

The Limitless Experience Podcast  
Freedom of speech or expression, which is it?  
Transcript

Suzy: [\(00:03\)](#)

Everything if we look at it in duality or has a polarity, and we can get closer to one pole or closer to the other, but it's never one or the other existing in a silo, both ends of the spectrum always have to exist.

Welcome to the limitless life experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach and believer in miracles. My superpower is helping female entrepreneurs, like you, create six figure breakthroughs in your business fast so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience podcast.

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Hello hello, you gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. How are you doing today? I hope that you are feeling fresh and dandy. Today's podcast episode was inspired by a conversation that I had in Clubhouse in a very small room. I think there were about six of us with a guy called John Matze. And John Matze is the ex founder of the social media app Parler, which was cited as being the main tool that the Capitol Hill protestors used to basically plan and execute their run on Capitol Hill on the 6th of January, this year 2021. And I was really keen to one find out more about this guy who had created this app under the premise of freedom of speech, but essentially allowed terrorist acts to take place on it. I was really interested to find out what he had to say about what he stood for and why he had allowed that to happen.

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And it was such an interesting conversation. And whilst I'm not going to go into the ins and outs of what we discussed, it really got me thinking about the premise of free speech and the role of social media when it comes to free speech and the proliferation of disinformation and what we as human beings, as a culture, as a society, as humanity need to be thinking about in the changing times. And I think the first thing is, is that I have spoken about the fact that I think it's fundamentally wrong, that people are being censored left right and center right now on platforms like Twitter and platforms like Facebook. And at the same time as understanding that, believing, knowing that it is fundamentally wrong to censor things that you don't like, just because you don't like them. I also, as an intelligent, rational human being understand that if everybody is just allowed to say whatever they want, whenever they want, that things like war, civil war, attacks, violence, that can take place

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if everybody can say whatever they want because of social media, it is really easy to whip up a frenzy and create real suffering for us as a society. And so just to say, free speech is needed and wanted and required without there being any nuance, is not smart. And just to say that anything that I disagree with should be censored is also not smart. So as always, there is a gray area, and as always, there is an and. And speaking with this guy was really interesting because he was able to fill in some gaps. So I'm really conscious that, one, I don't know a huge amount about the app, or him or all of the backstory. So I'm really gonna try to kind of keep on topic and I'm going to try to keep focused on the things that he sparked. I am going to reference him a couple of times because some of these thoughts come directly from things that he communicated to me.

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And so one of the areas around freedom of speech that he was able to clarify for us who were listening in the room, was that really, he came from a place of believing that, that the ideology of free speech is important and providing a platform for people to express themselves. So this was really the differentiation that he made, that freedom of expression was absolutely needed and required. And that was the real original intention of the app, to provide a place for freedom of expression. And even within that, there were exceptions. And one of the key things that he said that he would have done differently was he would have kept the definition that they had when it came to not allowing anything other violent nature. And what he said was that, that rule got made to be very, very, very specific. As more investors got involved with the platform that came from a perspective of true freedom of speech in its purest form.

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i.e. anybody can say anything, and that is not helpful for society that is not helpful for humanity. And that was never the true intention of the app. And so this real nuanced piece between freedom of expression, when there is no intent to cause harm or violence and true freedom of speech where anybody can say anything, they're two very, very different things. And I think the thing that there's highlighted to me when I heard him speaking about the ideology of freedom of expression, versus being a purist, when it comes to freedom of speech, it really highlighted to me that there is no black and white and our ability to see the nuance and realize that everything is on a continuum. You know, that everything if we look at it in duality or has a polarity, and we can get closer to one pole or closer to the other, but it's never one or the other existing in a silo, both ends of the spectrum always have to exist, I think is really important.

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It's never, I suppose, an easier way for me to say it is that there's never just black and white. There's always this, there's always gradients. And the more a person is able to live in the gradient, the more helpful that is for us as a humanity. That was really that came through really, really strongly for me as we'd had this conversation.

The second big thing that really came up for me was when we were talking about, and he said that people are or waiting to be outraged. And I wouldn't use those words. I think the words I would use are people are waiting to take things personally. And as I'm saying that, I realized that I think both things are true. And I think that both things are true because I think they've always been true, but I think that they have been highlighted and exacerbated since the world changed last year.

