

Infinite Receiving Podcast

Title Kim Howells

Ep 56

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 Susie 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, you gorgeous human being. It is Susie Ashworth here and you are listening to the Infinite Receiving podcast. Sometimes you have a conversation with somebody on the podcast and it just hits differently. I am really excited to introduce you to somebody who you probably have not heard of, but may well have seen her work. She is a fashion stylist. She has worked with some of the greatest in the business and her name is Kim Howes.

Speaker 1

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01:11

Now, whilst we got her on because she is so prolific, when it comes to her fashion, there is a lot more to Kim than just the style. And so in this conversation, we talk a lot. And I should say there is a trigger warning there for anybody who may be activated by talk of childhood death infertility, and also what happens after a child is taken into a neonatal unit. So the conversation that we have is really deep. We talk about her drive and what has really forged the success that she has, the foundation for the success that she has. We talk about love, we talk about law of attraction, we talk about all of the things. So I'm really excited for you to share what you receive from this episode and I look forward to seeing you on the other side.

Speaker 1

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02:11

And you know what we've got another juicy conversation for you today and I'm really excited for you to meet my guest. You may not have heard of her before, but you are definitely going to know her by the time we have finished this conversation. She is just full of life and effervescence. She is from the Valleys. I don't know whether actually I'm allowed to officially say that, whether that's actually true. She's from Wales. Not everybody from Wales is from the Valleys, but she's from Wales.

Speaker 2

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I mean, I suppose I'm not that far away.

Speaker 1

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And you're going to love her. Her name is Kim Howes. Kim, welcome to the podcast.

Speaker 2

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02:57

Oh, thank you so much. Thanks for having me.

Speaker 1

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03:00

You are absolutely welcome. And what I said to Kim as soon as I saw her is, you look fantastic. Unfortunately, we don't do video yet, but if you could see the video, she's got this beautiful blonde, sweeping hair, she's wearing this incredible blue shirt, she's got the jewelry, she's got the lip, everything is going on. And fashion by name, clearly fashion by nature. So you're a stylist and have worked with every single big name in the business. And I'm really curious about the beginning. How does a girl from Wales end up working with Rankin? This was like a couple of weeks ago. You were like, oh, yeah, I've just got to start, just got to shoot with Rankin tomorrow. And I'm like, oh, my God, this woman is the real deal. How did that happen?

Speaker 2

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Oh, my God. I mean, it's such a big question. Isn't mean I grew up in Wales in the middle of nowhere, walking fields and just fantasizing about fashion. I think that's kind of the start of it. I was always like I wasn't very academic reading and writing. I mean, come to be in university in later years, they find out I'm really dyslexic. But obviously you go through all the channels as a kid and nobody thinks to check. I just didn't like it, so I didn't do it. So I was very fortunate. My younger sister really loved reading and writing, so she would just read me all my homework. I'd understand what I'm talking about. And then in class, if I got quizzed on anything, I was like, I know, mice and Men. Don't worry, I got this.

Speaker 2

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04:33

My sister's read it for me, it's fine. And while she was reading it to me, I'm just sketching clothes. So I was just obsessed. I was obsessed with sketching fashion. Just going off into my little fantasy world, like interior design, anything that was design, I was just all over it. But I suppose I never really knew what that meant or what I was doing with it. Plus, you're talking about I was born 82. There she goes. So it's a little bit like what was available. It wasn't that much available. I remember being like, I want to look for magazines, Mum. And she's like, all right, well, we're going to trek all the way into, like, Cardiff or something, our nearest town, and you'll be lucky if you get your hands on a Vogue. Okay, that was it. It was dry.

Speaker 2

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05:16

So I remember being like it was all about reading books. Like, I don't know, reading books or talking to somebody or maybe watching an amazing program on. Like, I remember watching programs about Zandra Rhodes and being, wow, like, she is so incredible. She's making all her textiles, she's making clothes. This is what I want to you know. The reality of my life was I was like, on my BMX out with my dogs and my horse at the farm, and it was all, just know, got your Ellis on. There's nothing glam about it. But I like that side of things as well. But my grandma was a dressmaker, and she was absolutely brilliant. So I definitely think she's influenced my journey. Like, as a kid, she had us knitting at three years old, and that generation is like, so hands on.

Speaker 2

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06:05

It was like, right, we're going to go to the shop, buy pattern cutting, wonderful kind of patterns. And she'd be like, what dress do you want to make? And suddenly you're like, what do you mean? And it's like, you could have this shoulder. You could have this neck, you can have this waist. So at a young age you're like, wow, that's amazing. You can create whatever you want to create. And I definitely think that blew my mind and planted a seed and then we'd go and choose our fabrics. My mum would team in with the accessories. Me and my sister were like a year and a half apart, so it was twins, literally branded like twins. It'd be like the double buggy, the scrunchies all in the hair with the same print as the dress socks, with probably a hint of something.

Speaker 2

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06:49

Take your laces out, put ribbons in them, just make these blonde Welsh kids as bloody, like daft as you can make. I've got all the photo evidence. It's hilarious, but I loved it. I love dressing up, I love learning how to cut these patterns and put this stiff fabric down and understand that when you sew it together, this is what happens. And I think that definitely had a major influence on me. My grandpa was a painter on my other side, so again, I think being around him who is like painting and just being free, and then my grandma on the other side who was make clothes, that's kind of exactly what I wanted to do. I wanted to paint and put them on clothes.

Speaker 2

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07:26

So actually, thinking about it like that, it was those two people that I was like, well, I want to combine what you're doing and combine what you're doing. This is so cool. So then, yeah, I mean, then it's just a load of dreams, isn't it? You said loads of dreams on the megabus one way out of Wales.

Speaker 1

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07:42

Well, it's that bit because you said something, you said, my grandpa, he painted and he was free. And I'm curious for you in terms of that freedom piece, what was your story or your relationship with freedom and the appeal of that for you?

Speaker 2

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08:04

Well, do you know what? I think that's a really good question and no one's ever asked me that before. So I will go deep on this one. I feel like for me growing up, it was cute countryside Wales, it's all quite innocent. Like school was amazing. My teacher was an art teacher, it was like a farm school. Nobody really did any work and I don't think we got governed by anybody. It was just like bring a pet day and that would last like a month. By the time all the kids abort a pet, it was so beautiful like that. But at home things were quite different actually and my dad's an alcoholic. It was a very kind of violent, unpredictable and very unsafe space. So it's almost I think I probably like I had loads of animals, I was outside all the time.

Speaker 2

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08:54

It's that kind of escapism. And then I think that you witness too much sometimes as a kid and I definitely actively remember being twelve years old and just in a situation I hated and it was just take days off school because we wouldn't sleep all night because they would all kick off. Police would come. They wouldn't do anything because they didn't really domestic violence domestic abuse wasn't really like a priority or whatever. And nobody really did anything. And you were just kind of trapped at the mercy of somebody getting drunk and what's going to happen and protecting your mum. My mum's a sweet little soul and it's just horrible.

Speaker 2

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09:37

And then you get really angry then actually as a teenager, people wouldn't know it looking at me now, but I actually had a real anger problem as a teenager because I was so angry that I'm in this situation, my sister's in this situation, nobody's doing anything, I'm seeing my mum getting hurt and we can't do anything. Like we can't leave, we'd leave for a few days, but we'd have to come back. So I kind of made a very solid promise to myself as a twelve year old outside. I remember in the country, I remember as clear as day being like, I am never going to be in this position, I'm never going to be in a position where I'm in a relationship and this could happen to me or I lose my independence.

Speaker 2

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Before my mum had me, you'd see all these photos and it would be amazing. She'd be in a little sports car doing this, doing that, she'd be working for this, bubbling, doing that. And then you get somebody that's like emotionally or physically abusive and it starts squeezing the life out of you a bit and you start seeing their light going and you team that with, I don't know when they did finally split up, took all the money, got no money, right? And then it's like you also get conditioned, don't tell anybody, don't let anybody know what's going on at home. You can't let anybody know or social service is going to come, split you and your sister up.

