

The Limitless Experience Podcast

What happens when you are blocked from receiving

Transcript

Suzy: [\(00:01\)](#)

The words of the year are infinite receiving. And when I was thinking about infinite receiving, I was like, infinite receiving is the frequency. It's the verb. It's the noun. It is the adjective. It is everything, like it is all of the things.

Welcome to the limitless life 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 believer 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 is the limitless life experience podcast.

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Good morning. You gorgeous human beings. It is Suszy Ashworth here, quantum transformation and embodiment coach. Right, I am going to get on with it. A conversation came up yesterday in the transcendence call that I wanted to expand upon. I was really thinking about it this morning and a lady asked a question in the q+a, which was essentially what happens when you are blocked from receiving, you know, what happens when you are not receiving anything. But I was really thinking, cause often when people ask the question, like how do I go from being blocked into abundance? They're looking for, okay, these are the three things that you need to do. And that is going to change everything. Like that's what we really want. We wanna hear like, what am I doing wrong so I can stop doing the thing wrong or what are the three steps that they're going to move me from feeling like everything I touch turns to shit, to everything I touch turns to gold.

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And the short answer to this question is that you are not, it's not about what you are doing wrong, but there are no, if you do these three steps, we're gonna be able to turn this around in 24 hours. It isn't that. And I was really thinking, cuz I know that when I, when I say what I'm about to say the most common like knee jerk response to what I'm about to say is, well, it's all right for you. Of course you can talk about affirmations and thinking this and writing that and co-creating this because you are in a great position. And I, and I was really thinking like I, this, this position that I'm in today is not the position that I've always been in. And the majority of people that you meet that have any type of material success, most of them will have had either a period in their life where everything they touched, turned to poop, or they would've started from zero.

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Like most people start from zero. Most people don't get a business handed to them like this is the family business it's already wildly successful. You just get to step in. Most people start from naught clients, no money in the bank for marketing. And you know, you just have to get yourself out there. And I really want to let you know that everything that I am about to say, I do now, and the practice has deepened and the belief has deepened because I have all of the evidence over the last eight and a half years. But when I started doing what I'm about to say, I didn't have any evidence. I had no right believing that I could go from not having any clients, not being able to pay for the Christmas presents, to creating what I have created today. Like there was no. And the thing is at that point, I didn't even wanna create what I could, what I've created today.

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I just wanna hit 5K a month because that felt like a reasonable request. But even that reasonable request when our backs were up against the wall and I was in that position of, you know, when you meet friends and they're like, how's everything going? You know, like when your business isn't going, when your business isn't going well, people are like, how's everything going? And you are like, Hmm. And I'm trying to, I'm not really, I don't really want to share with them. It's really hard. Nobody's saying yes, I don't know how I'm gonna pay my bills. Like you don't want to be that failure. So it's really, really awkward. Then, then it's weird. Your business starts doing better. All of your, like in real life room, nobody asked you about it. Interesting. I think it's cause it's triggering. But what do you do?

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So the first thing that was really that I wrote down, is it true that it's not possible to access, so the first thing actually is when I think about next year, when I think about 2022, like the vibe, the words of the year are infinite receiving. It is infinite receiving on every level. And I was listening to one of my mentors talk and she was saying, you know, money is the tool. And wealth is the state. And when I was thinking about infinite receiving, I was like, infinite receiving is the frequency. It's the verb. It's the noun. It is the adjective. It is everything like it is all of the things. And when I was thinking about this in relation to being blocked, and I was asking myself the question, like, is it true that you can't tap into the frequency of infinite receiving

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if you are in a state of lack, like if you are in a state of lack, if you are believing that you are blocked, is it true that you can't access that frequency? Cause we often hear that you can't get to this space from that mindset. Like you can't get from here to there. You can't go from wildly depressed to wildly happy. You have to go from wildly depressed to rage, to anger, to sadness, like moving up the emotional scale. And I think that honestly, for most people that is true and helpful. And there's an and in the world of infinite possibilities, which is the world in which I reside, there's always an and and what I know to be true about energy and what I know to be true about universal energy and source energy and the frequency of abundance and all of that stuff is that it's all around us all of the time.

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So do I believe that it is possible to go from a state of lack, feeling lack, seeing the evidence of lack all around you, to going into a, to aligning and being aligned with a state of infinite receiving the frequency of infinite receiving. And my answer to that is it's absolutely possible. It's absolutely possible to go from feeling lack, to being in tune with infinite receiving. Now, what is different is that money is not infinite receiving. We talked about this yesterday on the call, like money is money and the frequency and the verb and the adjective and the now, and all of the things infinite that infinite receiving is, is infinite receiving. Infinite receiving is infinite receiving, and money is money. Now the problem when you are in a state of lack, is that the focus is on the lack of money and that stops you from being able to be aware that the frequency of infinite receiving is available to you.

