

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. It is Susie Ashworth here and you are listening to the Infinite Receiving podcast. And I have got a juicy one for you today. And you know what it means when I use the word juicy. I am about to introduce you to somebody that I'm going to have a magical conversation with. So without any further ado, I want to welcome Tree Car to the podcast.

Welcome. Hey. Thank you, Susie. Oh, wow. Thanks for calling me Juicy. I mean, like I'm 50, right? So if you're 50 years old, I'll take that. Yeah, I'm still juicy. That's good.

I hope that you're still juicy at 50. I'm not so far behind you and I definitely want to be all of the juiciness.

Let's get juicers. Yes.

I feel like we may have started this podcast exactly the way that we mean to go on. So Tree, you are an author, you work in transpersonal psychology, you're a death doula, you're a musician, you're a witch, you're a filmmaker. Are there any one of those labels that you feel most willing to claim or is it no, this is literally all of me and they are all present in equal amounts.

Wow, that's a really good question. I would use the word witch to summarize all of the things that I do. And the reason why I'm saying that is because the word witch actually it's an old English word which is wicca, which means wise one. And so I'd like to think that all the things that I do feed into each other and help to guide people and help to bring people into their own inner wisdom. So whether it's music or if it's helping people at the end of their lives, or if it's with transpersonal psychology or altered states of consciousness or dreaming or psychedelics, I like to think that they're all part of the same spectrum. And the spectrum is simply helping a person to know thyself, to really come back to their core inner lost magic.

So I think which might be a good one to summarize it all, because I use all of the different things, I use everything to help support folks out there.

I am obsessed with that. And I want to also just say thank you because even though the word witch is very much used in my world, not necessarily claimed by myself, but many of my friends, peers and associates know themselves to be witches and own, that for sure. I didn't know that the origins of that word meant wise one.

Yeah, and it's really interesting because we hear the word witch in a modern context and we go, oh, evil woman, there's like a lot of bad connotations darkness connected to the word. People fear it. We see it through loads of different tropes, from the evil, wicked witches in Disney films to folklore and to misogyny as well, calling older women witches. Women who are midlife or menopausal or female serial killers are called witches. So it's really about coming back to the word and reclaiming it, much like we did as women with the word bitch back in the whatever and stepping back to the origins, the origin of the word is wise. When were the wise women of the communities that helped people, were the midwives, the birth midwives, were the death midwives.

We were the herbalists and healers and the clairvoyance and intuitives. So I think reclaiming the word is very empowering from a feminist perspective, and it also helps to heal the witch wound of which all women carry within them from the atrocities that happen in the early modern period, where we saw thousands and thousands, up to 100,000 people executed for witchcraft, and 80% of them were women over the age of 40. So there was a real manifesto against the feminine gender, and specifically women of a certain age as well, because they were women that held power in the communities. A lot of them were landowners as well, and their lands were seized and grabbed. I think we still all carry this misogynistic wound within us and within society. And so saying witch, I am a witch, I think is healing as well.

You said loads. I'm like, where do we go with this? My first question is, at what point did you decide that you were ready to claim that label, that name? When did you become a witch?

So I always knew that I was a little bit of a weirdo when I was a child growing up, and whatnot when I was a teenager, I identified as being a witch. But in the 1980s, you did not dare ever really say that, especially in a very Christian reagan America of the 1980s. So I practiced my esoteric leanings in private and at the library, researching as much as I could and all of the amazing arts of the esoteric. But it wasn't until I was 40 years old, which is a decade ago, that I really felt called to step out in service. So it's funny because in the magical path, 40 is a very important year. When people turn 40, when women turn 40, we start to move into perimenopause and menopause into our wisdom.

And that's when I stepped out at the age of 40.

I've got goosebumps. I'm curious. You said that I just want to focus on the early days for a little bit, and then I've got lots of questions to ask about this latter phase. But you said that you would study in private. Did your parents have any idea? Were they supportive of little weirdo you, or were they kind of more normal?

Well, I would study in private. Even though I come from a very spiritual family, my parents at that point in the 80s were not aligned with an esoteric point of view. So my esoteric points of view, yeah, I would hide the astrology books underneath the bed, basically. But my parents are really supportive of other things. Like they're very precognitive. They accept precognition and having dreams of events before they happen. They accept lucid dreaming and out of body experience, all of those sort of things. They're very much they've experienced them, so they accept them. But at that time in the 80s, my parents went to evangelical churches and they were starting to explore those zones. And I'm like, that doesn't really suit. It was so funny. We used to go to a black Baptist church when we lived in Ohio.

