

## Infinite Receiving Podcast

### Title

### Ep 54

### 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 pod cost. And in this episode, I am doing a divorce diaries episode, which it's been a long time since I have shared anything on my separation. And we are not quite yet divorced. But we have been separated for two and a half years. And by and large, it has been definitely one of the hardest experiences for sure from an emotional perspective. But I feel like on the whole, we have navigated things incredibly positively. And on the whole, I feel that we have whilst we haven't caught it or intentionally been consciously uncoupling. I feel we've been as close to damage as that as we can get. And at the same time, still, two and a half years later, there are still many, many firsts that we are going through. And there are going to be so many more first time for this first time for that first time for this first time for that. And of late, I have found some of these firsts really, really triggering without putting too fine a point on it really triggering. And it has brought up so many challenging feelings for me to navigate. And I am so grateful and so appreciative for some really good friends who I've been able to go to, and also infinite receiving and my commitment to really living through the pillars of infinite receiving it has been deeply supportive of me, it hasn't stopped me from throwing my toys out the pram sometimes it has not stopped me from feeling sometimes it has not stopped me from the full range of emotions that everybody experiences when they are separating from somebody that they are still going to be involved with for a very, very long time, you know, possibly a lifetime because we have children together. So hasn't avoided me and made me avoid any of those things. But it has been super helpful when it comes to processing as it has been super helpful when it has come to the level of intention that I have to remember. Remember that I desire to live by. And my my intention, my continued intention is for me to remember that before any interaction and not just after when it comes to the processing of things. So this is very been very, very present for me over the last few months. And I had a really interesting situation. Just recently, I was throwing a birthday party for my youngest, the beautiful Aluna, who is now seven years old, and I had actually been away for her actual birthday, which she had spent with her

dad I'd been abroad. And it's funny actually, I think probably just because of the nature of when her birthday is I've actually missed two of Lunas birthdays since she has been born. It's never really happened with the older ones because their birthdays are in January and February. But it is a second time that I have been away. Forgive me a luna anyway, she had a great time with her dad, his family came down and spill her rotten and we spoke on the phone and it was all good. But I hosted her friend's birthday when I got back. And it was as it happened the first birthday that I have hosted that her dad was not around for and so this was a first and it brought up many many many things. feelings for me many feelings. And to start with, I really found it challenging that there was a home interaction around it that I found super challenging. And what I was doing was hosting a swimming pool party, and I decided that I didn't need any help. Well, I wanted some help. And then I decided I didn't want any help, but cut my nose off to spite my face, block myself from receiving. That's it, I'm fine, I can do it. And it was really interesting, because I heard myself like, in the moment, I was able to witness myself blocking myself from any receiving. And in the moment, I was able to have the awareness but not stop the action. And then, after a day, was actually an evening, where I'd had a really positive interaction with their dad, that I was really aware that I wanted to open myself up to receiving a game, receiving love, receiving acknowledgement, receiving support, and really intentionally co creating the co parenting relationship and friendship that I desire to have with him. And it was a very distinct like, this is infinite receiving this is infinite receiving but not conscious. So what do you want? You know, what is it that you want? And it's like, I want to do this consciously. And so I had this, like, okay, brightening of the light bulbs, that dimmer switch, were turning up. And we get to go deeper with this. And it was really interesting, because I bought this swimming pool, which apparently was the easiest thing in the whole entire world to construct. But when I got everything out of the boxes, I was like, I do not know what the heck that I'm doing. It's quite a big pool takes hours to fill. So I'm up at seven o'clock in the morning, having this minor freakout. And the first thing that I asked myself is, what is it that I want to happen right now? Because I'm also dealing with these feelings of right. This is the first time I'm doing this properly alone. And how do I want to deal with that? What is it that I want to manifest today? What is it that I want to co create, and it was so easy for me to be like, I want this to be an incredible birthday, where there is so much love and laughter and fun for and Luna and her friend? Who do I need to be in order to, for that intention to be fulfilled. And my need to be a conscious infinite receiver, of course. And what I need in this moment is support. And so what I did was call her dad, and be like, I've just got everything out of this box to create this poll, and I am freaking out, I need some help. And what made the situation easy is that he immediately even though he had

