

Infinite Receiving Podcast

Title: How to Instantaneously Increase Your Capacity to Receive

Ep 13

Transcript

This is the Infinite Receiving Podcast, helping conscious leaders tap into a wealth of abundance across all areas of your life and business. I'm Suzy Ashworth. And I'll be sharing with you how you can upgrade your reality through Quantum transformation. Because you are ready for Infinite Receiving.

Hello, hello, hello, you gorgeous human being. It is Suzy Ashworth here and you are listening to the infinite receiving podcast. And I got a cheeky one for you today. This is something that has the capacity to change your life. And don't taneous Lee, we are talking about how you can increase your capacity to receive not in one day, not in one week, not in six months, not in a year. But now today, within the next few minutes. How do you feel about that? I think we're talking about having a party like this. That's party vibes. For me. It's really, it's a very simple shift in perspective and perception that I want to invite you to step into. And that is that receiving is not about the final destination. Receiving is what happens moment by moment by moment in every second of your experience. In fact, it is impossible for you not to be receiving infinitely, infinitely in every single moment of your life. And I think that I don't think I know that when you can start to get your head around that part of this concept. It has the capacity to change everything. You know, if it's true that I am receiving after a really challenging school run, and think about this morning, when my little girl Aluna, who is so full of joy, so full of the sunshine. But this morning, she just woke up and had, she was having a moment. She was having a moment, I had a moment. And we were just in the middle of a moment. And it felt stressful. It felt really not great at all. And if I'm truly honest, in the actual moments of that stress, I didn't feel I felt like I was receiving a turd sandwich. I wasn't like this is just so expansive for me. But in the moment after I dropped her off and got into school, and had done some breathing, and allowed my chest to expand. What I really received in that moment was a glimpse into her humanity. And the fact that even though this ball of joy that brings so much effervescence love and light into all of our worlds, she is a whole human that has moments that are challenging for her and where she doesn't want to play ball. And she can be a complete pain in the backside which look, I'm not saying anything here. That's revolutionary. Like, wow, your child is a whole human being. And when you only see one side of somebody like their general disposition is happy. My general disposition is like a high vibe that it is that it is rare that I allow situations to really get under my skin. And yet, there are absolutely times where I don't feel high vibe where I'm not feeling good. When I'm feeling sad. I'm feeling alone. I'm feeling challenged. I'm feeling all of the things and have not one, wanting to feel those things but to have not been. People have not been able to witness those things in me it's felt so uncomfortable that then witnessing my vulnerability caused them to shut down. And

so in seeing how whole humaneness it was a really beautiful reminder to nurture all of the things not just praise the good things. That's an invaluable piece of receiving that I got this morning from a very child Engaging situation. Now what would the upgrade of that be? To be in the moment, to have that realisation and that recognition and that acknowledgement and be able to step into parenting from that place. Now, what is beautiful is that I don't berate myself for not being in the upgrade. I don't berate myself for not having the tools in that moment for me to activate that level of awareness and that level of knowing, which means I don't diminish the gift. Because often what we do when we're in the trough, when we're in the ebb, is we start to beat ourselves up about what we should be doing should or would occur, you should know better than this, you've done this before, why are you still making this mistake. And in those moments, you're blocking your ability to really receive the gift in its most richest state, in its richest and most purest state, this back then makes us feel bad. And we compound, that bad feeling which, again, when you take what I am inviting you to do, which is really in every moment know that you are receiving, there's still learning in in that experience, there's still a gift in that experience of the compounding of the negative emotions. And that is, when I do that to myself, when I coulda, woulda, shoulda or myself, I slow down the process of the processing, I slow everything down, when I start to beat myself up. And so all of the more challenging feelings that I am experiencing get stuck in the field rather than moving through me. Whereas if I can just acknowledge that there's an opportunity here, for an upgrade, if I can just acknowledge what I saw for what it was and keep it to the facts rather than starting adding stories and layers and meanings that are not helpful. I can receive so richly, and what a gift that is, what a gift that gets to be that in each moment, or when we miss the moment in the reflection of the moment we experience the gift for that changes your entire experience of life. In that way of looking at life and being with life and dancing with life, you can't help but know that you are infinitely receiving and that gets to be so beautiful. So that is my quick and dirty tip for you how to increase your capacity to receive instantaneously right now, if that was helpful, let me know maybe leave me a review if you haven't done so already. The more five star reviews we get the more apple goes this is a good podcast that's just share this with more people and the more people that we get to share this message with you know, the big goal is to really raised the consciousness of human beings across the planet. You know, when we and when we do that the legacy that we lead for our children and our children's children. Beautiful.

So let me review hit me up on Insta. If this is a vibe and I cannot wait to be in your earbuds next time and in the meantime please remember that faith plus action equals miracles

Thank you for listening to infinite receiving with me Suzy Ashworth. I'd love to share with you my infinite receiving activation audio. Go to [Suzy ashworth.com](http://Suzyashworth.com) forward slash activate infinite receiving

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