Speaker 2

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10:58

So you get conditioned your whole life to swallow it, not say anything, paint a face on it and kind of live a little bit of a false life. And it's really interesting because I went through my whole most of my adult life not really talking about it. And it's only in recent years people have started having conversations and I'm like, yeah, started talking about it. People are like, what? I'm like, yeah. I'm like, Why have I never spoke about it? And it's because conditioning is like a real thing. And you go through so many years of being told you can't talk about something that starting to talk about something.

Speaker 2

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Feels like, I don't know, you're being disruptive to a frequency that was set a long time ago or it feels like you're going against you're doing something you shouldn't be doing, like you're being a naughty kid, basically. Actually, that's exactly what it bloody feels like? It feels like you're being a naughty kid because you're speaking out. But you know what, Soda, I am speaking out because people do need to know about things. And that definitely, in my experience, personally turned it into a positive experience because it gave me all the fire that I needed to say, do you know what? I'm not having this.

Speaker 2

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12:05

And when I'm old enough to not have to live in a situation that I don't want to live in, I'm going to do things the way I want to do things and I'm going to be independent and I'm going to be career minded. I'm going to follow my dreams. I'm not holding back and I'm living my best life, basically. So I got on our 7th Bridge and I did go and live my best life.

Speaker 1

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I am curious because we're going to talk a lot about how it ended up being a gift, this drive and this passion and all of the things that you have created and continue to create. But there is a part of your story that I really resonate with in terms of that decision to be independent and that decision to create something beyond what you had known. And I'm wondering, are there any parts of your life that fierce independence has actually worked against you rather than.

Speaker 2

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12:56

Supported you 100% in relationship? In relationship absolutely has been a thorn in my side because until now, my amazing partner now absolutely fully embraces it. He's a total babe. He doesn't feel intimidated or any of that nonsense, but he is an absolute rarity. Like, I found that growing up, you feel like you attract kind of

relationships and they think, oh, I don't know, I guess you're attractive because you've got your shit together or you're doing this or you're doing that, or you're loving life or you're independent and you don't need for nothing. And at the beginning, I think that's a very attractive flame for people looking in and they think, oh, I want to be part of that energy. And I love that she's confident and she's quite flamboyant or whatever and she's like, got a job, she loves and all, tick, tick.

Speaker 2

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13:56

But what happens then, I found in every relationship up till now, is that the partner then feels like they're not needed. They feel like they're not needed, you don't need them. Like, what's their part in all of this? Then they start feeling insecure about things that absolutely has happened time after time, because people don't understand that mindset. And also the lifestyle, because they do go hand in hand. My lifestyle is I might be on a photo shoot seven in the morning until midnight, two in the morning, and then I might have to crash somewhere and go back on site the next day. Someone needs to be like, my partner needs to be flexible. And I'm very lucky now because my partner is super flexible. He gets it. I've known him a really long time.

Speaker 2

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14:42

He understands exactly what my industry looks like and he wants me to be the best version of myself. But like I said, that's taken, like, when did I meet him? That's taken, like, 20 OD years from the time I started dating of a lot of failed relationships for that reason, and it became a bit of a joke, they'd all go for the same reason that me and my mates would be like, oh, another one's gone. They just realized that, actually. And it's not that I think it's important that partners, you don't need them, you want them. And that's the difference. I wouldn't want somebody being like, I need you. I'd be like, I want you. That's sexy. Yeah, you want me because it's your choice, but I need you. That's not a vibe. Suffocating. Yeah.

Speaker 1

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15:32

It's interesting that you say this, because I've spoken to my therapist about this a lot, because I have a real and this is the independent woman in me. I have a real issue with the word neediness. Like, the idea of being needy as a person is very unattractive to me. And I also know that in this phase of my life, I have to actually build a relationship with needs and allowing my needs to be met. And so I'm curious with you've now with your babe and the father of your child, and he's different, but are you different? Does he feel wanted and needed by you? Like, is the independence the same as it always was or has that softened a little bit?

Speaker 2

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16:29

That's a good question. I think there's definitely a softer side to me that's only been available to him in my whole life. Okay, yeah, 100%. And I think that's because very early on, were very vulnerable and open with each other because we're all friends. We've known each other since I was 20, but nothing had gone up. But there's a lot of foundations, there's a lot of history and kind of when we started hanging out and things started building, it was really beautiful because we had those layers and layers of friendship, trust conversations. So then very quickly, were able to be vulnerable with each other and feel safe with being vulnerable. And I think that's massive because I've tasted being vulnerable with other people in the past and it's almost like it's gone into their circuit board.

Speaker 2

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17:20

They've stored it in, like, a special place of a circuit board, and then when they're angry, they're going to fire it at you like a laser. And you're like, Whoa, yo, I told you that in confidence. Like, I was over sharing something with you that I feel really passionate about, and you've come and literally lasered it. And at the time, that just kind of reinforced me just putting the walls up even more. And then you're almost like, well, do you know what? I'm in this relationship and you're going to get 30% a kim, sod you more fool. You you're not getting the full 100%. And that's how I've always done things, but that's not the most fulfilling way of living.

Speaker 2

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18:00

But I kind of thought, to be honest with you, I thought that's probably just how it was going to go and that you're going to be in relationships where nobody gives 100. But now with my partner, he's amazing. I give 100 and there's no lasers that fire at me, there's no circuit board that holds information and is like, I'm going to use that later. You know what I mean? It's just love, it's just easy. I can go to him and say, oh, my God, I'm feeling like I'm feeling really upset about something or I never would have done that in the past because I'd feel way too vulnerable. So he definitely does get a softer side to me than people in the past and that other partners would have loved, but they would have loved that.

Speaker 2

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18:45

They would have loved to have had a bit of a softer me, but they didn't show me that was a safe space to do that.

Speaker 1

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18:52

I think it's super interesting that you acknowledge in hindsight, I don't know how conscious it was at the time, but you're going to get 30% of me at the same time as wanting 100% of somebody else, and 30 plus 30 is never going to make a sustainable relationship. And so the moment that you actually feel safe, you're met with your mirror, so you're giving 100%, he's giving 100%, and now you have this beautiful relationship. 37 is not the youngest of ages to meet your life partner. Did you ever, and maybe you just said this, I wonder, did you ever doubt that your match was coming?

Speaker 2

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19:38

Oh, 100%. I doubted it. Like, I was with somebody before fraud, that I was with him for six years and I kind of felt like, oh, yeah, this is quite solid. It did 100% on

hindsight, lack, like, quite a few. We were very different people. And then full transparency, he finished with me because he's like, look, I know you want to have children, I know you want to have a family. I did want that type of stuff, but actually, now I don't, because you work all the time and I don't understand how you think you're going to work and be a mum. And I forgot. Honest truth. And I was like, what? And he's like, yeah, how do you think you're going to be able to work and be this career woman that you love being and be a mum?

Speaker 2

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And I was just like, do you know what? Thank you for wasting the six years of my life. I said to myself, I don't know. Nothing's changed my end. So I don't know why you've had this sudden realization. Absolutely broken hearted, I was like, but you know what was interesting, Cece? I was broken hearted because I was broken hearted because of the kind of dream or the journey that relationship was going to take me on in terms of motherhood more than I was heartbroken about him. And that was a really interesting revelation. I was like, wow, I feel more upset that he's taken that away from me than him. I'm also, by the way, if somebody does I don't know how to say this without swearing, if somebody does really piss me off, I can be very like, I'm like, I'm done.

Speaker 2

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And that's a bit of my independent side as well, is like, if you cross that with me, there's not many conversations. And for me, when he said that, I was like, well, you've crossed that, so that makes crying over you easier. But I am really upset that I'm now I must have been 36, 37, and now I want to start. I want to have a child. Like, I want to have a family. I want to have it with a partner. One of my best mates was exploring other options. We were in a very similar position and she's like, I'm going to go IVF route, why don't you do the same? I was like, I don't want to do that.

Speaker 2

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I just want to have faith and know, put it out there in the universe that I just want to meet the right person to feel like I can share a family with, because that's the other thing. After the childhood I had, I was like, I'm not interested in I just want a happy home. So I'm not interested in, you know, any Tom, Dick and Harry and being like, yeah, let's have a child with like, that. I'm not interested in that. I want it to be like the right childhood or motherhood is not for me, but I very much just left up to the universe. I was like, you know what, I'm going to have faith and if it's meant to be, it will meant to be, but I'm not going to think anymore about it.

