

The Limitless Life Experience Podcast

The Convo about Death with Nicky Clinch

Transcript

When you're constantly living in a form of escaping, and running away, and survival, and controlling, and panic. That is a hell, and I know that one. In our attempts to get away from pain, we create suffering - and a lifetime's worth of suffering.

Welcome to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth. I'm a mum of three multiple six figures, serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you and go from confusion to clarity when it comes to creating messaging that converts browsers into buyers so that you can build a business that makes a real difference in the world and helps you live a life without limitations. This is the Limitless Life Experience.

Hello. Hello, you gorgeous human being welcome to The Limitless Life Experience Podcast with me, your host, Suzy Ashworth, quantum transformation and embodiment coach. And I've got a special one for you today. This is such a rich, rich, rich conversation with my friend and peer and client, Nicky Clinch, who is a maturation coach and a Hay House author, and somebody who is not only already making such a huge and powerful impact in the world, but is somebody who is going to continue ascending. To really change lives on a global scale. We are having a conversation all about death. Yes, you heard me correctly. We are talking about death. And the reason why I wanted to have this conversation with Nicky is because this is what we have been discussing at times in our Voxer conversations, whilst we have been mentoring and really tuning into how this pandemic, and living with COVID-19, has really impacted the world and the way that we think.

And I was really tuning into how so much of the fear that is currently being lived, lived into in the world is so inextricably linked with our fear of death. And I have an extremely interesting relationship with death now after losing both my foster parents at an early age, and there is a part of me, a big part of me that feels like I am really at peace with the idea of my transition. I know that I'm not ready for it yet because there feels like there is so much more work to be done and so much more of me and this human experience to explore and unleash. And at the same time, the idea of transitioning and moving into that next chapter is also exciting for me. Anyway, I would love, love, love to hear your thoughts on this really beautiful conversation that I have with Nicky.

And I'm also curious to hear how you feel about death. So, you know, the script, if you love what you hear, please tag me on Instagram. There's nothing that makes me smile harder than knowing that you are really resonating with what it is that I'm creating here, with The Limitless Life Experience Podcast. And if you feel so moved to do so, please leave us a review on iTunes because it really makes a difference when it comes to, iTunes deciding that they are going to spread the word about this podcast, this amazing little home I have created over here on the interwebs. Anyway, enough about me. Let's go over to the convo.

Suzy:

I am talking to the one and only Nicky Clinch today. Hello, Nicky.

Nicky:

Hello - what an introduction!

Suzy:

I know, well, it is all true. Thank you so much for joining me today. I am really excited about the conversation that I have invited you to have with me. Yeah. Thank you.

Nicky:

Thank you, Suzy. I mean, you know I love talking with you anyway, and you're one of my favorite people to be talking to, especially about expansion and upgrading and the universe. So I feel really honored to be here on your podcast. Thank you for inviting me.

Suzy:

You are so welcome. So without any further ado, guys, let's get into this. I have invited Nicky. I'm laughing because the podcast is called the limitless life experience. And today we are going deep on death. Yes. You heard me correctly. We are talking about the relationship that we as individuals have with death. And I think the perfect place to start Nicky, is what does death matter when it comes to the concept of living a limitless life?

Nicky:

Well, I mean, you know, I'll give you some context really... When the pandemic hit and the world started changing dramatically back in March, my teacher said to me,

right, Nicky, we need to sit and we need to start looking at your relationship to death. And I thought, well, that is a pretty morbid topic for us to start working on. But as I dove deeper into it, like really deep, I realised that our relationship to death is the very thing that determines our relationship to life. That most of us as human beings are living in this world in a way where we're trying to not die. Because we're afraid of death. And when we're living in a way where we're trying to not die, we're not really living, we're surviving. And so when we can transform our relationship to death, when we can have a bigger holding spaciousness for our relationship to death, it completely expands the possibility and the spaciousness and the holding to our relationship to life itself. It changes everything.

Suzy:

So, so true.

Nicky:

I was going to say, if you think about every single thing that might keep you small, or might keep you in fear, or any single way that you're living in the world that is led by fear, or hiding, or pretending, or limiting, it is normally led by some kind of fear of destruction, or death, or ending. And if you imagine - imagine taking away that fear, imagine not being afraid of that ending, or the destruction of something. Imagine taking away that fear, just what does that even do to how you feel in your own body, and how you feel in the moment in your life? It just opens everything up.

