

# (#317) The only 2 people you n...ne is for the people pleasers)

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## SUMMARY KEYWORDS

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## SPEAKERS

Kathrin Zenkina

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Kathrin Zenkina 00:00

Here is the download that I got. Here's the point of me sharing all of this, instead of trying to go uphill, instead of trying to get it out of us, why not reframe it and channel it into the two people in your life that you actually need to please, and it's actually beneficial for you to please, the two people that I got in my meditation is. If you could guarantee making your dream life your reality, what would that be worth to you? Welcome to the manifestation babe podcast, where we take topics like manifestation, universal laws, quantum physics, personal growth and spirituality, and turn them into simple, powerful, practical steps to apply in your life. I'm Kathrin zenkina, manifestation expert, Master mindset coach and multiple seven figure entrepreneur who has generated over \$25 million in just seven years, I am obsessed with helping you achieve everything that you once thought was impossible. There is no such thing as an unrealistic dream, and with the tools that I give you, don't be surprised when every area of your life receives a massive uplevel. Are you ready? Let's manifest. Hello, my gorgeous souls, and welcome back to another episode of the manifestation babe podcast. Today we're going to be diving into the only two people you need to impress to live your dream life, and before we get started in today's episode, I just want to quickly share that my OG program, the manifestation babe Academy, is opening really, really soon, in just a couple of months. I know it sounds like we still got time, but I'm telling you time is flying so fast lately that before we know it, this program, it's going to be time to enroll. I haven't launched MBA in over a year and a half, so it's been a really, really long time, and if you want access to my fully stacked program, you guys, this is like the OG This is the Big Birth of manifestation. This is exactly every single tool and process and technique and perspective and principle and universal law and everything you could ever want to know. I put everything in this program, and I'm sharing with you exactly how I manifested my dream life, in the last 15 years, all of the knowledge that I've picked up, all of the techniques, all of the modalities, all of that good stuff, this is exactly how I have shifted my identity, my energy, my behaviors, my habits, my mindset, to manifest everything that I have. So I'm officially relaunching my OG program, the manifestation babe Academy, in just a couple of months, and I want to make sure that you knew that, so you can get yourself on the waitlist right now, because I always have people who come to me right when the doors close, and they're like, dang it, I missed it, and it hasn't been open in over 18 months, so who knows when

I'm going to open it up again. I initially was going to make this program an evergreen program, just because I was launching it so much, I kind of got tired of launching it, not tired with the program, but just like, just tired of the process on my end, and all of a sudden I'm like, No, I miss it so much. So I'm actually doing an another live round, might be the last live round, might not be, I can't guarantee. I don't know. But if you have any interest in coming into a live round, where I do live Q&A's, live breathworks, where you go through the program with a live cohort doing it together, this is going to be your chance the waitlist. You can get yourself on it right now and be the first to enroll when the doors open. So to get on the waitlist, you can go to the show notes, or you can sign up at [manifestationbabe.com/MBAWaitlist](https://manifestationbabe.com/MBAWaitlist) and you can put your email down there. I swear to you I receive testimonials from my students who are in this program every single day. It's like the program that put my teachings on the map. I feel like it has absolutely transformed the amount of testimonials that I receive from people literally changing their lives every single day. So I'm so excited to dive back into MBA land, and just want to make sure I start talking about it early enough so that you can make a super aligned decision by the time October rolls around. Okay, so let's dive into today's topic. Today's episode, it's going to be a short one, and Ha, ha, ha. You guys know when I say a short one, probably means a long one. But I truly think this one's. Gonna be a short one. So I've recently been investing a lot of time and energy, because it really does take, like, a commitment you guys, when we all live busy lifestyles, and so the concept of, like, sitting in a silent meditation for at least 30 minutes a day just feels a little like daunting and like there's no way that I have time for the shit. But there's something so magical that has happened. Ever since last October, I have spent a good amount of time, and I've been really consistent with at least, at least, bare minimum, 20 minutes. I would say sometimes I can sit in meditation for almost an hour. I really like to do it right before bed, because there's something about the window of the subconscious mind opening. The subconscious mind is the bridge between the conscious mind and the super conscious mind. So it's that divine mind and your conscious mind like the things that you're conscious of, so you understand and know, the messages and downloads that you're receiving. If it's just on the subconscious level and it stays on the subconscious, you're not going to remember shit, right? So it's like this beautiful opening, this beautiful bridge that comes alive, where I really receive a lot of messages, and I've been very consistent with my meditations and the shit that I've been getting lately. I'm sure, if you've been listening to the podcast consistently, it's like every episode is like, Oh yeah, I got this download and I got that download, and this is what God told me, This is what the universe told me. This is what, you know, the spirit guide told me, or whatever, and it's just the amount of tools that I feel like I have access to right now. I don't know what I did besides being consistent with my meditations. It's like I found some sort of key in my life that I just unlocked in my brain, and I'm just receiving so much wisdom and knowledge that I will absolutely not take credit for, because I swear it's all, well, everything does belong to source. Like, at the end of the day, no idea is an original idea. It all comes from source anyway. Like, we can't really claim the ideas that we get. We can take accountability and take claim for, you know, bringing them to life absolutely. But like it all, I see it all as belonging to the universe, and so I don't know what I did, but something like something just decided that it's time for Kathrin to pass on all of this knowledge, all this wisdom, these little tools here and there, to bring to her students, and bring to her podcast, and so I just feel really excited to share this with you. So again, I was in meditation, and I received a powerful reframe to people pleasing, and I want to talk about the fact that, you know, like there's so much content out there in the world around people pleasing and turning off the people pleaser within you, and stopping people pleasing and not needing to impress anyone, and how much content there is around this, because it's one of the hardest things to do, and the reason why it's one of the hardest things to do is because people pleasing is an evolutionary instinct. It's literally ingrained within us. It's adaptational, of course, like in this lifetime, depending on how your childhood was, which mine was, went a very particular way,

