

Infinite Receiving Podcast

Title: Why is it so easy to forget this Life and Death

Ep 20

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 beautiful human being Welcome to the Infinite receiving podcast with me your host, Suzy Ashworth. And I am coming to you today with a slightly sombre frequency after hearing some really sad news about the passing of one of our clients. And I think that whenever you get news like this, it always feels shocking and devastating and really sad. And then when you compound that with the time of year, and then when it is unexpected, all of those things can create so much emotional turmoil. And my heart goes out to our clients, friends and family who are processing all of this right now. And it is whilst I don't have any understanding of what they are personally experiencing, it all fiercely brings me back to my own foster mother's passing on the first of December. And again, how I felt was the shock of even though she was sick, there wasn't the comprehension that this might be the end for her. And I always say that losing my mum at the age of 19 was my biggest gift because it forced me to face not just the idea of mortality, but the very real experience of it. And I believe that that has driven many decisions that I have made, when it comes to how I spend my time the vision that I have for my life, what I will and will not tolerate and except giving myself permission to have the desires that I have. And of course, this is a is a it's a lifelong journey. And it's an ongoing process. But I think that I can definitely attribute so much of where I am today and the decisions I've made because of that loss at that age. And what I'm reminded of today is the frustration actually, that I feel when I I feel that many people are living their life as though it is going to go on forever. You know that there is an infinite timeline. And that you can keep putting off what it is that you desire to do, how you want to love the vision that you have until tomorrow until next month, until next year, until you've retired when the reality is that we do not know when it is our time. We don't know that. And so when I think about that, and when I think about even how I have acted today, some of the things that have stopped me in my tracks made me think twice made me feel slightly activated, made me feel frustrated, I look at those things. And I think what on earth? Are you wasting your

precious time giving any mind to that stuff? Like why are you doing it? And the answer is, is that it's easy to forget, it's easy to forget that when you are fit and healthy when you have the privilege of fitness and health, that that's such an incredible gift. physical health, mental health, mental well being that is such an incredible gift. And when that is taken away, like we have nothing and so for people who live with chronic illness or really unhealthy mental health, it is you know, they're faced with that every single day just desiring to get back to neutral in many cases. And as somebody who has the privilege of both of those things, amazing mental health, amazing physical health. I'm like, I have a responsibility and if you feel well into that camp to you have a responsibility to yourself, to live your life now, to be in it your life now to be present in your life. Now, not waiting until tomorrow, next week, next month or next year, to do the thing that you know that you truly desire to do to do the thing that you know that you were born to do to do the thing that you absolutely want to do, but you are terrified of, because you do not know when your timeline. And what other better reason do you have than to choose to live your life as fully and as wholeheartedly as you can? Now you owe it to yourself, you owe it to your happiness, you owe it to your mission, to not waste your time. And you owe it to your legacy to live. You know, how many times are you putting yourself in a situation where you are laughing? Big, huge belly laughs How open is your heart? How open are you to receiving love and giving love and being a conduit for love. So that if the timeline is shorter than what you anticipate that when it is your time, you can go knowing that you have lived a life, and you haven't just lived but you've also left your legacy. As we go into 2023, I really invite you to set a very clear intention about how you choose to show up in your life, not just for the new year, January the first but for your life on this earth. And hold yourself accountable by sharing the vision that you have for yourself, make it big, make it stretchy, make it or de Shas. And when I when I say all of those words, I'm not talking about actually what it is that you do. I'm talking about who it is you are going to choose to be. Because I think that now in this day and age, in this time, specifically on the planet, to choose joy, to choose laughter to choose love, from the highest vantage point that is courageous. That is activism that is bold, it's audacious to choose those things now to choose to be that way now. And and if you are somebody who who has a big mission that goes beyond yourself, and your joy, your happiness, your love your laughter. Amazing. Let's do it. Let's freakin do it. Now, if this is speaking to you, and you haven't done this already, I really invite you to come and join me on the 10th to the 12th of March for an incredible, life changing event at BAFTA. And for those of you who are like what is BAFTA. It is the UK equivalent of the Emmys. So the British acting Film and Television Awards that are given out every year, we have got their venue that we're going to be holding this event at it's three days.

And those three days are designed to give you a huge shift in your reality. And in an ideal world, you want to be going to something like this at least once a quarter so that you are able to plug into the energy and the remembrance of what is possible. When you are living from the highest vantage point that you have for yourself, when you are absolutely committed to creating the biggest and most beautiful vision for your life. These are the types of events that you want to be going to at least once a quarter. And so I invite you to get your childcare and everything sorted now, so that you can come and play with us on the 10th through to the 12th of March in London 2023 Quantum shift is going to be incredible. And it doesn't feel nothing could feel more fitting than to say that this quantum shift is about how you live a life now, creating more magic, more miracles, more impact and yeah, of course, more money, all of it. Okay, I love you You're amazing. Thank you for joining me. If you have taken something from this episode, please do me a favour and reshare this on social media so we can get more and more people listening to the infinite receiving podcast. If you haven't left me a review online yet, then I would also hugely appreciate that too. Okay, I love you. You're amazing. And I cannot wait to be in your earbuds next time. And in the meantime, please remember that faith plus action equals miracles

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