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I think that 2020 fundamentally changed people and what we saw in 2020 and what we continue to see in 2021 because of the pandemic was a huge amount of discomfort that people could not escape from. And up until the world went into lockdown, we had multiple different ways to escape the discomfort that we were feeling, and many of those tools were taken away from us. And what that leaves us with is ourselves. And depending on your level of self-awareness, self-mastery, self-leadership that space to really look at yourself can be very, very uncomfortable. And what do we do when we feel uncomfortable? We want to offload it. And I think that, so you have that on a very personal level and then you combine that with job losses, redundancies, relationship breakdowns, and the job loss is, you know, the economy piece is just huge. Like a whole industry is being decimated and fears around vaccines.

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You have the elections and left and right, and racism and police brutality and all of these things that are happening at a time when there's no escape. And depending on how much you read the news, depending on who you are surrounded by, this is coming at you all day every day and is exacerbating your discomfort to levels that you have probably never experienced before. And so what do you do when you feel that discomfort? You want to offload, and that's normal, and in that offloading, it doesn't feel satisfying just to release. It feels way more satisfying for you to have a deeper understanding. You know, you want somebody to explain why, why do I feel like this? Why is this happening? Why are they doing that? And often what comes along with the wanting to know, why is the needing somebody to blame. This is not my fault.

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And in so many cases, actually, you know, I talk about radical responsibility. And I think that we always have to take radical responsibility for how we respond to situations. But so many of the difficult situations that people have found themselves in have literally been beyond their control. And so we're in this space where we have this time, or we don't have any time cause we're homeschooling and dealing with the fact that schools are closed and all of that, not good stuff, but in this space, we want to say, it's your fault. It's your fault. It's your fault. You make it better. You make it better. You make it better. You make me feel better by you sorting this out. And if you can't sort this out, then there is a problem. And so it is, and because we're in situations where in some cases they can't be sorted out quickly.

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And in some cases, we're using the situation to absolve ourselves from any responsibility, either within the situation or how we respond to the situation. People are offended. They are taking things personally, and they are looking for the outlet to express their displeasure and their anger and their rage. And there is a whole other conversation about justifiable rage and what we do with it, what I'm really talking about here is how people deal with their discomfort in a non productive way, and being on social media, particularly the apps like Facebook and Instagram, where there is an algorithm that will show you things that support your viewpoint. It's easy, really easy, to get people whipped up into a frenzy. And obviously this happens offline. You know, this comes back to the conversation that I'm always having about the energy you are transmitting and what you're attracting and confirmation bias.

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You know, that confirmation bias, isn't a woo woo thing. Confirmation bias happens when you think a thought that becomes a belief and then the world that you live in supports that belief in order to change your experience, you have to choose new thoughts and choose new beliefs for the world to support the new belief. Now, when it comes to social media and apps with algorithms, that is almost impossible because you click on a couple of things and then you just get shown more and more and more and more things that support the thought that you had, which then becomes a belief that is absolutely right. And justifiable to be outraged is absolutely right. And justifiable to think that half the world, 80% of the world is absolutely crazy. It's right and absolutely justifiable to think these extreme thoughts, because all of the things that you're consuming, support that original belief and what came up for me really strongly is that that is never going to change until we, as humans change the way that we educate our children in dealing with discomfort and pain.

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And we are never going to be able to really influence our children and the way that they deal with discomfort and pain until we have learnt those skills ourselves and then follow through. And so it was really interesting to me, how there's very practical conversation with a tech guy about social media and cancel culture and rage and new media and old media. And all of that stuff came back to spirit, came back to soul, came back to self-awareness and self-mastery, and our capacity to release old stories, our capacity to deal with pain productively. You know, it was just such a beautiful conversation to be a part of. And it just really got my juices flowing. And as always, it comes back to self-mastery, you know, your success in life will never be determined by anything else other than what you choose.

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And I say that really wanting you to think beyond the money, being a successful human being isn't about the house you live in, or how much money you have. It's about your level of peace with who you are as an individual. Which is a whole other podcast, which I feel actually would be an amazing conversation to have rather than

just me riffing so that's one for the fridge. Okay my loves, if you've enjoyed this episode, if it has got you thinking differently or sparked some ideas, let me know. I love hearing your responses to each and every episode. So hit me up on Instagram or come and visit me over in the Quantum Success Hub on Facebook and let me know your thoughts, and I will see you next time. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles