

The Limitless Life Experience Podcast

The Convo About Society, Self and Spirituality with Rha Goddess

Transcript

Opportunity is something that not all of us are given, right? It's some of us have to fight for, stand for it. I demand it comment.

Suzy ([00:03](#)):

Welcome to the limitless experience podcast with me, your host Suzy Ashworth,

I'm a mum of three seven figure serial entrepreneur Hayhouse international keynote speaker, quantum transformation. Anybody would coach and believe in miracles. My superpower is helping female entrepreneurs. Like you create six figure breakthroughs in your business fast so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit, and impact this. This is the Limitless Life Experience Podcast

Hello. Hello. You gorgeous human being. It is Suzy Ashworth here, and I am really excited to welcome you to the limitless life experience pod. And, you know, I love an interview, right? We have had some amazing human beings on to the show and today is no exception. I am really honored and delighted to introduce you to the formidable Rha Goddess. I think the first question that I have to ask you is, were you born with the name, Rha goddess or is this something that evolved over time for you?

Rha

So my name came to me through a profound life change about 23 years ago. And I went on on an 86 day cleansing fast and vision quest. And my name came to me at the beginning of that journey. And, and it's been a lifelong journey to, to live into that name Suzy, right. But in the tradition that I practice, which is an ancient African tradition it represents my name means light, light Supreme, and it represents bearer of the light bearer of knowledge and and an illuminator. And so I'm, I'm humbly always working to try to make, make good on that promise or mid good on that to make it on that charge. That challenge, right. That's been given to me by the divine,

Suzy ([03:05](#)):

You know, it's so interesting. So I had no idea what your name meant, but when I was thinking about the first time we engaged, which was at a mastermind day and it was online, but the thing that came through from you through you, as soon as you spoke was your light. And there are a few people that I have had the pleasure of working with learning, from and mentoring with that really do embody light. And I was thinking before we came on live that you are the embodiment of a light worker

Rha ([03:53](#)):

Thank you. Thank you. I humbly humbly receive that

Suzy ([03:57](#)):

You are so welcome. So 86 day cleansing, fast and vision quest, what the hell barely get, like what prompted you to say yes to that? And yeah, walk me through that experience. I mean, that, I can't imagine.

Speaker 2 ([04:21](#)):

Well, you know, I had no idea of what I had signed up for. Let's be clear. And, and I certainly think Suzy had, I known all of what was going to unfold and, you know, in other words, the process, the journey of shedding and, and really rebirthing I probably would have never signed up for it. Right. but it was, you know, it was a point in my life where I knew I needed to shake it up. I knew I wanted something different. And it wasn't that my life was terrible, but it also wasn't that my life was my life, if you know what I mean. And and this is part of, you know, what I've committed my, my, my work to and, and is my purpose and calling is to help people get on their path because a lot of us, you know, as much as maybe there's nothing wrong there's a way that we know there's more, but there's a way that we know that we're not necessarily doing what is our work.

We might be doing great work. We might be you know, showing up in ways that are very supportive to the lives and visions of other people. And there's nothing wrong with that by any stretch of the imagination. But our sense of aliveness our sense of fulfillment, our sense of clarity and conviction and purpose is not quite there. And, and I believe that it is a human need for all of us to contribute in meaningful ways. And I don't think we talk enough about that. I don't think we have enough room and space to really claim that and own that. And so for me, I was, I was hiding out and I kind of knew I was hiding out and I wanted to shake it up. And and that was my reason for seeking out and working with the amazing of healer queen of fuller, for those of you who may not be familiar with queen of , she's an incredible healer based in the comedic, which is an ancient African tradition. And yeah, I was, you know, like, okay, I need to do something different. And and boy, boy, did she give it to me?

Suzy ([06:32](#)):

Well, what was happening up until that point? Can you take us back to, you know, your childhood and how you got there?

Rha([06:39](#)):

So you know, in terms of just my history, I like to describe myself as someone who was born into the intersection of civil rights and hip hop my parents were born and then late 1920s, I was a change of life, baby. They had me in their forties. And I grew up with this strong sense of family, community and education. And my mother always used to have a saying there, but for the grace of God go, I, and because they were people who had to fight for literally, you know, dignity and opportunity because of the history in this particular country trips to the United States, where I'm based you know, they marched in the sixties with King. My father knew Malcolm X. And so they were very much a part of this movement for civil rights, this movement for equal opportunity, this movement for liberation.

And so that's, that's very much in my blood. And so having the opportunity to really stand on their shoulders and the work and their efforts, and being really aware at a very young age that opportunity is something that not all of us are given, right? It's some of us have to fight for it, stand for it, right. Demand it, command it. You know, I had a responsibility to always make a way, any opportunity, any

advantage, you know, this was something that my parents instilled in my siblings and I had a very young age, we have responsibility to give back. And so I think I've always carried that, you know, no matter what I've done in the world, I've always had that commitment and, and, you know, having the civil rights movement and that history and that lineage be such an integral part of how I was raised combined with the movement of hip hop, which is also a liberation movement and all about making something out of nothing and all about finding a way out of no way that those two movements have shaped my sensibility. My passion for liberation, my dedication to people, my love for people and my deep, deep, deep devotion to making possible out of the impossible.

Suzy (09:00):

Yeah, I, it makes me feel quite emotional. I think that this year has been such an interesting year for us as a humanity. And I think that many of the things that I have spoken about for the last almost seven years, seven years, I've been in business. And then going back to 20 years after my foster mother died, and I was really forced to examine what it was that I wanted from my life and what it was I wanted to create from my life. I have believed and taught and lived into the the story and the belief that it is possible to make the impossible to make possible out of the impossible is possible to create miracles. It is possible for magic to move through us. And that belief has been deeply, deeply embedded in who I am. And then 2020 came. And then the pandemic and I was forced to examine. Is that really true? The context that you talk about with your parents, marching for civil rights and equality, and you growing up with that in your blood context matters. And I think that often when people talk about you can create your own reality and anything is possible, they ignore the context.

Suzy

I'm just curious to hear your thoughts on context and whether it is genuinely really possible for anybody to create anything.

Rha

Yeah. I love, I love and feel the depth of this question, because if we look out of just about any window, we don't have to look far to find despair. And I think the most revolutionary thing that any of us can do right now, Suzy is protect our enthusiasm, is stand for our joy, is fight for our happiness and fulfillment. And I want to acknowledge that. I think there has been a sort of historical traditional sort of signing of this mentality or this kind of theology to quote unquote new age to people who are disconnected from reality to people who write, who have never suffered a day in their life. And really don't even understand what is right. But I, I have to remind us every single day that the most iconic people who have stood for change and transformation, and some of the most violent societies have been people who have been vehement about caring for and protecting their enthusiasm about caring for, and protecting their aspirations, their dreams, their visions for a better world.

They have been lovers who have known how to fight. And right now, Suzy, we have to be lovers who know how to fight. And that's a different call, you know, that is not about, you know, looking good on Instagram. That is not about, you know, the cute quote of the day. That is about the courageous looking and facing of the state of our world. And recognizing and understanding that every single one of us has a role to play in who we want to be. And in the reality that we want to see, and it is sacred work, it is Holy work. It is challenging work, right? It is, it is a call to consistent work. You know, every place where people speak to discipline, I replace it with the word devotion because we don't get discipline without

devotion. We don't get to discipline without devotion. It is the practice of being willing to show up every single day for what we care about every single day for what we say matters. And that is a practice that all of us have got to develop. If we are genuinely interested in something different and something better,

Suzy ([13:32](#)):

Did you learn this well, actually, no, that one question I was going to say, did you learn this on the vision quest, but this is something that your parents passed on to you, and then it has evolved, right?

