the end, it's gonna be okay, everything's gonna get figured out, and I've been doing that for myself recently, because I feel like I've been in like a six month long shamanic death over the last six months, and it's so funny because whenever I embody that consciousness, I can see the other side I can see that I'm going to get through and it's going to be beautiful and it's going to be amazing. But I'm just like, and I can just see like through God consciousness like little me just like I just got to make it just gotta just gotta handle these emotions just got to feel the feelings just gotta like get through these things. I know I'm gonna come out the other side and that's what gives me so much peace. But at the same time, the human aspect is like, oh, fuck all right. We Still got a journey to go through this. But I love that I think so

J James Wedmore 20:03

I'm gonna we're gonna we're gonna go somewhere that I've never talked about, okay? It's not like drama like whatever it's just like this is something that's taken up what what Kathrin is putting down here we're gonna go we're gonna go deeper with something that this has been on my mind leave for years so so your audience knows that that we work with a real shaman named named Don Javier? Yes, they do, and he's Have you ever like told them the relationship with like the Don Juan books or anything like that,

K Kathrin Zenkina 20:32

you know, I've talked about him so much in different places. I don't know what I've shared inside my courses. I go a lot deeper inside my courses because I feel like people are ready for that. I've definitely talked about on my podcast, and I did have Brandon on my podcast and he shared a lot of stories. I don't remember exactly what we shared, but they know who he is. So

J James Wedmore 20:50

they're there just to give like a quick synopsis. He was as I think the word we could best use. It was like apprenticing to become a shaman when he was a young boy, and the the notes the field notes that he took from apprenticing were turned into a book that another author wrote Carlos Castaneda, and the first couple of books. I've never shared this. Okay, I'm glad you are. So the first couple of books. So like if you go on Google and research also, it was really interesting, because they're like, Carlos made it all up, and he's like, Well, he did. Yeah, he totally did, and he's done. Yeah. Carla, the author. Yeah, and like, no one knows this, because it's not really on the internet, but total like, kind of distorted life and whatnot. But he used the notes from Don Javier to, to create the actual teachings. So the teachings are in there. But it's like a total fabricated made up story because Carlos Castaneda never met the character in the book named Don Juan, who's a was a real Shaman. I mean, okay, so the reason I said that is

because there's a distinction. It's in the books, and you can read these passages, and I just had to go like flying them again, because Don Javier said something to me years ago, and it's in the books. That's why That's why I mentioned that there are like four main enemies that we face in this life, fear, clarity, power and old age, and it's really fascinating. There's a whole descriptions and you can research these on your own about these. But the second one we come to after you face this enemy of fear, is clarity, and the first time I met on Javier, he said this to me, he goes, watch out for clarity, because when you have clarity, clarity, is very blinding, and I have chewed and chewed and chewed on that for years,

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Kathrin Zenkina 22:45

because you're overly certain when you have clarity. Yes. So yeah, you go through. So

J

James Wedmore 22:50

it's like, now that you were sharing what you're sharing. It's like, you have to then add in this layer of like, it's hard to really grasp this because I'm still like, really learning this, like this whole concept, like clarity is blind and it's like, but never be too sure of yourself. Like don't get cocky kid, you know what I mean? And how much do we see that? How much do we see the spiritual ego kick in? It's like, I just because I just now, and it's like, the moment you do that,

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Kathrin Zenkina 23:18

you've got a lesson you so many people go down with spiritual ego? Yes.

J

James Wedmore 23:22

And this like not because I just like the perfect examples. This is like, this feels heavy. I'm not going to do it. It's like, Yeah, feels heavy, because it's scary, and it's your turn all that scared, and you just interpreted this, like, as a No, but you're so sure of it, and it's like, the moment you think, you know, it's like the whole game board changes, and it's like, it's such I've never heard anybody else talk about this. I've never heard anyone go down there. It's like, everyone's like, trust your intuition and got it on. It was like, Yes, I do, and it's like, but no one tells you that like, and clarity is extremely bland blinding, and the more clarity you get, like, the more you have to like, get in a practice of actually doubting yourself. It's a weird and it's like, is

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Kathrin Zenkina 24:02

it like, like, Oh, I got this in the bag. So I don't have to take action or I don't have to do the work is it? I

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James Wedmore 24:09

mean, I wouldn't say income in totality, but like yes, like and as I was, I was just reading

through it the other day and it was like the moment you stop doubting yourself you're gonna get blinded by clarity and it's like, it's not doubt for states not doubt in the same it's just it's bringing humility Yes.

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Kathrin Zenkina 24:27

Your humbleness to the abyss that's out there. I know that even down here he says I'm still learning Yes, and I have not come across that from any other spiritual

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James Wedmore 24:37

moment you think oh, I know it all because I have my internal gut you would like yeah, careful because you're gonna get a fucking wake up call.

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Kathrin Zenkina 24:44

There's a lot of like, quote unquote shamans out there who are like, Oh, I know everything blah, blah, blah. But I sit with Don Javier and I know how powerful he is, and I've never heard him say the opposite. Yeah, he's totally the opposite. So humble says it's such an abyss. I'm learning with you guys like what Ever I can do you can you can do too. You just have to do the work.

J

James Wedmore 25:04

And so what as I'm hearing that too, like one of the big things he talks about is recapitulation, and so like how many times like to me recapitulation is like, going back and revisiting and revealing something. So like, how often have you gotten like you were telling me earlier, like, oh, every time I stubbed my toe, and blah, blah, blah, and, but how much more powerful is that? It's like, so that might be what it is, and like, I don't know what I'm going to be mindful of that and see, and then a week later, you can look back and oh, my gosh, I've been so this and that. You can see it so clearly. So it's like, it's kind of like use the clarity. To recapitulate and see was that true versus to use that clarity to be to have this blind confidence walking into the future? Yeah, and it's like, there's like, it's like some form of a healthy skepticism, but not not a fearful monkey mind. You know what I mean? And it's like, I, it's humility. Yes.

K

Kathrin Zenkina 26:03

Do you remember how we became friends? I mean, I know you do. Well, but I don't I don't know if I share this podcast before.

J

James Wedmore 26:10

Of course, we were hanging out in Dana Point, California.