Speaker 2

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I mean, that was much easier said than done at the beginning. I'd say the first six months, I was literally a bit of a hot mess all the time and I was really a bit obsessive about it. And then I just had to throw my hands up and just have that conversation with myself. Because also, I believe that we're energy, aren't we? So your energy attracts energy. So if you're going to walk about with a face like a slapped ass, you're not going to get the vibe you want back. So I was like, I'm literally walking around here like a right, misery guts, I need to sort it out. And I was like, you know what? I'm just going to throw my hands up. If it's meant to be.

Speaker 2

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23:22

And then it's so weird because literally Ferrard came into my life, old friend. He's like, I'm coming to London for a weekend. I was like, You've picked the busiest weekend. What are you doing? It's Fashion Week. Like, I probably won't even get to see you. And he's like, oh, but I was like, you know what? Come to my mate exhibition and if you come with me to this event, we'll get to see each other and then we'll run off and have dinner later. He's like, okay, cool. And that was it. He came to met me at that exhibition. I walked out that exhibition completely besotted, and I was like, really? Yeah, really weird and totally not cool. I was literally but obviously I played it. I played it very cool. But I was like, oh, my God, where are these feelings coming from?

Speaker 2

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24:04

Because also, I didn't even fancy him when I was 20. He didn't even fancy me. It was like, I'm seeing an old friend. No expectations, nothing. And I saw him and I was like, Damn, the years have been good to you. And we just had such good chat. And I was like, done and done.

Speaker 1

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24:29

Isn't it weird that he reached out to you, though?

Speaker 2

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Yeah, I know. I suppose. I don't even know. We've got mutual friends and our mutual friend used to always keep me updated on his life and vice versa. But, yeah, it was weird. He just reached out and I was like, yeah, man, come and hang out, but it's going to be a bit rushed. And then that night, the exhibition was great. And then went for dinner. And it was dinner that was amazing because me and him just chatted and chatted and real talk. And I love real talk. And a lot of the time, I think, in our world, when you're kind of running around and you've seen a bit of this and you've seen a bit this person and seen them, it's a lot of easy talk because you're not getting the opportunities to really sit with people.

Speaker 2

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You're seeing them at exhibitions, you're seeing them at a fashion show, you're seeing them at an event. How is everything? How's your family? Quick. But to actually sit down with an old mate and be like, Yo, how are you? And he met that conversation with such honesty that blew me off my chair. I was like, Whoa, we're going in with real chats here. This is so amazing. And I think it was from that. I actually remember going home that night, phoning my sister and being like, wow, Nat, everything's changed. Isn't that?

Speaker 1

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25:54

I remember when I met my ex and were together for 15 years. The first night I met him, the next morning, I rang my friends because I blew them out to spend the night with him. We didn't sleep with each other, but we spent the whole night talking. And I didn't say it, but in my mind. I wanted to say I've met my future husband. And what is so interesting about this is that when I've looked into the science of relationship, the people that we are often most attracted to, they bring with them a sense of familiarity. And that familiarity creates the sense of, okay, I feel safe, I feel comforted. It's like I've met you before, even if you don't have like with my ex, he was completely separate to me.

Speaker 1

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But there was a familiarity and a safety where I could open up to a certain extent very quickly. And so when I hear you share your story, which makes me smile. So I love when anybody shares a love story with me, it makes me so happy. But I hear that there was a level of and not necessarily from back in the day, although that helps, but that truth that came, the safety that he felt in himself alongside the emotional maturity and obviously being ready to share himself in that way, that made you feel safe. And I see that with guys. I just came back from Columbia and I was coaching some men and the moment that they opened up this was my feedback.

Speaker 1

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27:33

The moment that they opened up their hearts, it made every woman in the room be like, oh my God. Because it made us feel safe and comfortable. When a guy was able to feel safe and comfortable enough to show himself, because usually we just feel the barrier or we interact with the mask, not the heart. So the moment someone reveals their heart fucking sexy.

Speaker 2

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28:00

It's so sexy. And I've never really had that before with friends. I have like me and my friends will get into good talks. But yeah, I think it's like such a beautiful level of trust and you just feel like if you're going to share that with me, I feel really blessed and quite protective straight away because you feel like you can be that way with me. And it's the same as now. I'm really into wellness and things, right? Women's wellness, especially after having Indigo. I launched. Tips up. I tell you about that. But we do womb circles. Yeah, right? Have you ever done a womb circle?

Speaker 1

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I've not done a womb circle, but I've been in women's circles and I've also done womb work and well, I'd love to hear what a womb circle is.

Speaker 2

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I didn't know anything about womb circles, so I was like, me and Fred are trying to get pregnant. We've been together, like, maybe nearly a year or something. We're actively trying and we're like, well, this is going to be great. We're going to have baby. And then months and months, we're like, oh, nothing's happening. And then, you know, when you suddenly he's like, have you ever got pregnant? And I was like, no. And then I'm like, oh, no, I hadn't even thought of it. I'm just like skipping around. I'm like, no, never got pregnant. And then he's like, what? Never add a little nothing. And I was like, no. And then I was like, oh God, does that mean I actually can't get and I thought, oh Christ. I thought this would be quite easy. And maybe it's not easy.

Speaker 2

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29:36

Then I've got a lot of beautiful friends. One of them is an amazing shaman, super wicked guy, like lives up north. Totally not interested in kids or babies at all. All of a sudden he emails me this link to this wonderful woman called Chloe Isadora who does womb work. She's amazing. And he's like, no. Hello Kim, I haven't spoke to you for a while. Just send me this email. You should go to this.

Speaker 1

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I was like, he knew nothing about it?

Speaker 2

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No, it's like, really, like, I think I hadn't seen him for I don't yeah, I would have seen him in the last month or two months or something. But it was so out of in was I in New York? I can't remember. I was in New York. Oh, no, I was in Wales. I've got caravan on the beach and I was down there in the middle of nowhere, like completely cut off from everything. It was lush. And I just got this email. I was like, oh, that's really random. So then I phoned Frod and I was like, hey, I know I'm coming to New York on Wednesday or whatever, but this womb workshop's happening on Wednesday and I just have this feeling that I should be going. And he's like me. So he was just like, that's amazing. You should go like that's fab.

Speaker 2

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Just come to New York later. Like, no big deal. Fine. Went to this room workshop and again, kind of going back to that feeling vulnerable, being safe space. I went in there's like a group of ten of us women, and straight away I was like, oh my god, everything about this makes me feel really uncomfortable. We're going to sit in a group and share stuff. And I don't really talk about my feelings very well, so I don't know if I'm going to take to this very you know, we sat in this group. It was all guided by Chloe, obviously. She was amazing. She closed the circle.

Speaker 2

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31:27

We did a lot of incredible meditations, which you know, your womb as a know, we all put our makeup on, we do our nails, we get know we do all these things to our bodies, but we never actually connect with our womb. And our womb works so hard for us, whether we've had children or not had children. It's like we've got periods, we're going to have a menopause. All this stuff is happening. And that's at the center of our whole being. So were sat there, we do our meditations and everything and I'm like, wow, this is like mental, really cool, weird stuff's happening. And then we start sharing. And it's exactly what we're saying about relationships. It's like it was such a beautiful group of women that started sharing and totally being fabulous about being vulnerable. And they were trusting.

Speaker 2

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32:16

They were sharing stories that were really like I mean, they were going off on all sorts of tangents that were incredibly personal, and there they are sharing them and you just feel like, wow, this is really something special. And I now feel safe to share and I feel safe to be vulnerable, and I'm going to talk about my experience. And when you do, that actually really amazing things happen and you realize the strength of your experiences when you start sharing and having conversations with other women. And I mean, that's something we do a lot with my Tits Up group is it's a community of women and babies who get together and discuss their experiences and journeys and have any support.

Speaker 2

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33:00

And we'll always have guest speakers so that we're focusing on maybe it's the breastfeeding or it's like pre postnatal or nutrition or energy work, like whatever it is, but I've become really quite obsessed with these kind of safe groups where you can be vulnerable because it's so alien to me growing up.