It was really quite amazing, actually, because it was like female preacher and her husband was on the drums and her son was on the organ and it was like I'm very grateful for the wide variety of interests that my parents got into spiritually from living on a commune in the 1970s, moving into their other spiritual explorations. But at that time, when I was a teenager, it was like burn the witch time. If they found out, well, they would be compassionate probably, but it just didn't fit with the model of American 1980s that I was experiencing at the time. So, yeah, I would go to the library and I'd pick out books and I would renew them over and over again and study the Tarot, study astrology, study anything transpersonal like union psychology.

I was very interested in all of that sort of stuff, understanding the human condition, but our place also in the universe as well. So I've always felt like really deep and nerdy about all those sort of things.

What were the big things for you then? Because when you say understanding our placed in the universe, what did you take from those lessons?

I think the first time I started to be inquisitive about the place in the universe, probably around eight years old, when we had been to the library came back home and I took a science book, an astronomy book, and I opened up to one of the pages and it was like this

photograph know? I think it was like NASA like their telescope photography. And there was a massive image of the universe, of the Milky Way, that huge spiral. And on that page it said, very small in the corner you are here. And I remember looking at that at eight years old and thinking, wow, what? It really hit me like it gave me perspective, like, we are nothing, we're a spec compared to the infinite expanding universe. And it felt like an epiphany.

Like I had a boundary dissolving experience looking at the image and realizing the context. And I had like a little mini ego death and then it kind of brought on a feeling of euphoria, but also panic. And I was literally freaked out and losing it a little bit and having a bit of a panic attack. And my mom had to give me one of those child aspirins that are like orange flavor. They're really good. They taste like sweets. They tasted like candies, which I was allowed to have one to help as some sort of placebo to calm me down so I could go to sleep. But then I was laying there in bed, like, I was like, oh, my tiny little mind is blown. Whoa. And then I was like, that's amazing.

And then it started to get me really interested in the nature of reality and all of these sort of things. And I was having a lot of lucid dreams back then, and I would always surf the hypnagogic state when I was a kid and have these experiences out of body. And after seeing that image, I just realized that, oh, maybe even we're all part of this huge thing. But our consciousness is kind of interesting because it can fly around and it could do things too, and have awareness in other places. So it made me basically I've always been holding onto that thread my whole life. What is the nature of reality? Where is our place in the universe? Are we the universe experiencing itself? Do we make our own reality? What is it? So I love all that sort of thing.

What's going through my mind now is I'm so sad that I have to leave this conversation at 03:00 to pick up my child because literally, I know that I could speak to you for hours. I think it's so interesting that your level of awareness at that age was you were immediately drawn to, wow, like, we are nothing. And yet it sounds like because of the lucid dreaming, there was also, again, this depth of understanding that probably for I would say many children, even if we had an idea, are definitely not putting that level of articulation. And even though the mind was blown, there was a depth there. There was a depth required in order for it to be blown in the first place. And so that, for me, is quite remarkable.

I mean, I suppose, yeah, there's a part of me that as an adult, those questions that you just asked, what is the nature of the universe? What is the nature of reality? Are we the universe experiencing itself? Maybe you weren't asking yourself those questions, but I mean, there's a part of me that wants to say, how did you survive childhood and teenage years when you're already going that deep and there's already so many other things, like just in our own physicality that we're dealing with. Was it angsty time for you?

Yeah, it's very interesting and that you mentioned that's lots of food for thought. I grew up in a very sheltered way my formative years were spent on a commune in the 1970s, so I was born in '72. So my formative years were very much rooted in nature, rooted in, like, no television, no radio, no pop culture. There was nothing that was an external influence for my tiny little mind. So I think that because I had those formative experiences of just being able to be present and aware in nature, being able to play and have an imagination, dream, draw, play instruments all of these sort of things kept me in a flow state or a state of openness and wonder and curiosity and contemplation at a very young age.

So I remember looking at my feet in the grass and really looking at my feet and thinking, wow, I'm a weird little pink alien creature. This is so weird. Look at those weird little it felt like I had this other part of me that was looking at my avatar going like, this is kind of weird. I was always aware of my consciousness. I was always aware of my awareness. I was always aware of my awareness. And I think so my formative years having that, I think that really set me up for the deep conversations or the deep questions, because I didn't grow up with TV, I didn't grow up with our mobile phones, like the Internet or anything like that. So I grew up in a creative and natural environment.