Rha ([13:46](#)):

They modeled it. You know, they didn't just say there, but for the grace of God go, I, you know, never looked down on anyone else because that could be you, they modeled it. So, you know, we never knew who was coming to dinner, whether it was, you know, my, my mother was a teacher educator, lifetime educator, and began working in prisons and educating women at a facility in Bedford Hills, New York, and taught women to read for the first time, how to actually hold their head up and speak their name and with dignity and honor and respect. And then she went on to teach in alternative high schools. And similarly kids who've come from all kinds of trauma disenfranchisement, and, and to teach them to have pride in themselves and dignity, and that they were worthy of respect just by virtue of the fact that they drew breath.

And so to have those kids sometimes, you know, come show up at our dinner table, they needed a place to stay for three or four days. There was drama in their foster homes, or there was, you know, or my mother would take in the exchange student whose housing fell through, you know, who was visiting from Africa or, you know, so we would have all kinds of people sitting at our kitchen table and they modeled this. It was just talk. It was a way that they lived their lives. You know, my father at the time was a criminal attorney, criminal defense attorney. And so people who would get in all kinds of situations would come and sit at our dining room table and pour their hearts out. And could my father help them here? My father worked for legal aid for \$12 a day in the 1970s.

You know, so this is in my blood. And I think, you know, part of the challenge of what you're speaking is is when you have that kind of rhetoric, without context can become confused about what that really means. And it becomes performative and it becomes about optics and it becomes about, you know, social media feeds. But, but there is also for many of a genuine story of what we have overcome because many, many of us, many more of us dare I say, than those who have not have overcome something, you know, no one has the monopoly on pain or struggling. And at the same time, no one has the monopoly on purpose. Every single one of us has a calling, but we don't get the world that we want by sitting on our couch and just clicking through our remote. We get the world that we want by getting on the court and shaping it actively consciously.

Suzy ([16:24](#)):

What do you think stops people from choosing to get path

Rha ([16:32](#)):

In my new book, the calling, I talk about this and, and, and one of the reasons I wrote the book was because I felt so called to ensure that people would have a blueprint for how to do this, right? Because so many people, and we both know this is you. So many people are looking or searching. You're seeking. They want more meaning whether they've been incredibly successful or whether they've struggled all their life. They want a greater sense of fulfillment. They want a deeper sense of connection to

themselves. And what I find stands in the way, and this is what the book has been written to really help address or what I call the sort of the three major concerns. The first question that often people ask when they're looking is who am I meaning who am I to deserve this who I might've want this? Who am I to have this? And that's everything about what we've been conditioned to believe we are capable of what we've been conditioned to believe we are worthy of what we've been conditioned to believe is possible for us or not possible for us. And so what often can stand in the way is the degree to which we deem ourselves capable or worthy of, or deserving of what it is that we truly truly want and whether, or not even have a right to want it in the first place.

Suzy ([17:53](#)):

Is there a limit though, because I, I recorded a solo episode about something similar to this earlier on today. And I was talking about the feelings and fears that come up as I move into another art level. And it's the same stories and the fears that I see that I had wanting 5,000 a month, 10,000 a month, it's the same fears I see of people who are growing their business and should they go from charging 25 pounds to 50 pounds? And what was interesting for me is that the narrative was you don't need anymore. So why should you take more what I came round to? And the thing that has been stronger this year than ever before is that it's not the money is about, is it's a representation of the impact I get to choose to make. And you said earlier on about responsibility responsibility to give back. And I wonder if that goes hand in hand with a responsibility, if you know how to make magic and you know how to inspire people to stop thinking within a confined space, when you're able to help him break stories and limitations, is it your responsibility to keep on going? Even when you have more than enough,

Rha ([19:27](#)):

I love this because it leads me to the second concern, right? And the concerns around money and resource are so vast and varied. And that's whether you have surplus or whether you have less than what you need. I don't believe that resources are finite. And I want to say more about what I mean when I say this, right, because that's a very bold thing to say in a hyper consumptive reality, but I have to, I have to speak to the conditioning of hyper consumption first to then contextualize why I say, I don't believe that there is a finite set of resources. I think our out-picturing and manifestation of resources as a representation of our relationship to divine source and our consciousness of divine source. Now there are lots of mentalities that people bring to that relationship. And part of what I talk about in the calling the book is that you've got to arrive at what is the efficiency for you?