Suzy:

Why do you think that people are afraid of death?

Nicky:

Well, I think for a few reasons. 1. Because we have been conditioned with an idea of what death is. Like, if you really think about it, nobody really knows what death really is. And so it is the ultimate unknown, but we have been conditioned with an idea of what it is. We've been conditioned by religion. We've been conditioned by cultures. We've been conditioned in many, many different ways, that death is something that is the finite ending that when death comes, everything's over and then all that's left is this loss, this huge loss. Now, if we are really able to open up our minds, and to see that as an idea only, an idea that we were taught, that we've been conditioned. We don't know that it's fact, it's just an idea. The actual truth is that we don't know what death is. And when we can allow ourselves to really be an inquire in the mystery of that complete unknown - and most people find the unknown very, very

uncomfortable - when we can really sit in that complete unknown, you know, really it's in the unknown that all new possibilities can come, all transformation can be born in the complete unknown. So I think the fear that's attached to death is really the idea that we've been conditioned by it, that when death comes, everything's over and that feels very, that is scary, right?

Suzy:

Yeah. A hundred percent. I'm really interested in this idea that religion has created. I think that religion in some ways has given a lot of people a lot of hope. The story that is told in many religions is that if you are a good person, and you follow these rules or these commandments, then you don't have to die, and it doesn't have to end - but you have to follow these rules. And with that comes the comfort of this fake idea of certainty. And certainty is one of Maslow's hierarchy of needs. We need that certainty and security, which is why I believe that many people have such attachment to their religions. So I'm interested in your relationship with certainty and uncertainty. So for you personally, where are you right now? Because I would say that I'm very certain in my beliefs, which might be quite out there for many people. So I'm just interested in exploring what it is for you personally right now.

Nicky:

Yes. So for an answer to your direct question for me personally, I am now in a space where I truly trust and know that in fact, nothing is certain. And, and when I can really allow myself to be in a space where everything changes, nothing is certain, what do we really know for sure? Do I know this for certain? And questioning what I think I know is certain, I just keep going deeper and deeper into this place of not knowing. And the more I can allow myself to be there, all there, whole there, live there. My goodness, I just realise that everything, anything is possible. Anything is possible. And so certainty may create an instant form of comfort, but simultaneously in the moment that it creates the comfort, it also creates a limit.

Suzy:

That's interesting because I don't view it in that way. I mean, for sure my certainty gives me comfort, and that's helpful for me in the way that I choose to live my life. And the certainty that I talk of, is very personal to me, it's in relation to being certain that the spirit of my foster parents lives on. There is no doubt in my mind that the spirit of those two human beings lives on. Now, how it lives on. And the capacity it lives on, I don't have certainty of.

Nicky:

Yes. Okay. I really understand your question now. There are certain truths that I really do believe in, there are certain universal truths. There are truths such as... I believe that we are life itself. I believe that there is no separation. That separation was an idea. I believe that life speaks through us and from us, as well as we are living in life. And so there is this continuous flow and movement and co-creation of life itself and ourselves. And I believe in the certainty of love. Now on top of that, I'm amazed at how that I thought was certain have been ideas.

Suzy:

One hundred percent. The pandemic and COVID has brought so much uncertainty into my life that it has been very interesting for me to observe how I'm navigating it.

Nicky:

Yes. You know, one of the reasons why I ended up or maybe, it was absolutely all meant to be this way, doing what I do in the world... is because I have been through so many phases of complete uncertainty. And I would say quite a few phases of death. And, in each phase of death, it has been the death of the one that I knew as myself. You know, when I came into my healing journey and to recovery, 20 years ago, I was a drug addict. And, essentially that was the death of that old way of living. And that one that I knew myself as, which was the drug addict. And each time I have gone through a complete smashing and dissolving of all that I thought was certain, there is an experience of death. And then, and then you're just on the floor in the complete unknown. And what comes from that now I have hindsight is, is the possibility of something new being born. And then again, I've been through phases again, where the one that I knew of myself has died, you know, and later on in my life, my marriage last year also came to a death, there've been multiple deaths. And actually I think really that is something that is that death itself is a part of life. It is actually a natural cycle of life. If you look at how a tree grows, a tree will grow and then its leaves will die. And then it will come to the earth. And then somehow more life is born. And a flower will grow and then the flower will die. And then somehow more life is born, and this continuous cycle of exchange of death and life, and death and life... That is life. That is creation itself. And we are all part of that. And so I see part of that process is also the dissolving of what we think is certain.