And so I think that's what really kept me rooted into that's my foundation, really. That's my foundation. When I grew up and my family moved and I started going into normal school systems and junior high school in Ohio was so weird. I felt like such an alien. I just felt really stressed out by the whole thing. I felt stressed out by the hierarchy of kids and cliques, and I felt stressed out by bullying as well, and teachers who are just, like, bullies as well. That made me angsty. I felt angsty. Like, why are people not cool? Why are people not kind? And why are people so obsessed with all of these things that are just so materialistic?

I remember having to do this test in junior high school where you had to fill out this test, and then you put it into the computer, and the computer spit out the results and told you what you were going to be when you grew up or your career. And I always would get stressed out, like, I don't know what I want to be when I grow up. I don't even really want to grow up. This is so weird. I feel so much pressure to be something in society. And so everyone was getting like, I'm going to be a lawyer, I'm going to be a doctor, I'm going to be a politician. Like, all these massively, powerful and rich kind of jobs and my top three jobs, I was like, what? I was, like, hiding it, hiding my results.

My friends were going, what is it? And my top jobs. One of them was like a spiritual leader, the second one was a clown, a professional clown, and then the third one was an interior

designer. Those were my options. So I felt angsty. I was like, I don't want to grow up, I don't want to be a lawyer. Like, what? And I don't know what I want to be. I'm a creative person. I like psychology, I like people, I like nature. What am I going to do? I don't know. So I had angst, of course. So I started playing in bands and I got into punk rock and I got into music. I got into the rave scene as well, exploring psychedelics and rave culture. And I just felt like always a little bit of a counterculture rebel, in a way.

I think that's where the angst comes from, probably was just being in society and not feeling it. You fit in people.

But what I actually hear from those formative times is actually, you didn't have any of the devices that we used to numb ourselves. And so in those early years when you were on the commune, it was your awareness, your consciousness and the universe. And wouldn't it be interesting, what an interesting experiment that would be for now, to just I mean, I say it's an interesting experiment, but this is why we go on retreat, right? This is why people go on ten day silent meditation retreats, because they just want to be with themselves, their consciousness, their awareness and the universe, to see what is actually beneath all of the shit. So what a gift yes. That you had that for so many years?

Yeah, I never thought of it at the time. Right. When I was a kid growing up, I was kind of embarrassed by that whole formative years. I really didn't tell a lot of my friends that's how I was raised. Weird. But I started claiming it when I was a teenager, or teenager, like 20 years old. Started claiming it a little bit more like, hey, that's me as part of my experience. But it definitely set me up to crave those moments of just being with oneself. Like, I did another ten day meditation thing just a month ago with Apasana and I crave it and I was there. I've done it, like, three times now, and when I'm there, I'm like, I could keep going. I could keep going for another week, another I want to be there for a month.

I crave that power of now and just receding into the primacy of the direct experience. I just crave it so much and I crave nature so much too. And as I'm getting older, I'm like, I need to build that little bubble somewhere out in the forest.

Yeah. When did you move from the States over to the UK?

So I emigrated into the UK in 1999, and I have dual citizenship. My mother is Glaswegian.

Cool. And what are the biggest I mean, you're still here, which is great for us. What do you think the biggest differences are in terms of why you are still here and you didn't want to go back to the States?

Yeah, it's really unusual. So I moved here when I was 28, and so the first 28 years of my life, a lot of movement because I not only lived in the United States in several different states, I've also lived in Canada as well. So I grew up in two different countries. And then when I was in my twenties, or like late teens moving into my twenties, I hit the road a lot. So I was traveling, backpacking, freight train hopping, hitchhiking, like doing all this stuff all over the place and all through Central America and Mexico. So I've had a lot of movement and never felt like I belonged anywhere, really, because I was moving every maybe seven years or something like that.

So when I moved to the UK, I came over here with my partner, who we've been together for going on 30 years, and he's also a dual citizen as well. And so we moved here just with a backpack each. And I had never been to London, never been to the UK. I was just like, yeah, because I had been doing adventures my whole life, like moving and being very migratory and nomadish, it was just like, yeah, it makes sense. 28 years old, it's the Saturn return, big things happen, let's move. Showed up at London.

In London, and then it was like it was really interesting because the first night we slept in the UK, we headed out to the countryside and we stayed with some family in a farm cottage somewhere and went to sleep that night and had some wild experience of this kind of paranormal experience in this hut, this cottage. And in the experience was like, you know when you get sleep paralysis? Have you ever had that? So you wake up and you are paralyzed, you can see things in the room, can't move. There's an energy in your body, there's an energy in the room. Sometimes you see hallucinations in the room.

