

## Infinite Receiving Podcast

**Title:** How to navigate the low after a high moment

**Ep** \_32

## 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 with me your host, Suzy mother trucking ash worth, do we feel like I should be coming down like as if I'm going boxing.

I feel like that is a boxing ring announcement type introduction. And that isn't really quite the vibe, right? We're here with you. We're happy. We're not punching anybody's lights out. And you know what, it feels really good to be back. Because the last time I recorded I was literally coming right off the back of the quantum shift. And I could barely string a sentence together. So I am here I am in the room and I am ready and raring to go. I can maybe that's why we're feeling a little bit boxer ish. Anyway, what I want to talk to you today about is how to navigate the low after the high. And there have been quite a few people that have talked about the roller coaster that they have been on since the event and that is super, super normal. I wouldn't describe my experience as a roller coaster. It has just been high expansion, expansion, expansion, expansion and tired. Expansion. tired. Exhausted? Oh, I need to sleep. Definitely not a crash. But I I need some rest. Rest, rest rest. Oh, am I feeling a little bit more like myself? Okay, today, I feel normal. And honestly, it took me a week to navigate that path. And on the other side of the high and the expansion is normality is real life and just a little bit less of the, okay, let's take over the world, we can do it a little bit less of that. And I really know that many of the people who are at the event and set these really incredible intentions will be experiencing that too. And so I want to talk about what to do if you find yourself in that position. Regardless of whether you've been to the quantum shift or not, I am sure that you can relate because it's super common. People feel it after they've been on an amazing retreat, or they've had some time away with their partner or you've been to an event, it doesn't matter. When you ever you have these big expansions. It is very normal for there to be some type of contraction after the

expansion. And I really want you to give yourself permission to experience the contraction. My good friend Rebecca Campbell, says in her membership, in one of the trainings, it is impossible to be in bloom all of the time. And it was really helpful for me to hear her say that, because I come from working with a number of different mentors who have really challenged the idea that we need to experience any type of contraction, why can't we keep expanding and that for a season has been really helpful for me. And I suppose I think it's been over the last year where it just has been less helpful. I have very consciously and deliberately taken my foot off the accelerator pedal in some of my programmes and some of my courses as I was realising that new work, new words new heart, new soul, a new soul admission was wanting to come through Hello infinite receiving, but I didn't quite know exactly what form it was going to take or what exactly the message was for my transmission. And so I needed to be in colour traction, you know, arguably, if we are not expanding, we are in contraction. And so I needed that time and space. And I've heard it communicated to me from clients who said, You know what I get so frustrated with myself, I have these big expansions, and then I crash afterwards. And I'm like, hang on a minute, after you've had a big expansion, it is normal, and useful and nourishing, and important for you to be able to rest. And that rest might feel like a contraction, or it might feel like a crash, if you are not being intentional with it, or about it. Or if you are feeling like, it's not normal to want to rest. And you just have to take a look out of the window, to see that there are seasons that are happening every single day. So we have the calendar seasons, but you know, in the mornings, the petals of the flower will find the sun, and what was closed will open up. And then by the evening, the the flower will have changed direction, and the petals will start to close. And there will be a contraction for the winter for the sleep. And so I talked about this with my clients or have been talking about it over the last year or so that one of the things that has been super helpful for me is to make sure that I have my seasons in a day, you know, so when I'm feeling like I need to rest or need to nap or need to take a break, I can do that without shame. And then when there is a big expanse of energy, like there was during my event, is really normal to know that there is going to need to be some kind of rest period. And I am super excited that at the time of recording this tomorrow, this time tomorrow, in fact, I'm going to be on a plane on the way to LA to go and enjoy being hosted at a retreat. That's absolutely perfect timing, I should have actually been in Peru. But unfortunately, the Peru Gods said nope, you need to come in December. And so I decided that I would go to LA instead, permission to rest permission to rejuvenate permission to regenerate permission to refresh. And so if you are feeling that contraction, it is okay. What you want to know is that when you are intentional, and bringing your conscious awareness to how you are being in any given moment, you

will know that the contraction that you experience will never be as deep or as far as what it was before you had the expansion. So you are stretching your capacity in the expansion, which then will impact the level of contraction that you have, in a positive way if you are bringing your conscious awareness to it. So it's like no matter how much rest I have, I know that the Suzie that is nourishing herself and looking after her well being and just taking a moment to integrate and embody what has happened, is never going to be the same Suzie as what, as what she was before the event, I can't go back to that place of being and knowing that is very, very empowering. It really helps me when it comes to my vision and when it comes to knowing the woman that I have become, because of the choices that I have made and the woman that I am becoming, because of the choices that I am going to continue making means that even my country in my contraction, there is still expansion when I when I compare myself like for like before and after. And so it's you don't need to worry is my point. You don't need to worry that it is one step forward and three steps back. It's not that it's three steps forward, and maybe one and a half steps back on one step back as you rest, rejuvenate and nourish yourself. So you're good. Now, what often happens in the contraction is that the ego comes into play and says, You know what? That was a big deal, but I'm not quite sure that you are really ready to go all in. I am not quite sure that You have got what it takes to fulfil this mission to fulfil this vision, you're amazing, it was amazing. Now you just need to just relax and rest and take a load off. And the thing about this doubt, this is where the doubt creeps in that you are really capable. And my invitation for you is to notice the doubt, but don't buy into it. You get to observe the doubt, but you refuse to pick it up, you are not going to go for a swim in it. Just understand that doubt that niggling voice, in the back of your mind, is part of the process of evolution, it's part of the transformation process, for the ego to say, I want to protect you. And what you have decided is really beyond my my realm of experience. And so I'm going to try to hold you back just for a little bit longer, just until you've got a little bit more experience just until that client says Yes, Justin until I know for certain that you are not going to fall flat on your face. And I've got your back like that is the egos job. So when you hear the self doubt, all you get to do is acknowledge it. Thanks. Thanks for looking out for me, thanks for trying to protect me. And then you let it go. You switch your attention, right back to the original vision. And this is why I will never apologise for going on and on and on about you. And the bigger picture, the bigger reason the bigger why, for why it's important for you to step into the person that you are becoming now the person that you are becoming today. Once you have reconnected with the importance and the gravitas of the intention that you set the vision and the mission that you have for yourself, for your legacy for the community that you get to impact through fulfilling on your