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Kathrin Zenkina 26:13

It was a mastermind, you know, let me set the stage. Okay. Okay. So, James interviewed me for his podcast in 2018. I then got an invitation to checkout BBD and 2018. You sent me something I forgot in the mail. I think you were like, trying to coerce me into being an affiliate, and so no, yes. You said,

J

James Wedmore 26:36

Well, you you join the mastermind. So I was giving you know,

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Kathrin Zenkina 26:39

before, this is before, and I was like, Huh, what's business by design? Because I like at the time knew that you're, you're a guy in business, but super into manifestation. So I was like, oh, I want to check out James's program. When I logged in. I was absolutely fucking floored. I was like, Where was this two years ago when I started manifestation, because you literally have everything laid out in there step by step by step like you just have to go in there and apply the knowledge. Like, that's all you got to do, and so I was like, Yeah, because people always ask me for business advice., and I just don't love to talk about business. Like I love learning about business. You know, I've learned from people and I apply things and I'm fascinated with marketing, but to like, go out and teach it. No, manifestation is my thing. Like, that's all I want to talk about, and so I was like, Oh, finally, I have a place to funnel people to this is so exciting. So I got more and more into your world, then, and then I was manifesting, a small mastermind, I was in a bigger mastermind with 40 people, and I wanted to be a part of it like a 10 person mastermind because I was like, I feel like this too big. I really want to be an intimate group of people. Literally, the next day, Jasmine star DMS me and says, hey, 10 person mastermind James is the leader you N Raizy, and she said that James said that if she gets the people like if there's 10 people that want to do it in the seven figure and above range, that you would lead it.

J

James Wedmore 28:11

Yeah. Cuz she came to me and said she wanted it. She said, Will you do this? Yes, and I was like, I mean, I'd love to. But like, I'll do it if you bring me to people.

K

Kathrin Zenkina 28:23

Yes, and so I then was deciding between rejoining the mastermind that I was part of the following year, or joining your mastermind, I think I like was in over my head with a bunch of investments. So I needed to choose between the two, and also like in terms of traveling and stuff like that. I feel like the dates were like crossing over, and I was literally like, because I forget the reason why, but I think I made the decision to join the other mastermind, and I was getting on a call with you, and I knew was kind of like, let's get to know each other call, like, basically like an interview call, and I was like, let me go through the spiel of answering the questions, and then let James down when we're done, and literally, within two minutes of

talking to you, I had this like strong like, no, no, Kathrin, you're saying yes. You're saying yes. You're saying yes. Like you're getting into this mastermind that you have to get in this mastermind. Because I feel like you and I were talking like we're like long lost friends just like hanging out and chatting, and then you're like, yeah, so you want to join or not? And I'm like, Yes, I think I want to join. Anyway, so I joined the mastermind and the very first weekend, I'm like, it was our first dinner of the night. There was like an open bar and some champagne, and I'm the biggest lightweight when it comes to alcohol. So I had like half a glass of champagne drunk, but I'm pretty drunk. Like I'm pretty tipsy. I wouldn't have told I would have been I'm pretty tipsy, and so I'm like, confident, and you were sitting at our table. I was sitting with Jillian Josh and then Brandon was sitting next to you and there's a couple other members but I remember mainly talking, you know, amongst ourselves, and I was like I had this idea because I was deep in your podcast and I listened to the episode with you and Jim Fortin talking about dx. I don't know if his name was ever mentioned. But he said my brother in law's a powerful yaki Shaman, and I'll never forget the moment where I was at the gym on the second floor, equinox and Encino, the specific machine that I was buying the windows looking at where I had this download the moment he said that I went, I know him. I didn't even know Jim at that time. I barely knew you. I know. We just like we did a podcast together and whatever. But like we weren't super close, and I was like, I know. The shaman. Yeah, I don't know how, I don't know why Oh, trippy. But I got it's like, it's not like I had a whole conscious thought of I know him. It was just a sense of familiarity. It's like, I've been here before I've done this before. Like, I don't know what's going on. Wow. So that gave me the idea where I was like, I'm going to change the question in his mastermind, and I'm going to ask him like, how Woo is he really, because I feel like there's like stuff that maybe he's not sharing on the podcast. Because I know like, I'm more woo than I give on my podcast, at least at the time. I've really opened up a lot on my podcast, and so I want to ask them that question. So I'll never forget, I'm like tipsy and confident and I look over to you, and I'm like, Hey, James, how Who are you really?

J James Wedmore 31:21

And then you're like, at it is like, Is it everything that's on social media? Or is it go

K Kathrin Zenkina 31:26

so much deeper? And then that's when he told me about working with Dawn heavier, and

J James Wedmore 31:32

I remember there was someone else listening in on the combo, and they slowly started taking steps back backed away. It was like I am leaving. Yeah. I feel uncomfortable. Yeah, yeah, and that's when I started telling you about so you'd already listened to that episode with Jim.

K Kathrin Zenkina 31:48

I did. Yeah, and then you were like, you know, I can connect you if you want, and so that's basically when my journey started getting on the list, and blah, blah, blah.

J James Wedmore 31:55

And so then what happened was, so I moved to Sedona in 2020. He was moving at the same time, I had no idea because he was living in Texas, and my birthday was in 2020. My birthday was like, right after he moved in., and he's like, Well, we ended, you know, like, the world's shut down, and like, I don't have any family out there anything. Yeah, and he's like, Well, we kind of throw you a party, and I'm like, Oh, my gosh, you're so nice, and he's like, and he just looks at me. He's like, invite anyone you want, and we come over, we'll have a good night, and it was, so it was like persistent with so yeah, it's like, bring whoever you want, bring whoever you want, and so I brought Kathrin Zenkina. Like, and I went to him and I was like, Okay, I asked my friend Kathrin. I don't know why I just like that was, yeah, who I want to bring to this, and we had a little birthday thing, and that's where you where you met him? And

K Kathrin Zenkina 32:51

yeah, and shit just took off. Yeah, it's pretty insane. Do you know that a week prior to you help telling me because I'll never forget, like it was at one of your houses in Sedona where you ran over and you're like, Kathrin, Kathrin, Kathrin, can I come over for a second? A week prior to that I was driving into Sedona and I was like, hey, dx, like, I'm ready. Like, I'm ready to work with you. I'm ready to meet you. Like, I'm ready. Let's go, and then you said that a week later. I was like, Are you kidding me right now. So my question for you, James is how has diving into the ultra will because not everybody works with a whole Shaman. Not everybody has access to know a powerful Shaman. Yeah, and does really deep spiritual work. How has that impacted your business, your entrepreneurship journey?

