

## ***Remember Why You are Here*** with Asia Suler

### Episode 73 Transcript

#### “What the Earth is Asking of You”

(00:01):

What is this one thing that the earth is asking of you that you can take on today to truly help this planet? Self-compassion.

(00:21):

Hello and welcome back to Remember Why You're Here, a podcast for seekers and sensitives where you can relax, receive, reconnect to yourself and remember the most important thing of all, why you're here. I'm Asia Suler, author, earth intuitive, teacher, and in this episode today I wanted to revisit a message that has really been at the core of the center of my life now for many years and one that I need to hear again and again. Life is just one of those things that continues to happen. I find that being sensitive means not just being attuned to our own journeys, the things that are happening in our personal lives. It's also about being aware of what's happening in the larger community, in the world as a whole in humanity, whether or not we realize it, we're often attuning to these big larger themes around us. I know for myself as I go about my day-to-day, daily life, I can often start to get this feeling like I'm not doing enough.

(01:39):

Somehow my ability to show up for the world is not up to snuff, that the way in which I'm showing up in a day-to-day kind of way in my work, in my parenting, in my relationships, in my business, that there's something that I'm not fulfilling. And so much of this comes down to as sensitives, our drive and our orientation to be attuning to other people. This is part of the setup of being a sensitive person and in particular the experiences that we have throughout our life, that we often receive this message that we are most valuable when we are tuning to other people. And this includes relationships in our life, but this also includes wider global patterns, the larger stage. And there's a reality in which as sensitive people, we actually do have a really strong ability to hold compassion, to connect to humanity as a whole, to envision better futures, to recognize patterns of what's happening in the world and have the ability to access visionary states, visionary information to bring in data, to bring in awareness of how to shift.

(03:02):

So all of this is true and at the same time, we can also get a little lost in constantly projecting our awareness outwards. And when we do this, we start to self-abandon. And so anytime I start feeling like I'm somehow doing it wrong, when I start feeling like I'm not doing enough, when I start having this stress, like my little life is somehow not up to snuff, I come back to this message, to this transmission, this awareness that has really been at the heart of my work for so long. So let's go ahead and play this audio, what the earth is asking of you so that if you are in a moment of time right now where you are really feeling like you're holding a lot in your heart, you're really wondering how you can show up for the bigness of this time, keep listening because this is your ability right now to connect into the truth of what the earth is asking of you.

(04:09):

For those of us with an ecological consciousness, we're always asking ourselves, "What can I do? What can I do to help this earth? What can I do to help the healing?" Often the options or the solutions seem really overwhelming, like something that would be impossible for a single person to take on or would take many lifetimes. But what if there was something? What if there was a solution and something that

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you could do, something that you could start doing today that would make all the difference in the world? What is this one thing that the earth is asking of you that you can take on today to truly help this planet? Self-compassion. I used to think self-compassion and selfishness went hand in hand, but the exact opposite is true. Self-compassion is about learning to see ourselves, to understand ourselves as a whole part of nature, just as a tree is a beautiful part of this planet.

(05:12):

Self-compassion helps us to see the same within ourselves and it helps us to come back into wholeness within our own being. The roots of the problems in our world right now come from fragmentation. It comes from wholeness having been broken. I remember hearing the physician and author, Gabor Mate, describe trauma as a disconnection from yourself. In the moment that trauma happens, the experience is too intense that we can't fully stay with ourselves, so we actually break from ourselves. Now, this is a way to adapt to the stress and shock of this moment, but then we always need to be able to come back on the other side to come back into wholeness. Now, if we look at the world at large, what we see is trauma playing out and basically every manmade disaster and ecological hurt that's going on in this planet. It's the trauma of individuals and whole cultures who are disconnected from themselves, who don't remember their wholeness.

(06:20):

When we can have compassion for ourselves, what we've experienced, how we react to things, what's going on in our life, we come back to our own wholeness. We reclaim the wholeness within us. We begin to heal our trauma by simply coming back to this wholeness and reuniting with the width of who we are. And when we can access that, we can begin to understand the gifts that we were meant to bring into this world to help this planet heal, to help the earth on this journey of regeneration. When we can see and recognize this wholeness in ourselves again, we access the most precious thing of all, which is our gifts, the gifts that we came here to give this planet, the gifts that we are here to translate and bring to this earth to help the earth heal. For this reason, the earth is always reflecting back to us our goodness.

(07:17):

The natural world, the living world is constantly showing you your wholeness. It is teaching us self-understanding and self-compassion because the living world, which is much wiser and wider than our own minds and selves knows that self-compassion is essential to stepping into healing personally and globally. So if you need some science to back this up, research shows that increased self-compassion can help us also increase our sense of responsibility towards others, morality and empathy. Stable self-esteem is also positively correlated with things like curiosity to learn new things and a desire to challenge ourselves. If we take all of this as a whole, we see that learning self-compassion is not a side pursuit in the healing of ourselves in the world. It is essential that when we learn how to have compassion for ourselves, we step into our power as those who hold healing and hold gifts for this planet for our communities and for ourselves.

