

Infinite Receiving Podcast

Title: Receiving Even When Your Vibe is Low

Ep 17

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 Welcome to the Infinite Receiving Podcast. I am super excited to be in your earbuds today I have got a juicy one for you. We have been having an absolutely incredible time in the infinite receiving programme. And I want to share with you a little nugget from the conscious co creation portal that we were working on this week. And we were talking about how we get to create on demand and somebody brought to the table. What happens when you are not feeling your most expansive, most high vibe most your most optimal self, there is a myth actually that in order to be in receiving mode, we need to be feeling amazing all of the time. And it's why people get their knickers in a twist when they have days when they catch themselves thinking of feeling negatively, where they are having challenging emotions, they might have fallen out with somebody and be having a negative thought about the experience or even themselves or the other person and then start to beat themselves up about the fact that they are in this negative place. And feel that it's because they're in a negative place that they are unable to receive, they feel blocked, I often hear people saying you know the flow stopped, I feel stuck or I feel blocked or like what's going on. And the thing that I want to offer to you that has really, really shifted so much for me, particularly over the last couple of years when it comes to understanding what receiving is, is really appreciating that whether I am feeling as high as a kite, whether I'm feeling all of the fears, effervescent, bubbly, or I'm having one of those days where when I have woken up, I'm just a bit mad. Because I do have those days, and many people think that my energy is always sky high. And I want to say actually, it's not some days, I have days where I'm just a bit nervous. And the truth is, when I wake up on a merge day, whilst I definitely have tools and strategies that I use to elevate my mood, some days, I'm supposed to be in the mirror. And that is just how it is. And I've got better and better at accepting that sometimes my mood will ebb and flow. Sometimes I'll feel expansive, and sometimes I won't. And that is part of the human experience. Let me say that again. I'm gonna say it again. But I'm gonna say it in a different way. It's okay, if you are not bouncing off the walls every single day, that does not mean that you are getting something wrong or you're missing the point. You're just a human being. And as a human being, we are supposed to have contrasting experiences and emotions. That's okay. Now, I mean that at that acknowledgement, actually in recognition that shifted me, but the thing that really supported me in increasing my capacity to consciously receive is understanding that receiving never stops. Every single moment there is a learning a lesson, a gift that I

am experiencing. And it's just whether I choose to value the thing that I am receiving in any given moment. And what frequently happen it is that we negate present moment. And without wanting to sound too bloody cliché. The present is the gift. It is the present. And so what's being shown to you in that moment, and I think that if you can start to look at your life in that way, even when it's hard, especially when it's hard

You're going to be able to extract more and more value out of your daily experience. And as soon as you are in extraction mode, ie receiving mode, you can then choose to acknowledge that you're receiving. And in the acknowledgement, you can choose whether you want to appreciate the gift of that present moment, or whether you're going to negate it, whether you're going to be moody about it, whether you're going to say it's not enough whether you're going to say it should be better, or are you going to look at it and acknowledge and appreciate, okay, I am being shown exactly what I am an energetic match for right now. And I, even if it's hard, even if I desire to change it, even if I have such bigger and better dreams, because I can see where I am, I can then from that place, ask myself, what's the next step I get to take that is going to take me one step closer to the thing, or the experience, or the person, whatever it is, I am looking to bring into my reality, what's going to take me one step closer to that being the thing that I receive. This was very, very powerful for me, because it put me back in the driving seat of my own life. I think a lot of the time when people are talking about law of attraction manifestation. There's this sense of, there's God in the sky, like handing out cherries to the person who's been good. And I want to say that it doesn't work like that. Or at least that has not been my experience, or the experience now of the hundreds, if not 1000s of people that I've worked with at least two free and paid programmes, where I've taught these principles in various different ways over the years, when we are taking aligned action. And when we are saying what is it that I can do to take me one step closer, it puts us back in control, we are being conscious and life starts to happen. We're in the dance with life, as opposed to it feeling like life is happening to us is way more empowering. And from that empowered place. As I say, we then get to ask ourselves, where do we want to go next. So what I am meaning by this is, don't fall into the trap of thinking that you're ever stuck. Don't fall into the trap of feeling like the flow has stopped, even if you are not receiving what it is that you desire to be receiving. Because there's a difference between not getting exactly what it is that you want, and not receiving anything at all. And when you realise and can acknowledge and therefore then choose whether you want to appreciate that you are receiving all of the time. You can be high, you can be low, you can feel effervescent, or you can even be in a depressed state and know that you're still receiving that's, it's a better place to be. It might feel uncomfortable, you might be like I much prefer feeling high. I much prefer feeling happy. I much prefer feeling joyful, because who doesn't. And there's a little space in between where you can start to create magic again, by noticing by acknowledging that stuck is not really a thing. Blocked is not really a thing you're getting, what you're aligned to and what you need to know or receive in order to get you ready for the thing that you really want. Okay, that is it for me today. I hope that you have enjoyed this episode. You've taken at least one thing from this episode. If you have do me a favour, reach

out to me on Instagram and let me know like share it on your page tag me like let's get the word out and really help more people tap into this frequency of infinite receiving all and I almost forgot to say please celebrate with me. We have announced that I am working with Hay House for the second time on publishing the infinite receiving book. It is going to be out in September we are going to be really actively starting to invite you to pre order your copy of the book. I've got some incredibly special prizes and fun things that are going to be happening all throughout the year in 2023. Like we are going for it we'll be able to get your copy in September 2023. So it's all happening next year which is super exciting. So watch this space celebrate with me that this is happening. And here's to activating infinite receiving the frequency that helps us to consciously create from a place of fullness from a place of knowing that we are worthy and deserving and enough in all of the best possible ways. Okay, I love you. You're amazing. Thanks for listening. I will see you in the next episode and 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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