

## Infinite Receiving Podcast

**Title:** My Creative Visualisation Process

**Ep** \_33

### 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. I am so happy to be back in your earbuds. Thanks for joining me, I really appreciate it. Okay, today's session, I wanted to share with you my process for creative visualisation. One of my clients asked me this the other day when I mentioned that I have been reusing this tool, it's something that I have used right throughout my life, it's not every single day consistently for the last 10 years. By no stretch of the imagination, but it is a tool that I have come back to again and again and again. And I am currently using it. So I wanted to share the magic with you because it does really work like magic. So how I start off is by connecting with the energy of the thing that I desire. And I think that probably what is even more accurate than the way that I've just described it is that I connect with what I imagine my energy to be like, once I have received the thing that I have desired, I can do that. Because I know that the energy is always going to be one of all it's going to be one of amazement, it's going to also be like, of course, this is what we do here, we are co creating our reality. So of course, there will be the energy of gratitude and appreciation and humbleness. And a feeling of next level, there's a feeling of expansion. And I will connect with the energy of all of those things in relation to the thing that it is I want to co create. So for example, we have infinite receiving live coming up in September the 29th and 30th of September standard tickets first of October VIP as in the 29th 30th and the first October if you are coming VIP, and for that we have this big, hairy scary goal of having 500 people in the room. So my creative visualisation process will be me imagining how I feel after I've hosted this event where I've had 500 people in the room. And whilst I'm not an extremely visual person, actually with this, with this actual intention, I can see the room and I can see the people at tables in the room, I have no idea whether we will actually use tables. But when I close my eyes, that is what I see. And I can also

because I can see, I can also feel in my body, how I'm feeling as I'm looking out at all of the people on the tables. And so I'm thinking about the event and feeling about the events or when I'm speaking to you right now. I literally feel the energy of the room. In my chest, my chest is expanding. And there's like just a very visceral energy that I feel in my chest in relation to what it is that I am looking at. In my mind's eye, there's a very special thing that we are going to be doing. And I'm imagining everybody's faces just really lit up and my face lit up as I know what's happening and people's. The penny is just dropping for people. And I'm just I am loving it. And so this is this is the energy of the event. And then it's the energy of how I feel during the event and then it's the energy of how I feel post of it. So this is what I am connecting to. And then I create a journal entry about it. And I fill in some additional context. So I will go into detail about who I had to become in order to get into the room. And obviously, this is all speculation, because I've got no idea how we are going to attract 500 people, like I just I at this point in time, I do not have a plan, I will have a plan. But I do not have a plan. And I also know that the plan is kind of pretty futile people will come as they come. But the reason why it's important that I have a plan is that the energy that I will create and the momentum that I will create as I put one step in front of the other, and keep moving forward, whether people come from the plan, or not, the energy that is created by taking aligned action, and the action is in alignment with the vision of having 500 people in the room, that is enough of a signal, it's enough of me doing my part, to be a magnet to be the strongest point of attraction for these people who are going to come and join me in learning how they get to co create with the universe, in their business, in their love life, in their relationships within their personal relationship with themselves. So I will write a journal entry. And I will give it as much detail on or spend as much time as I like really just getting into again, the energy, the feeling the vibes of who I had to become, in order to create this is who I am at the event and post event. Now what I do is I will then read the journal entry. And I will read it, not necessarily as though I'm reading it to somebody else. But if you can imagine how I have just been explaining to you how I'm feeling and the special moment and everybody's the penny dropping for everybody in this special moment. Like, I will read the journal entry. Like I've just communicated it to you. So I am giving it feeling. I'm reading it. It's not a story. It's my experience. It's almost like a future journal entry that is recounting the past. And so again, because I'm writing it like that, not like I am going to, but this is how it happened. I again, I'm able to plug in to the energy as though it has already been done. Like it is already done and dusted. The reason that this is important is because of the way that the brain works, the brain is a problem solving machine. And so when I write down this desire has already been fulfilled, the brain will then work out the steps required in order to