other things to do, and was going to be leaving the house his house shortly. He was like, Okay, fine, I'm going to be leaving in about 20 minutes I can pop in this was really great. It would have been a whole different level of mastery. If he had been like, oh, no, sorry, you said you didn't want my help. And now I've made other plans. That isn't what happened. But what I leaned into was I knowing that I am infinitely supported. And I allowed myself to be supported by somebody who had offered it in the first place I had rejected and then decided that my pride and ego were not more important thing that I was manifesting. So the person that I needed to be with somebody that was willing to lean into that pillar. And what was amazing for me is that I realise when it comes to really working this pillar of infinite support is that sometimes it's not even in the receiving of the support that the breakthrough happens. And the expansion happens. It's in the asking, and frequently, we stop ourselves from the breakthrough because we are so contracted in the holding on to the story the protection of the ego, the protection of the heart. What if I if I ask and I'm rejected by ask and I get let down? How am I going to feel I'm not going to be able to deal with the disappointment, the pain going back to the episode about money being our number one spiritual tool and that pattern avoiding pain. Like, for me, it was such a breakthrough to be the person who was willing to ask. And as soon as I asked, and he said yes, that he'd be leaving in his home in about 20 minutes, what I realised is that even if he leaves his home in 20 minutes, it's still going to be another hour. And I wonder if I was going to allow myself to be supported even more deeply, what can I do in the meantime, whilst whilst I'm waiting for him to arrive, and

hello, I only built my entire business by doing this. When I don't know what to do, what do I do, I look at YouTube. To be fair, I had done this already. But the first videos that I looked at, were not helpful. But as soon as I was open to receiving, I found the video that was 20 minutes in length that was going to give me the step by step by step. And what was interesting is that before, when I'd looked at the pieces of the paddling pool, and I'd looked at the instruction manual, it was like it was speaking an entire different language. But after having the video, I realised that the thing that looked like a whole different language was the overview. And the way that this instruction manual had been set out was the first couple of pages give you every single piece of equipment that comes with the pool, and how every single piece of equipment fits together. Like it gives you the bigger picture, which actually, I didn't need. I didn't need the bigger picture. At that point. Having the bigger picture at that point, for me was way too overwhelming, way too confusing. I thought that I needed to do things with all of these elements that actually I didn't need to do at all. All I needed was to be clear on what the next action step was. And what was really interesting is that the next action step, so the actual first step

was just over the page, the first couple of pages were the overview with all of the pieces, but the actual information that I needed, I just needed to turn the page. And then with the help that I'd got from YouTube, and then looking at it visually in the instruction manual, it all became clear. And actually, I managed to set the whole thing up before their dad had even left his house. And it felt great to be like, Oh, you don't need to come over. Like I've sorted it. And not from a, I've sorted it. And I'm, you know, I've done it all myself, I don't need you. But just, I'm good. It's okay. I thought I needed some help. And I asked for it. And actually, I got my help. And I helped myself and I got just the help that I needed. And so I am good. And it was so interesting to me that one, thank you infinite receiving for supporting me so deeply in that moment, in a multitude of ways. But to it got me thinking, How many times do people give up before they've even gotten started? Because the big picture is way too overwhelming. So many people, like when I think about people wanting to start businesses who never start businesses, they don't do it because it just feels way too big. How many times? Do you not get what you want? Because you're afraid or too proud to ask for what it is that you desire? How many times and how many times do you not get what you want? Because you don't just take the next step. You don't just turn over the page. Like it's all there. Exactly what you need is there but you just need to have the where with all to take the next step turn over the page, whatever your equivalent of that. Just next piece is and my willingness to go to YouTube was about me being willing to ask myself how can I approach this differently? How can I get what I want, but from a different angle. How many people miss out on getting what it is that they desire because they refuse to look at things differently. I had so many beautiful lessons and breakthroughs because I set up a big paddling pool on my daughter's butt though, and I hope that what I've shared today really resonates with you in terms of how you can be noticing the multitude of opportunities on a daily basis, where you get to rise into something bigger, where you get to remember what your core intention is, remember what it is that you desire, and know that none of this is ever done alone. Know that your expansion and your ability to create an environment where you're able to realise your dreams and desires or something even better comes when you're willing to ask for support. So where can you be asking for more support in your business, in your love life? In your relationships? Where is that feel free to share with me on Instagram where you know, you can be asking for more support. If you desire to have my support in any way in terms of growing your business if you're already earning over 80,000 pounds a year or you want to dive deeper into infinite receiving and how you can use this as a coaching tool with your clients. Please feel free to email in Hey at Suzy Ashworth say I need your help and one of the team will get back to you. And in the meantime if you know just one person who you think

that this would be amazing for you know that they need to be asking for more support then please do me a favour and share this with your friend. And remember from Now up until next time I am in your earbuds that it's faith plus action that equals miracles

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