

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. How the devil are you, you beautiful, beautiful person, I am really excited to share with you today some of the content give you a little sneaky peek behind the curtain of what we were talking about during wealth expansion week. And I want to share with you this actually I write about in my book, infinite receiving, which I'm going to start talking about pre sales soon. And I would love I would love for you to get yourself on the presale list and I got some juicy, juicy exciting things to share with you about why it would be beneficial. But ultimately, what you're going to read about in there. And what we're talking about in wealth expansion week was three dimensional wealth. And I want to talk to you about why this perspective is so important to get your head around, and what many people get tangled up, which stops them from really experiencing wealth the way that it is. And it's funny that actually, as I say this, for the first time, maybe we should be changing this to four dimensions. Because the first thing that I want to say is wealth is a frequency that we get to tap into at any point in time. And I don't include that in my kind of triangle visual, but it's true. And it's really important to appreciate and understand and actually just take advantage of that knowing that I can think about and I can feel about what it is to be a wealthy human being. And I can feel into the energy, the frequency of that word. And I can allow myself, I can give myself permission to allow that feeling to roll around my entire body. And there's something super interesting about some content that Dan Sullivan and Benjamin Hardy shared in the book 10x is better than 2x. And they talk about how money follows wealth. And wealth is something that is infinite, there is an abundance of wealth, wealth is generated and created through innovation and ideas. And I really loved that as a concept. And it really supports actually this feeling piece which you can tap into at any time you can tap into an idea you can create an idea you can think about an idea No, there's an abundance of ideas and of course there's a there's a huge difference between thinking about it and being about it and doing about it there's a huge difference but the frequency the thought the idea the concept that in and of itself is the frequency of wealth. So I really love that however, when I talk about the three dimensions or three dimensional wealth, I am talking about first of all intrinsic wealth. And for me what I mean when I say that is the feeling of safety in your body, it is the knowing that you are going to be okay. It is a regulated nervous system. Do I feel safe right now when I talk about my goals, my dreams and my desires? Do I feel safe? Am I allowed? Does my body feel okay with this next level expansion that I am giving myself permission to just dream about right now. When I say intrinsic wealth, I'm talking about our feelings and emotions like what is going on on the inside. So many people we have seen who are in the public eye are exquisite at painting this happy, Jolly everything's amazing smile on their face. We know people like that who aren't celebrities. It's just normal people pretending that everything's amazing when really they feel terrible. Intrinsic wealth is that truce or thin authenticity when it comes to our feelings and emotions, and it's not about never feeling challenging emotions or never feeling, it's not okay to have a down day is actually being able to experience the full range of emotions and allow momentum to build around the positive ones. And be okay with the knowledge that it's safe for you to feel angry, it's safe for you to feel bad, it's safe for you to feel rage, it's safe for you to feel low, all of those emotions are not going to harm you actually, it does way more harm,

trying to contain them, suppress them and pretend that they are not there the amount of energy that it takes to contain challenging emotions, versus actually being like, I feel angry right now and not making up a story not giving it any meaning, not making it mean anything about you, other than I feel angry. So its nervous system, its emotions, its feelings. It's everything that's going on in our internal world. That is intrinsic wealth, when I can have a regulated nervous system and not just not be freaking out. I can have a wreck, I can live my life with a regulated nervous system. I can feel safe in my body. Internally, I feel good, I feel centred, I feel solid, I feel joy, I can feel truly abundant. That is intrinsic wealth. The next dimension is experiential wealth, our actual experience of life does it feel rich, even if you're not flying first class and sitting down for afternoon tea at the Ritz? We want it to, but it's challenging for our experience of life. Like the choices that we make and how we choose to live, it becomes very challenging to really enjoy the experience of life. If intrinsically we are feeling less than it takes the shine off. When I talk about experiential wealth, I want to know do you get to choose what it is that you want to choose? Is it okay for you to choose the thing that you desire in life, the way that you live life, the way that you spend your time the way that you enjoy your children the way that you are at work your which does it feel nourishing? Does it feel rooted in abundance? If the answer is yes, then you're higher up on that scale when it comes to experiential wealth. And then the third dimension, which is a dimension that most people immediately go to when we say the word wealth is money. So the third dimension is leverageable. Wealth. And often again, what happens is that if our leverageable wealth is lower than what we would desire that impacts our intrinsic wealth, and our experiential wealth, and the reality is, is that your leverageable wealth for sure gives you more choices, and is absolutely important, when you have decided that you are an individual that wants to make a big impact in the world. Having access to leverageable wealth, and being able to generate that yourself makes a huge difference. It gets you in two networks, it gets you seats at the table that you wouldn't necessarily be able to access without money. That doesn't make it right. It just is what it is in the world that we live in right now. However, the meaning that people give it is often if I have managed to master the art of creating an abundance of leverageable wealth, I expect myself to feel better. I expect that to have a positive impact on my intrinsic and my experiential wealth. And whilst experiential wealth means that I have more choices, if you are somebody who is absolutely petrified of losing it all you can be in the nicest place in the whole entire world. And it not drop for you it not connect. And so really helping people to separate these three dimensions and show people how to notice when they are making money mean that they're worth more or lack of money means that they're worth less, showing people how they are diminishing their experiential wealth through lack of presence, lack of appreciation, lack of gratitude. This is such an incredibly important starting point for people who are looking to expand their wealth across all three areas. And it is my belief that it is only when you focus on all three areas that you are truly wealthy, it's when you can love your experience of life, appreciate who you are, and then have the leverageable wealth to actually create an impact that goes beyond you. As well as being able to choose what it is that you want to do. That is true wealth, that was very separate. And you get to work on all of these three things. At the same time, it's a lie that you have to only focus on the inner work before you're ready to receive the material. It's an absolute lie, it's a lie that you have to choose experiential wealth, like living life and travelling the world, whatever that might be for you. In the absence of working on your business, like all of that is a lie, all three dimensions of three dimensional wealth can be worked on simultaneously. And that is the mastery and the invitation who, who desires to feel good to experience life and be well compensated? Why should you have to

pick one or the other. And this is a big part of the teaching that is never either or it gets to be and this is the infinite receiving mindset and gets put at the centre of what it is that we do. And we work from there. So I would love to know, Are you somebody who has focused on one area of the three dimensional wealth triangle, feeling like it's not possible to work on all three? And if this is you, and you're ready to shift then even better, you know where I am. But seriously, I would love to know which area you have chosen to focus on to the exclusion of others. And if you know somebody that would love this podcast, do me a favour can you just share that you're listening and enjoying the content on Instagram and give me a tag because the more people that get to know that we are here and alive and doing great things, the better. I love you You're amazing. Thank you for listening, and I will be in your earbuds next week. 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