make it happen. And when I say the brain, I really mean the subconscious mind. The subconscious mind is doing all of that whilst I'm reading, and I'm feeling and I'm energising the subconscious mind is like, oh, okay, so we did this, or why. Okay, so I'm now going to show you actually how to do this, I'm going to find the evidence, I'm going to find the people, I'm going to find the answers to the solutions that you are looking for, so that we have an even deeper imprint of this experience, because I know that it's safe, because we've already done it. And the reason that the mind thinks that we've already done it is that it can't tell the difference between something that is real and something that is imagined. If you're able to get the emotion up as though you are truly experiencing it. So it's a bit like if you have a nightmare, and you feel like you are you're imagining that you are being chased through a forest, when you wake up, you'll be full of sweat, the body will respond as though you are truly being chased through a forest. So if I can get the emotions are in the same way, as I do when I dream, the body and the subconscious mind respond as though of course it's absolutely normal. It has already been done that I host an event for 500 people we all have an incredible time. Full stop the end. So I'm reading the story. I'm reading my experience. I'm reading my journal and I'm getting all of the vibes up now as I'm reading there'll be certain sentences that really stick out to me. And on those sentences, I will riff even more deeply so I will give it even more colour even more texture. I will go over the top and the main objection. The main objective is To feel the vibes, that's it. And when I get to the end, I'm Hi, I'm feeling good, my energy has expanded, my energy body is bigger, like I'm filling the room in a different way to when before I started the exercise and from that place, I will then create an intention for the day. Usually that intention, there'll be at least one part of it, that feeds into who I get to be, or what I need to do, in order to take me one step closer to fulfilling that vision. Usually, not always, it doesn't have to be, but usually there is at least one thing that will take me closer to becoming that individual. And then what will happen is, I will say thank you, I will feel grateful, I will be in appreciation for everything that has happened, I will really be in that realm of potentiality. Like what is possible for me today. Like I wonder what miracles I am going to notice off the back of this exercise like that is the mindset that I am in. This is the energetic frequency that I am in. As I finish the visualisation process. And I notice how I feel when I am being conscious, I will then revisit that energy of gratitude, appreciation for my life and everything that I am co creating with the universe in the present moment, multiple times a day, I will come back to like, wow, oh my god, like, wow, this is what we're doing. This is what we are creating. It's immense. It's amazing. Like I'm doing this and I'm doing this with you like wow, that is the energy that I will come back to whether one vocalising or not throughout my day, I will be picking things to do that will also bring me back into that vibe. My

favourite thing is really just to listen to my music very, very loud, that will always bring you back into the vibe of appreciation and gratitude for all of the magic that is continuing to unfold every moment, every moment of every day, like when I really really zone in and look, there are miracles everywhere. So of course 500 People at location TPC somewhere in central London, of course, because miracles are happening every single day like this is what we do here. And then what I will do is I will rinse and repeat that process I will reread some people will write out their thing 500 times a day, I don't need to do that, I just reread what it is that I have written every morning, picking out different sentences that resonate with me embellishing on those sentences, allowing myself to feel the vibes, allowing my energy body to expand into becoming the person who actually makes this happen, reset my intention for the day, whatever that might be whatever feels most aligned, whatever is on the tip of my tongue, be in that energy of appreciation and gratitude for all of the miracles that I am creating in each and every moment and go on my merry way again. And I do that again. And again and again. And again and again. And ultimately, the objective is for you to become so familiar with the energy of the success of the thing that it is that you are calling in, that you spend more and more and more and more of your time there. Until you get to the stage of when it actually happens. It really is, of course, it really is, you get to the space where you're like because it's not already happened yet. I feel so connected like this feels so done, like, oh, we'd already done this yet. But that is the vibe. And there's one small correction that I want to make. I use the term calling in frequently. And I'm really aware that actually I am going to be phasing it out of my vocabulary because calling in and creates the illusion that whatever it is that we are co creating with the universe, into our reality is outside of ourselves. And my knowing my belief is that there is nothing outside of me. Everything is within this field, my field. Everything is already here. And I talk about this when I talk about Einstein and energy, all of the energy that ever was and all of the energy that ever will be is already here right now in this universe. So every every answer to every question that you could possibly have in your entire life is already here in this universe because I Ideas are just energy and energy cannot be created or destroyed. It's all here now, and all things are connected. So this idea that anything is outside of myself not true everything is here, I am part of all things, all things are a part of me the energy of all things run through all of us there is nothing outside of me. And so, when we talk about calling in, as I say it's this illusionary thing that I that I kind of have to grab it and pull it into my reality no, my job is to become a vibrational match my job is to train my frequency to such an extent that the reality that I am looking to manifest to be able to touch to to be in my physical reality becomes inevitable because we are a frequency match your vibrational match and as I become a vibrational match for the

thing that I desire, it cannot help but be in my reality. So calling in not helpful in being a match for way more helpful. So that is my small correction.

I hope that you found this useful. Please feel free to borrow this process and let me know what it is that you are co creating. What is it that you are allowing to be in your reality? What is it that you are becoming a vibrational match for please share with me all of the magic and let me know when it comes to fruition. I'm excited for you. And in the meantime, if you haven't got tickets for infinite receiving live, I would definitely do it. If you are the type of person who always picks VIP I would definitely pick VIP now the ticket price for VIP is going to go up significantly as we get closer to the event. I am not going to apologise for talking about this for the next six months. We're gonna be talking about it a lot you should definitely be in the room and you can get your tickets from [Suzy ashworth.com](http://Suzyashworth.com) forward slash infinite receiving live in the meantime you know the drill tag me up share this episode with a friend who you think would absolutely love to know more about this process. 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/activateInfiniteReceiving](http://Suzyashworth.com/activateInfiniteReceiving)