J James Wedmore 33:43

Your life said something to me a couple of years ago. That's really interesting, too, because I was just reflecting on that, that I had a really you were with me, and you and Brennan were with me, and he had to say it like 10 times. I wasn't getting it. I was like, I don't understand, because he kind of speaks in riddles, you know, and he said, not he said something to the effect is very, like a very conundrum like readily kind of thing is like, you're not going to change the things you're going to be doing. But the way you're going to be doing the things are going to change, and I was like, huh, I remember that. Right? And I'm like, Huh, and like, you're not going to change the way you're doing the things you're doing. But the way you're going to be doing that things are going to change. Oh, ha.

K Kathrin Zenkina 34:30

Yeah. He said that to me, too, and he drew a whole picture for me. Yeah, and I was like, I don't I still don't fucking get it. Yeah.

J James Wedmore 34:36

So I totally get it now. I got totally Yeah, and it's like, that's where it's like that going back to the clarity is blinding. I'm like, Ha, and then you look back and you're like, oh, in hindsight, I can

see exactly the same so what did that mean? So here's here's the best way to describe it in in like layman's terms, and it's the answer to your question. I think in the simplest answer, yeah. Is that if there was somebody on the outside I'd whose like a random acquaintance or a competitor or appear, and they watch. They just watch what I'm doing over the past seven years, it wouldn't look like nothing's changed. Right? Yeah. So you're doing the same thing? I would so agree, right? Yeah. Yeah, and then, if someone was, like, really close and knew me, they're like, everything's different, and it's like, how can both of those exist? And it's like, I don't know, I have no idea. But it lends credence to, you know, kind of what we're talking about with like, with your energy and frequency, and something that I think is just really important is, who we're attracting and how we're attracting them, and when I go, and I do my training for the rise of digital cel, it's a core business philosophy that I have developed and have taught for several years, and before working with him, and how I'm delivering it, it's the same philosophy and it gets delivered in a completely different way. That is hitting people in a completely different way. Because as we grow and change, that frequency changes, and I think, like, this whole notion of talked about this before, of like, you have this energetic signature with your message, your voice and what you say and how you say it. So it just, it can, like hit people differently, and sometimes you can say it's what you're saying earlier about being a great teacher is like, we might be saying something that someone else is saying. But it's like the way we said it the way it was said, and this is not about me. It's not about Kathrin, it's about all of us as and why this is this should be so important to everybody listening is how you say it, when you say it, the frequency you say it is what's the difference that makes a difference. It can transform someone's life, with the next sentence out of your mouth, and this is why what today and the tomorrow's gender generation of thought leaders are going to be the ones that are growing and evolving consciously, the most themselves, because that's what people are looking for. They're looking for that light, they're looking for that leadership, they look for that lighthouse, that guidance, and that's what we have. That's and people don't think they go what what am I going to teach we're going to say is like, no, what's the frequency you're going to bring to the conversation, and that starts within you because you can't give what you don't have, and so I started more gaining more within my side, don't get me wrong, I got a long way to go. But that just came it was like the same thing, but just hitting differently, and it is so hard to describe. But you know, where you can see it reflected out is the people you're attracting? Yeah, people say this funny thing in business, and they don't like my response to it. They're like, I think I'm attracting the wrong people, and they think fault that is, I mean, it's you silly goose like you're attracting those people, the people that are coming to you are attracted to you because of you, and your message, your words is an extension of you. So how you set yourself up, and how you speak and what you put out there project changes you will see in who you attract is different, and so I'm doing the same thing I was doing years ago, and I will tell you today frequency, the people in our community people in our world are like the most amazing souls that like, what do you what do you know, they actually care? Like they want to help people. They want to make a big difference. Like they're spiritually open. They're, they're growing spiritually, and it's like, Oh, I get it now. It's like, you're not going to change the way you're doing things. But the way you're doing things is going to change, and I'm like, there it is. Oh,



Kathrin Zenkina 38:57

so good. Is that why you have so many bracelets? No,



J James Wedmore 39:01

that's because I want to know, that's because I have skinny wrists and I'm really self conscious of them of my skinny wrists. So now, you know, I just wear the bracelets to hide my skinny wrist. Okay,

K Kathrin Zenkina 39:14

is that is that your public answer?

J James Wedmore 39:18

I'm going to share something beautiful about why we're the bracelets. So when you have a spiritual path, some people will create like altars maybe grades or anything, you know, just kind of like an anchor for you. I have a healing meditation room that I set up in my house, and so certain people have altars, and maybe you've talked about those or whatever, and even on a 3d conscious level, like they give you like reminders. I mean, you can like yeah, you know, that's like daily reminders. So, the bracelets are like altars that I get to carry with me everywhere throughout the day, and that was that was something that don't have your wife man He said isn't like the bracelets are like, an altar on your body that can't like and each one can have significance and can have like an intention and a purpose. But it's like, you get to carry that altar with you, and that reminder, moment by moment of how to hold yourself how to conduct yourself, what lesson what strength you need, what energy to bring into something, and obviously, you know, if it's been blessed or worked on by by a shaman, I'm gonna, I'm gonna want to wear it. Yeah, and I think like, the thing I've never really talked about, and I don't know how many of you talk about it. But it's like, you start working with someone like this and you you your gifts open up. So when people say like, it can be a blessing and a curse, I know what they mean, because you become way more sensitive. So I used to be very uncensor ative where I couldn't feel anyone's energy or anything, and I was like, Oh, God can't just calm down, like, and now oh my gosh, oh my gosh, like, you go into an airport is like, so hard, and I didn't know what that was like, and now, like, sometimes people walk too close to you. I'm like, oh, like, it feels like they're hurting you, and I'm like, oh, and that was such a new experience for me, and a lot of the bracelets actually help in terms of like, you know, just grounding protection and like bringing your own energy and auric field in because like that was really challenging, and I don't know, if you've felt like you've become more sensitive,

K Kathrin Zenkina 41:35

extremely sensitive. I remember texting you in Bali, where I was like, help me the amount of time so I'm already like an introvert and I need alone time to recharge. But now I'm super sensitive. So the amount of alone time that I need to recharge or just even be in the presence of like, people that I there are certain people I can recharge around like you're one of them. Brandon's one of them. Like there's certain people that are like my tight knit crew. But it's like, Am I ever gonna be able to just go out in public and just have conversations with people without being affected you

J James Wedmore 42:11

you and I validate your poking, but you would poke me because you're like, Are you like not traveling anymore? You like get out and work and I was like, I didn't really want to say anything. I was like, I am hurting so bad. Like, like the idea of going to an airport right now. I'd like been around.