Suzy:

When it comes to your own mortality, and this lifetime. How open, or maybe unafraid are you right now?

Nicky:

Well of course, I'll never really know fully until I'm there, but I have had some experiences lately where I have sat with death. And I have also worked with plant medicine where I have also experienced a death. And I have to say, I have been quite profoundly surprised by how unafraid I am. And it really started shifting for me when my teacher started introducing the conversation of death in our work together. I really, in my meditations I sat with it and I was like, really, what is death? Like what really is death? And as I allowed myself to really dive into it, I realised, what is it that actually can die? Because if we are not our bodies, and we are not our mind, and we are not our story - the ego, if we are not these things, then what actually can die? Is it really you that dies? Or is it just one form of how you have been in the world? And so as I really breathe into it and meditate into it, when I think of when it's time for me, I don't see it as I just see it as the next phase of transformation.

Suzy:

I think what I am hearing is the lack of attachment to your physical self, and your lack of attachment, or the being open to your mind not being you. And what is interesting is that whenever we are wobbling in our lives, in our businesses, in our mission, in our vision, we wobble when we become deeply attached, which is the conditioning that we are, that we grow up with. But when we become attached to this idea that our physical self, our mental self is everything that we are.

Nicky:

Yes. This attachment of who we have been told that is 'me'. I was told that I was a girl called Nicky, that should be this way, and believes these things, and acts this way and therefore will be loved and accepted. Now my work, and certainly the work that I offer is so much about realising that actually, that that is not you. That is what was conditioned to be you. And when you take that away and only when you really allow it to dissolve, can you allow truth to come through the truth of who you truly are to come through. There's something that you were saying earlier about religion and what I heard and what you were talking about was hope - how much people attached to hope, in the hope that something will be better, that it will all turn out well, or the happy ending will one day come. And the problem with hope and, and it kind of comes hand in hand with religion, is that it, we're always looking outside of ourselves for the something, something that's gonna make everything better for us, for us, that it's outside of ourselves, somewhere out there, somewhere where, where things will be finally good and we can be free. Now, the problem with that, and it is actually one of the greatest sources of suffering for all of our species as the human race... The problem with that is that we're continuously in a cycle of reaching, and seeking, and searching outside of ourselves for this thing that's the answer. And then we reject

ourselves, and we dismiss ourselves, and we leave ourselves. And it's so disempowering. But what if there really is nothing out there that's the answer? What if, who you already are, is everything.

Suzy:

So this is where I come back to certainty. I believe that you believe that to be true.

Nicky:

I believe that everything that I need, and that I hear as a calling, and that I want to create, can come from me. But when I say me, I don't mean to me that that is Nicky, that looks this way, that has to be this way. I mean, me as in the complete expansive space that I am.

Suzy:

You've done a lot of inquiry around this. I was forced into really analysing how I felt about death, and what I wanted that to mean in relation to my life, because of losing my parents early on. And, you know, I have said so many times, it's one of the biggest gifts that I have ever been blessed with. But for somebody who hasn't experienced loss and has not already done this type of inquiry because they haven't been asked the question, how do you start to open the door to looking at things, seeing things slightly differently? And I'm asking this question specifically with the thoughts in my mind, around how much fear there has been around the pandemic around the fear of losing people to death. The fear of losing loved ones, the fear of yourself dying. How do you start to look at things differently?

Nicky:

Well, I think the first thing that comes to mind as I'm hearing you is our fear of pain, and our fear of heartbreak, and our fear of grief. Because when we lose someone, we experience those things. And again, we have been taught to live in the world in a way that we need to find everything that we can to get away from this deep pain, to get away from ever experiencing deep heartbreak, that something about that is the boogeyman and we need to avoid it at all costs. Now, what comes with losing someone is grief is heartbreaking and pain. And so if we can already start changing our relationship to pain, and you know, pain itself... You know what I discovered - I've lost my stepfather, and I've lost two babies. And so I have experienced death too, and I've lost quite a few friends to addiction. What I have experienced every single time is that I only have that depth of pain because I have loved so greatly.

