

The Limitless Life Experience

How I made £750 in two hours

Transcript

And then I was like Suze, get a grip. Detach, this really doesn't matter. You're committing to play in the game of life at the highest level and that means that you need to release control of the wheel. Stop trying to control everything.

Welcome to The Limitless Life Experience Podcast with me, your host Suzy Ashworth. I'm a mum of three, multiple six figure, serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you go from confusion to clarity when it comes to creating messaging that converts browsers into buyers so that you can build a business that makes a real difference in the world and helps you live a life without limitations. This is The Limitless Life Experience.

Hello, hello you gorgeous human being. It is Suzy Ashworth here and you are listening to the Limitless Live Podcast show and today we are talking about how to do it quick and dirty - get your mind out of the gutter, thank you. Don't think about that kind of quick and dirty. We are talking about making the moolah, honey. I feel like I need to redo that and say I'm making the money, honey. Just the rhyme. It sounds a little bit better.

We're not talking big numbers today, although I say this and actually it's not true. What I want to share with you is how I made £750 in two hours. And the question is, is you know, would it be good? Like would it make a difference to your life right now to make £750 in two hours because it did mine, you know, that's a significant like chunk of cash and I limited it.

It could have been a thousand in two hours, which would also have made a cool podcast. But I don't know, there's some looks special about that number and I wanted to share it with you off the back of a recent podcast on how to beat procrastination and why you are not further along. So those are two podcasts which we can link to in the show notes. This is a really, really good example of alignment, choosing things to be simple and then really just asking for the sale. And what it was is I have been doing so much inner work over the last few months and particularly since Covid hit, it has felt more important and more crucial than ever to really be lining myself up from the inside out. I talked about it to my mastermind ladies as wanting to avoid iceberg leadership and I spoke leadership is where you on the surface being like, 'Oh yeah, everything's amazing. We're feeling abundant' and all of this stuff. And underneath being like, 'shit, shit, shit, what's gonna happen next?'

Oh my God, I'm feeling, you know, I'm feeling crap'. And the reason that that is important is energetically you just can't lie. People feel it even if they can't put their finger on it. And so that really mountain leadership as opposed to iceberg leadership where you are straight down the middle from the top to the bottom is really powerful when it comes to showing up authentically and involving people in your products and services. So some of this inner work has involved a lot of meditating and I have really switched between a meditating in silence. I'm really looking to slow my mind down and empty my brain. Then I'm working with my guides and my inner voice. So conversations about questions, problems, situations where I'm looking for higher guidance that is not coming from my brain. And then doing guided meditations and activations based on whatever areas of my life that I am looking to upgrade. And I mean I've had some crazy shizzle going on. I am not even gonna lie. I feel like I need to do a whole session in the studio where I'm just talking about the Woo Files because there's so much and it's almost like I don't know where to start, which is why the last few episodes have been quite practical. And it's interesting because that is what people have been talking about and these are the problems. People who've been like asking questions on in my groups and on the social. And the truth is a lot of the work that I had been doing is way beyond the tangible. But the results that I have been seeing and seeing how my messaging has been evolving and seeing how excited and reinvigorated I feel around serving people and showing up is all related to the inner work that I've been doing.

You're not getting this on a blueprint babe, and this 750 pounds in two hours. It feels really special. I was saying in the last episode, I know that I talked about making, I think it was - I can't remember the exact figures, so please do not shoot me if this is slightly higher, or slightly lower than what I've said before. I recognise that this may be a little bit in an inaccurate, but it will only be a little bit, I think it was like £382,000 in a weekend and that is like flashy and grand and all of the like 'whoop, whoop' - and is a great story, and of course I want to be able to share all of those nuggets, but the truth of that is is that it took time. You know, I started working on creating that six months ahead of when it came to fruition.

There was a lot of visualising. There was a lot of practical stuff, like I need my team's help. Like there were lots of pieces of the puzzle that enabled me to get that incredible result in - it was a long weekend, so three days. Whereas this £750 into hours came directly from doing a meditation and I'm pausing just slightly because definitely it's a whole story here that this podcast doesn't feel quite right to go into all of the details, but in short, I would say that one of the biggest learnings that I have had, and I've been writing about it more frequently, it's certainly influencing the evolution of my vision and that evolution of my mission, and my purpose in the world. It's definitely influencing how I interact with my partner, with my kids and how I'm

showing up for myself was the last time that I, or the first and the last time that I did toad medicine.

