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This is the Infinite Receiving podcast, helping conscious leaders like you tap into a

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wealth of abundance across all areas of your life and business. My name is Susie

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Ashworth. I am a single mom of three and also of the Sunday Times bestselling book,

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infinite receiving, crack the code to conscious wealth creation, finally manifest your

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dream life. On this show, I'll be sharing with you how you can upgrade your

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identity and your reality to create the life that you have been dreaming of because

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you are ready to be an infinite receiver.

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Hello, hello, hello, you gorgeous human being. It is Susie Ashworth here and you are

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listening to the Infinite Receiving podcast. And I have got a quick and dirty one

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for you today. I am not going to lie. I am about to head out into the wilderness

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and I am squeezing this episode in between all of the things and what I want to

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share with you is a thought that I had this morning that I shared first of all

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with my mentor and then with one of my clients who is in the middle of her launch

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and I am going on another first date. How exciting is that.

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My favorite time is the time in between arranging a day and the first date.

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It all goes downhill from there, but in between. It's fun.

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And I was thinking this morning that there is no doubt in my mind that this date

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is happening, which is interesting because usually with first dates, there's always

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just like a little bit of doubt. There's always a little bit of wondering. You

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haven't heard from them for a little while, or even if you had heard from them,

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they've not given you a time or a place or there's something in you that creates a

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little bit of a question. And I was thinking to myself this morning, there is

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absolutely no doubt that this day is happening. And my immediate thought
straight

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after that sentence was, but what if it doesn't? And I just, I paused.

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I paused and I thought to myself, whoa, what just went on there? You went from

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absolute certainty, absolute certainty, to questioning in half a second.

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And as I was contemplating what it was about me that could not hold the
vibration

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of certainty for longer than half a second.02:57

It occurred to me that what I also know to be true is that you can't have or you

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can't know certainty if you haven't known doubt. You can't know light if you don't

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know what shade is. You can't live into courage if you've never felt fear because

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everything exists within its equal and opposite.

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You can't have one without the other. And so, of course,

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the girl that was talking to me earlier on, who was feeling a little bit nervous

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about her launch, even though there was a much bigger part of her that felt so

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excited, so relaxed, so in trust, I'm like, of course, you are going to experience

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a little bit of fear because it lives at the other end of the spectrum of trust,

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courage, love. And when I allowed myself to lean into that teaching,

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that knowing, it released the pressure, not just on the date,

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obviously, which I'm just about to go on, but this idea that we have to be 100 %

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certain all of the time, when I say faith plus action and you have to believe in

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yourself, people thinking that that means that if you don't believe in yourself all

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of the time, that there's a problem. You know, you will have heard people perhaps

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say that actually it just needs to be 51%. And maybe that's true, maybe it isn't.

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I'm aware that where your attention goes, your energy flows.

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So in the same way as I have been coaching people today whose natural tendency is

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to be at the end of the spectrum where there is lack, where there is not

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enoughness, where there is a lack of clarity, where there is stuckness, it is not

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helpful to focus your attention there because that's where all of the energy goes to

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all of the things that aren't going right. And what is interesting and I,

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you know, my intention is for this to free you up is that every time you feel

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doubt, lack, not enoughness. It is simply a case of taking a breath and realizing

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that it's attached to think that you desire. It is just at the other end of the

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frequency band. And what's incredible about your brain,

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your heart, the collective consciousness is that simply by switching your intention

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and attention,

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you can send the energy into the other direction. So we're not looking for

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perfection. We are not looking for 100 % certainty. You can waver. You can doubt.

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And when you're in that space, the invitation is just to take a breath and look in

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the other direction. What else is there? Okay. That's it. I said it was going to

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be quick. I said it was going to be dirty. I hope that this has been super

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helpful and enlightening. I hope that light bulbs have gone off. If this has been

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good, please hit me up in the DMs. I want to hear from you. Please share this on

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Instagram and I look forward. I look forward to seeing you or being in your
earbuds

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next week. Oh, I almost forgot. Faith plus action equals miracles.

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Thank you for listening to Infinite Receiving with me, Susie Ashworth. I'd love to

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share with you my Infinite receiving activation audio, go to [suzy ashworth .com](https://suzyashworth.com)

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forward slash activate infinite receiving.