

Infinite Receiving Podcast

Title: 3 steps to feeling more alive

Ep 44

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.

How Hello, hello, hello, you gorgeous human being it is Suzy Ashworth here and it feels so so good to be back behind the microphone. It has been a minute. The last time I was with you beauties it was before I went on a life changing retreat to Costa Rica. And there is so much that I am going to be sharing with you not necessarily about the content of the retreat, because there's a part of me that feels like you're kind of had to be there to really understand the context, although I'm sure pieces are going to come through over the coming weeks and months.

But what my intention is, is that you are really going to be able to notice in the way that I speak how that I share in the way that you feel when you listen to how I share how much the retreat continues to unfold within me and through me. And I'm so excited about that. I'm also just putting a little seed out there that we're going to be able to get Leila on to the podcast so that you can really get a chance to sample some of the magic and the activation that I have the pleasure of being in close proximity with not only in our own mastermind, but through her programme, which again in coming months, I'm gonna tell you more and more and more more about that because it is amazing. And has because they literally been life changing.

Anyway, today I want to talk to you about one of the key themes. That wasn't a teaching. It was not a teaching from the retreat. But it definitely was a download that came through after having so many experiences, and really feeling myself turned on. And whilst the retreat is definitely rooted in sacred sexuality, when I'm talking about turned on, I am talking about that connection that I feel so more potently with life. And when I say turned on, what I'm really talking about is that

sense of aliveness. You know, how you have these moments in your life where you just feel lit up? Because you find yourself in a circumstance or with people or in the middle of an experience where like, it feels electrifying. You know, that is that type of feeling that you get when you are at an incredible concert. And all of a sudden, everybody around you is singing the same words in unison and you get that full body goosebumps vibe. And it's just like, Whoa, I feel alive now. And you'd have that kind of dance between your own personal experience and then looking at the person who is on stage thinking, Oh my God, how good must it be feeling for you right now to have 30,000 40,000 or fewer at Glastonbury 250,000 People all singing your words back at you like that. A feeling of aliveness. And what is really interesting to me.

And what became really clear for me over the weekend was just that feeling of aliveness is sometimes prompted by an experience that we have in nature, or an experience that we're having with a person. Absolutely, but I think that frequently. We also experienced that frequency of aliveness through other people, and we feel it when they speak. If we notice how much we want to be by them, and with them, like their energy is magnetic, they feel compelling. Because there is so much like Joy, I think it's joy and heart and love for life that shines through everything that they are doing and everything that they are sharing. And we see these people, and we experience ourselves differently because of the way that they are showing up. And it makes us feel so good in the moment about how we feel about ourselves and about life, that we want a little bit more of it. We're like, what's the magic formula? How are you doing that? And as they sell their programmes and their services, it's like, okay, this is the thing that's gonna make me feel like I feel when I'm in your space, which is freaking alive, like I am Beyonce, singing crazy in love in front of 40,000 people who are all singing with me, like, I want that feeling. I want that feeling. And what actually is really interesting is that I noticed this with very spiritual people. And also many people in that kind of sacred sexuality world, like that sense of like, I'm just turned on by life right now. And what I realised whilst I was away is that often, I have tried to think my way into this feeling. And I thought it was a mindset. And to a certain extent, that served me quite well, because I do feel in love with life frequently. But what I realised on this retreat through certain practices that we did, and yes, through many moments of the retreat, is that the way that I had been approaching aliveness to trying to think my way into the thing wasn't the thing. Aliveness isn't a mindset, it is a frequency, it is how you feel, and your ability to access that frequency on a moment to moment basis, regardless of what is happening around you. And so yeah, the beautiful sunset, the concert, that the football match, or whatever, those things can be

happening. But the real mastery that we're talking about here is being able to access that feeling access to that experience, regardless of what is going on around you. It's not about the circumstance, it's about the frequency that you are running. And that being your dominant frequency because of who you are, who you are being. And so, after being on the retreat, these are three things that really occurred to me when it comes to me living my life from this place, on an ongoing basis. So, first thing we have already spoken to it a little is stop trying to think your way into aliveness, understand that is feeling that is a frequency that you have access to all of the time, because you have access to all frequencies. All of the time. Sadness is there all of the time. Grief is there. All of the time. Happiness is there all of the time aliveness is there all of the time? It's just where's your attention attune to? Where is your attention attune to? So aliveness is your birthright as is every single frequency, but how frequently? Are you attuned to it? That's the first thing. Second thing, my belief, deeply and profoundly, and this is something that I knew before but was affirmed so clearly to me was on retreat is that in order to be in truth, when it comes to that frequency of aliveness, I not be turning a frown upside down, not be pretending to be all of us. Yeah, stick on the outside, but on the inside, feel like you're dying is to be willing to face your shadows. Be willing to face the experiences, the stories, the trauma, the shadow, the challenging emotions that most people want to leapfrog over because they feel uncomfortable. I want to leapfrog over the discomfort so I can reside in the bliss state. It doesn't work and that real, tangible, palpable experience of aliveness that runs through every cell All will absolutely be contracted, you will not be able to access that at its optimum, when you will refrain to touch the things that feel uncomfortable. Like the only way out is through. And whilst I know that it doesn't have to be dark and, like painful and so freakin difficult. I'm not saying that, I definitely know that it you don't have to like kind of rip your heart apart in order to feel happy or feel alive. There is something so deeply potent in being really mindful about what we would rather bypass. And the truth is, is that most of us want to bypass so many things consciously and unconsciously, because it doesn't feel that great. And your willingness to face those things I'll walk clears the way it creates space, in the emotional body, in the physical body, in your spiritual body, in your intellectual body. Like it creates spaciousness, and the frequency of aliveness when it is at its most pure love space. So don't be afraid to face the darkness. And then three, lessen your distractions, I don't think that this has to be an ongoing thing. Although where I am in my journey, I think that creating space and creating quiet so I can feel what's going on in my body, really taking the time to consciously feel what is going on in my body is important. Maybe in 10 years time, I'll be saying that it's just natural to me. But right now creating space where there is quiet. And I'm able to