Yeah. That when I lost my babies, the grief that I was grieving as I was breathing it, and it is very painful, I realised as I was grieving that it was because of love.

Suzy:

So beautiful.

Nicky:

You know, when we lose people and it is their time, even if it's not what we thought was their time, the pain that comes is because we have loved - because we have dared to love - so deeply, to care enough to feel that pain, to have pain, to have heartbreak. And if we can be courageous enough to allow the pain to come, to allow the heartbreak to come and to grieve, on the other side of heartbreak is heart opening. Grief is a gateway to transformation. Every single time I have grieved deeply, I have come out the other side, not the same person that I was when I went in.

Suzy:

What about the people who are afraid of being enveloped by their grief?

Nicky:

I mean, I can understand that because it's very, very painful. And so I would say, you know, you do need support. You absolutely need to make sure that when grief is that, and that deep pain comes that you have a holding, you have people that can hold space for you. And also I think it's really a powerful time to start bringing in some kind of a spiritual practice. It doesn't need to be a religion. You don't need to be meditating to enlightenment, but some kind of practice or relationship where you are in some form of connection, or relationship with something bigger, something outside of yourself.

Suzy:

And that brings us back to the choices that we have to make around certainty. Some people are certain that there is nothing beyond themselves.

Nicky:

Yes, yes, yes. My brother is like that.

Suzy:

And this is what's interesting about that word. And I love the fact that I can't quite let it go, because I would never stand in front of your brother and say that you are wrong. And yet, I know I am certain that I am connected to something bigger than myself. I have seen and felt enough evidence to support the fact that there is something bigger than myself. And what that means is in times of trouble, and strife, in grief, in pain, in suffering, allowing myself to be connected is really helpful.

Nicky:

Yes. You know, I just want to say, when I hear you speak now about the word certainty, what I'm really hearing is truth. How do we know what is truth? And, and, and in my experience, truth can never be something conceptual. Truth can never be something that you heard once that you just take on as an understanding, or a conceptual understanding of something. Truth becomes your truth when you are integrating something and then living it. And then when you live, it becomes your truth. So you and me have both experienced, lived the experience that something greater than ourselves is there. Source is there. And when I think of the people who haven't experienced, when I think of myself, when I came into the beginning of recovery, I hadn't experienced that, but it was actually through the pain and through the breaking down, into breaking open that I first experienced it. That's why I call my book Surrender. Because when you are at that point of surrender, surrendering what you thought you knew, who you thought you were, the gripping, the holding on - that to me, that's when I experienced something bigger start coming on.

Suzy:

Do you believe that you die every night? You get to rebirth every day?

Nicky:

I don't know, I don't not believe it. I've never really thought of it that way. I do believe that every moment is a moment of rebirth. Because all there really is, is the moment - everything else is memory. And so in the moment everything is new, you know, it's, it's so incredible watching my son, he lives in the world in a way where he doesn't know everything. And I took him for a walk the other day. And he's now at that age where he wants to walk everywhere. And what comes with that is his frustration, because he wants to stop and look at everything, and we're walking down the street and he'll start looking at a leaf or a stick or a pebble. And I found myself going, Oh, it's just a pebble. It's just a leaf. And then I caught myself and I was like, hold on a second. You don't look at leaves anymore, because you think you already know a

leaf. You don't look at the flowers anymore, because you think you already know your flower. And so I actually stopped and I really looked at the rose, and I looked at it as if I had never seen a rose before. And in that moment, it was the most remarkable moment because I noticed things about that flower that I had never seen. I noticed how the petals weave around each other, and how every single petal was different. And I was seeing through completely brand new eyes in that moment. And it reminded me every single moment is a rebirth, is a new moment in time. It's just we don't live in the moment like that. But when we do, we get to experience a new life in every moment.

Suzy:

So there's part of me that is like... my spirit lives on. I believe that I will continue to get the opportunity to evolve, and that evolution will take place in different bodies. And that is useful in terms of helping me in this physical existence right now, take the pressure off, like just release the pressure. And then at the same time, there's that knowing that this opportunity, and this lifetime, I will never get the chance to do again. And therefore, those rebirth moments - this time, are really important if I am going to allow as much magic as possible into my life.