What is your money truth, or what is your resource truth? When we operate from a place of believing that there is finite resource, then there is this sort of question of if I have, that means that somebody else can't. So there's a sense of guilt and shame around wanting. And all of us don't necessarily want a Maserati. Some of us do just want to be able to feed our children. Some of us just want clothes on our backs, but there is this shame at all levels of or degrees of, of sort of manifestation around wanting and a sort of dysfunction around wanting, because we've been indoctrinated and very distorted notions of power, notions of power that are rooted in greed that are rooted in dominance that are rooted in exploitation. And so, because we are navigating the moral and value dilemmas that come up when we operate in those contexts, which for many of us are what drive world global capitalism and, you know, in world economies and right, what we see being modeled out in the world we struggle.

We, we absolutely struggle. We struggle from a moral perspective and there has to be a real lining, a spiritual and emotional, real lining with physical form in a way that actually aligns with what our values are. So there is work that every single one of us has to do Susie, as it relates to what is enough for me? What is my truth? And why do I want what I want? Why does it matter? Why is it important, right? For some people we do just want to feed our families. We want a nice, comfortable home, and maybe the opportunity to take a couple of vacations a year, right? To have new experiences, to share with the people who we care about. Most for others of us, we have a very big vision for what we want to move in the world, what we want to impact in the world, what we want to affect in the world.

And we understand and recognize that resources are required in order to deliver on whatever that commitment is that we are looking to the kind of world we want to see and whatever commitment we're making to the kind of people we want to be for others of us. We are artistic. We are imaginative. We are fancy. And in order for us to feel fully expressed and in our true self sense of self and knowledge of self, we do want more resources to be able to express beauty in a fancy home, or to be able to express beauty and have gorgeous vehicle. I think where we get stuck and challenge is somehow believing that if I have that, if I am in my full expression, that that ultimately directly means that someone else cannot be, and that we are in some way, shape or form robbing someone else of their self-expression.

And that's just not true. We have to tap into a different source. We have to redefine power. We have to redefine what it means to be resourceful. We have to be willing to come back to a place of plentiful illness, to come back to a place of love and how we understand resource and our relationship to that all providing resource, because that all providing resource is divine. Whatever we want to call it, love creativity, God, a lot. And looking, however we want to describe it. There is something bigger than us that is all creating, that is operating. And these are about the laws and the principles of nature, right. That have been spoken about in every possible path, right? That name. And we have an opportunity to develop a profound relationship to that, and then to decide and align with what feels right and true for me, for me, when does it get distorted?

When you see people who have material wealth, so much of it, you know, we see it in celebrities frequently. These are people who are living supposedly fully self expressed. They have more money than anybody could want in a lifetime. And then one day they seem to have everything. Then on top of the world, they've gone, they've committed suicide where things got distorted. We are globally conditioned to believe in not enoughness. We have been globally conditioned to believe in scarcity. And when we consume and sort of stand in this place of external validation and, and seeking outside of ourselves for the validation of our humanity or the validation of our worthiness for the validation of every aspect of our being, we develop an innate vulnerability and insecurity because we are asking something that can never stand as our foundation to, to be in the foundation of who we are.

In other words, we're asking something to come inside of us and provide for us something that it never can provide for us. So when you have that kind of hollow based consumption, what ultimately happens is people find that they can get the things, right. In other words, they know enough to work with the

law. Sometimes consciously, sometimes unconsciously to manifest the things, but the things don't ultimately address the void of spirit, they don't ultimately address the disconnection to the soul, right? And that's the heart of who we are, the core of who we are. And when we're disconnected, we either are looking for things to numb the pain of that disconnection, or we're looking for things to fill that void. And we operate inside of that, not enoughness. And that can take us to very, very dark places, because no matter what we do, we're not able to fill that void. We're not able to heal that pain. We're not able to, to transform that deep sense of disconnection.