K Kathrin Zenkina 42:26

It's called Fly private. I know and go to Kokomo island I already gave you we're gonna we're gonna we need to already gave you a solution, and

J James Wedmore 42:34

jet is the solution and you're right, and so Okay, so like I also these experiences were like the bracelets

K Kathrin Zenkina 42:40

will just break, and mine broke the other day.

J James Wedmore 42:43

Which one? What was what was the? Okay stone.

K Kathrin Zenkina 42:47

So I just got my lapis cooked. Energetically worked on is what we call cut. I

J James Wedmore 42:53

want some I want some Lapis. Yeah,

K Kathrin Zenkina 42:55

I went into a house. Well, and it just exploded, not like not like kind of like broke a little bit and just like fell in half. Now. The beads went in every single direction. So then I had to read. Next time I went to Sedona to rebuy this, and I haven't had this one cooked yet. So I'm just like waiting. But go so bizarre. I don't know why.

J James Wedmore 43:19

I've definitely had those I had like at one of my events, I could feel there were some people that

came to the event and I could feel all their stuff, and it was like I immediately absorbed it was like should I oops, I shouldn't have done that, and I had two bracelets break immediately in front of me, and like I'm like on the ground outside, like looking through the bushes like trying to get these little beads and like, they shattered. So then I had one just the other day, and this was intense, and I won't get into any like specific details. Basically, I had an experience where and I'm sure you've had this, I know you've had this, or someone start and I was like, surprised by myself that I could that I was attuned to it. I could feel them, and this is gonna sound so weird for our non weirdos. I could feel them like entering into my auric field and trying to read me without permission. Oh, I hate that, and then and I was like, Wait, it felt like it felt like someone was breaking into your home and watching you like it just felt this media lying on you intrusion, and I had this like, it was like a knee jerk reaction of like, you almost like it was it was over virtual zoom. Like I wanted them to stop talking stop looking at me, and I was like, wait, wait, wait, wait, hold on what's happening? Oh,

K

Kathrin Zenkina 44:42

the person you were zooming with is the one that was looking. Oh,

J

James Wedmore 44:46

and so then as soon as I go Wait, wait, wait, hold on. Hold on. Hold on. Well, what's happening right now?

K

Kathrin Zenkina 44:50

Wait, you said that. Oh,

J

James Wedmore 44:52

and they said, Yeah, I'm just reading your energy right now too. I was like, whoa, hold on. I did not I asked you to do that, and I'm giving you like, what are you doing? Like that's a sign that is a violation of a spiritual code of conduct. Oh, yeah. You know, that's just like, you know, and I could feel it, I was like, Oh my gosh, and I couldn't describe it other than like, I was recoiling into my own self, you know, and 10 minutes later, one of my bracelets just snaps off and completely breaks, and so I also see them as like, you know, like, like, one of the things down Javier also said long ago that I think is so beautiful, and you can just so simple, but that he just keeps saying, like, Perception is everything. So like, how much can you perceive? How much are you perceiving? And it's like, I just do not with all the things that have happened, we have so many, so many stories, right? So many examples, unbelievable things. That it's like, I don't, there's no such thing as coincidence, there is no such thing, and in the Kabbalah, in the seven hermetic principles, universal laws, one of my favorite laws is the law of cause and effect to and it, few people understand that. So for whatever reason, I really think that understanding that is like, yeah, opens up so many secrets, I run my whole life, but totally, and so the first notion of it is, just because you can't see the cause doesn't mean there isn't a cause. But there's always a cause. Yeah, and so like, I don't just go, oh, that bracelet broke because it's old, and the strap got old on it. No, I don't want that. I don't buy that at all. I won't, I won't

stand by that, you know, and so like, just like when you stubbed your toe, if you don't mind me sharing that example? Yeah, like usually, when I stub my toe, it means and I was like, that's so perceptive, and the perception is, is can we can we recognize causes that happen on different planes of existence? So it's, it's not woo-woo and pseudoscience to say that other planes of existence I mean, this has been scientifically proven. More and more quantum physics and science is showing that the multiverse is a possibility multiple timelines could exist. So is it is it not too uncommon that just because you can't see the cause, maybe it's a cause that is happening on a different plane of existence, a higher realm, a higher plane, and it manifests in here. So something happened, and maybe I don't know, I will never know, and that's where I don't want to let clarity blind me. But I can't just chalk it up for coincidence that I had this weird, which felt like a psychic attack, and then 20 minutes later, a bracelet is exploding by doing nothing like it just falls off my chest, and it's like, maybe I can make my own conclusion from that. There's correlation, I don't need to doubt that. Maybe it was protecting me. Maybe it absorbed it for me on my behalf, who knows, and then it had to go, you know, so that I could get it reworked on or something, and I just have too many of those in my life today that I can't ignore speaking

K

Kathrin Zenkina 47:49

of different planes of existence, you know, what I've noticed, a huge change with any over the last few years, is I remember a few years ago, you would be on the phone with me and just like be so frustrated, because you're like, Jen is seeing all these things, and you're seeing all these that was within you're getting so many things, and I'm getting nothing, and I feel like for you, at least my assumption, my conclusion is that you doubted yourself and what you were able to see or maybe you? I don't know, that's a sense that I was.

J

James Wedmore 48:21

So if I can talk about that, because yeah, one of the greatest on mine, my spiritual growth journey, that this whole thing that you brought up has been one of the greatest like lessons for me on a spiritual path. It's not that I doubted. As much as I was just hard on myself. That makes sense. So what was so hard for me is I be surrounded by you, Jen and my sister, the three most gifted women that I've ever met, and are like, surrounded me at all times. You know, like, we're in group chats together. We're always talking, we're hanging out, and when you guys get together, like you guys are so gifted, in the things you guys are sharing, like, and you know, my sister, like, she shares these

K

Kathrin Zenkina 49:10

luxuries, and you're like, I just want to get on Jill's level. That is my number one manifestation in life is just to have the dreams that she has.