Speaker 1

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33:22

I think that for many of us, like you said, you didn't use the word, but there is a shame in not being normal. There's a shame in not being like everybody else. And whether it's your shame or your parent shame or your sister's shame or whatever, it's like it's not safe for you to completely be yourself. So when you find yourself in an environment where somebody is being brave enough and courageous enough to be themselves, it is so permission giving. It's like they've just said something wild. I am not judging them. I actually appreciate them. I actually resonate with what they've said because something like that happened to me, or I did that, but ten times worse, and the ground hasn't swallowed them up. I actually love them a little bit more.

Speaker 1

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34:15

And if it's okay for them in this space, it gets to be okay for me. And I think that is absolutely magic. And I'm curious because you've shared a number of stories now where it's like this happened out of the blue and this was by surprise and this just happened, and that just happened and you got to have faith. Where did your relationship with the universe and Law of Attraction and all of that stuff, where did that start gosh?

Speaker 2

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34:48

That's such a good question. I don't know. And I've always felt like what's meant to be will be. And I've always felt connected to the universe and that everything happens for a reason. I don't know where it started. That is such a good question. I don't know. I don't feel like I have a pivotal moment where as a childhood or whatever, that I feel like, boom. I do feel like things used to happen when I was younger, that if I kind of really wished for something or manifested something, or good things did happen. For example, were like, poor family living in Wales. My dad used to always be like because horses were like, everywhere around my area, right? Everywhere.

Speaker 2

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35:40

He used to be like, oh, we used to go horse riding and all my mates had horses, but our parents were like, well, we're not rich. You can't have a horse. And then were like, yeah, but is there ways around it? I used to always do my math, like, we're going to horse riding lessons, like, once a week. It costs this much, a field can cost this much. So actually, on a business level, it's not that much different. So my dad would always be like, you'll have one when you're twelve. And then when were eleven, and then we're eleven, and we're like, yeah, we're eleven now. Can we have horse, please? Add? Me and Nat need to share. No, when you're twelve. And I was like, Then you're twelve. And you're like, oh, can I, dad?

Speaker 2

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36:15

We've waited a year now, really patiently we've waited, but we haven't forgotten about it. And then we're twelve, we're like, Come here, dad. Like, please, do you think we could have a horse now? And he's like, no, when you're 13. Anyway, this went on and on, right? And this is why I don't like making promises you can't keep. It's like, absolutely fine. If you can't have a horse. If you can't have that for your dinner, but just say no, you can't. Rather than be like, you can have it, then it's like, I really make a conscious effort to never do that with indigo. I'm like, It's either a no or a yeah. Or if you work for this, you can have that. I don't care if you're three, you can still clean.

Speaker 2

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36:54

If you're cleaning up and doing something, then you earn this. That's how life works. So my parents, rather than just being like, look, we're poor. We can't buy your horse. I think I don't know what was going through their mind, whether they're just like, oh, anyway, I was like, I really want a horse. Like, that'd be amazing. That'd be amazing. Do you know what happened? I'm going down my country lane with my dog, the horse down the road with my neighbor, lifts up, rears up, throws her off in a bush, right? So she's in the bush, absolutely out of it. I grab the horse, I've got the horse. And then loads of people run around, and then there's like, one of the old

men run around who's like one of the neighbors up the road. And he's like, oh, can you know about horses?

Speaker 2

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37:39

I was like, yeah, I love horses. Because the whole time she's on the floor, she's screaming like, my horse. And were like, Listen, your horse is absolutely fine. I was like, It's Kim. I'm your neighbour. I know exactly where you keep it. I'll go and sort your horse out. She had to go off to hospital, right? So I take the horse back to the stable and everything. I sort it out, look after it, put it all away. This old man was like, wow, it's amazing. You know about horses. I was like, yeah, I love horses. He's like, My granddaughter has a pony, but she never rides it. She can't be bothered with it. Do you want to start? Would you exercise it for her? And I was like, what? And then I was literally like, yes. That's amazing.

Speaker 2

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38:18

And then I got a free one, you know what I mean? I got to ride it, I got to look after it. I got all the good bits without having the expense. So then I was able to go home and be like, well, we've sorted it out ourselves. We've got a horse. And it was amazing. So things like that always used to happen to me. I used to think, oh, I would love this to happen. And then something bizarre would happen, like that woman falling off a horse. And then at that particular moment in time, that guy came along. Like, that guy could have easily not come along. And that would have just resulted in me putting her horse away. Job done. But the fact he was there and he was like, oh, my granddaughter never rides her horse. Spoiled bugger.

Speaker 2

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38:58

Why don't that horse is just rotten in a field. It needs the exercise. Would you do us a favor? And I was like, oh, my God. Yes. It's really amazing, isn't it? But I also believe, in consequence, it's.

Speaker 1

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39:11

Not just that he came along, it's that she fell off the horse.

Speaker 2

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39:14

I've never seen anybody fall off a horse in my whole entire life.

Speaker 1

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39:17

And not in the street.

Speaker 2

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39:19

Oh, my God. I mean, I have that same horse that I was riding probably about half a year later, threw me off and dragged me through a field. But it's too weird, isn't it's? Like, all these if that didn't happen, that wouldn't have happened then also the placement, that could have happened anywhere in the country. Lane but it happened, like, really close to my house. It's too weird.

Speaker 1

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39:44

How intentional are you now with your manifestations? Because with the horse story, it's like, I wish I would really like, how often now do you say, okay, I want to create this. This is what we're making happen.

Speaker 2

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39:58

I'd like to get into it more and I'd like to kind of understand more tools. That's why this is so fascinating, this conversation. But I'd love I was saying to you, I'd love to be quiet and just hear you talk, because I want to learn everything that I want to literally be a sponge and know everything and learn everything from you, because I think it's so powerful and absolutely without a doubt, it works. And I think what I'd like to get to the point now is understanding how to apply it on a different frequency or the tools that can take you there. I'm really into meditation, I'm into visualization, I'm into not setting myself. I've never said to myself, you can't do that. I've never said that. And to be fair, my mum is super positive.

Speaker 2

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40:48

So growing up as a kid, my mum was always like, you can do whatever you want to do. She never put boundaries on us, she was like, oh, go live your life, go and travel, or whatever it is you want to do, go and do it and just enjoy yourself. And especially when I did start working at magazines and I graduated and you're working for free for years and you're just getting the experience really and fair to play to my mum, because I was squatting with an ex boyfriend and about six other men. It's disgusting, you know, in North London and a dog and know, jumping the paviors at the train station because I didn't have money in my pocket to go and work for free, all that stuff, just Welsh hustling. And I loved it.

Speaker 2

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41:36

And my mum was amazing because my mum was always like, you know what? You are loving it, you're enjoying yourself, you're getting such good experience and you could die. She didn't say, but you could die at any point, but it's like, life's too short, so you got to make the most of everything. And she's like, you're buzzing. Every time I talk to you're buzzing. So as long as you stay buzzing, that's what life's about. Whereas my dad, for example, was like, I don't understand where you're working for free. I mean, they'd split up by this point, but it was like, I don't understand. And that reflects their characters completely. Like, my dad's like, I don't understand why you're working for free.

Speaker 2

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42:13

You're working all these hours, you've been out the house for, like, 12 hours and you've done crazy all week and you haven't earned any money. Surely you should be making some money by now. And it's totally valid. I get it, I get why parents say that, I get why anyone would say that it is valid, but that just wasn't the way that this experience was going to get me. You just needed to be available, be in it, be around, be interested, be good and just keep grafting. And it's done me really well and it's still doing me well. I absolutely love it, but I think it's just about just enjoying it and kind of letting go and having faith. Like, it was weird. I do remember always being like, I know it's going to be fine.

Speaker 2

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43:00

I just absolutely know that all of this work and all of this graft and everything I'm doing will come good. And I don't know where that came from. Like, absolute belief.

Speaker 1

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43:09

I feel like that's the biggest thing that holds people back. A lack of certainty that everything is always working out for you. And I think that if you're able to tune into that is the thing that will get you through. I mean, you don't describe it as hard times, but working twelve hour shifts and not getting paid and living in a squat with nine other guys, it's pretty intense. But it is certainty and it is faith that everything is always working out for you. I think that gets you through that. Do you feel that you would encourage Indigo to do the same?

