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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 Susie Ashworth.

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I am a single mom of three.

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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.

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Hello, hello you gorgeous, gorgeous human being. This is Susie Ashworth speaking and you are listening to the Infinite Receiving podcast and this is going to be a little different. I shared in my last episode how my 13 year old niece passed away very recently. And this week is the week that I am getting kind of back into work after taking a week to myself. And I talked about the conflict of kind of moving on like everything is normal when nothing is ever going to be normal again. And also this acute awareness that being one step removed with this being my niece and not my child creates a grand canyon, to put it so lightly, of difference between my ability to move into working versus my sister.

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And I know that it's not helpful to be in constant comparison or to try and not negate, but certainly minimize my own processing around my own grief because it is incomparable and it's still present. So I started this episode by saying that this is going to be a little bit different. When I separated from my ex husband, I created a series called the Divorce Diaries and that content did what it said on the tin and really I was able to share with you my experience to a certain extent around what was happening.

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And, and I thought that it would be super useful for me and therefore maybe useful for other people who are either experiencing grief or supporting somebody who is grieving to just hear a little bit of my own process for me personally and then also being in the position of support that might be useful for you. And so here we are. This series within the podcast is going to be called Notes on Grief and Grace. And I really like that title, the grace part, especially because I think that when somebody is grieving, if you are grieving, the number one gift anybody can afford you or that you can give to somebody else's grace. So that is the thing that underpins everything that I'm going to share. And this episode is called you know where I Am.

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And this is specifically for people who are supporting somebody who is grieving right now and for anybody who has done this in My world understand that this is not a dig at you, this is not a dig at anybody. It's just my experience now through this specific lens. And for those of you who know my story, I have experienced not an insignificant amount of grief in my life. When I was 19 years old, my foster mother passed away. And then four and a bit years later, my foster father passed away. Last year, my best friend Lucy passed away at the beginning of this year, which is very different because I felt very removed from the situation. But at the beginning of this year, my biological father passed away.

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And obviously very recently, at time of recording this, anyway, my 13 year old niece has just passed away. So I am not a stranger to grieving and for obvious reasons that I am sure to you guys, I do not need to explain, this feels so very different. And I wanted to just speak on the fact that I understand that people deal with and process grief in so many different ways. And our own mortality and the mortality of our loved ones is never more obvious, more in your face than when you see the death of somebody that you love.

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And then when you combine that with youth, it becomes even more acutely obvious just how this illusion of control, this idea that we are always going to have tomorrow, like we'll start on Monday, we'll start tomorrow, the idea that you can live your life in that way, suddenly your entire foundations are completely taken from underneath you. Especially in a type of situation that we as a family have just experienced, where it really was so unexpected, so shocking. And again, I say we as a family. I'm super conscious that it's just really important that I do not put any words into my sister's mouth when I am sharing.

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So unless I directly say this is a conversation that we had or an experience that she has communicated to me, and as I directly say that I'm always speaking from my own lens and perspective because, but for a tiny bit of context, you know, I was out with my sister on the Wednesday night she'd taken me out for my birthday to go and see a musical. And then on Thursday morning I received a call saying we're on our way to A and E, you know, and by Sunday were saying goodbye. So that obviously was not anticipated in any way, shape or form. So when somebody's going through a loss, depending on who you are, what you've been through before, how close you are, what it brings up for you, it can be so terrifying, like you do not want to say the wrong thing.

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You are sure you're going to say the wrong thing. Like, what can you say in a situation like this? You want to make it better, you know that you can't make it better. And the most normal question to ask, it's the same question that we ask every single day of the week. So, how are you doing? How are you? And there is no good way to answer that question. This is how I felt, you know, because in some moments I am fine. I have been fine. I was fine. And in other moments, I have been overwhelmed with sadness and anger and frustration and confusion and discombobulation and empathy and such. Such deep sadness. And to say that every single time somebody asks you, how are you doing? It's just not going to happen.

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And then are you ready for me to say that to you? And how are you going to respond to that? I'm sorry. So even though it's the most natural question in the world, how are you doing? When somebody is experiencing the grief of someone very close to them, that probably is not the best question to ask. And so you might be asking yourself, okay, courses. So what is the right question? And actually, sometimes asking any question at all at that point is just not it. Sometimes it's a hug and there are no words, but, I love you. Can I get you anything right now? Sometimes it's just silence. What do you need right now? You can be situational. What do you have planned for the rest of the day? What have you been doing? Sometimes that's appropriate.

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Other times being willing to sit in your own discomfort and let the other person need. And this is going to be so different to every person that you are interacting with. But one of the things that my therapist has said to me, which is wildly difficult as somebody who likes to fix and help and heal, is that sometimes the best support is literally just being there and not trying to fix anything, but just being in the shit with the person. I remember one of the things I said to my sister, it was in hospital, was just, I really just want to be here for you right now. And I know that I am going to get it wrong. And I am not a mind reader.

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And so I just want to say in advance, I'm sorry for all of the things that I fuck up. But I want you to know that I love you and I'm here for you. That was it. Now, the title of this episode is you know where I am. So one of the things that many people have said to me, and I know so many people have said to my sister, they've sent a text that says something along the lines of, I'm sorry, I'm here if you need anything. You know where I am, and that is it. And what I want to say to you is that I really understand the sentiment. You do not want to be bombarding somebody with text every single day. You want them to have their own process. You don't want to be making things worse.

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And what I realize now, quite by accident, is that one of the most comforting things at a time where you feel at your most isolated is knowing that people love you and care for you. And even when you do not have the capacity to respond to anything, even when you don't want to respond because you've got nothing that you feel is positive to say. Receiving a text, I love you, I'm thinking about you, I'm here if you need anything actually is super powerful. But the I'm here if you need anything becomes even more powerful when that text is regular. And I'm not saying every single day. I text my sister every single day in the morning, and it's just something like, morning, love you, because I know that the mornings are difficult for her.

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But there is something wildly comforting to know that people are thinking of you. And the idea that you might be a pest or an interruption so you're only going to text once can be misguided. That's what I want to say. It can be really misguided. The people that I have spoken to, and there have been loads of people who I have not spoken to, have been regularly in contact. But there is something about the people who are consistently saying, I'm here, it's not a problem, I've got you, like, I love you, I'm thinking of you. The people who are the most consistent in that are the people that I personally have spoken to. And I've spoken to very few people, by the way, just for anybody who's like, hang on a minute, you should not have spoken to me.

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What I want to invite you into in this episode is don't say, you know where I am. If you need anything, let the person know where you are through your presence. Even if the presence is only a text, of course it does not need to be daily. But just remembering that check in is absolutely felt will mean you holding a space without you really needing to do a lot. That is so deeply felt and appreciated. So I hope that this is helpful. I've got a lot more that I want to share. If you know somebody who is grieving right now or is supporting somebody with grief. Please feel free to send this on. And in the meantime, please remember that faith plus action equals miracles. I love you.

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Thank you for listening to Infinite Receiving.

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With me, Susie Ashworth.

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I'd love to share with you my Infinite Receiving. Activation audio. Go to [susie ashworth.com](https://susieashworth.com) forward slash, activate. Infinite receiving.

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