where I developed this need to be loved and accepted by the people around me, and wanting to be liked by the people around me, because I felt like I didn't get enough of that as a child, so I developed these adaptations essentially into my adulthood, where I'm like, oh my god, I'm living my life for everyone else but myself, right? That was my big breakthrough when I was 23 years old, and I realized I am going to medical school because of my parents. I'm with this person because of this person, and not hurting their feelings and wanting to be liked by them. I want to move to Los Angeles, but I'm afraid of being judged by my Washingtonian friends, right? Like all this stuff where I'm like, oh my god, I'm living a life for everyone else but me. But then, yes, we can work through that, and at the end of the day, there's still this evolutionary instinct that is damn near impossible to rewire out of us, because it's just such a part, a huge part of our human needs, and I think that, you know, they can actually be very helpful in the sense that, you know, we have this deep human need to be loved and accepted, and it's based on our need for survival. So, for example, we had to get along with others, because we used to be tribal, you know, we used to live in communities. We used to live in tribes. We had to be liked and accepted and appreciated by other people, because if other people liked us in the tribe, then we would get more food. We would get better habitat or habitation, or is that the right word? We would get better resources, right if we were liked and appreciated. So of course, it was to our advantage in that we had better chances of survival, and if the people around us didn't like us and we didn't impress them enough, and we didn't please them enough. Then we would get kicked out of the tribe, and we would get kicked out and have no access to food, no access to habitation, no access to protection. We would literally be on our own in the wild, and we would freaking probably die, because there's lions and tigers and bears, oh my in the wild, right? And having like, I don't know how big these tribes were 20 people, 50 people, 100 people, you know, being in a group of that size, you have a lot better chances of survival than if you're all alone out in the wild, right? So it's a very, very deep thing, and it feels like an uphill battle and damn near impossible to overcome it because it's so evolutionary, ingrained with us. So here is the download that I got. Here's the point of me sharing all of this, instead of trying to go uphill, instead of swimming against the current, because it's such a deep need within us, why not instead of trying to get it out of us, why not reframe it and channel it into the two people in your life that you actually need to please, and it's actually beneficial for you to please, impressing these two people will actually create your dream life, okay? I've been going around asking my mom and the people that around me in the last week like, I've been telling them this download, and I've been asking them like, Who do you think the two people are? And it was so interesting to hear what they said. The two people that I got in my meditation is the five year old version of you and the 80 year old version of you. Okay, this is exactly what I heard live the dreams of the five year old and give epic stories to tell to the 80 year old. Oof, so fucking good. This is such a powerful and potent filter when I started to process my life in the last week through this filter of like, Am I making the five year old proud right now? Is she proud of me? Is she inspired by me? Am I living her boundless dreams? Like, think about the way that a five year old interacts, right? They have a boundless imagination. They have no limitations. They're so playful. They're excited. They don't take life too seriously, right? Everything is a game to them. Everything is an adventure. Everything just feels so brand new. They have such a sense of wonder and appreciation and gratitude for life. They're very magnetic beings because they're so happy with so little, they're so appreciative, and have so much gratitude for so little, that, of course, like life just keeps flowing through them in such magical, incredible ways. They're very inventive. There's like, a solution to every single problem. No problem is too big. Everything has like a, you know, there's a solution for everything. They don't fear rejection, and they're just in a constant state of experimentation and exploration, and I think about like when I am thinking about my dream life and when I'm making decisions in my day to day life, like, would that five year old who has these huge dreams be so proud of me for living out her dreams. Am I living out her dreams? Am I seeing life through this limitless, boundless