Suzy ([27:10](#)):

So my question is, is if a person is truly and deeply and fully connected, would you ever want or need to desire a Maserati?

Rha ([27:24](#)):

I mean, you know, it's so interesting. I don't, I don't think that all wanting comes from deficit of being, and this is where I see the reorientation and the realignment has gotta be at the foundation. I think we can want from places of inspiration, we can want from places of curiosity and creativity and imagination. And I think those parts of ourselves deserve to be nurtured, deserve to be cared for. I think the distorted wanting is what you're, you're raising care, Susie, and this is such an important conversation. I'm so deeply grateful, grateful for your wisdom, because this is such an important conversation. It's, it's not the aspiration. It's what the aspiration is rooted in that we've got to deal with and contend with. And so if we're wanting the Maserati to make us worthy, we're wanting the Maserati to prove to the world. We matter, we're wanting the Maserati to show off how great we think we are, how much better we believe we are and how much more special we think we are.

That is distorted wanting. That is hollowed wanting, right? That is, that is wanting from that place of insecurity. But if we are fully connected and we are completely grounded and we are really clear and we see the Maserati and we say, wow, wouldn't it be fun to drive. That would be fun to experience that. Wouldn't it be fun to share that then that's a different kind of wanting and we'd have to be disciplined here, right? This is where the devotion discipline. We have to be devoted to a context of alignment of value centered alignment. And that's about our commitment to nourishing and cultivating a deeper relationship with ourselves.

Suzy ([29:31](#)):

You, when you speak, like I feel that resonate through my body. And there's so much to me, there's so much truth in every word that say, and I haven't forgotten about the third concern by the way, but I want to ask this question, but I am curious when we see so much confusion right now, going on in the world with people seeking so desperately for truth, for wisdom, for understanding. And it feels as though, whilst for some people that the veil is being lifted, it feels like for many others, the veil is calmed down and people are literally walking around blindfolded, trying to work out what is truth and what is, what is not, where does your truth comes from

Rha:

Deep, deep practice of always coming back to my core, always coming back to my connection, to the all providing and the all providing my experience of the all providing energy is, is just what I believe you're pointing to. When we have this kind of connection, we recognize that there are millions of currencies.

Money is one currency, but it's certainly, isn't the only currency that exists. So when we're cultivating a relationship with ourselves, when we're getting to know ourselves in the divine and the human sense, we get to ask ourselves these questions about what really feeds us, what really fulfills us, what really gives us that sense of grounding, that sense of security. It doesn't come from looking out in the world. It comes from being able and willing to sit with and be in divine communion with ourselves and with the most highest vibration part of our nature.

In other words, the goodness, the greatness, the beauty, the intellect, the compassion, the love, the honesty, the authenticity, the depth, the creativity, the imagination, that's our wealth and that lives inside of us. And so I have had to devote my life to a practice that enables me to touch that part of myself every single solitary day, and to engage in practices that enabled me to continue to touch that part of myself. Awakening is not something that we do once Susie, right? Like we awaken every moment of every day. And we reawaken every moment of every day and living in this society, we are being low back to sleep just as right. Just as much of a practice as being, you know, awakened. And so when we're interacting with society, there are things that we interact with on a daily basis.

