

Women Are B*tches

Transcript

00:00

Foreign. 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 human beings. It is Suzy Ashworth here and you are listening to the Infinite Receiving podcast. I am feeling pumped. I'm at a standing desk. My energy feels good standing up recording the podcast.

01:10

I've like adjusted my mic so I don't have to like have this kind of weird angle as I'm speak. I don't know, I just feel good. Just come back from retreat. I went on the Nick James International retreat this past weekend. So I've had Ibiza, I've had Spain, I've had breakthroughs, I've had coaching sessions of that mindset. I've thought about strategy. I'm just, I am here and I'm feeling good and I've had my sound tech come in and sort out the audio on my pod because that was also being not so amazing. So I feel like I've had a little bit of a break from recording episodes. It has been good. And now I am back, bitches. I am back. And you know what else? I have been.

02:00

This feels a little bit weird because I feel like I, I am probably a little bit too old for this podcast. Not this podcast because this is my podcast, but a podcast that I've been listening to. I've been listening to Alex Cooper on Call her daddy. And I, I didn't really know a lot about the history of that podcast until maybe about six months ago. And for those of you who don't know, although maybe everybody knows Alex Cooper and it's just me that is late to the party, but she is the biggest female podcaster in the world right now. She's just did a hundred million dollar

deal with somebody and there's a whole backstory which is very interesting about her. She started a podcast with a friend.

02:48

It all kind of went a little bit left and Alex has just gone on to rise and rise. I found out a little bit about the backstory and this was interesting in itself because I had dabbled in the podcast a little bit without knowing the history. Then when I found out the history. I got more into the podcast. So what I'm saying here is that your story matters, and the more people know about your story, the more of an emotional connection they have with you. And that then makes everything else that you share so much more interesting. And what I loved, as I kind of did a little bit more research and was delving in to her, is her obsession with brand and how she really understood what brand represented way more than her previous co host.

03:45

And that is what she zeroed in on. She was happy to take less in the beginning. They fell out over money, essentially. She was happy to take less. Her co host wanted to squeeze them for more. But Alex is like, I'll take less, and let's work on this brand, because the brand is going to become infinitely more valuable than the pennies that are on the table right now. And she was right. And what is also really interesting is how her brand has evolved, because she was like the millennial Sex in the City. So they were talking about sex and men and boys in a way that had not really been heard, at least not at scale before. And everybody was like, oh, my God, what is going on? Who are these girls? This is amazing. Then, after the partnership dissolved, she went into interviews.

04:40

So she used other people's platforms to grow the reach of the podcast, which was a really smart move. And she has become better and better as an interviewer. And this week, maybe a couple of weeks ago, on Father's Day, she reintroduced something that she had canned for a long time, and they're called the Sunday Sessions, where she offers advice to her audience. She kind of gives a little bit of a take on whatever is alive and present for her in the moment, and then she offers advice to her audience. I feel like over the last two weeks, I have really got to know what all of her previous fans of her knew before, because when she's interview

mode, you're there really to hear from the interviewee. And she does a good job in making people feel comfortable and getting them to open up.

05:37

Like, she's good. But it's the guests, really, that I was. Yeah, I'm. I like her. I like her story. She has good guests, so I'm gonna tune in. But I swear to God, listening to this woman's solo episodes where she is just the most goofy, ridiculous, wild, outrageous human being that I have ever listened to on a podcast, it's just so fun. It's so fun. So much so that I then followed her on Instagram, and I'm Just, I'm sharing all of this because I'm just really interested in observing my own behavior at how much I'm buying into her personal brand, which then opens me up to the other brands that she heads up. It's really. She's smart, she's consistent, she is fun, and she is. Most of all, she's really smart, but she's really silly and goofy with it.

06:42

Anyway, listening to last week's episode has just reinvigorated me when I think about how I get to use this medium to speak to the people that actually want to hear from me. This is not the same as a random ad on Instagram or me being shown on the for you page. It's like my love letters. If you're not on the newsletter list, it's. This is the most personal that we get to be. You get to feel me. And I think that with this especially, I don't think I've ever fallen into this trap with the newsletter, but certainly with the podcast, there is a part of me that sometimes is a bit like, you should be more strategic. You should be more specific. You need to relate it to X, Y and Z. And actually, I just.

07:30

I've always loved this medium when I can just chat to you and. And tell you what's on my heart and mind. Whatever is on my heart and mind always feeds into the business. It always feeds into how I am coaching, what it is that I am sharing. And I feel like a little bit of that has been lost. And so I've been inspired. I've been inspired by my weekend retreat, but also inspired by listening to her on her podcast, particularly her doing her thing as her. And I'm like, yay, Susie. Be back, be back, be back. So here I am. I am back, bitches, which is a really beautiful segue into what I want to share with you today. And that is women are bitches. What did she just say? What? Stop the pr. What did she just say?