Speaker 2

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43:48

100 million% and my first job was when I was twelve in an ice cream shop. We never had pocket money, we never had like, if went out, it was never like, oh, mom, we'd love this jumper. Or you never asked for nothing. We never asked for nothing. We didn't get anything. We didn't ask for nothing. My mum always made sure there was food on the table, but once I remember my sister saying, mom, I don't want to eat that. And honest to God, my mum turned around and went, you know what? She's like, do you think I got enough money to give you options? Do you think I'm in a position where I can offer you different types of food? And we both just went and literally were like, oh my God.

Speaker 2

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44:29

And we felt so bad that we just sat that table and that food and never ever asked for anything again. That's what it was like.

Speaker 1

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44:36

I just need my kids to hear this bit of the podcast. They literally don't know they're born. And it's my fault because the thing is, that is not the position that we're in. And so it's a very interesting dilemma when you are wanting to live into the frequency of abundance, but still wanting your children to know the lessons of scarcity. Which is part of the reason that I'm in the position that I'm in is because I lived in Scarcity. I saw it and I didn't want that. And I created something different. So it's a very interesting tightrope. That's what it feels like. How do you teach your kids how to create and manifest from a frequency of overflow without being entitled, without just expecting, without thinking that they can manifest just through you? It's like, oh, I want this thing. Bank of Mum.

Speaker 1

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45:38

Mum, I want this. Mum, I want that. Oh, I'm manifesting. No, that's not how it works.

Speaker 2

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45:43

I know. You know what? Creating. It's so interesting because I do feel like this is something I really want to get on board with sooner than later. Because he's three now and exactly like you said, they're in a very different position to when I was three. He's asking for things or he'll be like, oh, we're going to the beach again. Can I get an ice cream? You're like, you had an ice cream yesterday. Yeah, but I want ice cream today. It's like, well, you don't get ice cream every day. Why? And then you have to kind of go through all of that conversation because I don't want him to be entitled. I don't want him to have anything he wants to have, because that's not life. And that's what gave me my fire. That's what gave your fire.

Speaker 2

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46:20

It's like, if they don't know it, then how are they going to feel it? So it's little things like, I do say to, like, you got to clean with me, you got to pick up stuff, you got to clean. If you want to get that, then you've got to work hard and do physical activities. We've got a little airbnb now, which I bloody love. It's amazing and it's just like a small little one, but often, most of the time, I'll go down and clean it myself, because I've got absolutely no problem cleaning it myself. And I'll take Indigo with me and he sees me cleaning that and helps me clean it and I'm like, that's the reality. Let's not lose touch with who we are and where we come from and what's important to us.

Speaker 2

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47:06

I got absolutely no problem popping my bonnet, checking my oil, putting air in my tires. That's been ingrained in me as a child. And that's really important. There was a lot of days we'd jump in my mum's car, it wouldn't start. And then we'd have to all say it wouldn't start. We were like, well, how are we going to get to school? And then she'd just burst into song. She'd sing a little something about it. She'd do a bit of a kind of Tina Turner tribute in the car as we put our hands out to the dashboard and summons the engine to start. Fair play. She always made it positive she'd never

be in that car going, oh, God, the car won't start. Like, oh, we're not going to get you to school today. She'd always be know what was going in her head?

Speaker 2

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47:58

I don't know, but on the exterior, always be like, right, we're going to have to sing this car to start. And then, bless her, she'd be like, Right, gang, like, out you get. Push me down the hill. And then she'd be there. And me and Natalie in our school uniforms, we'd be pushing this red mini down the hill and she'd jump start it. It was fun, actually. It was. You know, it's important that yeah. I don't know, I think I'd like to learn more skills. Because you do think it's that weird one, isn't it? You don't want them to go through what you went through, but then you also don't want them to grow up completely unaware.

Speaker 1

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48:37

I think that we understand the value of going through the journey that went through, and if they don't have that journey, where do they see the value? And again, it's a tightrope. It's this idea, like, I had to deprogram. You need to work really hard in order to receive, because at some point you run out of hours. It's like you can't just keep working harder and harder if you want to receive more and more. And that meant that I needed to ask for help. It meant that I needed to build a team. It meant that I needed to get support in so I could amplify my impact without working 12 hours a day, seven days a week, like I did at the start of my business.

Speaker 1

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49:22

And maybe that's an exaggeration, but there was things that I needed to deprogram, things that were super helpful at the start of my entrepreneurial journey, but then became a hindrance because I felt like, one, it wasn't as valid if I hadn't worked really hard for it. Like I didn't deserve it. And two, that's just what I had learned. Like, in order to get an output, you need to put in a certain level of

input. And it's true. Until it's not true, it's never black and white. And I think that there's a different truth for every stage of the journey. And I know that even though I don't want my kids to feel like they need to work 12 hours a day in order to receive, I also want them to know what work ethic is. So it's an interesting balance.

Speaker 2

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50:18

Yeah, it is an interesting balance. I find that Indigo, at the moment, he does this very dramatic thing where he'll try to do something and if it's a bit hard, he'll just dramatically cross his arms, slam them down on his stomach and be like, I can't do it. And I'm like, oh, my God. I'm trying to say to him, listen, you can do anything you want to do. Don't tell yourself you can't do it, but you need to look at it in a different way because he's very quick to be like, I can't do it. And I'm like, oh, no, you're not going to grow up being like, I can't do it.

Speaker 2

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50:59

And then Mummy comes in and does it, like, I'm not going to fix your car when I can see you haven't even tried, love, until I see you absolutely breaking into a sweat trying to fix your car, I'm not interested in coming to help you.

Speaker 1

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51:15

Hilarious.

Speaker 2

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51:18

It's like, that dramatic. I'm like, that dramatic. I can't is slightly entitled. I love it. He's three.

Speaker 1

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51:26

You're like, I want to see you break. Get down and give me 20, then give you a suggestion.

Speaker 2

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51:36

He watches this thing, what is it called? Hip Hop Harry, who is amazing. They always say, Never give up. And they sing this brilliant song about not giving up and keep we usually I break her into singing that. And then I'm just like, what would hip hop Harry say? And he'd say, Never give up. Never give up. And I'm like, well, there we go. So let's not give up. So let's look at it. But then he might know he's trying to play me and he's trying to be like, oh, I'll just pretend I just put this next to this and tried to fix it. I watch him, I'm like, you didn't even try. Don't even try and play me like that. Indigo. He's a funny one.

Speaker 1

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52:15

How long after your womb work did you fall pregnant?

Speaker 2

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52:18

Oh, my God. Straight away. So basically, I went there with the intention. My intention was to get pregnant. That was kind of the reason why I went. And the most beautiful thing is I actually know Chloe from back in the day in fashion, which was just even weirder. That's another long story. But when I went to the class, I was like, amazing. And then I literally got on that plane to New York, saw Fred, got pregnant.

Speaker 1

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52:45

Wow.

Speaker 2

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52:46

Unbelievable. And then one of my friends was like, oh, no way. We've been trying. And I was like, well, just go and see Chloe and see what you think. She went, saw her, boom. Got pregnant. Then another one of my friends was like, I've been trying for actually ages. And I was like, well, go and see Chloe. It's not going to hurt, is it? Just go and give it a go. Boom, she got pregnant. It's incredible, because this womb work is like, you're visiting your womb, you're giving your womb space to be heard and to have that conversation or that focus or that love or that energy or whatever that is. And things may have happened that you need to shift out.

Speaker 2

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53:28

Like, maybe there's like a dark energy or something's happened or there's trauma in there of some sort that doing something, like a womb healing session really helps to release. Or maybe it just connects it. It's almost like you're picking up two wires and you're just connecting them together again and you're kind of feeling like, went. So, yeah, the answer to your question is straight away. And then what was amazing was so I had a brilliant pregnancy. Absolutely loved it. Was living my best life, apart from were entering into that first. It was 2020, so it was a march. And it was like, oh, everyone's now got to get indoors. And I was like, no one's even seen me pregnant, Livid. Literally, like, I've got a bump and a tan. I've been on holiday, I'm ready to see my friends.

Speaker 2

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54:19

And now everyone's just going to FaceTime me for like, two years. Great. But then when I went into labor, we had and again, I mean, you could do a whole podcast. We had a really bumpy ride. It had the most amazing, magical moments in it and then it had really horrendous moments and it ended with Horrendous. And we

basically got rushed to hospital and I had half a cesarean and basically Indigo was called meconium Aspirational Syndrome. Basically, they release their bowels in your womb so he doesn't pull in your womb. And it's actually really common, which, again, didn't even know until afterwards, but it's really common. And he poisoned himself, so we had to have like, a rush Caesarean.