And in the room I saw this man standing at the end of the bed and he was dressed in furs, like, he was dressed like, in these skins, and he had blood all over him and behind him the wall didn't exist, the wall wasn't there. And I could see out into the field, into the countryside, and I saw all of these men with these big wagons and spears and swords and stuff like that. And then the wagons were full of bodies and I was like, what am I looking at? Right? I was like, whoa. And it was really clear and intense and then came out of that experience. And when I went downstairs for breakfast the next morning, talking to my partner's auntie and uncle.

I told them my experience and they said, wow, well, that's really interesting because this is a site of a major battle from the Iron Age that happened. And I was like, whoa. And I was like, something about being here is activated. Like, because I always had really vivid dream states and whatnot. But the first night that I lived and stayed in the UK, it felt like, bam. And it's never stopped ever since. And it gave me this strange feeling. It gave me this strange feeling of being activated by the and, you know, I've done those DNA tests and whatnot, and I'm literally from the British Isles. I'm nearly 100% Celtic with a very small bit of Slavic. And so I was like, okay, well, that makes sense. I feel like I've landed.

I've basically come back to my ancestral lands and it activated something in me and a magic within me. And all the dreams and everything became much more intense. So it's kind of what's kept me here, to be honest. It's like I woke up when I came here. I felt like I came home.

This is the weirdo in you, because that story for anybody else, they'd be like and I was on the next plane out of here and you were like, Whoa, I've landed.

Yeah, here we go. Is there any more Iron Age people to commune with yay.

So what happened for you when you were 40? Because I know that you said that from like, a perimenopausal perspective, 40 is a magic age, but I'm wondering for you specifically, what was it that was like, now is the time. I am a witch and I am wise and I'm ready to share this with the world. Okay.

There was a whole series of events that happened that all accumulated, which were really interesting. And that year I turned 40 was 2012, which is considered a really important time as well. Cosmically astrologically. And it all came to a massive crescendo in 2012. That year I turned 40. So it goes back to when I was a child. I'll try to make it really quick. When I was a child, I was four years old. I had near death experience, almost getting pulled out to drowning in the Atlantic Ocean. And my dad got me out of it, but I had been pulled out by a sneaker wave, and I was like, literally was like, okay, I'm dying. You know, of course, fighting it at first and then accepting it, and then getting the whole peaceful feeling and just boundary dissolving, like, I am part of everything.

And then this concern for my parents who will never find my body, and compassion and care and deep love for my family. And then anyway, I'm here still. But at that moment, it felt like my life really changed. My life changed at four in terms of my journey and my attitude towards death. So I'm just going to say that then because it all ties into when I'm 40. So then all throughout my life, it seemed as though I always happened to synchronistically, be in situations where I'm helping people who are on the verge of death or in a bad accident or afraid of dying and like literally strangers on the streets as well. And I get this strange synchronicity. And that happened all my life.

Literally started at the age of 17, where about four to five times a year, I happen to be out in public and someone gets in some kind of accident in front of me, or collapses in front of me, or has an epileptic fit or heart attack or gets hit by a bus, you name it. Falling down a hole, you name it. I've been there. I'm the first one there to help them. And so in those circumstances always there to call services or give CPR or comfort the person. And I always able to jump into the mode and feel totally chilled out, like caring for the person. And so this was happening all the time throughout my life from the age of 17. It became a long running joke with all my friends.

Like, Tree, we can never go out with you because something happens and then our night is hijacked because we're calling 911 and like getting into ambulance with people and going to the hospital, you know what I mean? It's always something going on. And I'm like, I know. It kind of freaks me out too sometimes. I don't know why it keeps happening. So when I was 40, I had this experience happen again. And this time the man I was on Broadway Market in London and walking down the street and this man who was a quite big guy in front of me was walking through the busy market. He sort of collapsed against the wall. And so I put my hand out to help him and I said, do you want to come and sit down?

And when I touched him, his full body weight started going and I just felt it. I had a knowing I was like, this is something's really wrong here. And just a knowing of just hit me. Like, I think this guy is having a massive cardiac arrest. This guy's dying. And so when he hit the we got him to the ground, it was really clear he's struggling and turning purple and whatnot were giving him CPR, really trying to help this man. And I just knew. I was like, this is and people were trying to call nine, nine. And I'm holding his hand and his head's in my lap and everyone's having a turn. There's about four of us. And I just knew, oh, my God, he's going to pass away. And so I just started to say comforting words to him.