even at the most simple level, just do a body scan, like check out how do I feel from the top of my head down to the tips of my toes. And even as I speak this now, there is a different experience of what is going on in my body. And the reason that this is so important is that when I say don't be afraid to face the darkness, often, when we talk about like shadow work, we massively attach ourselves to the story. And what is so, so so true, in my experience, pre retreat, during retreat, post retreat, whatever is that often we don't need the story, sometimes it's helpful to have the conversation and find out the why. But frequently, we don't need the story. And if we can just bring awareness, through presence to what is going on in the body, we can find the discomfort that is asking to be released, we can find the area that is asking for more attention, and then deal with that accordingly. But that's very challenging to do if you're constantly distracting yourself, which is what as a human race right now we are trained to do. And so my invitation for you is to create just a little bit of time every day, can you do that little bit of time every day to get quiet and just tune into how your body feels. And from there, you can start to make different decisions about what is next for you based on that awareness. You know, based on that awareness, it might be I need to go out for a flippin walk, or other than watch another episode of Vanderpump Rules. It might be that I need to go and just it's, it might be actually I'm really in need of a somatic practice right now, to release this emotional block. It might be that I need to go and do some quantum slow, could be anything but you're not going to know unless you actually take the time to tune in. So that's my invitation for you. And I got to say that this cultivation of the frequency of aliveness is so present for me right now. If you haven't seen already, I'm actually hosting a retreat in June next year. It is low cost. It is six nights, six days. So it's a long one so we can go deep. But the theme is aliveness infinite receiving is presenting proudly the aliveness retreat and it's in the fricking. UK. Obviously, we've got a lot of time. Right now is an incredible time to jump in because the investment is so low. I'm doing something at scale. And I really wanted to come Keep the pricing as low as possible. So now is an amazing time to go and check it out. The link to join us is [Suzy ashworth.com](https://www.suzyashworth.com). Forward slash aliveness. You can find out all of the information that you need by DMing us on Instagram On Suzy underscore Ashworth all going to check out the link [Suzy ashworth.com](https://www.suzyashworth.com). Forward slash aliveness. I'd love for you to join, we're going to be it's the seventh to the 12th of June 2024. It is in the UK, we have not announced the location right yet. But it is beautiful. It's set in 20 acres of the most beautiful land in the UK, and can't wait to share it with you. The theme is aliveness and I'll be taking you through the most incredible journey so that you have the types of tools that I am using, and are absolutely changing my life when it comes to really cultivating that frequency. Being able to hold it, maintain it and sustain it and seeing how that gets to touch and

change not only my experience of life, but everybody who is coming into contact with me. It's fucking exciting. I would love for you to be there. So as I say links for the for the retreat are in the show notes. And in the meantime, I look forward to being in your earbuds for the next episode. Please remember that if you want to create more miracles in your life is all about the faith plus the action. If this episode has been useful, share it with a friend tag me on Instagram you know how I love to spread the word and I can say I'll see you next time at the office

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 [Suzy ashworth.com](http://Suzyashworth.com) forward slash activate infinite receiving

Show notes

Oh my beautiful soul, hi!

I am so, SO happy to be back behind the mic, from being away on retreat it has been a minute since I've been here

The good news is, from being away I have SO much to share with you - and I will as the weeks go on. This week I want to talk to you about the idea of Aliveness (also the name of my freshly announced retreat - whaaat)

I know that I have previously seen this epic state as something you can think yourself into. And it's been helpful it has, but it's not it!

Tune in to find out what really is

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

stop trying to think your way into aliveness understand that is feeling that is a frequency that you have access to all of the time. Because you have access to all frequencies. All of the time (somewhere around 9,50)

If you want to leap frog over the discomfort so you can reside in the bliss state. It doesn't work. And that real, tangible, palpable experience of aliveness that runs

through every cell will absolutely be contracted, you will not be able to access that at its optimum, when you are afraid to touch the things that feel uncomfortable (around 11ish)

...that's very challenging to do if you're constantly distracting yourself, which is what as a human race right now, we are trained to do (around 15ish)

Quotes

aliveness isn't a mindset, it is a frequency

the real mastery that we're talking about here is being able to access that feeling access that experience, regardless of what is going on around you

the only way out is through

You can read the transcript here.

Links [stay the same]

- Find Suzy on Instagram
- Find Suzy on Facebook
- Find Suzy online
- Join The Quantum Success Hub on Telegram

Faith + Action = Miracles

Waveform social post

Around 7ish

I'm just turned on by life right now. And what I realised whilst I was away is that often I have tried to think my way into this feeling. And I thought it was a mindset. And to a certain extent, that served me quite well, because I do feel in love with life frequently. But what I realised on this retreat through certain practices that we did, and yes, through many moments of the retreat, is that the way that I had been

approaching aliveness to trying to think my way into the thing, wasn't the thing.
aliveness isn't a mindset, it is a frequency

FAITH + ACTION = MIRACLES

Quote graphic

aliveness isn't a mindset, it is a frequency

Third post (optional)

CTA LINK

FAITH + ACTION = MIRACLES