Speaker 2

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55:04

He got pulled out, didn't get touch him, didn't get to see him, just got rushed straight to intensive care and just all of a sudden it went from zero to 100. And then you're left there in a hospital, like, fraud's got to go because it's COVID, so no one's allowed to stay. And then you're just there in this lonely bed with all these babies crying around you behind their curtains and you don't have your Indigo next to you. It's absolutely horrendous. And then you go to intensive care and you're like, right, a, I've never been into tensive care. I don't know what this looks like. B, don't know where I'm going. C, what am I going to see? So I say to the doctor, oh, can I pick him up as soon as I see him?

Speaker 2

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55:48

The doctor just looked at me, so gone off and was like, what? What are you on about? Like, your son's intensive care. You won't, you picking him up. And I was like, what? And then you kind of go in there and you see them. There's about six babies in our room and you see Indigo in an incubator and there's just a tiny little hole where you can put your fingers or maybe your hand, but yeah, you're not picking him up and you're not touching him. It's absolutely insane. And I could go on and on about this, but were in that hospital for a long time. Then he got transferred to Great Ormond Street where they saved his life and they were incredible. And then we slowly made our way home, but it was very touch and go.

Speaker 2

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56:30

It was literally like, your son's going to die. That was the conversation. It was like, he's like a week old, he's ten days old, he's now got to get transferred. He's probably going to die in transit. And you're like what? You just literally just keep telling me all this shit news all the time, like lungs collapse. I was like, if you've got anything positive to say and it was all just Ferrard. Had to be like, look, if her son is going to die potentially on this transit, then she's never even held him. That's absolutely not okay. He was just a fair play. I'll never forget that. He said he was know, she's got to hold her baby. She's got to hold her baby. You can't let a woman not hold her baby if that's what could happen. And the.

Speaker 2

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57:12

Nurse is, no, it's too dangerous. Blah, blah, blah. Anyway? I don't know. What New York talk? He talked, but he talks it. And next thing they did, hand me Indigo before they put him into the kind of travel rocket into the ambulance, if you like. And it was amazing. That was our first skin to skin moment. And I truly believe that skin to skin natural pause on everything sparked exactly what it was supposed to spark. Because then he goes to Great Ormond Street, he survives, and then he just went from strength to strength. But Farada and I always say, we're know that skin to skin, that ignited something, because from that point on, things started to improve. It was beautiful.

Speaker 2

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57:58

And now just going back to the womb, go, I've done a few womb sessions since to kind of get rid of that trauma of that birth. And the first one was extremely powerful, like all sorts was happening and you've just got to let go and let your body do what your body wants to do. You can't go in there with I went there with the intention of, okay, I'm going to the first one with the intention of getting pregnant, I'm going to the second one randomly with the intention of shifting trauma, but I don't know what that's going to look like. And we did an amazing session and loads of things happen, like the weirdest trippiest things like the way you feel, everything. And I firmly believe I've still got we're three years on, I've still got trauma in me.

Speaker 2

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58:39

One of the guests on Tips Up is a trauma expert for November and I'm really looking forward to meeting her because I'm pretty sure I've still got trauma in there. And it's amazing because when you talk to other women, so many women share very similar experiences, but they never talk about them because they feel ashamed, they feel like it was their fault, they feel like they did something wrong, they're embarrassed. But I'm like, no, we got to start talking about this. Because the minute they start talking and sharing and you can see the energy shifting away and suddenly you get people, they turn up to our groups and we do, like, monthly brunches. And they turn up and they feel with their babies, and they turn up and they feel, like, quite overwhelmed, burnt out, exhausted. And they have these two hour brunches.

Speaker 2

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59:34

And the feedback is always like, wow, we've just left feeling empowered, inspired, and we've got this. And that's amazing because they're going to go and continue that energy and that love with their little ones and have a much brighter day than they would of maybe a much brighter week. And their partner is going to come home and be like, wow, everything. It's a full circle, circles all the time. And it's really powerful, it's really beautiful. So the womb work can be for anything, you want, really, whether it's a lot of people go because they've reached the menopause and they're like, I want to confront that. I want to get a relationship going with that. Or I want to understand my period cycles more and also understand my energy at different period points.

Like when we've just stopped bleeding, you're starting to bleed, whatever that cycle is, how that affects you. And how do you know what's weird? Also, which I didn't think about, but also some of them, they work according to their cycles. And it makes total sense. When I heard it, I was like, oh, my God. I've never thought that she'd be like, I will not do work calls or anything work related while I'm having my period or for like, two days afterwards. I will try and work my calendar so that all of

my main activities run halfway during the month. When I'm like, it's incredible. And you're like, wow. It's about really just being in tune with yourself and your body.

How soon after you were able to take Indigo home did you start tits up?

I took him home. I would say I was home a few months because a big trigger for tits up as well. I mean, obviously everything I just mentioned and him being in hospital, nearly dying, all of that, and also a huge part of it was breastfeeding for me because I'd always really looked forward to breastfeeding. I think it's mega. I was like, wow, how incredible. My mum's breastfed three kids. I just never thought anything of it. I was like, it's going to be great. And then because me and him didn't have skin to skin for two weeks, there was no breastfeeding straight away. So I'm like, pumping wildfire. Don't really have a clue what I'm doing.

Like, luckily, one of the other wonderful mums, who's now a really good friend of mine, was in the hospital with me, and she's like, this is how you use a pump. This is how you put it on your boob. This is how you pump your milk. And I'm like, oh, my God. Thanks. Because you're literally you're on your knees at this point. And then it's hard because you're trying to pump milk, but you're not happy. And it's like when you're stressed and everything your milk has, your milk doesn't maybe react the way you want it to react because your whole body's going through it. So for me, I got home and I was like, right, this is amazing. I'm feeding him now. He's latched on, we're feeding. This is fantastic.

You're also feeling like he's in hospital and you're like, there is nothing I can do. I feel absolutely helpless. Like, he's rigged up to all these machines. He's got all this stuff going in his body and all I can do is be there for him, which obviously is a lot. Like, be there and supporting him and just sitting with him and talking to him and singing all of these things. But I was also like, the main thing I can do right now is pump and get milk so that once we get out of this, I can get my milk in his system and get his immune system back on track, get all that goodness back in. So I kind of

went into obsessive mode with like, let's get my boobs underway and just get this milk going on.

So then when he did survive and we had skim skin, he latched on, and I was like, yes, this is amazing. And then the nurses were like, oh, brilliant. He's feeding. This is really good. And that was it. And then in hindsight, he started losing a lot of weight in the third hospital, which went unnoticed. And because it was my first time, I didn't really know what I'm looking for. So I'm just like, whoa. We survived. It's amazing. We're going to be going home soon. And then the following week, went home. And then at home, he continued to lose a lot of weight, and he was just on the boob, and my midwife was coming around, and she's like, oh, he's lost a bit more weight. I'll come back tomorrow. She came back tomorrow.

She's like, oh, he is losing quite a lot of weight. And all those rules of, like, your baby loses a lot of weight at the beginning kind of don't apply because he's already by now a month old. So I was like, you know what? I was like, Sod coming back tomorrow, I was like, this is scaring me. I was like, he's really skinny. He's so gaunt. He's getting a bit lifeless and limb. And I was like, this isn't working for me. Something needs to give. What's my options? And she was like, well, you're just going to have to run across the road and get formula. And I was like, Fine, whatever. Because at that point, I was like, he's not surviving to now come home and potentially die again, because now of this feeding malarkey.

So I was like, fine, let's just run to Tesco just to get formula. Gave him formula, and he really disagreed with it, obviously. Like, I'm pumping at the same time, and I'm trying to encourage my breast milk through. I've got to be honest with you, this was one of the most stressful things. I would rather do 100 fashion shows back to back in 100 days than go through this breastfeeding journey I went through because it was terrifying. And I'm there taking every supplement you can know, pumping away massaging, hot massages, shower, everything that's in the book. And I'm like, this milk is just not coming quick enough. And he had the formula, and he basically became really constipated and really unhappy and not himself. And me and my partner were like, oh, my God, what are we going to do?