You are not alone. You're not alone. It's going to be okay. Everything's going to be all right. You're not alone. You're not alone. And his eyes were, like, looking upwards into the sky. And it was a beautiful fall autumn day with blue sky, and his eyes were just wide open, and tears were just streaming down his face. And I just was thinking, oh, my God, is he seeing

something? Like, it looks like he's looking at something, and something is he's moved to tears. Perhaps he knows he's dying. And anyway, his last breath, we heard it, and that was it. And the ambulance services did show up, and they do try to bring someone back with the defibrillator and whatnot.

And it was a very dramatic scene because his family, his mom, his 13 year old daughter, and his wife were walking ahead in the market, and they didn't realize he fell behind. So they came looking back where's dad? And they came back to a scene of their loved one passed away right on the ground, and they freaked. So I spent the whole afternoon with them. I was holding them and hugging them and giving them support. And so I just jumped into these roles. And then it was after that afternoon, my whole day got hijacked doing that. And then afterwards, I said to my partner, I was like, this keeps happening. Have you noticed? It's just pretty wild that this keeps happening. And he's like, well, maybe you should ask your dreams about it, because I do a lot of dream work.

So I asked my dreams that night, why does this keep happening? I feel like, am I some kind of curse here? And as I was waking up in the morning, I got a quick succession of all these things that have happened all my life. And I felt the universe say, duh Tree, wake up. You're meant to be in this role. That's why the universe keeps putting you in these places, because the universe wants you to be that person, to bring comfort and peace and help them on those verges of death and those times of fear and pain facing death. And I was like, but is that a job? I don't remember that in my junior high school computer printout. So I searched online on Google, the best oracle ever.

And I just wrote I typed in emotional support at death because that's the only thing I could think of that I was doing, because I'm not a paramedic and I'm not a nurse. And I've never felt drawn to that because I was giving people energetic and emotional like, are you okay? And breathe with me. Look into my know, doing all that stuff. And so I found in this Google search, the death Doula, which are a person centered role that helps people who are dying. And I went to the training page, and my whole body was buzzing. I'm like that's. What? I'm. Meant to do. That's it, that's me. And I signed up to the course and so that happened at the age of 40 and then also other things happened too. I started working more and more with psychedelics.

I've always loved psychedelics from a teenager with magic mushrooms and through the use of LSD in my rave culture days. And so I started to work with plant medicines as well and Ayahuasca really showing me my path and I've always been slightly an introverted person. I'm good when I'm chatting with people and whatnot but up until that point I didn't really like being online and all that kind of thing. And I felt really clearly from some of the guidance with my psychedelic experiences to start sharing excerpts from my dream journals. And I'm like,

what? I was shown to do this and I was like, why would I do that? That's private stuff. And they're like, I really felt the universe saying no, showing me like, do this and all these people will get help. And I'm like, that is strange. Okay, I'll do it.

So I started to share excerpts of my lucid dreams out of body experiences, because I've been journaling since I was a teenager. And I started sharing them on social media like Facebook and Instagram. And people were getting in touch, saying, oh, can you help me out? A lucid dream. Could you show me how to get back to it? And I get so many messages from people that I decided to just do my first workshop. So I started doing workshops just to like yeah, help people to lucid dream and then that kicked off and then started writing books and so that started happening and then at the same time I was also taking images of my Tarot cards and just sharing them online just because they're cool, they look really interesting. And then people started saying, do you read the Tarot?

And I was like, oh yeah, I do. Would you do a reading for me? I'm like, yeah, sure. Because I'd keep this to myself since I was a teenager. So this is all happening when I turned 40 and it all meshed together in a way that it felt like everything that I do started to come together and make sense and I was like, oh, I know what I am now that I've grown up, now that I'm 40.

I got goosebumps when you were talking about the guy in Broadway market and yeah, I'm so curious to know what it is that he saw. My foster mother passed away when I was 19 and I think that losing somebody that close at that age really transformed my own relationship with death and I think that obviously it's not the same as being faced with your own death. So intellectually you can have ideas and you can say that you're accepting. And there's actually a book called Dying to be Me by Anita Morjani. Do you know it?

Yeah. Fantastic. And what an experience she had.

That book was like the confirmation that I needed. That was a very transformative book for me. And I think that whereas many people are afraid of dying, there's a part of me, I think, one with the loss and the desire to connect with my foster parents who have passed, and then reading her experience is very comforting. And I don't know, just hearing your story is really beautiful to me, and.

My heart goes out to you for your foster parents.

