

## Beyond The Roadmap: Permission to Trust Your Path

### Transcript

**00:00**

This is the Infinite Receiving podcast. Helping conscious leaders like you tap into a wealth of abundance across all areas of your life and business. My name is Suzy Ashworth. I am a single mum of three and author of the Sunday Times best selling book Infinite Receiving. Crack the code to conscious wealth creation and finally manifest your dream life. On this show, I'll be sharing with you how you can upgrade your identity and your reality to create the life that you have been dreaming of. Because you are ready to be an infinite receiver. Hello, hello you gorgeous, gorgeous human being. It is me, your host, Suzy Mother Trucking Ashworth and you are listening to the Infinite Receiving podcast. Why is it that I love the sound of my own voice so much?

**01:08**

I think it's wildly inappropriate that I can like do my intro and then before I speak the thought that I have in my mind is wow, that sounded so lovely. Oh look, if you don't love yourself, who else is going to? I am getting straight into it today. I want to speak to the person who is feeling like you're being called into your next level, into the next chapter of your life, but at the same time you can't quite see the path and confusion is leaving you feeling discombobulated. That's a cool word, isn't it? Discombobulated. And I think I just want to start by saying that confusion isn't the problem, it's an invitation. And I really love the way that feels in my body when I say that. Like it's not the problem, it's the invitation.

**02:12**

I think so often when we have that sense of confusion, the next natural question is like, what's wrong? What do I need to figure out how do fix this? And there isn't anything wrong. It is your best signal that something new is being birthed and that gets to be. You can choose that to be really exciting.

And from that place of thinking about it like a new baby is being born, the idea that you are supposed to or could see the entire path in front of you and how everything is going to unfold is so ridiculous.

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It's really interesting to me how many times somebody who could be starting a whole new chapter of their life, I'm thinking about this in relation to the coaching certification, how so many people could be starting a whole new chapter but don't get off the start line because they can't see how things are going to be in a year's time or two years time or three years time. It doesn't work like that. It never works like that. There are so few people in this world who are like, I knew what I wanted to do from the age of seven and now I'm doing it. And even with those people, the path that they got there using is usually wildly different to the path that they thought that they were going to take.

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And those who are the type of person to be like, nope, I just knew. And I knew I was going to do this and I knew I was going to do that and I knew I was going to do this. Very few of those people are actually happy. They thought that the path and the destination and more importantly the final destination was going to be the source of their happiness. So they needed to be super dogmatic, they needed to be super focused. Our sense of satisfaction comes from living into our purpose. And for most people, that purpose is ever evolving and growing and stretches us. And it's in the stretch and overcoming the old versions of ourselves so that we are a match for the new thing that is coming through. That's where the satisfaction lies. And there are no roadmaps.

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Just like in parenting, there are no roadmaps and your job is to just take the next aligned step. When we feel confused, it means that somebody has switched our autopilot off and we are being invited to re engage with life.

And that is such a gift. I want you to hear me when I say that you cannot think your way into a new identity. Most people are trying to figure it out from their mind. And your mind is a map of the past. Joe Dispenser says this all of the time. Your mind is a map of the past. And your imagination gets to be a roadmap for the future. But they are different things. When most people are trying to think their way into a new identity, they're basing it on everything they've learned in the past about who it is that they be.

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And if you think the way that you did in the past, you will create a future that is extremely similar to your present and your past. So that calling and that alternative path is not something that you can think your way into. It is a feeling that you get to follow. And through deep faith and trust that everything is always working out for you and everything is always showing up for you. You're going to be presented with opportunities and doorways that you never knew would ever be possible or available to you. And I say this with such deep gratitude, like, oh my God, what if? What if? When my mother passed away when I was 19, my foster mother, I hadn't gone to Ibiza the next year. Well, what if I hadn't gone? What if I had never met.

### **06:58**

I forget what his name is. He was a chef. He worked at Ask Pizza. I think his name was Steve, who was actually a bit of an old dog. But what if I'd never met Steve and Steve hadn't ever told me the story about him going to work in Ibiza in the summer? And I hadn't been inspired And I hadn't thought to myself, God, you could get out of here, Suze. You could do something different. None of this would have happened because I would have created a whole different life for myself. I had no idea that I would be able to get a job. I had no idea that I would meet my best friend. I had no idea that I would split up with my boyfriend. I would have no idea that I would be inspired to go and live in Amsterdam.

### **07:36**

I would have no idea that I would be inspired to go and live in Thailand. I would have no idea that I could actually dance until six in the morning without any illegal substances. No idea. I didn't need to. But every single one of those awarenesses, insights, realizations led me to sitting here today and saying, I know not just theoretically, but from experience. All you have to do is follow the nudge and take the next aligned step. Feel your way into it, not try and think your way into it.

### **08:11**

And what I know now that I didn't know then is that everything that I desire when it comes to anything and everything, but in this context, when I imagine what is possible for me, what is possible for the people that come into my world, what I know now is that there is a reality where all of that has already happened. Like if I can think it so it is. And when I am very connected with that awareness again, I can relax. My job is to simply make moves in alignment with the knowing that we're going to have an eight figure company, we're going to have a thousand students enrolled into our program in, you know, within a year, like I will get married again. I will have an incredible love story.

### **09:09**

I will experience all of those things because all of those things are already in the Ethereum. As soon as I am able to tap into the desire, that possibility exists. So I can relax. I just have to act in alignment with the knowing that it's already done. And as I act in alignment, it is impossible that a path does not reveal itself. So I don't need more time to think about the solution. I just have to trust and move and trust. You just have to trust and move. So what do you do? Like practically, what do you do when you feel yourself spinning your wheels and getting lost in the confusion? Firstly, just drop into the body. Like, how do you do that? Take a deep breath and bring your awareness to the soles of your feet and what they're touching.

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Bring your awareness to being anchored, rooted to the ground. It just brings you into the present moment. It stops you from thinking about mistakes that you might have made in the past or projecting anxiety into the future. So we're just bringing your awareness back to the body. And then place your left hand on your heart, your right hand on your womb space. And just ask yourself the question, what am I actually afraid of if I say yes to this calling? And listen. Listen for the real fear. And instead of being judgmental or dismissive, you just get to be empathetic, compassionate. The invitation is for you to start asking higher quality questions. What would I choose for me if I wasn't afraid? What am I being invited to trust? What is this confusion trying to protect me from or trying to stop me from doing?

### **11:10**

And then commit? Commit to taking one aligned action step today. The clarity that you are looking for comes from the action that you take. Because from the action you take, you will receive feedback. That action might be DMing a mentor, signing up for a class, journaling, booking a call, saying the thing, having the conversation, acknowledge it and record it, and then commit to doing the same thing again. I talk about this in the book the 1% a day. The compound effect of making 1% moves or 1 degree moves every single day. By the end of the year, 360 degrees transformed your life. Because you've committed to one degree a day. Are we up for it? Okay, my friend, I hope that this episode is useful. I really enjoyed sharing it with you. If you loved it, do me a favor, tag me on Instagram.

### **12:11**

Share this with someone in your community who you think would benefit. I would deeply appreciate it. And please remember that Faith + Action = Airacles. I see you next time. Thank you for listening to Infinite Receiving with me. Suzy Ashworth. I'd love to share with you my Infinite Receiving activation audio. Go to [suzyashworth.com/ActivateInfiniteReceiving](https://suzyashworth.com/ActivateInfiniteReceiving).