And I remember one morning, were like, sat on the bed and I was like, I don't know. Plus, bear in mind, is locked down, you can't see anybody, you're not talking to anybody, you've just got one visit from your midwife for ten minutes and that's it. So it's very lonely. And we're like, oh, my God, what do we do? What do we do? And someone had mentioned donor milk. I was like donor milk. And I was like, So hitting Google and what is this? Donor milk? And I'm like, wow, this is amazing. Mums that make too much milk, donate it for other mums. And I was like, well, that lines up way more with what I believe in, because at least I'm giving my child another woman's milk rather than a cow.

If you're going to go into a field and go, all right, babe, go and suck from a cow or suck from a woman, you'd suck from a woman, wouldn't you? So, for me, I was like, Right, this is it. If it's not my milk, it's another woman's milk. I was calling on my mate, I was like, Listen, I know I'm not supposed to drive to you and all that, but are you still breastfeeding and can you feed Indigo? But all my friends had stopped breastfeeding, so I phoned this amazing charity called Hearts Milk Bank. Unbelievable. Set up by two incredible women, and they are the only charity that provide human donor milk to communities. So a lot of them go to hospitals, but they never go to actual people's homes. So I phoned them, discussed everything.

I mean, even a phone call was a game changer because suddenly somebody really caring who's an expert is going, have you tried this? Have you tried that? And you felt like you almost had, like, your mum's arms around you or something going, right, okay, we've got this, we're in this with you. What can we do? It was very emotional. And then they were like, yeah, you can receive milk. So, honest to God, it's so fantastic. They get these wonderful retired men with their motorbikes that basically donate their time and drive this milk to families that need it all over the UK. I mean, literally knocked at my door and I was like, I'm not allowed to hug you, but otherwise I would literally jump on your shoulders right now.

And they got those kind of big deliveroo bags just full of brilliant small bottles of human donor milk and it's all labeled, it's all been, like, tested and everything. And then you freeze it and you defrost it as you need it. And that was a game changer for me because straight away I was like, I know he's not going to die. I know he's not going to die. I know he's got milk. If my milk's not quick enough, I've got milk. And he took to it really well. And sure enough, my milk then started coming in because it was that panic button had been taken away, the stress. I started breathing differently. Like, you can't really explain it. And so it was at that point, after all of that, when I started breathing, maybe even no.

Do you know, it was during that I was sat in the nursery and I just remember saying to Frod, I was like, having an absolute meltdown. And I was like, this is just all gone, so tits up. And him being him was like, that's genius, Kim. That's amazing. And I was like, I'm not trying to be genius or know. I was like, I'm having an absolute meltdown. Why is it all gone so tits up? This is not what it's supposed to be like, and blah, blah. And he was like, It's just such a good name. And I was like, anyway, when I calmed down, like a few days later, I was like, actually, that was genius. And that is a really good name. It is actually a really good name. And I do believe that I am a firm believer.

Even with the shittiest things that come your way, that everything happens for a reason. So even when he was in the hospitals and nearly right on the edge, I was like, why is this happening? Not like, why is this happening? But, come on, show me the signs. Why is this happening? What is supposed to come of this? This is not happening for no reason. So what am I supposed to be doing? Almost like, send me the message and tell me what you want me to do, because I will do it. What am I supposed to be doing? And then with the milk and everything, I was like then the tipped up, I was like, that is what I'm supposed to be doing. Something good has got to come out of that situation.

And it started with the kind of more the tips up being milk breastfeeding conversations. And I started talking to friends. I was like, how was your journey? And again, so many people were like, I've never spoken about this. And I was like, Why?

And they're like, I feel so ashamed. Like, my baby wouldn't latch on or my nipples were inverted or this or that or it was crippling me when I was breastfeeding. So many layers of reasons and conversations. It was unbelievable. But people women didn't feel like they could talk about it. They felt like they failed. And I was like, oh, my God, this is so bad. Because nobody's failed here. And what's happening is everybody's mental health is getting really affected because they're going to carry that with them forever.

Like, there's not going to be a time when even when they're older, they're always going to feel like they fail. And that's not fair. People shouldn't be made. People shouldn't feel like that. And everyone's doing their best and it's strength in numbers. And I think women are so amazing at holding on to each other and just being incredible. So my tits up, literally, from the minute I started it's just gained, like, a really great following and really good interest and it's really pure and it's helping lots of people and that's really rewarding. And like I said, we always have different guests. So we're having, like, a trauma expert. We're having a relationship expert in October.

And everybody has a chance to just gain new tools, gain new skills, share anything they want to share, and remind themselves that actually we're all pretty kick ass.

What is the big vision for Tits Up?

I want Tits Up to be, like, an absolutely huge known platform that can branch into lots and lots of different revenues. Like, I do a podcast series. I launched a podcast series with him at Soho House, which was amazing. I launched the platform, actually, because Rankin was doing it was a ten year anniversary of Hunger, and he's like, Kim, do you want to do something fun for the birthday issue? And I was like, yeah, do me and a bunch of women with our tits out, feeding our babies, looking glamorous, like somewhere between a Versace ad and an ad fab campaign, do you know what I mean? Because all our mums have just been in COVID.

No makeup, no hair, whatever, just getting on with it and to give them, offer them a chance to be like, come on, let's get in, let's get the glam, let's get a really good shoot happening. It absolutely was an amazing launch. So I think the way it's been launched, I'm really thrilled with, but I'd like it to be a fully functioning business where I can employ a team of people to run it and that it's a constant service for women, families, children, and that it takes up a huge identity. Like, right now, I give it so much of my time I can a month, and it's a pretty solo mission, but it does attract a lot of mums are like, do you want any help with this, Kim? Do you want some help with this, Kim?

And I'm like, oh, my God, that's amazing. Yes, please. Do you want to do a mailing list? Oh, yeah, that'd be amazing. All these things to start growing it. But I want it to be something that I take on tour. Like, I want to do tips up on tour. I want to go around different areas of the world because it's really interesting when you hear like, basically the UK has one of the worst breastfeeding stats in the like, I think that's crazy. And that's not because people can't it's because people don't have the right support. I feel like with all of this new mum stuff, it's support that's lacking. That's the absolute golden ticket. It's the support. Like, people don't have the support and everybody you speak to, whatever journey they've been on.

It's a lack of support because everyone's too stretched and people can't whatever's going on is going on, but people aren't getting the support that they need for being a new mum. And whether that is you've had an amazing birth and everything went brilliant, but actually, four months on, you hit an identity crisis or whatever and you're like, who am I? My whole life's changed. What's going on? That's a new trauma. And where's the conversation? Or where's the support for that mum to understand where they're at? Or I'm now juggling all of this and I'm not quite sure. So anyone that's just feeling any way there's something for everything. So I do definitely want to take my tips up on tour and I want it to be a worldwide enterprise.

Yeah, definitely have a great team of people working on it and be really engaging and inspiring and motivational for people.

One of the questions that I ask everybody is, what are you consciously manifesting at the moment? And I would say that's a big one, right?

Yeah, I mean, that's massive. One of my concerts.

Yeah.

I'm very ambitious and I've got lots of things going on at the same time. So I would say that for me, what I'm really excited about is I love fashion. I absolutely love it and I'll always love fashion and I love being on shoots, love making films like Fashion Week is coming up in September, going to be styling some great shows, all of that. Buzz buz. Love it. I also just want to focus my energy and make sure that I'm kind of, I suppose, carving priority time to Tits Up and wellness, because I believe that's what our journey was meant to. I believe that the journey of Indigo is 100% for the reason of that. Again, I can't explain it, but I know it. I know absolutely in my gut that's why I went through what I did.

And that was why that journey is the way it's supposed to be. Because of what I can bring to a platform like that. Merging my fashion life and this life. Because everything's connected and there's so much like I'd like to set up a charity and have wonderful programs that run or go back to Ormond Street. Like, I work with Great Ormond Street bits and Bobs now, like supporting them when they're doing charity events and things like that. And I work with Hearts Milk Bank now, ever since I've had that milk, because they're absolutely amazing. So I do things with them and I often kind of go about and do speak on their behalf.