Thank you. I am curious, between the ages of, I suppose growing up until 40, you're having these experiences from when you're a teenager, these people passing or these accidents happening. How would you describe life for you during those moments up until 40? Did it feel like you were lost? Did it feel like a struggle? The reason I asked that is because what I'm hearing, which is probably may not be accurate at all, is that at 40 there was like a coming together. There was like a, oh, this makes sense. Oh, that makes sense. Oh, this makes sense. And I'm wondering, did it feel nonsensical beforehand or is it just life and part of the journey or both?

That's a good question because there was a lot of chaos before that, before everything coming together. There was a spiritual crisis, there was turmoil, there was anxiety, and my 30s felt that way. It started to accumulate when I was moving into my late 30s, into a sense of it was very challenging. I had a series of events that happened in my late thirties that helped to facilitate a spiritual crisis or like anxiety crisis. I had several people who were close to me commit suicide, which had its big impact, especially because I sensed their deaths when they happened, before they happened, which really tripped me out, like, waking up in the middle of the night, sobbing my eyes out, not understanding what was going on.

I just was in this state of absolute grief out of nowhere, and my partner's like, what's going on? I was like, there's death all around me. Some things like that were happening in it. And there was, like, transitions with the business that I was doing at the time in London and having to move locations, and there was a lot of upheaval that was going on at that time. And my partner almost died as well at that time of a tropical disease. It was like everything happened and it shook me to my core. And how it played out for me was I developed a lot of anxiety. Like, I became really agophobic. It was really difficult for me to be around other people, to travel on the bus, to travel on the train, to be in a shopping mall, to be in the grocery store.

I felt so anxious all the time because of all of these big events that really stressed me out. And I felt like, I really need some help. I need some help. But I don't feel like it's psychological. Like, I felt like I don't want to go to a therapist for them to put me on prescription, anti-anxiety or anything like that. I felt like I can move through this. And I just feel like I need to release something. So this is like in 2011 when I was 39. It was really hit the pinnacle point. And I was like, I need something deeper and something that's a little bit different. So I got online and I was like, I feel like it's energy. Like, I need to shift energy because I've been through all this grief and this trauma and stress.

I feel like I need something to do with energy. So I started searching for a London energy healer, and I found this woman. I went to her website, and it just resonated. I just intuitively knew, like, she's the one. And so I sent her an email and asked, could I please have an energy healing session with you? And she responded. And she responded. She said, yes, we can do this, but you'll have to wait six months. And I was like, oh, my God, I have to wait six months. And I looked at the calendar and I was like, oh, that's April 2012. And I was like, I wonder why she's making me wait six months? And I was like, I'll take it. I'm desperate. I'll take it. And it's really interesting that she waited, because 2012 was when the year I turned 40.

My sessions with her were life changing. This really helped open up for me to be activated, to do the work, to step into my calling. My first session with her on her table at her home in South London, she didn't even lay a hand on me. Her hands were above me. My whole body was vibrating, and the energy was flowing through my body. And the energy that was held in my stomach, my belly was so painful. It felt like there was a thousand knives stabbing me in the stomach. Like, she lifted out so much anxiety and fear and so much out of me, energetically, without laying a hand on me. And I was howling. Part of me was like, who is that making that noise? And I was like, oh, my God, that's me. That's my voice.

There was something within me that was primal, that was just howling and weeping and releasing, and it changed my life. She was amazing. And she said, look, let's work together. We'll do five sessions. I'm going to give you a massive commission because I know you're just a DJ at the moment and you don't have much of an income. She was so cool. And those five sessions, those sessions with her changed my life. Changed my life. And then shortly after that, everything started to click. I started the death doula thing, working with the plant medicines and the Vipassana, doing the ten day meditation retreat, stepping out into it and just being yay. So sometimes we have people along our path that are there as activators, mentors, guides. Like, it happens. It's not just the stuff you see in movies.

Sometimes the Universe will send you a person who really helps you. I'm forever grateful to that wonderful woman in South London.

Do you think that the reason that you were in such chaos and turmoil before is because you didn't know how to read the guidance from the Universe? Or do you feel like it was necessary for you to go through everything that you went through in order to be the channel that you are today?

Yeah, that's very interesting. I do feel like I needed to go through these initiations because how can you sit and do the work with other people if you've not done the work yourself, if you've not looked into the eyes of death yourself or you've not held? Death helped a person move through that. Not contemplated your own death. Definitely. These were all initiations. Now, when it comes to seeing the signs and listening to the Universe, I did feel like, okay, this is uncanny synchronistic, but I wasn't trusting myself. I wasn't trusting myself. The Universe kept poking me until I got slapped in the face, really? And then joining the dots of everything and go, duh, wake up. This is what you're meant to be doing. And so I feel like I really didn't listen to or I doubted myself. I doubted my inner voice, too.