dreams, then take action. It doesn't need to be a big action step. But just take one step that is going to support you in fulfilling that vision. One step that is going to take you one step closer to becoming the human that is co-creating your desires with the universe, you becoming the person who is a match for everything that you desire in your very physical, tangible reality. That is your job. And what I can assure you of is that after you've taken the step, after you have chosen to move forward, is going to make you feel good. Rather than beating up on yourself rather than feeling guilty rather than shitting on yourself. Rather than thinking I could be doing this. Coulda, Woulda, Shoulda rather than all of that you're going to say well done, you're going to be proud of yourself, that you didn't give up where you normally give up, that you didn't already bow out where so many other people have already bowed out, you are going to feel like oh my god, I chose something different for me, I made a decision right now, from my future self, from the already even more deeply expanded version of myself. That's where I made the decision for. And once you've done that, once, it is going to be much easier for you to be able to decipher when you are making the decisions from the old version of you. The present version of you that is attached to the old version of you, or the present version of you who is integrating the most expanded vision that you have for yourself into there now. And exciting. And as you start to do that, guess what happens? Momentum starts to build once again, the trajectory of you and your intention starts to increase. And all of a sudden you're back doing the frickin work in a way that feels good and aligned and whole and that makes me excited for you. So, permission to contract, knowing that you are not going to be going as far as you did before. You will not be able to contract as much as you did before whatever it was you have completed. You're going to observe any doubt that comes up whilst not holding on to it. Reconnect with the vision and then you are going to take aligned action one step one step in alignment with the vision that you have for yourself and then you are going to congratulate yourself. Well frickin done. Okay, my love. If this episode has been helpful, let me know on Instagram, Suzy s us Zed y underscore Ashworth tag a friend because we want to get this message out to as many people as possible. And yeah, just let me know I was gonna say tell me what your vision is. Tell me the one action step that you've taken. Let's just like get into conversation about what it is that we are creating publicly public accountability allowing yourself to be supported allowing yourself to be witnessed in your dreams and desires. This is important so if I can be of any assistance, let me know. 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 [Suzyashworth.com/activateinfiniteceiving](https://Suzyashworth.com/activateinfiniteceiving)

## Shownotes

Ahhh the low after the high. We've all felt it and I want to talk to you today about how to navigate the low after the high.

Because on the other side of the high and the expansion is normality, is real life and all that comes with it. And there is a danger of falling into the trap of thinking you are taking one step forward and three back...spoiler alert, you aren't!

Listen in and find out how I anticipate, navigate and ultimately use this natural phenomenon to move forward, stronger than ever

I would be utterly delighted and grateful beyond words if you would (*if you're not already*)

1. subscribe,
2. leave a review,
3. and share.

Please tag me, [#suzy\\_ashworth](#), when you post on social media so I can share in the love.

## Highlights

3,21 Whenever you have these big expansions, it is very normal for there to be some type of contraction after the expansion. And I really want you to give yourself permission to experience the contraction.

4,24 I have very consciously and deliberately taken my foot off the accelerator pedal in some of my programmes and some of my courses as I was realising that new work, new words new heart, new soul, a new soul admission was wanting to come through Hello infinite receiving

10,27 You get to observe the doubt, but you refuse to pick it up, you are not going to go for a swim in it. Just understand that doubt that niggling voice, in the back of your mind, is part of the process of evolution, it's part of the transformation process, for the ego to say, I want to protect you

### Quotes

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And all of a sudden you're back doing the frickin work in a way that feels good and aligned and whole and that makes me excited for you

You can read the transcript here.

### Links [stay the same]

- Find Suzy on Instagram
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- Find Suzy online
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Faith + Action = Miracles

### Waveform social post

7,55 *you will know that the contraction that you experience will never be as deep or as far as what it was before you had the expansion. So you are stretching your capacity in the expansion, which then will impact the level of contraction that you have, in a positive way if you are bringing your conscious awareness to it. So it's like no matter how much rest I have, I know that the Suzie that is nourishing herself and looking after her well being and just taking a moment to integrate and embody what has happened, is never going to be the same Suzie as what, as what she was before the event, I can't go back to that place of being and knowing that is very, very empowering*

FAITH + ACTION = MIRACLES

*Quote graphic*

notice the doubt, but don't buy into it

Third post (optional)

FAITH + ACTION = MIRACLES

Blog

Faith + Action = Miracles