J

James Wedmore 49:19

Yeah. Oh, I mean, she's, she's unbelievable. Master and then and then Jen is like a retired psychic. Like she won't do readings anymore because it's like, too intense for her. But you ask her something and she's never been wrong. She's in a house on she she has told me things that

her something, and she's never been wrong. She's in doubt on she she has told me things that would happen down to the minute like she told me before, the house that I live in, came in the market, the day would come on the market. The she goes, I don't it's an animal name. I don't know what animal it's an animal name, like all these things like this, and she does that all the time. You know? And so I didn't have that, at least in the way I thought I had that, and so I was very hard on myself, and would always be like, envious, and then I equated it as Is I wasn't doing enough, and I need to do more, and then like when we would talk, it's like, here you are, like pregnant and having a baby and running a business, and like, you ain't got time to be meditating for four hours a day, you know, and I'm sitting like, well, but I am, you know, like, What the fuck, and you're having this like, amazing vision. I'm like, I'm like doing this before. It's like, what the fuck? And then I realized that, and this is like, the most beautiful thing is like, on a path, like, it's with spirituality as a path of someone who wants to go on. It's like, everything is on that path. It's not this and then train change gears, and do you all do this? Yeah, it's not like on the side, it's not on the side. It's not it is everything. It's everything. It's like everything in your life unfolds on a spiritual context, and so the lesson for me was like, stop comparing yourself to others, and stop being so hard on yourself, and what I realized was the it was there to show me that as a mirror, that the only thing that's blocking your gifts from coming through a perception is you being hard on yourself that you're not perceiving things. Yeah, and all I had to do was stop doing that. Yeah, and which is like, which wasn't the same for me as trust, that's, I couldn't totally understand what you would see as like, maybe you didn't trust yourself, and it was like, maybe, but what what was really at the root of that was how hard I was on myself, that I wasn't doing enough that it wasn't coming as easy to me or whatever, you're manifesting more of that, and I was just manifesting more of that, and pinching myself off from that, you know, at the end of the day, and if this fits in, and it's relevant for people like, what is what is the spiritual path? Like, what does that mean? And what does spirituality really mean? And what is all that? It's like, what what would be the, if it's a path, like to what end and what goal, and I think if you could boil it down into one sentence, for people that I think is the most profound thing is allowing more of your soul to come through in your life. That's beautiful, and in order to do that, we have to create and use don't have, here's where it's fertile ground for the soul, and I can't really have fertile ground for my soul to come through for soul as higher light frequency of unconditional love. If I am in shame, and beating myself up, I'm doing the opposite of allowing that fertile ground, and so I got into silence with that specific intention to like, figure this out, and it was like this question I asked, and I said, I keep saying to myself, I'm not doing enough, and should I be doing more? And the voice I heard this voice can say, like, yeah, you can do more. Was like, so am I not doing enough? No, and it's like, wow, there's a world in our life where we don't have to be hard on ourselves anymore, where you can sit there and say, there's always more you can do, like, you know, anytime you do a big project, is it not true that you can look back and say, Could I have done more? Of course you could. But does that mean it wasn't enough? No. Hmm, and it's like, from a place of, there's no need to do anything, there's always more we can do if we choose, and that really helped me soften at old part that was still within me of like, if you're hard enough on yourself, you'll do it, and that really, like just softened all of that, and that was that was a huge, so subtle for anybody else listening, but it was like, Yeah, I was hurt because we're always so hard on

K

Kathrin Zenkina 53:29

ourselves. Yeah, that's major. Do you remember my thing that I was so uncertain about?



J James Wedmore 53:34

Well, I do know, there was like, where I was, uh, floundering of purpose. At one point, yes. Because that is very normal. It's like questioning

K Kathrin Zenkina 53:42

my life. I was looking at James Wedmore. So in his purpose. Wow, and I remember having like this moment, for a period of time where I'm like, I don't know if I'm living my purpose. Like I don't like I know people are telling me I am. I get that confirmation all the time. But do I actually feel it? Is this my purpose? Is there something that Dex can just tell me like, Kathrin, this is your purpose? Because what

J James Wedmore 54:07

was the feeling you were feeling? Yeah, like you were no longer it's

K Kathrin Zenkina 54:10

a nagging feeling that I get with every shamanic death, which hasn't come in a while actually, this specific feeling because I think I finally learned a valuable lesson, which is, there's more out there for you. Like there's I could sense that there's more out there. There's like, I need to like build a bridge to it, and I don't I don't have the tools to do so. It's like I don't know how to get I see it. I see this like cloud. It's like a cloud of it's like an abstract idea hasn't come into clarity. Yeah, it hasn't come into clarity, and I know that that's my purpose. Or at least I assume that it is I make it mean that my purpose is over there and I'm not currently living my purpose, and for whatever reason that just pained me and a nagged at me, and I got so frustrated.

J James Wedmore 55:03

But isn't it also true? I don't know that there was a point in time with like, what you were doing was one time, an idea that you were clear about in the past, you were so excited about, and now you're hearing you're doing it, and it's like, it doesn't have the same hold. Like, it doesn't feel as I thought I was so excited about this. Yes, and it's like, lost a significance. Yes. Yeah, I ask people all the time, if they've had that experience over the last couple of years, and it's so common, I went through that. Yeah, and here's what I believe is happening. It's a it's a gift of like an uncoupling of our accomplishments in the 3d with our identity, and so it's like, it's so hard. Because we have an idea for a business, I'm going to build this very successful brand manifestation, babe, we're going to be the number one premier training for all these people all over the world, and it's like, there's so much excitement in that there's so many, it's like, you feel passionate about that? Oh, fuck yeah, and then you're like, we're doing it, and then all sudden, you wake up one day, and it's like, well, how come it doesn't feel the same way, and that can be really scary, like the ground I'm standing on. Doesn't, isn't there anymore, and that scares the crap out of me, and so where I've looked back on that is, maybe we were putting a little too much of our own personal ego significance and identity into that as if that is really that important, and what I found is also on this path is like, you create a new relationship with importance, and think there's a lot of things in my growth that I thought were important that

are no longer important, and a lot of things that I didn't think were important that now are important, and it's like, we have purpose, we have Dharma, and you're living it, and it's like, can I live it from a place every day of a place of non importance? Without ego without looking at me? Right now I'm on a pedestal, bigger head, but you know what I mean? It's like, Ken, and it's like this. So in order to do that, we have to uncouple anything that would put us on a pedestal or have someone put you on a pedestal and get grounded again, it's like, people have asked me because we're like, we're in our big, you know, training of the year, and there's 50 something 1000 people, and they're like, how are you feeling how you're doing? And I'm like, you know, my goal is to make the day I go live for all these people to feel like any other day. Yes, and it's such a people that about launches. Yeah. How do you feel during a launch? I'm doing that. I don't feel the same horrible day in my life, and if it doesn't feel that way, I think I'm doing too important. I'm making it's important. Yeah.