And also I've gone through my stages, especially in my 30s, because I've always loved science and I've always loved scientific observation. And I do feel like I have 1ft rooted firmly in the world of science, but I do feel I have another foot rooted into all things mystical too. So I'm of the opinion of both. But I went through a period in my 30s where I was really into the material reductionist point of view and read loads of books on Richard Dawkins and all those types of and just wanted to understand and did generally move out of that. Because I do feel like there is a sense of unknown and magic that is part of this universe too. But when I was moving into the more scientific method or looking at it, I pushed my intuition down.

When I was in that phase for a few years in my 30s, where I squished my intuition because of the construct of science a little bit, because it's like, well, there's no proof that you could ever have your consciousness have an experience out of your body, so there's no point even talking about it. But then I was like, well, I'm having these experiences. So now I feel like I listen to my intuition more and I keep myself open to experimentation that goes beyond the boundaries of science. Why not explore? Why not why? Why hold yourself back from exploration just because something's not been actually proven yet and it's just in the hypothesis stage. So I see my intuition as the same thing.

So now I really listen to the intuition and my open exploration rather than trying to shut it down and just go, well, it can't not possibly be something.

Can you explain the materialist reductionist theory?

Yeah. So basically, in the zone of being a material reductionist, there's not really much room for anything that is non ordinary unless it's proven by science. So people have had non ordinary states of consciousness or exceptional experiences or mystical experiences since the dawn of time. And a lot of it is considered pseudoscience or perhaps just fantasy or imagination or magical thinking or wishful thinking. And so because a lot of these

experiences do not fall within the framework of a traditional scientific method or observation, in other words, not proven, then they don't exist, they're not valid. So that's why you have a lot of people who they don't even believe that there's anything beyond death, for example, or there's such thing as being a psychic or being able to get messages from beyond the grave, for example.

Whereas from a transpersonal perspective, because I work in transpersonal psychology, the transpersonal method is to take in consideration a person's whole experience, which includes their dreams, like lucid dreaming or any type of dream work, mystical experiences, paranormal experiences, near death experiences, anything that's like exceptional psychedelic experiences that's taken as. Let's hear about it, please. Let's talk about it. Because this is something that your consciousness has experienced. It's created an emotional response. It's created something within you that feels valid. So it's valid to talk about it. So that's what transpersonal psychology is. Whereas maybe more of a scientific method, it doesn't follow in the framework of being proven by science. So therefore it's discarded.

And a lot of the times people get really snobby about it, oh, you poor little delusional freak, that you think that you have lucid dreams or you think that you talk to your dead grandmother and it gets kind of tricky because sometimes people get medicated for their innate experiences. And whatnot that's the zones of the differences between these two camps.

You explained it perfectly. I'm like got it. Thank you. You have mentioned a couple of times about dream work and using your dreams to help you decipher things going on in your conscious life. How do we do that? Can anybody do that? And if so, how do we do it?

Yeah, this is great because dreams are accessible to everybody. We all experience them. They're an innate human experience to have dreams every single night. So there's nothing weird about them. So it's not like you're trying to get someone to learn a meditation technique or hey, try this psychedelic compound to get you into an altered state or let's just do some freaky breath work. So the cool thing is it's like everyone can relate to dreams because we all have them, so it's not a big stretch. And dreams are really quite important because they are acts of consciousness. They are acts of consciousness in the altered state of sleep. So just because you're sleeping, it doesn't mean that the dreams don't hold a valid experience. Because some folks wake up from a dream that changes the course of their life.

They decide that they want to be a better person or they decide that they're going to move to another country or they're going to quit their job. And so dreams hold deep and valid importance. Now, modern science would say that dreams are pretty much just junk data and it's just residual and silly reveries or nonsense that your brain is just going gobbly gook because of different things that you saw during the day and there's nothing to read into them. And that's the view of a modern take on dreams. But if you look at the long history of human beings, we've all got these in all cultures, these threads that connect us, that take the dream seriously. And even in modern psychology, jungian psychology, Freudian psychology, the dreams are important. They're important because they are the realms of the unconscious.

And we all have an unconscious realm where we push down our emotions, we punch down our trauma or experiences, and there's something that's happening in the unconscious that wants to get our attention. So every single night when we go to sleep and we go into dreams, we enter the cinema of the unconscious, and we are watching the best films of our unconscious mind there for us to watch and review. And when we wake up, we could say, wow, that was weird or surreal or interesting. But maybe there's something there that is a message that helps regulate my mood or helps me become a happier person. Or maybe there's a prompt towards healing my trauma. For example, like nightmares are basically red flags saying, let's look at your trauma and let's heal and transcend.