Or Sky News is interviewing because I also feel like the conversation about being a milk donor or being as someone who receives the milk, I think it's a lot harder to get people to talk about people will be like, oh, I donated milk, and they'll feel, like, really proud of themselves. Sure. But people don't feel that proud of themselves receiving a donor milk because they feel like, why couldn't they do it themselves? Whereas, yes, of course I cried about it. Yes, of course I was like, why are my boobs not pumping more milk? Like, I wish I could do this myself. But then I was also like, it's not about me. It's not about me, so shut up. Kim, have a reality check. This isn't about you. This is about your son who's lying in front of you and is losing weight.

So it's a no brainer, but I think yeah, to manifest I don't know, it's a big question and I think there's too much going on, but I'd focus that on tits up right now and well being and what that's going to bring to the future, because I think there's a lot of space for great shifts to happen.

I love that. Obviously, you are on the Infinite Receiving podcast. We have the Infinite Receiving book coming out in early 2024, which is super exciting. And I am curious, what does Infinite Receiving mean to you?

Well, I think it is literally I think it's being open, being free. And I think when you're open like that, you see everything on a much deeper level and you feel everything on a much deeper level, and therefore it is infinite because it will never end. Because I think it's kind of like being like water, isn't it? How I think of it is if you're a stream and we're water and we're flowing down the stream, if you have to go past sticks, you'll just move past the stick. If you have to go past rock, you'll just move past the rocks. If you have to go down if the stream takes you down a narrow path, you'll still move.

You'll go down a narrow path and then maybe it opens up into the ocean, then you'll just flow, and then next thing you're in the ocean. And I think that's like, if visually we could imagine ourselves being if I'm lying down on that stream, perhaps on a fabulous blue lilo, letting go of everything, and I think that's the key, letting go, which took me a really long time. But if you just let go of everything and follow the flow and with your eyes wide open so that you can see, you can smell, you can hear anything that is coming your way to try and identify signs and symbols, that is the universe's way of A, guiding you, b protecting you and making sure that you will receive.

There's definitely things that I've definitely been on crossroads or even just different situations in my life where I'm like, this could go this way or that way, and it's like, what are the signs saying? Why am I having a conversation with this person? The other day I was at a wedding. I got into this great conversation with someone and I was like, this is really not random, because I don't think anything is random. But I was like, why have I, of all these people at this wedding, found myself talking to you for a bit? And he was super interesting and said a few things, and I was like, that's exactly why I'm talking to you, because you've just answered a few things that are in my head that I didn't even ask out loud yet.

And I have not to ask out loud because I'm having a conversation with you and it's like you're sending me a message.

I love so cool. Kim, where in your life or who in your life can you allow to love you just a little bit more right now?

Oh, that's such a nice question. Allow to love, I think my partner, because you can always allow them to love you a bit more. Can't you gosh? That's such a good question. I think I'd just say my partner. Because what does allow mean?

I think it's about letting a little bit more in. I think it really goes back to the conversation right at the beginning around the independence, and sometimes that being a blocker. And if you weren't blocking yourself, where could you receive more love? And I think in your partnership is a great answer.

Yeah, my partnership also, I'm trying to think. Yeah, because allow, I feel, like, very open with my mum. There's no boundaries like that. I feel like what was quite monumental, which maybe I should share with you, is so my dad nearly died a couple of weeks ago, right? And it was the most bizarre moment because his wife I don't speak to his wife, really, but his wife was phoning my sister, and she's like, oh, your dad's in a really bad way, blah, blah. So, again, because of the drama of everything associated with our life, were like, how we don't know how much we believe her, which is a horrible thing to say when you're in that position, because it's like, you should just be able to believe her.

But we phoned the hospital to speak to the doctors to understand his actual situation, to know whether or not it is that serious. And the doctors were like, yeah, this is really serious. You need to come get a few hours sleep and get you in the morning. And were like, oh, wow, okay. And I'm telling you this story. This is very uncomfortable because I'm going back into a little bit like my child uncomfortableness. But we got to the hospital and anyway, he was literally on death door. Like, absolutely on death door. And it was a really awkward and also really kind of beautiful experience because he is the guy who has caused us so much pain and hurt and made me so angry. And when I found out that he might die, I just felt really angry.

And I said to my sister, I was like, oh, my God, my sister's very upset. She's crying. All natural things people do. I wasn't. I was just angry. Why'd you feel angry? I was like, I don't know. I'm angry. Like, I'm just angry. And then when I got there and I saw him and he's obviously, like, so frail and can't really breathe and everything's falling apart. And I was like, oh, my God, this is crazy. Like, he's going to die. And the doctors are like, we're not going to resuscitate. He could go any minute. It was

like that. And I think to answer your question, it's like it was a lot of closure for me. He didn't die. The most Amazing Things Happened, which is another podcast, but the most Amazing thing happened. Just incredible energy.

Like, a beautiful friend of mine stepped in, who's a spiritual worker. The whole experience went on a whole other level and it was absolutely unbelievable because I went there really thinking I was going to say goodbye and kind of in the next day or so, he's going to go. And again, my friend messaged me at the time when I was like, oh, mate, I can't really talk. I'm going through this. And she's like, well, you know, I can work in that space. And I'm like, oh, wow. And she did. And 100%, it was a game changer. It was unbelievable. And he survived. He didn't die. And I think were in hospital with him for about five days.

The sad thing is that his wife made it impossible for us to stay and she also made it impossible for us to kind of say goodbye to him as well. So she's got her own darkneses. But it was weird because when we said goodbye, it was like, it's goodbye. Like, I probably will never see you again. And you are going to pass, maybe in this hospital, maybe not. If you get out of hospital, you've got to make sure you don't drink or you will die. Just like so much emotion, but so much peace. It was like the weirdest experience. It was like drawing a line under so much of that part of my life and having a really good conclusion, if that makes sense. So when you say that about who else would you allow more love?

I think I allowed more love in that hospital room from him. I don't think because it might have been the last time, but just because I was okay, I didn't feel angry anymore. It's so weird. I didn't feel angry. I didn't want to shout or just be angry or I kind of just found peace.

Sounds like you were able to let go.

Yeah, let go, exactly. That is I did. And I feel so much better for it now.

Kim, what is your greatest attribute?

Oh, God. I don't like I always find it easier for someone else to answer on your behalf rather than saying it about. Yourself, do you know what I mean? I think I'm positive with pretty much whatever I face, I can stay positive about it or level headed about it, whatever level headed means. But I feel like I do always think life's for living and enjoying and nothing's that even though I faced serious stuff, it's a journey, isn't it? So part of the journey. So I think, yeah, my mum's a very positive person, naturally. And I think whether that's genetics or I don't know, but yeah, I'd say positive.

Okay, final question. Where can you allow yourself to be more supported in your life right now?

I think with work, I think that a little bit like you were saying at the beginning of your journey, when you're taking it all on yourself and there's only so much one person can do. And I do feel a little bit like I am a Leo and I don't want to do everything. It's not like, oh, I want to do everything, I absolutely don't. But I think I could benefit from having more people on my team and delegating and being supported that way. I think definitely having more support that I don't have to answer all the emails myself or take all the phone calls myself, or run to every meeting myself. I think in a work perspective, that would be really good for me.

Let's hold that as a very clear intention for something that shifts sooner rather than later. Kim, it has been such a joy to speak with you. I've just had the biggest smile

on my face for the whole of the interview. Where can people find more about Tits up and you in general?

Well, I think Instagram really I don't really go on a lot of other places, so just Instagram and mine is just at Kim Underscore, Howells Howels, and then my Tits up is just at Tits underscore, up, underscore. Don't forget the underscores because you get a whole lot of other stuff.

You have been warned. You have been warned.

Yeah, you've been warned. Absolutely.

Thank you so much and I look forward to seeing you at Infinite Receiving live. It is going to be I'm really.

Looking forward to that, Susie. And you're amazing. Thank you so much.

You are very welcome. I appreciate you. If you have loved this episode as much as I have, do me a favor, tag myself. Tag kim on instagram. Share this episode with a friend if you know any mums, particularly, I think, slightly older mums who are struggling, who feel like they're doing this on their please share this episode so that they know that they are not on their own and there are places to go for support. And in the meantime, please remember that faith plus action equals miracles.

You.

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