K

Kathrin Zenkina 58:03

Do you know I mean, you I had a whole text conversation with you in Bali, where I was attaching too much importance to something to a goal, my launch? Yeah, I was getting way too attached, and I reached out to Don Javier and in his brilliance, he didn't respond, and I got the message. I'm like, Okay, it's it's an, it's an internal seeking that I need to do. I got noted, thank you.

J

James Wedmore 58:27

Come on, figure this out. I was like,

K

Kathrin Zenkina 58:29

Is there something I can shift energetically? Is there something I can do? And I went into a massage, and you know, I don't have my phone on me. During my massage. I come out of my massage. I'm like, oh, man, no, no tax response, right, and I walk to the checkout area, the lobby of the spot, Brennan is checking out, and I'm always perusing all the skincare products and things that they're selling at the spa, because that's my thing, skincare, and I see a book, there's several books, and one of them is the Bhagavad Gita, and it's just staring at me. Yeah, and all of a sudden, I remember all the conversations that DAX would have with us where he would just briefly mentioned like, Yo, you know, people think that they could just read the Bhagavad Gita and master the whole book. Oh, yeah, I read it. But it's like it can take you lifetimes to master a page. I remember him talking a lot about that, and then I remember him talking about how he would walk around Mexico with the Bhagavad Gita, which is a Hindu text amongst all the Catholics and Mexico, and people would look at him like he's a crazy guy. So all of that just started channeling through my mind, and I'm like, oh, okay, I think I need this. So I didn't feel called to this specific copy, but I went to my hotel room, and I got it on Kindle. So I started reading it and I don't know at what, what page, I had the breakthrough. But all of a sudden, I'm like, Oh, my God. This is why I was led to this book because the whole thing there's a whole pretty much the whole book is on this but there's a specific page I read, where he say, and I'm just paraphrasing this. Doing your dharma with expectations of rewards creates a miserable experience. Yes, and that I don't know what happened. I feel like I received a code from the book itself, which bringing in more Whoo, do you remember the dream that I had,

where I was having I told you about this, I was having a dream, and it felt like I was coming back from Dream Time to wake time because I remember waking up and I needed to go to the bathroom. But in between dream time, in wake time, I had this like, very clear, vivid image of a sacred, like Sanskrit text that came up in like Technicolor, for whatever reason, it felt very like psychedelic, like in a psychedelic realm, and then in the middle, I could see like a Hindu god of some sort, I don't know if it was like Buddha or who it was. But it was, or Krishna or whoever. But it was, it was just like, one of them and all the Sanskrit around, and he was so clear, James that I could actually like, I tried to read the text, but I couldn't because it's in Sanskrit, and I really wish I could do Russian too. But those were my only options, and I was like, Whoa, and it felt so similar to when I asked for a project. Like I can't do it intentionally do it accidentally a lot, like on a massage table where I have, like, I have my eyes closed, but I'm seeing with my eyes as if they're open, and it's clear as day I'm being shown books or being shown a path or something is being shown to me. So I finally learned like, Oh, I'm astral projecting. I'm literally lifting out of my body and like traveling, and I thought that that was a dream, or an astral projection or some sort of journey coming from Dream, where I then had a meditation and I heard a voice say, Oh, finally you woke up in the dream, and that's the whole goal is to like wake up in the dream, lucid dreaming, whatever, and then all of a setup in this waking dream. As I'm reading the Bhagavad Gita, I'm like, Are you fucking kidding me? That is the text that I strongly believe. I mean, I don't have like absolute confirmation. But I strongly believe that that was being shown to me, and then I read this page, and it's almost like I took in a code because the words itself, it's like, it's a frequent, you know, when you read something, and it's like to anybody else, like, so what? But like to you, you're like, Are you kidding me, that just blew my mind that one simple phrase or quote that I read, that's the experience that I had, and all of a sudden, James, it's as if, like, hundreds of kilos of weight just lifted off my shoulder, and all of a sudden, I had this epiphany, where I deep and my body was like, I don't care anymore. How many people listen to me, how many followers I have, how much money I make, I will continue to do my dharma. Like, I can't help but teach what I teach and do what I do, and all of a sudden, this need for there to be rewards just don't fucking matter anymore.

James Wedmore 1:03:00

Yes, that is how I took my company from two to 10 million in one year, we were I got an extortion lawsuit. We had an ex freelancer, we had coded them the wrong way as a employer when they're supposed to be you know, freelancer, and they did a really bad jobs. So we let them go, and they were so upset that they're like, Oh, we're gonna go after them for this, you know, and report them to the state of California. So I got sued, and I was freaking out, I never been sued before. So I'm, I'm just shitting in my britches here, freaking out all my fears coming out, and I went through this, my own version of that, and the insight that I had was, the only reason I'm afraid, is because I'm attached to the things I've created. But the things I've created, I don't really care about anyways. Because I love the work that I do so much, and I would do it no matter what. It's what the fact that have to be afraid of. Why don't I just focus on that? Why don't I just focus on that dharma or that purpose without significance? And like, everyone has that? So it's not like, Yeah, I'm onboarding does I have a purpose? Like, that's spiritual ego. Yeah, and it's like, well, if I'm just if I love what I do, and it helps people, like, what else really matters? And why don't I just do that, and I just poured my heart into that and realize that I had been pumping the brakes with fear and attachment, and when that stuff's gone, it's like, you just explode. Yeah, and that's where we've been ever, ever since, and I, we went from two to \$10 million, and I know that person was unhappy with me, you know, because we let them go. Like, I was like, you're out of here and it didn't end well. and that's unfortunate, and they, you know, they want to hurt you. Hurt people hurt people, like I want to hurt you, and if they knew

today that that was one of the greatest gifts for me, in my own personal growth, which is why I say like, spirituality doesn't really happen in a vacuum like we're applying it to the problems and challenges that we go through in our everyday life. Well, the bigger the breakdown, the bigger the breakthrough, and I had a huge Just one, and I think if that person knew how much that was going to help me, they probably would have never done that. But I was like, I would never take that back. Because Wow, what a gift to go through that, and these are all gifts for us, and you know that what you mentioned about that? It's like, sadly, most people here will not get that until they go through it. Like, it's somewhere you have to get. It's like, it's a destination. It's a Oh, I was really like you have to you don't know what detachment is until you've been really attached to something as

K

Kathrin Zenkina 1:05:30

UX as we learned through experience. Yeah, exactly. It's like, it's it makes so much sense. When you know, I often think about how we come here alone without any belongings or any money. Yeah, and we leave alone, without our bodies without money without any of our accomplishments collect nothing in the material realm we take with us. Yeah. So it makes sense to me when I read that, and it was like, attaching to all of that creates a miserable experience, because you're making it mean, that all these things have to do with your soul. Yes, they have nothing to do with your soul.