Suzy

I want to love us back to sleep

Rha

Sense of confusion. We're experiencing is we are awakening and then we're being little to sleep again. And then we're awakening. And then we're being, you know, and we don't know who to listen to what voice to listen to. And so we, we've got to, you know, this, this what we refer to as the pandemic, you know, we and our community, we called it the sacred pause, the SIG pause for the cause. And the cause was you and the mandate was go home. And the go home was about coming home to ourselves. It was about getting our house in order. It was about realigning with our sacred truth, the truth of who we are and the truth of what it is that we're really here to do. You know, we got put on time out so that we could come home. Right. And we, all of us have got to develop this as a practice and that's the work. So what does this

Suzy

Client for somebody who, because this for me is the discipline and the devotion. So what does this look like for somebody who hasn't thought in these ways before, how do we come home? What do you recommend

Rha

Slow down? And as simple as it sounds, Susie, you and I both know that this is one of the hardest things for us to do. We live in a world of unprecedented distraction. We live in a world of unprecedented distraction. There are so many things that are vying for our attention. And we have got to learn how to moment by moment, take a deep breath and ask ourselves what is most important right now because we've developed an existence and a way of being, and a way of operating that is rooted in being in reaction to everything that's happening around us. So we're not acting, we're reacting the way I describe it is a victimized existence because we're operating at the mercy of all of the forces that exist beyond our control. When we can slow down, we have the ability to pull back and take a different view, a

different perspective to examine it through a different lens and sort of come out of the fray and go, wait a minute.

What really matters here? What's really important for me to be bringing my attention to in this moment. And how do I develop a practice of slowing down, taking a nice deep breath and asking myself this important question. I want to invite your audience to work with this just for the next week, whenever you remember. And don't no judgment here, whenever you can remember, stop, take a deep breath, ask yourself as you look at all of what's going on in a moment, what is really important for me to bring my attention to right now? What is the one thing right now that feels most important for me? And then listen,

Suzy

It does sound so simple. And yet, as you said, is one of the hardest things to do because we are so identified with the narrative that runs in our mind that that constant chatter and that desire for constant stimulation, if we're not being stimulated, something feels wrong. If we have to wait, we're worried about wasting time. And it's a real switch in perspective, understanding that when we slow down, even though the aim isn't to speed up, we can be so much more impactful because then that slowness, we get to reconnect with intention.

Rha

Yeah. Yeah. And it's part of the conditioning that we are being invited to heal. You know, just as we operate inside of a scarcity mentality and conditioning around money, we operate inside of a scarcity and mentality conditioning around time,

Suzy

A hundred percent. There's not enough time. Yeah.

Rha

That's what we believe. This is the not enoughness conditioning. And we apply the not enoughness conditioning to just about everything. And that's what we would need to start to see and start to recognize. And when we begin to recognize it, we get to ask ourselves, is this really the way that we want to live with anxiety and desperation at the center of our being? In other words, when anxiety and desperation are our baseline, we live in a constant state of frantic, newness and agitation. We think it's stimulation. I replay,

Suzy

I would actually say it's agitation. Yeah.

Rha

Agitation, the disease, the disease comfort, the connection that we're feeling

Suzy

Comes from consistent

Rha

Lead being agitated in ways that are not nurturing or grounding or nourishing for our wellbeing

Suzy

And the antidote to all of that. At least the starting point is just to slow down,

Rha

Sit, even if it's just in nature. Cause some of us have their different ways. We get to it. Even if you can give yourself, start with two minutes of quiet. You know, I tell my parents, even if you have to lock yourself in the bathroom, just two minutes of quiet a day and just begin to see what happens. If you can give yourself just two minutes and then you grow it to three minutes and then four and then five, you know, I have a practice every morning where I wake up, you know, somewhere between four 30 and five when I can, or there any time that I wake up, even if I can only get five minutes, I just sit on my back terrorists and quiet solitude and listening the practice of learning to listen, to slow down and listen to ourselves is the beginning of transforming our lives.

Suzy

Well, what is the third, see that holds people back from stepping into their calling. So the third

Rha

Concern is can I really make a difference, right? I'm just one little person over here and, you know, fill in the blank, right. Or I'm just a little girl from fill in the blank or right. Or my parents weren't educated, you know, and I've not had a formal education. All of the reasons we have for why we don't think we matter. But the question we ask ourselves is if I go after this thing that I'm passionate about, if I pursue this thing, that calls me that, that, that just keeps coming back to me as something that is mine to do in the world. If I say yes to this thing that I believe is mine to do at the end of the day, will it have mattered? Would it have made a difference? Will it have moved the needle? And my answer is the only way we're going to get the world. We want. The only way, the difference you want to make is going to happen is if you make it contribution is a human need. We all need to matter. We all need to give in ways that are meaningful to us. And it is our birthright to be able to do that. When you talk contribution,

Suzy

You're not only talking about donation and supporting others, but your contribution is you living into your purpose.