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So the frequency of infinite receiving is always available to you at all times. but money is not the same as infinite receiving. Now in order for you to move from everything I touch turns to poop to unlocking that feeling of abundance, unlocking that of receiving is you have to tap into the frequency of infinite receiving. So how do you do that when you are surrounded by evidence of lack, is to know that it starts infinite receiving, it starts in the body. It starts with your awareness of the body. And it starts with your ability to tap into the energy, like be aware of the energy that is moving through your body right now. And even as I say this, I want you to keep your eyes open, but bring your awareness to the soul of your feet and the energy that is moving through the souls of your feet.

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And if you can't fit anything at all, this is your work because it's there. If you can't feel anything, there's nothing wrong. It's just, this is your work to increase, refine your awareness of energy that is moving through you all of the time, because it is so funny at the start of the call. I'm like, I'm not bringing my awareness to it. So I can't feel it so much, when as soon as I start talking to you, I feel, and, and I start bringing my awareness to the souls of my feet whilst we're talking, I feel the energy coming. I feel the energy in, in the souls of my feet and moving up my calves, it feels warm. It feels tingly. It feels a little bit electric. This is universal energy. Now, when you're feeling into that energy, I want you to notice how that makes you feel like it's a beautiful exquisite energy.

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And when you realize that that energy that is moving through, that's the frequency of the universe. It's the frequency of infinite receiving. You have access to that right now. And you can allow that to be evidence for your ability to change your state in just a moment. What I wanna encourage you to do is just keep bringing your awareness to it right throughout the day. And at the same time is keeping your awareness, bringing your awareness back to what am I feeling? What's the energy that's coming through my body, I want you just to notice all of the feelings that you

can, that you can muster of appreciation for what you have, not the lack of money, but appreciation for what you have. And if you are feeling like you don't have anything, bring it back to basics. I've woken up this morning, hell.

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That's amazing. Isn't it a miracle that every night we go to sleep and every day we wake up, every day we get reborn. Isn't that amazing. Sky, we talked about abundance of sky. We talked about abundance of greenery in the lead. We talked about like, where can you notice and appreciate the fact that you have access to receiving and you are receiving all of the time infinitely. When you are able to maintain that frequency, maintain that state, and then you start asking, and this works for me. Like, how can I serve? Who can I help? What would be really good? Like what would really, really help somebody? Okay. That's what I'm gonna share. We wanna just, if you're continually bringing yourself back to that state of appreciation and awareness, that you are absolutely connected to universal source energy, absolutely connected to the frequency of infinite receiving.

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And from that space of fullness, of awe, of immenseness of wow, isn't life amazing, even if I don't have any money in the bank, from that space when you think about your work and taking it out to market, you are not coming at it from a place of lack. You're not coming at it from a place of need. And how you underpin this with the foundations of my basic needs is choosing to know that even if you were not paid another penny for the next 30 days, you can still find peace. You can still find the frequency of infinite receiving, you are still gonna be able to let your kids know that they're loved. Let them know that that doesn't matter, no matter how bad it gets, you know, that you are going to be able to support their hearts. You know that no matter what happens, that this is the journey that they've chosen, because they've chosen you as a parent.

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Like those, those things, those foundational beliefs about how things get to unfold, they take the pressure off you needing to make things happen. And when you can combine that, like the releasing of the pressure to make things happen in this timeline, when you combine that with that frequency of infinite receiving with being really aware of the energy, that, that you are not, you are not doing anything. You're just bringing your awareness to energy that's already there. That's what's amazing about it. And you combine that with the appreciation of the richness and the wealth and the abundance that is all around you, you are tuning into the frequency of infinite receiving, infinite abundance. And from that place, when you come to present the offer, you are not coming at it from a place of lack. You're coming at it from a place of fullness.

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And that you are way more likely when you speak to enough people to be a match for somebody saying, yes, you are way more likely to be a match for money

dropping out of the sky for somebody just saying, oh my God, I heard this like, oh, I have a check for 1500. And here's the thing. The way that you respond to the gifts that you are given, cause everything is a gift. The way that you respond is going to determine how easy it is for you to expand and build on that. If you are the type of person who is given something in one, you know, you are given something in your right hand, by somebody when you weren't expecting it, so you discount it. So you say that it's not worth it so that you, you know, you say that, ah, it doesn't count.

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You will receive less. If you take every single gift for the gift that it is, full awareness, full, like, oh my God, how lucky am I? You will change. You are changing your state and you are creating more evidence. And that just the momentum builds. Does this make sense? Let me know. So this is really what I wanted to share with you. Is it possible to go from everything you touched turns to poop to everything you touched turns to gold in a moment. Yes. Really, really removing the story that I am blocked. You're not blocked. You've just proven to yourself that you are not blocked. You can feel that energy moving through your feet. If you can feel that energy moving through your feet, you are not blocked. You're still receiving. So just wanna build and expand and build and expand and take aligned action from that place rather than I'm desperate. I need, there's not enough. I dunno when the next is gonna come in. Yes. Right my loves. This was just a joy. Thank you so much. And I will see you.

Faith + Action = Miracles