I think one of the biggest lessons and something that is now really entrenched in my path is understanding the power of unconditional love. And honestly, I don't think that we as parents or as children have ever received unconditional love or given unconditional love. And the reason that I can say this is I think that if you've ever felt frustration in the way that somebody has acted in that frustration, there's a like a breaking of the connection. And I think that we always come back to love when it's our kids, but in terms of the way that we as children receive that, when that connection is broken, even in the slightest, you know, in the smallest way. And we're humans, this is not me bracing myself or saying that anybody doesn't love their kids because we all do - but there are conditions like behaviour and our desire for our children to show up in a certain way.

To make us feel like good parents means that there's conditions on the way that we are able to show up in any given moment when it comes to love. And when I had this psychedelic journey, which basically involved me going beyond the mind and expanding my consciousness, you know, where I ended up was in a sea (for want of a better word) of unconditional love and feeling that in every cell of my body. And I know that there was huge lessons and huge learnings - and you know, it changed me. And it changed my view on the world and what's important and what is required and gave me a deeper understanding of what I and I believe that we all are looking for. And so with that, I also believe that the unconditional love that we seek from our parents, our partners from our family members - it doesn't come from them.

And I think that the pressure we put on other people to love us unconditionally is unfair - although totally normal. And again, I don't beat myself up for wanting to feel that, but I also know through my journeying that this love, it is something that is activated from the inside out, not from the outside in. And so with that I have been doing a lot of meditation on self love and really exploring the heart and the power of emotion and where emotion comes from, and what they are and just lots of really beautiful, interesting things - both from within and then the science of it. And really starting to piece the puzzle together of these lessons and learnings that I know that I'm supposed to be on right now. So I'm doing this self-love meditation or activation, and I'm going deep with it. So I'm really feeling activated within my entire body.

And just as I'm coming to the end of the meditation, it pops in - offer three Quantum Healing sessions and I'm like, 'Oh, interesting. Intéressante'. And because I have really recommitted to doing the inner work and working with my guides, and listening to the nudges, and really allowing my intuition to guide me more. Like, I genuinely believe that I will hit seven figures in 2020 because I am no longer choosing to

operate believing that all of the knowledge needs to be inside of my brain. I'm really understanding what I was taught in hypnotherapy and my hypnotherapy and psychotherapy training six years ago about the power of the subconscious mind. And then I'm using the tools I have been acquiring to not only work with the subconscious mind, but tap into the superconscious, which is really the connection with infinite intelligence, which goes on way beyond what my tiny little brain can contain.

And you know, the work is really trusting that I'm able to do that. The work is doing the work and then trusting the responses and the answers and the inspiration and the nudges that come in. And so this is what this was. And it was a real like, Oh, you know, the only time I've done Quantum is when I've been in person with people and I've incorporated some of the stuff that I've learned in retreats and I haven't, you know, done these sessions online with people like, 'Oh, that feels different'. And instead of questioning it, I immediately wrote the post and told people what the investment was going to be, decided that I would offer a discount for people of the FAM tribe. So this is people that have invested in me at some point in time and I said there would be three spots available because that was the guidance that I'd received and he was interested and, and that was it.

The post was maybe like a hundred, 150 words. The investment was on there and then it was an invitation to DM me. And honestly I put the post up and five minutes later when I hadn't got anything, I was like, 'Oh my God, maybe I shouldn't have done this'. And then I was like, 'Suze, get a grip. Detach, this really doesn't matter. You're committing to playing the game of life at the highest level and that means that you need to release control of the wheel, stop trying to control everything'. And that was a really like powerful self coaching. Giving myself like a slap on the forehead, and then I just kind of got on - with, I don't know whether it was my practice or just the start of the day, but I just kind of got on with things and then I let it be. And then the next time I checked my inbox there were two people in there saying tell me more about the sessions.