08:25

I mean, it is wild, as I've just said. I've been on a retreat this weekend in Spain in Girona with my mentor. Well, one of my mentors, Nick James. And it was stunning. It was exactly what I needed because I'd just come back from Ibiza a couple of weeks ago. Ibiza was like, get Wild. It was Girls Gone Wild. It was Mums on tour. It was. Nobody stopped me. Like, I need to let loose. And I did let loose. It was amazing. And two weeks later, I'm back in Spain. I'm back on A plane. I'm going to Girona and I'm going to. What's it called? I feel like it might be called the Corello. I can't remember the name of the hotel, but it's in Girona. It's in this incredible golf resort surrounded by the most beautiful grounds.

09:20

And I needed quiet, I needed community, I needed connection and I needed time to. I mean, it was a business retreat for sure. However, probably actually what's more accurate, it's a personal development retreat sold as business. Whilst at the same time, like, let's not get this twisted, there were some incredible sessions of business strategy that I will absolutely be taking into my business. But by far, everything that was presented to me, I was really looking at it through the lens of some of the tricky relationships that I have in my life at the moment and seeing how I can apply what I learned in these relationships, knowing that every time that I had a shift personally when it comes to these relationships, of course there is going to be a knock on effect in how I show up professionally.

10:27

It is impossible to detach the two. And the reason I say this is one of the things I heard a lot as people were reflecting on their time is, wow, I thought this was a business retreat and it wasn't. It was a business retreat. It was not a transformational retreat in the way that I deliver transformation, although it was absolutely transformational. So I share this because one of the things they said was that it wasn't a business treat. But the other thing that I heard from day one is that women are bitches. I can't believe this is what the people were saying. I can't believe how nice the women are here. There's no bitching, there's no this, there's no clique in us. And I was just listening to this thinking, what, so say what now? You have no idea.

11:15

You literally have no idea how many incredible women are in my world. I don't believe that this is me looking at this with rose tinted glasses. You know, we run two live events every year and without exception, people will say to me, I found my people within 10 minutes. I've made friends here that I've made for life. I will come back again and again, even if I am not buying anything because I just want to be in the room. Like the community of people that you attract is the best. You know, I told you when I went to one of my friends book launches, who had also been a client and how literally every person in that room that she thanked is Somebody that had come to her via my community.

12:07

Like, I just feel so lucky to have so many incredible females in my life. And when I say lucky, I don't mean lucky. This isn't by accident. This is not by accident by any stretch of the imagination. And at the same time, I suppose I am still curious about the fact that other people have not realized that they can create this existence where you're surrounded by women who are like, oh my God, I love your top. Oh my God, you've just had 100k a month. Like, that's amazing. Oh my God, I need to introduce you to this person. Oh my God, I'm going to say amazing things about this person behind their back. I am surprised that people haven't realized that is absolutely available to them right now. I'm super interested. You listening to this right now.

13:13

Are you somebody that by a large, and this isn't in your head, this is like your literal real life experience is that women can't be trusted. Like the sister wound is alive and well because everywhere you turn there is somebody who has betrayed your trust, tried to steal your husband, is just basically a bitch. Is that your experience? If it is, I want to first of all officially invite you to come and play with us in London from the 19th to the 21st of September 2025. Infinite receiving. Because I will change your experience en masse. You know, like immersion therapy. You will not believe how freaking amazing you can feel just because you are surrounded by incredible human beings. Like, I know that. Without a doubt. Like that or your money back. Like, I am happy for that to be my guarantee.

14:13

You do not feel loved and seen and like you belong. By the time you finish the three days, I'll give you money back. It's impossible not to because of the people that I attract. But in terms of the fact that my life wasn't always like this, it was very intentional, the process that I went through to create this world of incredible women. And I think probably the biggest thing that had to shift within me, one of the biggest things that had to shift within me is to stop being a judgmental bitch. I was judgmental. And the problem with being judgmental, which is not the same as discerning, by the way, the problem with being judgmental is like, it literally kills your life force. It sucks up your creative energy. And your creative energy is the energy that makes you magnetic.

15:15

It makes you positively attractive. And when your life force is diminished and what is left is the dregs, guess what? You're still magnetic, but you're magnetic to the dregs. What I realized is that whilst I was in judgment of other people, I would attract other judgmental human beings and that it puts you in prison. And often what you'll find with certain groups of women, they are looking for connection, they're looking for bondage through slagging off other individuals. And it feels real. They want to do that because they haven't done enough work on really allowing themselves to be authentic. They haven't done enough work on allowing themselves to be honest and vulnerable.