Nicky:

Yes. I think that's why, when you talked about when you lost your parents, and it was a gift - now that for most, for many, they may hear that and go - how? How could that possibly - losing both your parents that is tragic, that's devastating. How can it be a gift? And all I can say to that is when I lost my stepfather, when I came back from the funeral, it completely changed my life. I woke up and I was like, wow, this could end tomorrow. Like, I've been living as if this is going to go on forever. And by doing that, I haven't really been caring about how I'm using it. And I came back from that funeral and I was like, this could end tomorrow. I better start doing something that I really care about with this life. And I went back to school and I trained in what I do now. And it was an absolute pivotal, transformational moment. Now that's why death is a gift because it reminds us, it wakes us up, that this life is not going to last - this one, the one where I'm a Nicky and you're a Suzy, and we're here in this body, with this family - this is not going to last forever. And we do not know when the moment is going to come. If we're lucky we get a long one. So starting right now, what do you want to do with it? How do you want to live it, that it means something?

Suzy:

Talk to me - when I say heaven, what do you think?

Nicky:

I get a very strong visceral reaction to that. I got sent to a convent school when I was younger and I got kicked out of conference school. So heaven was, my relationship to heaven was more about punishment and not being good. But when I think about light, when I think about source as in, where would we go next? For me, I guess that's my version of heaven. And that's where we are just one and everything in the universe. Of course, I don't know for certain, but I have experienced moments of that. Particularly when I've been working with psychedelics. There's been a time when I did a psilocybin ceremony and I absolutely was sitting with God. And somehow I was God, and I was light, and it was like, Oh, of course. And it didn't feel like learning something new. It just seemed like I was remembering something I already knew.

Suzy:

You took the words out of my mouth when you said, and I was God. Yeah. When I think about heaven and I think about really beautiful, deep meditation, I'm not sure that I could ever say that I have gone to heaven, but that understanding that the universe is within my body, and that I am the universe, that is heaven to me. Yeah.

Nicky:

Yes, I have more and more moments like that just in my everyday now. And I noticed that it can come normally in the moments when I'm able to be just really in the present. Like last night I led a sematic dance ceremony with my homecoming women. And we'd been dancing for a good 90 minutes, like absolute burning off and, and just releasing so much tension and holding and gripping. And when we came to the end, there was just this piece of classical music that I played. And it just, honestly, it just felt like we were all just sitting. It just felt like we were sitting in with God and we were God. In just that one moment. And I have these little moments when I can have that. Now what I've learned is I can't hold onto it.

Suzy:

Do you want to?

Nicky:

No, see I used to try, and then I'd get upset that I couldn't hold onto it. Now it's just like, Oh, thank you. Thank you. And then I get to come back to my human body. And I think, I think what excites me now is realising that, you know, I am human and while

I'm here on this earth, I want to be human, but I also want to be a human that's free. I used to think I wanted to sit with God all the time, and not be in my body, and not deal with human life, but actually I find it much more exciting and powerful learning how to be really in my power as a human being, with freedom.

Suzy:

You know, that I love the word freedom and I love the word limitless. What I am hearing as you're talking is that it's the holding on that creates pain and suffering. And I was talking about this last night on a group training where some people have this fear of success. And the reason that they have this fear of success is because they don't believe that they're going to be able to hold onto it, that it's going to be too heavy for them, or too big for them. And I was really inviting people to imagine that there is no holding on, in the same way as the universe works in every other respect, it gets to move through you. The magic gets to move through you as you allow it to. And that is a really helpful concept. When I think of everything really, that we've been talking about today, when it comes to the pain and the suffering, and dare I say it, the hell that people are trying to avoid, and what's really interesting to me is it's the holding on - people are holding on because they're scared of what's coming next. And the uncertainty of not knowing what is coming next. So they're holding and they're gripping onto what they have, not appreciating that that's what's causing more pain and suffering.

Nicky:

Well, yes. And actually you said, dare I say it the hell. In our absolute desperation to avoid pain, we create hell. We live in a hell. Like when you're constantly living in a form of escaping, and running away, and survival, and controlling, and panic - that is a hell. And I know that one. In our attempt to get away from pain, we create suffering, a lifetime's worth of suffering. And that is the hell that we're trying to get away from, and yet we create it.