Rha

It's you boom you. And if you surrender fully to who you are, you have no choice, but to be fulfilling on your purpose because to innately be you is to innately, bring what you have been in doubt to bring, they go hand in hand.

Suzy

Can you believe that we choose our purpose? Or is it already contracted?

Rha

I think it's a both. And I think it's a co-creation I think we come with an impulse and then I think we choose the way in which we decide to give it form. And that can be a dance with us and the center of our souls or our divine calling or serendipity or destiny, all of the things, the names that we give it. Right. I believe that there's this beautiful co-creative dance that occurs with us and the all providing with us and that divine impulse. And so the impulse, I believe comes from that place, that, that universal place, that cosmic place. And then I believe that the ways in which we choose to articulate that manifest that or give that shape and form are about our, our efforts and our our energy and our inspiration.

Suzy

Hmm.

Rha

Right. Suzy, it's the med, this is the where the magic happens when you are co-creating with we all providing hashtag magic. We've all had glimpses of that. We've all had glimpses of that playing with our children, or just being out on the water and turning our faces to the sun, or, you know, dancing at our cousin's wedding and just all is right with the world. And we're moving in time with the music and we're not worried about our, to do lists or what's going to happen tomorrow. When we go to work, we're just in the moment, fully present being, allowing reveling in our divinity and our humanity. All of the time.

Suzy

I have so many questions for you. I hear the joy in your voice. It's so soothing and uplifting. And I am curious outside of silence, what do you do to protect your optimism

Rha

Every single day? I have a, and it's interesting because of the sacred pause that we've been in this year, I have really committed myself to this dancing practice. This was a practice I maybe had gotten to sporadically. And through the pause of this year, I've been able to rededicate myself, redevote myself, to dancing. And so dancing is one of the ways that I preserved and maintain a nourish. My joy, I eat things that are life-giving as much green as I possibly can. You know? And I, listen, I have my chocolate here and there and my potato chips here and there, right. It's part of my humanity. Right. And I get to enjoy those as well, but I also, you know, my consume my water, my herbal teas, my green juice, my live juice, my, my, my fruits, my vegetables. So very important things, you know that enliven our spirits and real connection, you know, I consume content that makes me laugh or moves me, or that challenges me to honor all of who I am and celebrate all of who I am.

Things that humble me and remind me of how precious life is all of the ways of which I self nourish. And we all need self nourishing practices in order to preserve the best of who we are and to continue to invite the best of who we are forward. You know, so many of us run on depletion. You know, we were on fumes and that's self nurturance does not get to occur. And so we don't show up in our best. And our quality of experience day in and day out is diminished as a result. We've must come back to recognizing that without us, nothing else is possible. You know, there is no anything else if we're not nourished and cared for and the context of what we're here to do and who we're here to be in the world.

Suzy

Well, can we talk about business because your resume is ridiculous. You have worked with and created well movements in terms of your own businesses, but you've worked with just incredible people and done incredible things. Why do sometimes we feel that if you are in alignment with your spiritual self, that business doesn't meet, when for me, nothing can be further from the, is

Rha

This just the old narrative? Yeah. To believe that somehow if we're engaging in spiritual work, that it is separate from anything else we're doing. And that to engage in spiritual work requires and sort of aggregating of any kind of a right to participate in any other facet of our calling, right. And in the context of, of society and the way that we navigate society, we believe that if we're operating in business, that it is, and, and, and, you know, this has gotta be astounding to us, you all, when I say this, but that it is unprofessional to bring those aspects of ourselves to, into our work in the world. Well, work in the world is the work of spirit. This is, again, this sort of the false conditioning, the separation, you know, that's the other part. So scarcity and separation, and those are the two really biggest wounds, cultural wounds that we're working in, striving to heal.

