

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. And I am really happy and excited to be sharing with you today. I am coming off the back of some really incredible conversations with some really amazing people that have inadvertently coached me, inspired me and made me look at the world differently. And this is what this podcast is here to do. And I almost feel like I am having another kind of mini rebirth with this platform. I've always loved podcasting, I always love the conversations that we have. But something feels like it is shifting. It feels like it's shifting for the better and the ideas and the conversations that I want to have with you personally. And of course what I'm having with other people, I just feel really, really positive about.

So here we are, a brand new episode. And today's focus is really about your spiritual growth, your personal development and knowing that you're on the right path, knowing that you're on the right track. And what is interesting is that I believe, and this might even be a slightly controversial thing to say that it is impossible for us to not be on the right track. And it doesn't mean that bad things don't happen. It doesn't mean that we always make good decisions. But it does mean that the decisions that we are making are there to teach us a lesson. And sometimes the lessons that we have to learn are huge, which means that the decisions that we have to endure the ramifications of are sometimes big and messy and achy and just not good. It doesn't mean that we're not on the right path, it means that we have a big lesson to learn. And as we learn that the path may for a period feel slightly less challenging, it might feel for a period that things are going our way. And that also gets to be something that we celebrate.

However, I wanted to share with you just some things that I have been recognizing in my own journey that might feel helpful to you. Because I have never really been somebody who has been big on all there's a sign this is a sign that's a sign but often light, what I have been noticing again and again and again is that when I have an awareness of something, a breakthrough around something that I am struggling with, or somebody says something that really just lands for me when it feels important, I am noticing that I am hearing the same message presented to me in different ways by multiple different people all within a very short period of time. So it's like the universe is saying to me if you didn't get it this time, get it now, if you didn't get it this time, you need to get it now if you didn't get it this time, get it now or you've got it, I'm gonna give it to you some more. You've got it. I'm gonna give it to you some more and got it I need you to understand that this is super important and you are really now ready for this message. And actually, it feels really beautiful for me because I remember at the start of this journey over 20 years ago, I would read things like the self esteem prophecy, like Seven Habits of Highly Effective People. They were the first kind of personal development books, spiritual books, I read the New Earth by Eckhart Tolle, I would read these books, and my mind would explode. I would be so like, wow, every single sentence was giving me an epiphany. It was like I was being reborn every single chapter like this brand new baby to this brand new world looking around myself and being like, Oh, that's amazing. So with I would love my life, I was living my life, like 1000 light bulbs were being

turned on every five minutes, and it felt incredible. And then, and I think that this is particularly relevant to the personal development world, after a while you start hearing the same message again, and again and again. And depending on where you are in your journey, and the lessons that you have to learn, it is very easy to become a little bit jaded, a little bit cynical, and a little bit like, well, I've heard this before. So give me something else. What else have you got, because I still don't feel amazing about myself, I'm still not earning six figures, multiple six figures, seven figures, I still have bad relationships with my parents, I am still unhappy with my partner, like, what else have you got for me. And the reason I say that I think that this is more specific to the personal development world, is because I think that when it comes to spirituality, you're often encouraged actually, to reread whatever the text is that is relevant to your spiritual growth. It's like I remember once having a conversation with somebody about A Course in Miracles, and they were trying to like wholeheartedly tell me that all you needed to do was read the book, which is 365 lessons every day for a year, and you would reach spiritual and like, lighten. Now, I'm not saying that that is impossible. But I also don't think that that is the point of the book. The point of the book is it's a lifetime's practice, and every single day, you get a new contemplation to consider and then integrate into your life. And the more you reread the text, the more integrated the lessons become. So I think that we spirituality, there's almost like a path, you're you're expected to read and hear the same lesson many, many, many, many, many times over. Whereas in the personal development world, it's a bit like, Ah, I've heard this before, this is allowed. I mean, you're not the originator of this thing. I've heard this a million times before. And often people drop out, because they either are telling themselves the story that this is all one big con, and it doesn't work, otherwise, I would feel better now. So that's it, tapping out, or people will choose to notice that they've heard this thing before. And they will ask themselves the question, Where am I not living into this? And this is often something that I will say when I'm presenting a programme, you know this, if you've heard this before, if it's not new for you, ask yourself, How can I go deeper with this? Where am I not implementing this? And a super powerful question is, why am I not implementing this? So you have this first stage where 1000 light bulbs are going off? And then the second stage of like, kind of already know this? I know this mic what's going on here? And people will either tap out at that stage, or they will ask themselves, you know, where can I implement this? Where can I live this. And then the third stage is an embodiment of these things that you have heard many, many times where you do start to live it and therefore you start to see different changes your experience of life changes as you begin to embody more of these lessons. And then step four is a deepening in your understanding. And my favourite way to explain this is if you've ever read the books, from CS Lewis, about the Chronicles of Narnia, there's the most famous book of this series, the line the witch in the wardrobe. And there's this moment in the book where as lamb sacrifices himself to save one of the kids has come through the wardrobe, and the White Witch thinks that she has won and she kind of goes to bed with her big old cackle. Ah, I will be queen of Narnia. And then in the morning, everybody wakes up Lucy and Susan, two of the two of the kids go to the stone table where as van had been killed, and the mice are gnawing at the ropes, and the girls get all distressed and I like leave them alone, leave them alone. And Susan, the older sister is like, I think that they are trying to release him words to that effect. Anyway, to cut a long story short, there's this moment where the stone table cracks and Aslan comes back to life. And, like putting the religious connotations aside what Aslan says to the girls, when they say, We thought you were dead at the magic said that you had to give your life up in order to save Edmond. And Aslan says, Yes, this is true, but there is a deeper