J

James Wedmore 1:06:09

And it just, it pinches you off from like, the universe itself is like, Oh, you're attached to this doing this, which means, you know, where everything's gonna come in your life, like everything you want, your life has to come this way, and you've decided, and it's like, you're trying to human, something human a miracle. You know what I mean? And it's like, no, and like, if you pull back enough, like, it's really interesting, I always do with clients with like, goal set, because people just get goal setting. So in there, I don't set goals anymore. Why? Because I don't like how it makes me feel, and it's like, Yeah, cuz you're getting all wonky about Yeah. So you go to somebody and you go, what's a goal, like a milestone and let's say, seven figure business, and I go, Okay, if I told you how to do that, by the end of this year, how would that feel like? I can't know. Yeah. But what if I asked you? Do you think it's possible that you could hit seven figures a year in your business in this lifetime? People don't hesitate? They're like, yes, absolutely. Instant without a doubt. Okay. Yeah. Great. So what does that feel like? That is a no, that's that knowing. So the Illusion of Time is so interesting with us, because it's, we're allowing this Illusion of Time to determine our faith and belief in ourselves, and it's like, the moment I removed the Illusion of Time, we're like, No, I know what will happen. It's like, then why don't you stay there. But it has to happen tomorrow, like this in this launch with this offer with these people right here, and it's like, well, now you know what attachment looks like? And it's like, but if if you just knew what's going to happen, and you didn't know how it was going to happen, would you be freaking out like this? Or like, oh, yeah, I guess I wouldn't sample that is hard. That is very hard, because we just get locked into like, this is where it's coming from. This is how it's gonna happen. This is not supposed to, and it's like yeah, and you know, we always know that God has other plans for us. So

K

Kathrin Zenkina 1:07:54

yeah, okay, we can go on forever. Because I know us. Yeah, start wrapping this up. We're gonna start to wrap up. I'm gonna start wrapping this up. This

J James Wedmore 1:08:02

is the final hour cooldown. This is the 60 minute cool now

K Kathrin Zenkina 1:08:08

keep it rapid fire James. Okay. All right. Sorry, sir. Do you know your human design and your big three and astrology? No, I know them.

J James Wedmore 1:08:16

Yes, you do. I just got I just text Kathrin ago. What are they a generator. I don't know anything about what that means other than I, apparently I generate energy. I do not know my big three. I know. I'm a Libra. I know I was born on September 24, which is like the first day of Libra, and that's about it. For

K Kathrin Zenkina 1:08:30

anyone who loves Human Design and loves astrology. James Wedmore is a three six sacral generator. He's a Libra sun, a Libra rising like me, and an Aries moon and we also both have our son in the first house, which is interesting first house don't ask me too much because I don't know too much. I learned a lot of astrology from other people as well as human design. I know enough when I learned what she has learned from her I know a good amount of human design but I haven't like freshly freshened up on my knowledge in a while so someone else will teach you. What is your fave Fave manifestation practice?

J James Wedmore 1:09:12

Do you have like a little I love crystal grids.

K Kathrin Zenkina 1:09:14

Oh yeah, you

J James Wedmore 1:09:15

told me about I told you about a crystal grid practice that I do. Okay.

K Kathrin Zenkina 1:09:19

I'm sure that practice

J James Wedmore 1:09:22

Do you want me to share that?

K Kathrin Zenkina 1:09:23

Yeah, because I still want to do it. So you're gonna remind me right so I've

J James Wedmore 1:09:27

learned a lot of different crystal grids strategies over the years there is a Annika Rhonda you can Google this shape and it's like you've probably never seen it before. I don't know how to spell it so don't Annika Rhonda just on it run and then go to images and it will look like I think it looks like three sevens like put together.

K Kathrin Zenkina 1:09:50

I don't know how I spelled it but it did you find it. It pulled up a monkey a cartoon.

J James Wedmore 1:09:54

Maybe I'm pronouncing it a little wrong. So and I don't know how to. Anyways it is A sacred geometrical and that was the

K Kathrin Zenkina 1:10:02

we're literally on our phones right now, frantically now I'm like,

J James Wedmore 1:10:06

I'm a dog with a bone. I have to I'm gonna have you know, like, well after this like I can't went off the Senate to me so I can maybe I'm completely getting but I have the visual of my mind, and I wish I had that for people because that's if you find it, send it to me and I can put in the show notes. Yeah, and that's how I was making general know how to pronounce it properly. Okay, a lot of my original crystal grids, and like, anytime I did a crystal grid, it was like I am, and so doesn't matter what crystal? I think it does, but I think it's easier to use like a quarter of Citrine. You know? So then, like, what I'm the latest one I'm doing is I'll do a clear quartz pyramid, and then a circle of nine because nine is the number of abundance clear quartz stones in a circle around the pyramid.

K

Kathrin Zenkina 1:10:58

I've always heard that eight is the and that's normal. Well, I

J

James Wedmore 1:11:02

heard nine from Don Javier. So I've heard that too. Good. So Ana Khurana and aka Rhonda, whatever it is, is eight, and then one in the middle, and this is nine and one and the pyramid in the middle, and so then I just put the intention.

K

Kathrin Zenkina 1:11:17

So you just made one up based off of nine and a pyramid. Like Like, it's your I learned this? No, I'm saying Oh, no, I've learned both of them. Okay, so they're two different ones.