So we all have the ability to connect to our dreams every single night. It, first off, starts with your intention. Your intention to want to know yourself and to want to remember your dreams and connect to them. And I always say to folks, just start with the intention to go to sleep tonight before you fall asleep. Say, I want to remember my dreams tonight. I want to be more deeply connected to them and wake up the next day, start writing your dreams down. Start a journal. Wow, 30 days of doing that. You look back at one month of reading your dreams, you're like, you really get to know yourself. You're like, wow, I keep having these stress dreams about work and it's like, are you happy in your job? Maybe there's something to look at there.

And dreams don't have to necessarily give you mystical information. Sometimes they do. Sometimes people have extraordinary experiences of mystical consciousness within dreams. But a lot of the times, dreams help regulate your mood and your behavior and your happiness. But then some dreams can be giving you messages and guidance around how to make a decision. We've all heard of the old expression, I'm going to sleep on it. I have a massive important decision to make. I'm going to sleep on it. And also, sometimes dreams can go even beyond the mediocre dreams. So lucid dreams where you become conscious and aware in the dream and you can ask the dream to teach you something, show you something. You can go up to a dream character and ask them like, what do you symbolize? Or can you give me some information? And they will.

And it gets really mind blowing. These are the type of dreams where people fly around and create things within the dream. Those are incredible. And so there's great scope for you to explore your consciousness even beyond the boundaries of your unconscious and move into the collective consciousness or maybe even the multiverse. Who knows? It's pretty cool.

Should you take your dreams literally or not? Because I heard that when you're trying to interpret dreams, it is better for you to think about what the person or the thing could symbolize, rather than thinking, oh, I've just dreamt know dead Aunt Betty and she says X, Y and Z. So that must be the thing. What's your take on that?

Yeah, dream interpretation is really quite an art and it's a wonderful art of understanding the poetry of your dreams, understanding the language of your dreams and symbols should be looked at through the lens of exactly that symbols and archetypes. So a classic one is having a dream about a celebrity, like a celebrity dream, where the celebrity usually probably would symbolize the archetype of what you think the celebrity represents. So if it's a sex symbol celebrity, then it could be the archetype of your sexuality or your desires. Whereas if it's like a villain, like some celebrity shows up and they're really mean and they're a villain, it could represent bullies or feeling intimidated by others. So it is important to look at dream interpretation and how to move through it.

When it comes to experiences where you feel like you received the message, then that's your experience. That's your experience. If you woke up and you feel like, my auntie who died, I had a dream and she talked to me in a dream and she told me something really positive and I've woken up feeling really great, well, then take that own. That doesn't matter that it was a dream. If you feel like it really was a message from her, then that's your path and your belief and your cosmology. The good thing is that it had a positive effect, that it made you shift out of something and if such a dream helped a person shift out of grief and feel closure, that's wonderful, that's valid. I'm not going to take that away from someone and say, well, when people die, they're dead.

And that couldn't have been your auntie. No, it was just a dream and make you feel bad and take away your empowerment or your healing. I'm not going to do that. I'm going to be like, tell me more about this experience. How did it make you feel like you had closure? How did it make you feel? Peaceful. And that's wonderful and beautiful. I'm happy for your dream. So that's the zones of transpersonal psychology where you wouldn't shut down someone's experience because it didn't fit within the model of science and you would allow the person to process that experience in a safe and loving space.

I love. Right. I would love for us to continue this conversation and so I would love to invite you back for a part two. Are you good for my team?

Oh, really?

And put some more time in the diary.

Of course, susie, sorry I talk so much. I don't want to take all your time.

No, do not apologize at all. I knew as soon as I read your notes, I'm like, I am going to want to speak to you for way longer than an hour. It's such a glorious conversation. So this is part one and I will get them to reach out to you and hopefully we can put something in for next week and if not next week, then as soon as possible. But this was amazing. Thank you so much.

Oh, thank you, Susie. Thank you. It was wonderful to chat and yeah, I'm happy to do that. So, yeah, your team can reach out, we can make a date.

Yeah. Amazing. And if you have loved this episode as much as I have, then please do me a favor, share it with a friend. And in the meantime, please remember that faith plus action equals miracles.

Bye.

Thank you for listening to Infinite Receiving with me. Susie ashworth. I'd love to share with you my Infinite receiving. Activation audio. Go to [Susie Ashworth.com](http://SusieAshworth.com). Com activateinfinite receiving.