(08:22):

Learning self-compassion has been a huge part of my journey here on this planet. If you had asked me 10 years ago if I struggled with self-compassion or self-love, I probably would've told you no. And it was because I was so disconnected from what true self-compassion felt like that I wouldn't have even have

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known that what I experienced about myself or the way I saw myself in the world wasn't actually my wholeness. I wasn't seeing myself for who I really was. Now, there's a lot of reasons why we can start to doubt our own goodness and lack compassion for ourselves and normally it boils down to some sort of trauma in our life, which all of us have experienced at some point in our existence. But the incredible thing is all you need to do is spend time with the living world and this earth will show you your wholeness again.

(09:13):

It will lead the way back to self-compassion. And this is exactly why I wrote my book, *Mirrors in the Earth: Reflections on Self-Healing From the Living World*. This book is a guide from the living world that takes you on a journey in tandem with nature to go from self-recognition to self-acceptance to true self-compassion. Each chapter will introduce you to the living world to a process that is going on around you to the magic of this earth we call home and it will show you exactly what the earth showed me through all these explorations that you are good, that you are worthy, that you are needed and that you are beloved because at the end of the day, the truth is self-compassion itself is a force of ecological healing. The earth knows this and it's time for us to remember this as well. Your journey of learning to come home to yourself is essential to the whole and I wrote *Mirrors in the Earth* to help you on that journey.

(10:20):

This piece of self-compassion being a force of ecological healing, self-compassion being the thing that the earth is asking for us has been so essential for me in my life and I think it's really important for us sensitives to remember because the thing is even the fact that we are asking this question, what is the earth asking of me is an indicator of our heart, is an indicator of our compassion, is an indicator of all the ways in which we are actually so dedicated to this planet. I really think as sensitives, we come in with a deep desire to be of service to this planet, that we come in and have this sort of innate deep connection to the earth. And I just really want to take a moment today to honor you for the fact that you ask that question, for the fact that you are curious and just for you to know that the fact that you're asking that is an indicator of how deeply you care and the earth wants you to remember that you are nature, you are the earth and that everything begins from this place of self-compassion.

(11:35):

And even though I clearly wrote a whole book on this, it's something that I need to remind myself of again and again and again, because a lot of times those programs of self-admonishment, of putting ourselves last, of somehow feeling like we are doing it wrong, those programs are strong. Those programs can really be interwoven into the fabric of our lives in ways we have a hard time seeing. And so grounding in this awareness every day that one of the biggest gifts you can give this earth is self-gentleness, self-acceptance, and self-compassion. So I'm curious today, what is one thing you can be gentle with yourself about? Is there something that you've been bringing up again and again as a self-criticism today? Is there something, even if it's subtle that you've been putting pressure on yourself around to do or to accomplish, just take a moment right now and notice that voice.

(12:38):

Notice whatever is connected to the stress or the activation in your body right now, notice what that voice is saying.

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(12:47):

And then once you notice what this voice is actually saying, because sometimes we're not even realizing what that voice is actually saying, but once we can tune into what that voice is actually saying, then we can come in with some self-gentleness. Sometimes I imagine that the earth is speaking to me through my voice, sometimes it's a tree or a flower, but I allow that voice to come through and I speak to the part of me that is really trying to keep me safe in so many ways, trying to keep me safe by trying to keep me in line by constantly self-monitoring and I bring in this other voice, the voice of the earth, the voice of the plants, the voice of the angels, whatever works for you and I reply. And in that reply, I try to find any way in which I can just be gentle myself today.

(13:38):

Sometimes it just begins with saying, "That makes sense that you feel that way and in this moment I'm going to give myself permission to slow down." That makes sense that you'd be wanting to monitor that right now and right now what's most helpful is for me to remember that I'm just human. That makes sense and for now I'm going to put that thought down and simply breathe. So tune into the gentle response that is being asked for here, that the response that helps that part of you that is constantly self-monitoring to just relax even just 5% here today because I promise you when we can connect to self-gentleness in moments like these, we access so much more creativity, so much more vision, so much more potential and we come back into the on place where we can really make the greatest change in this world and that's within our own selves.

(14:41):

So thank you for being with me today as we revisit the absolute need for self-compassion that we sensitives have. And if you would like to connect even deeper with me or even deeper into this space, I would love to see you over on my new Substack. Remember why you are here. There have been amazing conversations around some of these podcast episodes over on the Substack. I've also been sharing extended reflections on the episodes as well as monthly roundups talking about our intuitive readings going even deeper with them at the end of the month. And this week I actually just released a little mini course follow-up episode to our intuitive reading for this month called The Dream Remembrance Recipe because I have gotten this hit that our dreams are coming in this month in a big way to help us really orient to the shifts that we need to make inside of ourselves to fully be in alignment with our paths, to fully be in alignment with kind of the runway that I see is the last half of this year.

(15:51):

It's sort of like a runway where so much can happen and so many of the messages that are coming in for us from our own wider self through the earth will be coming in through our dreams. And so I created this little mini course specifically for this month this time to help you really open the portal of your dreams to remember them more to call in some big dreams. So if you're interested in that, head on over to my Substack and check it out. It is a paid post, but it's just \$5 a month to access all of the paid content over there on the Substack as well as that deeper community. So thank you so much for being here with me for this episode. Thank you so much for all the ways in which you are continuing to companion yourself in this life. It's a big deal, it's big work.

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(16:40):

And as you continue to do this work for yourself, as you continue to show up for yourself, may be blessed with moments of vision and perspective and may you always be able to connect to and remember that most important thing of all why you're here.