J

James Wedmore 1:11:28

Okay. But then there's books on them and stuff like that. So then I'm writing my intention on a piece of paper. Okay, I use a symbol, and then I put that under the center stone, which in this newest one is a pyramid. circled by nine stones. I take ones one of those doesn't matter the shape of the other. I know I just did like a general so could be like the tumble tumbled like quartz. Yeah, I think so. Okay, I think so. Okay, I would assume so, and then I take one of those, and I like sit with that, and like imagine, I'm like putting the energy, the intention in that, and then like draw lines connecting all of them. We're using that stone almost like a wand. This sounds so weird, but no, I love that. And then I just leave that out, and you're gonna have to demo this for me. Yeah, yeah, I'll definitely do that. Um, my pleasure. So I think that's always my biggest one. But I always just like, I also write like, five to seven things I'm manifesting throughout the year, in the beginning of the year, and I laminate it on a on a card, and I put it in my wallet, and so like from time to time, but I actually have last year's and I was wondering, maybe I could read it to you. Because I keep that laminated. No, no, no, I laminate it, because look at what happens to it. So it's crazy, because I wrote down all this stuff, for 2023, and all of it, all of it came through and some more like big things that like money can always buy, you know, like, like that my divorce would be finalized and done, and I wouldn't be taken for seven weeks, and that I got one more property, which I did, like just randomly came in and end up my my launch was my biggest launch of the year, and it was last year. So it was really cool. So those of you that you know, that's awesome. I have a vision board too. But yeah, cool. Sorry. I know that wasn't really rapid fire. Rapid fire, my bad. All right.

K

Kathrin Zenkina 1:13:27

Last Last thing. Last question. You have an incredible course that me and my entire team and everyone who's on my audience has been in it previously are obsessed with. We think it's the greatest build an online business, digital product based business in a box program of all time, and we affiliate for every single year. For anybody who doesn't know, or thinking or considering

business by design signing up for it this year. Can you kind of just share really quick? I know what it is? Yeah, and why everyone who wants to build a successful digital product based business needs to join in on this year's launch.

J James Wedmore 1:14:06

So it is for digital product creators, okay. Other people get it, but it's not as relevant for them. So it's based off 17 years of what we've been able to do do over 80 million in sales. But that's not counting this year. So I guess that number is going up? Oh, yeah, and that's exciting, and what I wanted to create years ago with the vision of it, was it to not be a course. Okay? Because I know what it's like to have a big to do list and watch 100 videos telling you what to do that you haven't been doing on top of the other to do items that you haven't been doing, and instead, I wanted to focus on what actually is going to close the gap from where I am to where I want to be and produce results, and bottom line. It's the Lego instruction manual for all the moving pieces of your business that will generate revenue No profit and sales. It's the step by step processes, execution guides, launch maps, training manuals, you name it, SOPs, whatever you want to call it for your business, and the reason this is so powerful is if you're new, it's just if you follow directions, you can take the steps and get a result. But as you start going along, then you get to hire a virtual assistant, a part time employee, whatever, someone to help, and you start to hand off these pre made processes, and so they're building the pieces of your business because what I didn't want to just focus on, which is, this is fine, okay, it's fine. But look, Kathrin, a lot of people out there are just teaching a marketing strategy, this funnel this strategy, this, turn your Instagram into an ATM stuff, and for a lot of people, it's not working, and the reason it's not working is two reasons. Number one, nothing is one thing in life, it's always a holistic approach. You don't ever make a delicious meal with just one ingredient, right? It takes multiple ingredients and multiple steps, right? Otherwise, it's just the food is the meal, like an apple is an apple, but an apple pie is multiple steps, multiple ingredients and a process, and if someone just sells you have great apples, that doesn't give you an apple pie. So we realized we needed to give people something that was holistic, and that was step by step, and also was not just marketing. But until you understand how to run a business, execute in a business and organize the business, then the business ends up running you and to many people that actually care about helping people good hearted coaches are burning out and breaking down because the business is kicking their ass, and the only reason businesses it doesn't mean business is going to be fun, light and easy all the time, it can still be challenging, don't get me wrong, but it's not too challenging that you can't handle it unless you don't know how to run a business, and I do have a theory that I've proven true over and over again year after year, that the health of your business determines the growth of your business, and if your business is unhealthy behind the scenes and unworkable behind the scenes, it's really hard to grow that it just gets worse. It amplifies the chaos. Your business grows, the level of problems you're willing to handle. So we wanted to tackle that from a holistic approach, and just give people here's the step by step execution for creating a product, selling the product making sales delivering the product, and if you follow directions, then you can produce the result. That's business by design. Boom, yeah,

K Kathrin Zenkina 1:17:28

get inside business by design. That's right. James, this fourth interview on my podcast, they keep getting better and longer. I don't even know how long this is definitely going to be two parts. But this was amazing, incredible. You are just a treasure chest filled with wisdom like

endless wisdom. Every time we open you up, just more wisdom comes out, like the way that you share lessons. You're like my favorite teacher, because the way that you just the way that you just like ground everything into. Like you take these abstract five d things right and the way that you route them and ground them into 3D, and make them make sense. Yeah. It's like nobody's better than you. Oh, I do that. I mean it. I really mean no, I

J James Wedmore 1:18:18
really That's very kind of you.

K Kathrin Zenkina 1:18:20
I'm so grateful to have you as a friend. It's been a really fun like, shamanic woo journey, and so of all the things only the beginning only the beginning, and I'm so excited for more. Where can people find you on the Instagrams so they can

J James Wedmore 1:18:34
my name on Instagram is at James Wedmore. I'm hilarious on there. So

K Kathrin Zenkina 1:18:38
you should follow me they shall be entertained. I'm

J James Wedmore 1:18:41
self proclaimed funny, and podcast minute business podcasts where I keep talking about all these. I

K Kathrin Zenkina 1:18:46
love your podcast and I've been on there a couple times you guys search the archives you may find an interview or two with me as well as our CO interviews or what do you call it?
Collaborative podcasts? Yeah, that we have done on both of our podcasts as well. I think like last year, which we need to do more because they are my top downloaded episodes. I know. They are so good.

J James Wedmore 1:19:09
Can we do one with all five of us?



K Kathrin Zenkina 1:19:11

We need to see that we absolutely we need to bring a mic

J James Wedmore 1:19:14

we're gonna get a round table Yeah, five mics and just hit record and let's Can we do something where we like pull random things out of a hat like random topics like Okay, guys, five minutes. Let's

K Kathrin Zenkina 1:19:24

talk about we're meeting into two or three weeks. Let's do it. So we got to bring our mics okay. Okay, but I don't know who the five are five of them will surprise them. No surprise. How about that?

J James Wedmore 1:19:34

Yeah, it's gonna be good.

K Kathrin Zenkina 1:19:35

Well, thank you James, for being here.

J James Wedmore 1:19:37

Oh, thank you. What a what a treat, and it is this my favorite thing is it is hot talking is just wonderful. So you make me sound smart. So thank you for asking great questions,

K Kathrin Zenkina 1:19:48

of course. All right. I'll catch you guys in the next episode. Bye. Thank you so much for listening to this episode of The Manifestation Babe podcast, if you like After 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 to 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.