Suzy:

I think what's really interesting is that, so you have this in extreme. And so your previous life, I would say is how it can look in the extreme. What is sad, is the low level, hell that many of us accept on a day to day. Accepting less than we are, accepting less than we desire, because we're afraid to let go of what we have again, because of the uncertainty of what we would be stepping into.

Nicky:

Yes. And, and you know, what happens is, you know, I use this phrase a lot in my work. We don't see what's there. We see where we are. And so when we're living in, in that reality where we're just getting by and where we're making do, and we think that that's it, that is all we think is real. That is all the reality that we know that exists. Now, what I've noticed is that often that's when some form or some point - if we're lucky - of crisis will happen, which is a form of death, and something will come and create some form of breaking down or destruction in your life. And that could be the moment where the transformation can come through. When you actually stop and you look at the reality you've been living in and you start questioning. Now, that's why this pandemic has been an absolute breeding ground for transformation. Because I mean, whenever has it been that the entire species has been put under the same crisis? And suddenly people are questioning, hold on a second. Do I really want to go back to living the way I was living before? I mean, is that even something I'm willing to even consider? And start questioning, what do I really want to do with this life? And now, those points of crisis, which is a death. Those are the points that allow a new reality to start coming through. And that's when you start realising, Oh, maybe there's more to this.

Suzy:

Do we need crisis in order to rebuild?

Nicky:

I don't know for sure. What I have seen is that there is often some form of a breaking down. And that it has to be enough to make you want to shift. The reality is that most human beings don't want to get off the sofa and stop watching Netflix. And so it needs to be big enough to make you want to actually go hold on a second. I don't think this is, this is all I want. The first chapter of my book is called the beginning of the end. And I call it that for a reason because everyone who ever ends up in front of me, to work with me is going through the beginning of the end, the end of some kind of behavior, or pattern, or thought process, or way that they've been living, that isn't working anymore, just helping them get by, and that is causing them to then go. I think there's something more, and I think I want it.

Suzy:

When it comes to your capacity to allow more into your life, where do you face your biggest challenge?

Nicky:

See - you've put me on the spot because you're my coach, so you already know this. Damn. I always come back to the same experiences that move through me. First I often come and I hit a fear that I won't know how to do it, or I won't know how to handle it. And then there's often some form of shame that comes up, that who am I to be bigger? Who am I to expand and take up more space or have a bigger voice? And so I almost always have to go through that uncomfortableness first. I've just learned now to be with that, more and more with less attachment. And also to take care of myself in it, knowing that it is not truth. It is not reality. It is something that moves through me, attached to my past and my past experiences. But it doesn't need to get in the way of how I show up and the actions I take. Every single time I expand, or I take a risk to be bigger, or to challenge beliefs, or to challenge limits = every single time without question, I am blown away by what is possible. Every time I have upgraded, it has surprised me at how beautiful and perfect it is for me at how it seems to come through.

Suzy:

I can't help but go back to your plant medicine journey. Maybe it was this time, last year?

Nicky:

Exactly a year ago last week.

Suzy:

And the lead up to that. They're the difference between you before Aya and after Aya? And obviously you've done many - not obviously - but you've done many, that's not your first plant medicine journey. But the difference between you before and after was a deepening of trust that it was possible and that you were able, and that you were allowed to receive more. Where did that trust come from?

Nicky:

Well, I think I need to first go back about if I can, because there's a context that holds it and leads me to a certain place. So first, how I got to the jungle was kind of the first miracle moment. I was sitting on my bed and I was on my laptop. And I received this email from my friend who sent me this link. And she said, Oh my God, you need to look at this retreat. They are taking leaders into the jungle to do an alignment training, leaders in the health and wellness industry. And I immediately read it and everything in my body without a question of doubt just said, I am meant to be there. I am meant to be in that jungle, doing that work, finding out from mother herself, what