imagination? Am I being my most creative and playful self? Am I taking life too seriously? Making the five year old within me happy has been such a beautiful filter of seeing my life through her eyes and just making better decisions for whether or not something is truly in alignment with me. Do I really value this? Is this really that important? Am I? Am I impressing someone else or pleasing someone else over my inner five year old, you know, and with the 80 year old thinking about like, would this version of me be glad to have done this, whatever I'm committing to, whatever I'm saying yes to, whatever decisions I'm making, whatever career path I'm on, the partner that I'm with, right? the way I'm raising my child, the way that I am approaching opportunities, the way that I am saying yes or no to things. Would this version of me Be glad to have done this? You know, the way that I'm approaching life through an abundance filter over a scarcity filter, the way that I am investing my money and circulating my money and saving my money and spending my money, and all those things like looking through the wisest version of myself and making the wisest version of myself proud, and then also taking risks in life and being adventurous and being experimental and doing crazy shit that just makes no sense and makes me look crazy to other people, but I know that one day that 80 year old is going to be sitting in a rocking chair looking back at her life, and she's going to be like, holy shit. This is the best story that I am now telling to my children, my grandchildren, my neighbors, anyone who's gonna listen to me, and it is such an epic story to tell. Are you giving your 80 year old epic life stories to tell, or are you living this safe, predictable, mediocre life, right? Think about it. Think about how you're living your day to day life, the decisions that you're making. Are you going for the business that you really want to go for? Are you with the person that you want to be with? Are you traveling in the way that you want to travel? Are you saying yes to these adventures that you know get you so excited, and you know that they sound so crazy, but one day, when you're 80 years old, you're going to look back at your life and be like, Oh my god. Do you remember that one time that I did that? And, oh my God, and this happened, and that happened like, holy shit. Is this version of me, this 80 year old version of me, going to look back over my life with a sense of fulfillment, right? Did I choose myself in my life? Am I choosing myself in my life? How can I impress the 80 year old, right? What would the wisest version of myself do or say in the situation? How do I truly want to live and what do I truly want to accomplish by the time that I'm older and gray, so really like thinking and pausing, and I've done this so much in the last week where I'm like, Whoa, holy shit. The only two people that I need to impress and please is the five year old and the 80 year old. Would the five year old look at me right now today and be inspired by me, right would that 80 year old be so excited and proud to share my life as this beautiful story, as this exciting, this incredible, this inspiring story to share with the world when she's sitting in her rocking chair looking back at her life, like those are the questions that we need to be asking ourselves. So next time you make a decision to say yes to something, to say no to something, to go for something, to cut something out of your life, to add something in, to make something happen, I want you to bring to mind and literally you can close your eyes and just see your inner five year old and your inner 80 year old standing next to each other, holding hands and looking at you, right, and just tune into which decisions, which life path, which career, how you spend your time, who you spend your time with, what you consume, all of these things, all of these parts of our life, how you take care of your body, right, what you eat, what you don't eat, All those things, how you dress. You know, would those decisions make them so inspired by you and so proud of you? And these are the two people, you guys, that you need to please. That's it if you're gonna be a people pleaser, and again, in some aspect, even if you rewire all the people pleasing tendencies and all this need to be liked, and you know, like caring about what others think of you. Even if you rewire all of the stuff that came from this lifetime, there's still going to be that evolutionary that caveman or cave woman within you who still has a good sized glimmer of that, and so instead of trying to fight evolution or trying to fight biology or trying to fight yourself, why not channel it into a different direction, and it's a direction that actually matters,

and it's a direction that's going to change your life. It's a direction that's going to help you literally live your dream life. So these are the two people you need to please, period, period, and it'll just make you so much happier and making them more important than anyone else. Like, if you're gonna make anyone important, that's fine. Like, make someone important, try to impress someone, try to please someone, it's fine, right? But just make it these two and just watch your energy and watch your life transform. So I hope that was helpful. I want to know if it's helpful, please go ahead and tag me. Send me a DM, share this podcast with someone that you love. I love your guys's emails, messages, DMS. I was posting on Instagram the other day how much I appreciate your kind messages in my DMs inbox, and yes, they do get to me. So even though I have my team in my DMs inbox, my girl Samantha, she screenshots almost every single DM that is like Kathrin should see this kind of DM, and sends it to me every single morning, every single morning, I just get to read your messages. So thank you. I do listen to your feedback. I do read your messages. I really appreciate you. I appreciate every single review that you submit for the podcast as well. So if you haven't done that yet, it would help the podcast out so much, and I just appreciate it. Just an honest review, whatever you want to say, Whatever kind feedback that you have to offer I will gladly take. I love you so much. I hope you have a beautiful day, and I will catch you in the next episode. Bye. Thank you so much for listening to this episode of the manifestation babe podcast. If you loved what you heard today, it would mean the world to me if you took a moment to rate, review and share this podcast with someone that you think would benefit too, sharing the podcast is the best way to help it grow and create a powerful community to join you on your manifestation journey. In the meantime, come hang out with me on Instagram at my handle at manifestationbabe, or sign up for one of my next manifestation courses or offerings at manifestationbabe.com.