

The Woo Files: Why I have chosen to use plant medicine to accelerate the speed of growth in my life and business.

Transcript:

Our job isn't to think our way into the answer. Our job is to vibrationally align ourselves to the frequency of the answer that we desire.

Hello, hello, hello you gorgeous human being.

I want to welcome you to the latest episode of the Limitless Life Podcast Experience. And I am really thrilled to be bringing you this episode courtesy of The One. The One is my 90 day group mentoring program designed specifically for female entrepreneurs who are looking to hit consistent 5k months or have their first 10K launch within 90 days. I love this program so much. I can honestly say after working with thousands of entrepreneurs over the last six years, having been through tens, multiple tens of programs, the way that this group mentoring Incubator has been created makes it one of the best on the market. It means that the results that people get are absolutely second to none, and the really beautiful thing about it is that not only are people getting amazing business results, but they are changing who they are from the inside out in just freaking 90 days.

I make the setup of this program almost impossible for you to not show up for yourself. And that is what makes the difference over time when you are being held accountable for really following through on your dreams. So if you are interested in really taking 2020 by the freaking cahoonas baby and getting involved in The One and joining The One crew in September for our graduation party at The One LiVe, then you need to check out www.suzyashworth.com/theonelive. We start week commencing the 9th of March. So you have time to come and play. Let's do this thing

Welcome to the Limitless 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 lead a life without limitations. This is the Limitless Life Experience.

Hello, hello, you gorgeous human being. God, it feels good to be back. Oh my goodness. I don't even know the last time I came into the studio to record, but there is something about me, the microphone, a little bit of audacity and the time that we get to

spend - the time I get to spend in your ear buds. I am loving it. And you know what else I'm loving? I am loving getting the tags on Instagram. I am loving getting the feedback, and I am loving the fact that this is already a top 100 Apple Podcast. That blows my mind. So thank you so much for all of your support. Thank you for sharing with your friends and thank you for all of the new people who have literally just discovered me by accident. Except, you know me, I don't believe in accidents. There's no such thing as coincidence and if you are here, I really fully, heartfully believe - I don't believe - I know - that you are here for a reason. And as I start to already get a little bit woo-ified, I think that that's what this episode is really all about.

I think I'm going to be creating like a new, a mini-series within this, within the podcast - so we have Making Babies, Making Bank, which has been on a little bit of a hiatus because my internet was so appalling that I didn't want to do interviews - amazing interviews with incredible women and then the sound quality be diabolical. So that would be another thing that we are introducing back to the podcast once we move to Spain. And then the other thing is I am going to be creating something called The Woo Files. Yes. For those of you who ever watched the X files when you were younger, you know what I'm talking about?

I'm going to be channeling a little bit of Gillian. I think that so much of the way that I run my life and the way that I run my business, I invite the woo in. You know, Faith + Action = Miracles is definitely not the most spreadsheetsy thing I could lead with how I can support you. However, this is how I have created a life that you know, for much of the time - and I say much of the time because I'm a human being and I get triggered and I get pissed off and I don't always act in alignment with my highest self, which makes me feel like crap. All of that stuff happens. I am a real human being and sometimes shit goes down, and that is okay. I'm part of the journey that I'm on is really accepting the highs with the lows whilst obviously setting the intention to minimise the number of lows I experience.

And I would say that the more intentional I become, the less I feel like life is happening to me and that I am a victim of life. And the more I know that I am fully responsible. And it's interesting because I know that again, if you're listening to this intellectually, you understand already the power of taking 100% responsibility for what goes on in your life. And yet you will still have those moments when you finished meditating "Om. Namaste. You are amazing. I love myself. Life is beautiful. I love the world. I love my partner. I love my kids. I love everybody". And then one of the kids will like, run, jump, vomit on you. Someone will pull your hair or there'll be like attacking each other with pencils. Your partner will say something that absolutely triggers you and you'll be in your head screaming "what the actual!". It'll feel really intense and that zen moment that you have created seems to have disappeared in the snap of your fingers and you've only been out of your meditation for five minutes.

Give me an 'amen' if you are feeling that you know what I'm talking about - that's life. My job is to really see how quickly I can minimise the thoughts that are going round in my head. Not so much minimise, but shorten the amount of time I spend thinking my life would be so much better if YOU were a better human being. The more I'm able to catch those thoughts, and release them, and to take responsibility for how I'm choosing to show up in that difficult or challenging situation, the better my life becomes. I'm smiling as I'm saying this because I'm hearing my relationship coach - so Jerome and I have a relationship coach and we were in a session with them a few weeks ago and they were like, what I'm hearing is if Suzy would be better than you would be happier Jerome. And what I'm hearing Suzy, is if Jerome was a better human being than you would be happier.

