

The Limitless Experience Podcast

If you have lost someone

Transcript

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Welcome to the limitless experience podcast with me, your host Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach, and believe in miracles. My super power 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 is the limitless life experience podcast.

Hello hello, you gorgeous human beings. It is Suzy Ashworth here, quantum transformation and embodiment coach and you are listening to the limitless life experience podcast. And at the time of recording this episode, my vibe is high. And the reason being it is the 30th of November 2020 and tomorrow, because 30 days have November, is the 1st of December. And it is the day of the year that I celebrate my foster mother. It was on the 1st of December. What now feels like an eternity ago, actually. It wasn't actually an eternity ago. It was 23 years ago that my foster mother Doreen Pocock passed away. Actually I want to honor her full name, Doreen June Pocock because Coco June Ashworth was named in honor of her memory. And I don't know how I will feel tomorrow, but what has been so interesting to me over the years, and I have written about this in the past as well, is that on the 1st of December, every year, every year, really without fail, probably from maybe two or three years in, as I consciously noticed, I receive a gift.

Something magical happens. Something memorable happened on the 1st of December. And now I look forward to the day to see what she is going to give me this year. And I think that what I really want to acknowledge in this episode is just how bloody grateful, how grateful I am to both Doreen and Dennis Pocock for everything that they gifted myself and my younger sister in our most formative years. Like it does actually blow my mind to think about these people who were and continue to be so influential in my life. Like my mother's been gone for 23 years. She has been gone for longer than I knew her for. She went when I was 19 and yet I thank my lucky stars every single day that I was blessed and honored to have been given to her as a baby. I feel so grateful that it was her and my dad and not somebody else, because if it had been anybody else, you wouldn't be listening to this today.

If it had been anybody else, there would be no faith plus action equals miracles. If it had been anybody else, there would be no children, certainly not Coco, Caesar and

Luna and I just feel so immensely grateful to have been blessed with that, to have been blessed with them. I also want to acknowledge that I know how shocked, I know how shocked they would be to see how life has unfolded for both Tara and myself. I'm not quite sure that they will believe it. I know that they will be deeply deeply proud. And yeah, I think I just know that that'd be really proud of me. And so I think this is of course to honor my mum's memory, but it's also for all of you who have ever lost somebody that you love dearly, especially if it has been in recent times, I want to reassure anyone for who it still feels really hard and really tough. I want to let you know that, even though you can probably hear the emotion in my voice, there comes a time where it is tomorrow really is a celebration. And even know there is, and I imagine will always be sadness, there will never be a time that goes past when there isn't a part of me that is like, wouldn't it be incredible just to have one more day in the physical. That will always be there. But what also comes through is a sense of peace. When you are able to tap into, tune into, the fact that even though I don't get to hold her in the physical, energetically she's never left. You get to a point where, at least I've got to a point, where I know that even though we weren't even blood, this woman is in my DNA.

She resides in my cells. She is a guide who is always by my side whenever I need her to be. And I say that believing that she's just always by my side, I just frequently forget or don't tune into that, but they're always there. And that's comforting. That can be so nourishing and supportive. And I think with that understanding and that awareness, that sense of loss, it dissipates, it feels less. And then I think that with appreciation and gratitude. Again, that sense of lack has to release it's stronghold when I'm in appreciation, I can't feel sorry for myself about what I don't have because I'm celebrating what I had and can never be taken away from me. And so I am trusting that whoever needs to hear this today gets to hear this. I am trusting that if you, I get to lose anybody, but this resonates with you right now, you will remember this when the time is needed.

And for anyone who's like, whooft Merry Christmas Suze, I genuinely want to say that it feels really good to be able to feel all of the feelings. It feels really good to be able to feel all of the feelings and know that life is good. Life is good right now, even in the pain, even in the suffering, even in the chaos, even when things don't go to plan, life is good because of all of the gifts that I have been given. And so I am very, very, very, very, very, very, very grateful.

I hope this has been helpful to you. Thank you so much for listening. I appreciate you dearly. Hit me up on the gram, if you caught up on this episode and you found it valuable. Leave me a review on iTunes if you haven't done it yet. And remember that faith plus action equals miracles.

Faith + Action = Miracles