16:15

If you're being honest and vulnerable about yourself, there is no need, and usually not really any time for you to be looking at other people and judging them for who they're being or what's being presented. So when you don't want to talk about yourself, it's much easier to deflect and bring other people into the conversation. That I learned put me in prison, and I did not want to bond with my fellow inmates or even worse, prison wardens. I didn't want to feel beholden to the person who is slagging off. Gilly, Jane and Francesca, knowing that the minute I turn my back, they're going to be slagging me off. I just didn't want that. I wanted to be friends with people who uplift me and made me feel liberated. And so I made a very conscious decision to stop slagging people off.

17:19

Like that was it. Let's just don't be mean about other people. That saying, if you've not got anything nice to say about somebody, don't say anything at all, like that is how I began to live my life. Stop gossiping. I feel like that might be one of the four agreements. Even if it's not, I mean, it absolutely could be. Just stop needing the tea now. Look, I am a human being. I am fallible. And when there is something that is spreading like wildfire across the Internet, I'm not going to lie, I might have listened to, but I'm not commenting. And if I'm really honest, I try to just extract myself. There's so many things that have happened in the online world that have been a big deal that I've had no idea about because I'm just not engaged in the gossip.

18:13

This is really important when it comes to judgment and it comes to gossip. When you are there doing that, what you're really doing is pointing the gun towards yourself because it is absolutely impossible for you to gossip about the way somebody's showing up if they're being too big, too bright, too bulshy, too whatever, you will do everything within your power to stop people from potentially saying the same thing about you. And you do not need to be a rocket scientist to work out how damaging that is going to be for your brand if you're trying to cap yourself, to avoid being controversial in any way, shape or form. I also really have trained myself, and again, I'm a human being. I'm fallible, sometimes I forget.

19:02

But trained myself to see triggers as a positive sign rather than a trigger being a reason to justify trying to take them down in any way, shape or form. When I feel activated by somebody else's success or somebody else's courage or boldness, it is really, oh, that's a sign that you want a little piece of that. That's a sign that you could be doing that in your own way. And you are. You are not. And that is why it's troubling you. Which means that my triggers are a blessing, not a reason to take another woman down.

19:37

So these are the things that I stopped doing that have absolutely contributed to me having some just incredible friends personally that have been with me for a

long time now and then also having cultivated a community of people professionally that I am so inspired by and proud of. And I would say that coupled with the things that I stopped, I got very intentional about really looking to associate myself with people who were inspiring women who I found inspiring and uplifting. That was a very definitive intention that I set. Notice where the good people are hanging out and hang out with them. Go there, like, invest in that mastermind, join that group program. Where are all of the good people hanging out? And then be a good friend. And to start with, that is just comments on people's posts. It's having, like, little jokes publicly.

20:52

And when you build that up over time, it then becomes natural to take that offline or when you're at the mastermind or the retreat or the event, is to really make a point of listening, making a point of being present, because that makes people feel good. It also gives you the information that you need, like, do I feel good in this person's presence? You can only really tell that when you are present. When they meet you there, that's when the magic happens and you've got it simple. But this is what I have done for years to now create a community where when I go into somebody else's community and I hear that women are bitches, it just doesn't compute. It's like cognitive dissonance it's like somebody's come along and like whacked my face with a huge bitch big cod fish and I'm like, what?

21:44

Where the hell did that come from? Because it's so not my reality, which I'm so proud and happy to say. And again, without apologies, if you are not living this, if this is not your experience, then make sure that you get your ass to Infinite Receiving Live. It's going to be such a fun one as well. This one is the science and energetics of being rich. And so it's my intention that every single person walks and out of that venue after three days with me richer than when they walked in emotionally, spiritually and financially. I've got some special guests who are going to be on stage. We normally do one, but I've got more than one this time, which I am super pumped about.

22:26

But just in the same way as that, there's just a bit of new life that I am feeling with the pod. I've just got a vision. I feel like this is going to be the last time that we are

in this venue, which feels amazing. There's a part of me that's like, will we be there in January? But I think this is going to be the last time that we are in this venue in Hyde park. And I want to go out with a bang. So 19th to 21st September. This is a wealth consciousness event.

23:00

I am going to make sure that I have this really grounded in practicalities, is designed to really stretch you, expand you, help you make more money than you've ever made in your life whilst feeling more emotionally capable to handle the highest of highs and then any of the challenges that you will inevitably have to navigate on the way to increasing your impact and income. This event is going to be special. Is going to be special. So check out www.susieashworth.com and go to the Live Events tab. I don't know what the URL is but we will put it into the show notes for sure. But go to the Live Events tab and get your ticket. The pricing is going to keep going up and up now until we get to the event. So like, please do not wait.

23:58

Make sure that you grab your ticket now. Right? I love you. I hope that you've loved this episode as much as I have loved sharing with you. It feels amazing to be back. If this has been a little bit of a vibe, do me a favor and share this on your Instagram. I want as many people to hear what we're doing over here. There's so many special things that are coming up and present and I want as many people as possible to know about it. And I look forward to being in your earbuds next time. And in the meantime, please remember that Faith + Action = Miracles. 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.