

Infinite Receiving Podcast

Title: How to Eliminate Doubt

Ep 18

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. Good morning, good afternoon. Good evening, whatever time you are listening to this episode of the Infinite Receiving Podcast, it is me, your host, Suzy mother, trucking Ashworth. And I am excited to be back in your earbuds this week. And I want to dive right on in and talk to you about something that has been on my mind. And that is whether it is possible to eliminate doubt, doubt is one of those Slippery little suckers that just Wheedles its way in. And the way that it shows up for me now is quite different from the early days. I think in the early days, it was really just like, can I even do this? What's going on? Is anybody gonna buy? And it's not as blatant as that for me anymore. It's more just are you really? Are you really going to be able to make the impact that you desire? Are you really going to be able to connect with hundreds of 1000s? Or millions of people? Like, can you really do that? And can you really see the evidence that you're going to be able to do that now. And I think that that's probably the most real when it comes to doubt, it's the doubt over the bigger things. But what happens when it actually shows up is that it's often quite focused on what is going on immediately. And whether the outcome of what is going on directly right now is representative of where I'm going and what the desires are. And if the outcome doesn't correlate to the bigness of the vision, that's when the doubts like hi, how are you how you're feeling today? Or why you're feeling like that, you should definitely be feeling so good. You should definitely not be feeling so confident you should probably rein it in just a little bit and get on the realism train because life right now, I'm not sure we're going in the direction that you want us to be going in. It's it's that kind of voice, you get me and I was thinking about whether it is at all possible to eliminate it like how do you deal with it? And I think that there are two separate questions. The first question, can I eliminate it? Probably not, actually. And I think that the answer is probably not. Because if you are committed to ongoing evolution, if you are committed to growing, then you're always going to be a little bit out of your zone of comfort. And that is the space that Tao loves to occupy the Olympic space in between where you are and where you're going. And the reason that it's so comfortable there is because that is where uncertainty resides, you just don't know. You know, whether it is business life, marriage relationships, there's always if you have a dream or a vision, there's always a gap. Now, the human side of us loves certainty. It loves knowing what the next steps are going to be. It loves knowing what it is that we're going to be facing. But if you know what is going to happen 90% of the time, it means that you're not growing now you might work with a mentor, or a coach who has done something similar to you. I always

recommend that that being part of the prerequisite of how do I hire and who do I hire? Have they been there have they walked a similar path but similar is the operative word here because nobody is going to be able to replicate exactly what somebody has done before in the exact way that they have done it. So whilst as a coach and a mentor and a consultant, it is my job our job to help people see potential pitfalls, see and share with them previous limiting beliefs, thoughts, experiences, stories that we have moved beyond but nothing is ever going to be exactly the same as your experience. And so yes, you definitely We hire mentors and coaches for shortcuts. But please don't think that there is ever a magic bullet to like going around the back going around the back entrance when it comes to getting around that feeling of doubt, because you're looking for certainty, if you're going to grow, there will be uncertainty. So how do we deal with this. And what I realised, for me, one of the most powerful things that I can do is to change the frame of the picture. So often, when I'm working with clients, the doubt comes in when they look at exactly what they're doing in the moment. And as I say, the result or where they are on the path doesn't match up with the bigger vision that they have for themselves. So they may be organising an event they want 100 people and only 10 people have so far registered, that's when the doubt comes in, they are offering an upgrade to a programme that they've already run. And nobody reaches out to say, I would love to work with you more deeply. That's when the doubt enters in. Or, you know, they're preparing for a talk on a beautiful big stage in front of their biggest audience that they've ever had. And there, the doubt comes in between the knowing that you're going to do it and preparing for the moment and then actually delivering the talk, the uncertainty rises, because you just don't know how people are going to receive and perceive what it is that you have to say. And so all of these examples are very narrow. What I desire for you to do, or at least experiment with, because it works so well for me is to widen the frame. So you could say take a bird's eye view, you know, go up, and then you can see so much more. As you fly up and get the bird's eye view, what you do is released the pressure, you release the desire to control what is in front of you, which is super important when it comes to co creating your existence, you have to be able to let go, when you go up higher when you change the frame, you also release the need for the exact moment to look a certain way. And that that in and of itself is just huge. What if you didn't need anybody to sign up? What if you didn't need any new likes? What if you did not need and so everything that you chose to do came from a place of this is what I desire. This is what I feel would be fun. This is what feels most in alignment with my soul. Like what if and when you take away the pressure, the control the need. The last thing to fall away then is the fear because it's the fear that you can't handle the pressure. It's the fear that you're not in control. And it's the fear that you need him to see you in a certain way. In order for you to feel complete, all of those things get to be released. And how this really works for me is when I choose to widen the frame, the type of thing that I'm considering is, you know, the fact that one day I get to look back on my life and say, Wow, what a life I can be certain of that. So when we have a narrower perspective and a narrower frame is easy for the doubt to creep in because of the space between where you are and what you need to happen quickly. What you need to happen in the moment, where you have the opportunity

to create space is to increase the view increase the vantage point go for that bird's eye and you can see so much more. And the invitation is when you can see so much more you can also see areas and things and people in your life that right now you can be certain about. I can be certain that one day in the future, I'm going to look back at my life and say wow, what a frickin life. I can be certain about the fact that every day I am going to get better and better and better at enjoying the journey. Can you be certain about that? Can you choose that as something for you to be certain about? If it's not that What can you be certain about?

I can choose to know that I am a lifelong student have infinite receiving and the more I study the better life gets. The more I study the better life gets I can be really certain of all of those three things I'm gonna look back at my life and say, Wow, what a life, I'm going to cultivate the practice of noticing my life getting better and better and better every single day. And I commit to being a lifelong student, which also means that the better it gets, the better it gets to get. Wow, how amazing. Now, as you widen your focus, you might find that none of these three things Susie's talked about that she knows for certain in her future, really flies for me doesn't get me excited. That's good. Because I want you to think I want you to create, and I want to be there as you do it by your side. And what you realise is that if your wider vision and highest vision for yourself is true, then you don't really need to worry about the result or the outcome of this initial thing. You get to learn to enjoy the journey and that that piece is huge when it comes to activating the infinite receiving frequency. Okay, my love's I hope that you have loved this short but potent episode if you have do me a favour and tag me on instagram so we can reshare some of this magic and invite new people into our world and in the meantime, my friend I want to say to you 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 Suzyashworth.com/activateinfiniteceiving