truth. And this is really what I have been experiencing in many, many places in my life over the last few months, there's sometimes it's a deeper understanding of the original thing that is presented. And other times, it's actually that truth, there's something that transcends the surface layer of this truth, it doesn't mean that it's not correct. But there is something deeper that I get to understand. And the thing that I used to agree with is still relevant if you're at stage one of your journey, but if you're at stage four, then this is the thing that you need to be aware of, in order for you to really transmute the knowledge that you have about this subject into wisdom. And in my experience, what what happens when I am presented with this deeper truth is that there is a visceral experience a somatic experience in my body, you know, when people say, this course changed me at a cellular level, often they are saying that from an intellectual perspective, or the intention is set and is spoken, but very few people who are in the programme, and when I say programme, it can be retreat, it can be event, it can be whatever actually have the experience at a visceral, cellular level. And I want to go off on a little mini tangent, because when I think about events, and when I think about live events, I think that it is easier for people to have that somatic experience, depending on the skill of the facilitator. But I think that it is easier for you to have a very physical journey, depending on the construction of the event in the experience. When you are in person with people there is frequently not always but frequently a shortcut to you having the remembering that's what's happening. When people talk about a cellular change. It's not new information. It's a it's the wisdom of the heart, which transcends lifetimes, you know, it goes back maybe transcends is not the right word. It's that the wisdom of the heart is a wisdom that goes beyond the life that we are in. And so when we when we have the awareness when the thing that is said, or the experience is physically experienced, there's something that clicks in at a cellular level. And it's like a coming home to yourself. It's a knowing and it's a remembering, and I have had more of those experiences in the last few months than I've had in my entire lifetime. Some of that will be age, and some of that is very pure intention is putting myself in situations and environments and choosing to make the time to have the contemplation and then practice. It's time plus contemplation, plus practice and then devotion to the growth devotion to myself devotion to the understanding devotion to the breakthrough that is creating these incredible experiences. And so I wanted to lay it out like this because everybody who is listening to this podcast is somewhere on this journey of remembering and if you want to accelerate the pace pace at which you are able to really embody the knowledge that you already have, then you're looking at time plus contemplation, plus practice and devotion. And when you put yourself continuously and consistently, in environments that are specifically designed for your enlightenment, to raise your consciousness, when you're putting yourself in environments where you are surrounded by people who are truly committed to experiencing themselves from a higher level of consciousness, you can't help, you cannot help but experience more of these shifts. And so it's my desire that you really just, maybe you need another lesson. Or maybe you're already very clear on where you are, maybe you're right at the beginning of the journey where everything feels like an epiphany. Maybe you have heard this three times already this week. And it's the universe being like, and here and here and here. Maybe there was a part of you when you started to listen to this, that was like, Oh, God, tell me something I don't already know. And that's an amazing signpost for you to be like, Okay, where am I not implementing this. And then if you are at the latter stages, where you are hearing things and it's landing for you more deeply, and you know, again, that there's more, I really invite you to make sure that you are putting yourself in environments where this type of conversation where people are, you know, that having this type of conversation but they're also sharing with you the

practices that enable you to elevate and expand and stop looping stop going around and around and around in the same old circles so that you're actually able to live through the breakthrough then you're cooking on gas. So I hope that this episode has been fun for you. If you have enjoyed it, please hit me up on Instagram share this episode with at least one friend it is my desire and intention to get the message of infinite receiving out to 1000s and 1000s and 1000s of more people and you can really do me a favour by supporting me by sharing this with a friend and if you haven't subscribed to the podcast whether that is on Spotify or Apple or any of your podcast players do me a favour and also do that too. And please remember in the meantime that faith plus action equals miracles

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