is needed next. But it was full, and they had hundreds of people on the waiting list. So I wrote back to my friend and I said, I know this sounds crazy, but I'm meant to be there. So I'm going to apply. Anyway, I wrote to them and I said, I know this sounds crazy. You don't know me, but I'm meant to be there. If anything changes, let me know. I knew a hundred percent that I was going to go. Within 24 hours they sent me a link to apply within another 24 hours they had offered me a space. And then literally a couple of weeks later, I was on a plane. And so already I was in this process of listening to something beyond what I knew, listening to a knowing so deep within me, but not knowing where it was taking me, but I just trusted it. When I was in the jungle, there was a particular ceremony that was and has been profoundly life changing for me. It was one of the ceremonies when I asked Aja, before you drink, you set an intention, and I asked Aja to show up to help me know my soul purpose. And when I went into the ceremony, she took me back to the absolute core point of the very first point of trauma that I went through as a tiny little fetus in my mother's womb. And it was such a terrifying experience. She made me feel everything I had to completely experience the whole thing. But by really facing it fully and feeling it fully and being wholly present with it, it started to heal. I realised that a part of me had not been whole from that moment, or I had been stuck in this form of terror and survival and fear from that moment. When I came out of that ceremony and I came home a week later, it was like I was the same person, but everything felt different. It was like this terror that had been in my body, my whole life, you know, the survival of energy - you used to say it to me before I went to Peru, Nicky, you're living as if the faucet is about to run out. And I really was, I was always living in a way where I thought everything was going to run out and there would never be enough left and I was going to die. And I came out of that jungle and whatever that was, had been healed. And I just started experiencing myself in the world from a place trust that actually we think is available. There is enough. And I am connected to life, and I can create it. And so every single time I've taken a big risk. There has been fear, but I have been able to trust enough in those experiences that I had in the jungle, to know that if I can keep moving through it, something bigger will come through. And I trust that implicitly. So I guess the long answer to your question is, is that trust for me has come in two ways. One, it has come from lived experience, of experiencing myself over and over again, coming through to the other side and in a bigger way than I ever knew. And then realising that actually, who I really am is already abundant, and my trauma was not who I am and that I can trust who I am, my wholeness and living from there.

Suzy:

How can somebody who is not into plant medicine, who is not about to go to Peru. How can they start to exercise that trust muscle?

Nicky:

So two things. One is learning how to be with yourself in the present. You know, I say this always to people, I work with most of the fear and the panic and the terror comes from trying to get away from where you are in the present, what's coming through you. And so learning how to be with what moves through you, the sadness, the joy, the shame, the fear. Now, how do we do that? A practice of breathing, meditation, learning how to slow down, journaling is really helpful because it brings you into the present moment. Bodywork is really helpful because it brings you back into your body, into the present moment. All these practices of slowing you down out of the hamster wheel, and into the present moment, teaching you how to be connected to yourself in the present, because you see whatever happens in life in the present moment, you will always know what to do. There will always be an answer for you in the present. All the tragedy - most of it happens in your mind when you're projecting into the future or thinking about the past. When you can slow down enough and commit to practices that help you slow down and be in your body in the present, you start to experience this connection and this trust or connection that you can trust in that when you are in the present, you hear what's needed next. And then the second part is building a spiritual practice, a relationship with something bigger. Now, how do you do that? It's so personal. And I invite people to really find what, what brings them that greatest source of connection. Some people it's walking in nature, and when you're walking in nature and you feel the expansiveness and the aliveness of the trees and the grass and the earth, some people it is in meditation or chanting, the way you actually can feel source moving through you. Some people it's through music - for each person it may be different. Whatever it is though, spend time committing to do it. And it's a new relationship. It's a relationship that needs to be given time daily, your relationship to source, to spirit, to pachamama, whatever you want to call it, him or her, find it for yourself, whatever this connection is.

Suzy:

I love that. Thank you, Nicky. Before we wrap up, I would love to hear you share what does limitless mean to you?

Nicky:

Limitless means anything is possible, and everything is possible. And the most important thing is to keep living from my truth, and my heart to let that guide me in what then becomes what I create is possibility in reality in my life. So when I think of limitless life, and I tap into my heart, both of those come hand in hand, as in there is the full expression of my heart can become possible and can become reality. And for me, that is an experience of absolute limitless living.

Suzy:

Can you please let my beautiful listeners know where they can find you.

Nicky:

Yes. You can go to my website, www.nickyclinch.com. Also an Instagram I share regularly, @nicky_clinch. And I have some really beautiful offerings coming out into the world over the next few months. So please keep an eye out on those two platforms to see when they come. So thank you.

Suzy:

Thank you so much, Nicky. It has been an absolute pleasure and a joy. Thank you so much for listening.

And please remember, that...

Faith + Action = Miracles