You know, Lynn twist talks about this in her work, the soul of money. And so this idea that we're separate from one another, it's the idea that God's over here, a spirit or source, or however we define it, or love is over here. And then, Oh, our professional lives are over there doing good and well that's way over there. And, you know, create creating this sort of fragmentation, which is nothing more than a dilution of our power. And when I speak of our power, I'm talking about our sense of grounding in ourself and the truth of who we are. You know, someone asked me recently, what is imposter syndrome? And I define imposter syndrome as an inability to see yourself as an inability, to know the truth of who you are as an inability to feel and be profoundly and deeply connected to the incredibility that you carry and the gifts and the talents and the capacities that exists beyond any role you can play in any society or any organization.

In other words, beyond all of the labels, there is an, a divine essence that we carry that is our wealth. That is, are a reflection of our source and are being separated from that is what creates, you know, I come back to the sort of innate sense of sick insecurity, this innate sense of our inability to really embrace and own and manifest and deliver on all that we've been given. And that awareness rides on spirit, our awareness of our spirit is, is the inspiration that lives inside of us. And so when you say, you know, you need to separate work from spirit. What you're basically saying is you need to operate without inspiration. And that's what a lot of us are doing when it comes to the work.

Suzy

And you think, you know, air quotes like the secret is really just knowing thyself, know who you are and operating from that space. It is impossible not to enroll people in the bigger vision.

Rha

Absolutely. I mean, I talk about this in the book, w you know, I define Dharma as your true nature expressed as your highest contribution, the highest contribution every single one of us can make is to be fully expressed as ourselves. And the truth is we want nothing more than to be fully expressed as ourselves.

Suzy

Thank you so much. Where can my listeners find you, seek you out?

Rha

Well I've been referencing it, but I will say that, you know, I do have a book out. It is called the calling the three fundamental shifts to stay true, get paid and do good, and people can get that anywhere. It's, you know, Amazon, all of the major platforms, Barnes and Nobles, all of the major platforms are audible. If you prefer audio books, it's all available there. And there are tons of resources that come with that. So as you get the book, you can also find me@thecallingmovement.com and you're able to download additional tips and tools and resources, my gift to you, along with the book, which is kind of a blueprint for how you find and actually deliver on your purpose and your calling, no matter who you are or where you come from. And, and you also we'll give you a link, Susie, thank you so much for asking.

Because of this time in this moment, I've created a free masterclass to help people think through how they're pivoting. You know, I've been hearing that word a lot everywhere, right? Oh, we need to pivot, right? Because of what has happened this year. And I want to humbly say to you that if you are having to pivot by divine inspiration, or by just, you know, the, the nature of your circumstances, that this is an opportunity to pivot to your purpose, this is an opportunity to pivot to your calling. And in this masterclass, I walked you through a different set of questions that awakened and alive, and a new kind of line of thinking about what is next for you, or how you want to show up. As we now come into this space of what I'm calling divine. We don't know what tomorrow holds, but many of us are having to put our masks on and enter back out into the fray.

And as you do this, I want you to be guided. I want you to be cared for. And so this free masterclass is also what we making available to your beloved audience as a way to help them chart the path for being able to come back in a way that they're grounded, that they're centered, that they're clear on, and that they're operating with a new level of permission to really align with and move from the place of what really, really matters your true nature and service to your highest contribution. That is the name of the game.

Suzy

Thank you. Thank you so much. It has been such a joy to share this space with you. And I know that everyone is going to love, love, hearing your wisdom. So thank you so much for having me

Rha

And thank you for your incredible work and all that you do for all of those that you serve is so appreciate you.

Suzy

Thank you. Thank you so much for listening. If you loved this episode, as much as I did, please tag us on Instagram, leave us a review, and always remember that faith plus action equals miracles.