And I was like - amazing, great. And then I got on with a little bit more of my day and then third person popped in and said, I need this session. Like what do I do? And because I was charging £250 for these, the reduced rate, I was able to sell out my three spots in a less than two hours and make £750. At the time that people were saying yes, there wasn't even a PayPal link. It was only after they said yes that I said to my lovely assistant, 'Sophie, can you make me a link for this?' It was so easy. It was so seamless and I just allowed it. There was no overthinking. I wasn't like, 'Oh, I'm going to do this in three days. Oh I need to create really nice landing page. Oh I need to do this'. No, I just go the nudge route out.

We know what the service was and who it would be good for, what they would be experiencing. I talked about the transformation and I told them what the price was going to be and then I made the offer and then I got on with my day. That's it. You know, there wasn't even - I could have been a little bit more diligent and maybe put in a little story about Quantum Healing, and you know how it helped people. I could have done that, but I just kept it really, really freaking simple. And I priced it appropriately for it to feel really good for three people to say yes. Not like, 'Oh, it's okay if I charge like £25' for this. No. It's like, yeah, I'm going to offer it at a discounted rate, but it's still want to be a good, I'm still going to feel good about it. I'm not gonna feel like, Oh shit, I've just given two hours of my time and I'm going to really regret that because it's going to feel like an honest, fair exchange of energy. But even more important than that, I just got the knowledge and I took action on it and it can be that freaking easy. I allowed it.

And what is interesting, conversely, I, uh, have been talking about doing a live experience of something called them the Mindful Messaging Makeover. So for people who have a product or service that the messaging is not quite right for the current situation on the planet. And so therefore I was going to do this five day live extravaganza and I just, I talked about it for a little bit but my heart wasn't in it. I wasn't feeling 100% aligned to doing this live over the five days. And so even though I spoke about it and I did get interest for it, I just, it didn't flow and the reason it didn't flow is because I wasn't supposed to be doing that live.

I am actually creating that. I'm in the process of doing it. I've got two more days left and then people are going to be able to buy it, which feels amazing. But it didn't feel amazing to be doing it live. And I believe that the reason that it didn't feel as amazing as the Quantum Healing offering is the Quantum Healing offering came through me. The Mindful Messaging Makeover came from my mind. This is what you need to be doing right now - because this is what people need, and it's absolutely true. This is what people need. But the sweet spot, and where you get real success is when you are matching what it is that you want to do, that you feel really excited about offering with people's needs. I think that too many people only ever offer what they think that people want or what people tell them that they want, but they don't feel great about it.

And energetically that is setting yourself up for failure. And honestly it's setting your clients up for failure too because they feel it. You know, your energy is a real big part of how someone is able to receive the information that you're sharing. So it works really, really well for me to change the Mindful Messaging Makeover to this lot from this live extravaganza to audio program, which is really freaking good and it is priced... really it's a no brainer price. It's going to be amazing. But when it came to my time and my physical energy and where I wanted you to be spending it, Quantum Healing was just in complete alignment, which is why it's sold out in two hours. And

you know, I made £750 - it's amazing that my friend is amazing. So the moral of this story is listen to the lodges and then act on them.

Don't overthink them. I could have gone down the rabbit hole with this. I could have been like, maybe I need to hear this message again if this comes through again. And the other thing I will add is that a couple of days before I'd been talking to him, one of my friends who had said that their friend was thinking about getting their Quantum Healing certification and we felt a little bit triggered by it and I couldn't work out what it was. And then when this guidance came through, it was so obvious to me. It was like, Oh, I was feeling triggered because I should be offering this service and I'm not. I've just been leaving it for when I'm having my in person experiences and my soul desires more. And so a little moral after the moral here is just really look to see where are you being triggered. You know, what is going on? Particularly when you're looking at people in the business world and you're just thinking, Oh, why are they doing that? Or you're getting some kind of feeling about what someone else is doing is activating something in you, whether you're supposed to be doing the thing that they're doing or some kind of variation, that's why you get the trigger. When you don't care, there's nothing to activate. So it's a real like, what is this person or what is this situation reflecting back to me about my needs and what my next steps are? Really powerful question.

Right, my lovers. I hope that that was interesting. I hope that that inspires you to just listen and then take action quickly, totally in align with what I say to you every week - and if it has been good, please take a little screenshot of this episode on your phone and then tag me on social so we can spread the love far and wide and remember that it's Faith + Action = Miracles.