I mean we were both like, "yes, that is exactly it!" and we didn't quite get the point, except we did, of course, which is what I'm talking about right now.

And so the Woo Files are really about what it means to co-create my life and business and the journey that I am actively pursuing right now to increase the power of manifestation, to increase my understanding of what limitless means in the real world, in the 3D world. And that feels exciting, and I believe that if you're listening to this, then you're probably interested in that too, even if it is not for you. And so I would love to start off with sharing with you why I've chosen to use plant medicine to accelerate the speed at which I am able to consciously co-create my life and make those quantum leaps in growth, in mindset, in wealth consciousness, in, you know, emotionally, spiritually.?

One of the affirmations that I say to myself on a regular basis is that I am more rich and wealthy spiritually, emotionally, and financially than I could ever imagine. And that is absolutely why I wanted to... experiment feels like the wrong word because it feels too much like college, uni, "I'm experimenting, I'm trying to find myself" - and it's more intentional than that. I worked with an amazing lady called Michelle. I can't remember her surname off the top of my head, but we will link to her in the show notes. She's an incredible human. I haven't done so much work with her recently, but for sure the first four, four and a half years of my business - Michelle Simmons, that's her name - I worked with her a lot. Now she is a channel and an EFT specialist, and she works with female entrepreneurs in business to help you really bust through your limiting beliefs, your blocks.

And sometimes she will use Oracle cards and angel cards. I mean she has a whole plethora... Akashic records. I don't think she does hypnotherapy, but she has a whole plethora of different modalities that she could use, and she will be called on, guided to use in each session. So every session would be wildly different. And maybe about two years ago when we were still living in Kent, one of the sessions, she said to me that I was being supported by a guide and what she saw was lots of different leaves and lots of - I don't think she used the word medicine - but what she was alluding to is that I was being supported by a medicine man. And what came through in that session was that

what this guide was using was something that I was very familiar with and something that I had used in previous lives or many, many times before.

Now, at the time, I had no desire. I was not thinking about plant medicine at all. What she said didn't really resonate with me at all. But maybe six months later or some time period later, I went to a Shamanic Gong Journey. And this was a session that I had on my own. And from the session again, I asked - I kind of always ask, I say to people, "what do you notice? What do you notice about my energy? What do you notice it's going on in my field?". And the woman who was supporting me, I asked her the question, "what did you notice?", and she said something along the lines of "this is not your first time". You are, I don't know if she called me a wise woman, but it was something like the spirit of a wise woman. You have been here and done this many, many times before and I think that it was only when I heard her say it that this memory of my session with Michelle really kicked in, and whilst I would not call myself a healer, it's certainly a description that other people have used for me, and when I'm in my flow, when we are on retreat, when I'm in person with people, what inevitably happens is we shift shit.

We shift and heal things that have been keeping people held back from stepping into their fullest potential, from sharing their message, from raising their rates, from working with people one to one. All of those things. It comes down to healing old wounds and shifting old blockages. And it's something that I have learned and developed quite intuitively over the last six years of working with women in business. And so when I heard this message again, I just think that something clicked. And I would say honestly, I have been on a spiritual journey for the last 20 years since my mother passed away. And it has been incredibly soothing to really believe that there is something beyond what we can see, touch, feel in this 3D reality. And so I think that in the past there was a part of me was like, this makes you feel good, so just go with it.

There wasn't so much of a real understanding - or belief is the right word, but I, there was a slight disconnect. And then over the years that connection and calling to want to discover more has got stronger and stronger. And then I think it was my birthday two years ago, so maybe I was 39 and Jerome bought me a book by Michael Poland. Now, this is weird because we had not discussed this at all, but out of the blue, he gets me this book by Michael Poland called How to Change Your Mind, which is all about his own personal journey with LSD and mushrooms and really increasing his level of consciousness. And I started reading this book and I devoured it. And I think from the reading of that book - I didn't finish it all, but what I was reading just completely captivated me. And that's when I started being shown signs for Ayahuasca. So I wasn't particularly seeking them out, but my mentors were doing it, other people were doing it. I was seeing YouTube videos pop up. It was like the universe was conspiring to really keep dangling this Ayahuasca carrot in front of my eyes. And Mexico was the place where that opportunity, it stopped being something kind of outside of me. And it was there, ready for me to take advantage. And the first time I had the opportunity, I said no.

And then it was after speaking with a client of mine about Ayahuasca journeying in depth. And then, I opened up my Facebook page after our conversation and there it was a friend of mine within a minute messaged me to say, this is happening. I did it with the weekend or in two weekends time, do you want to come? And it was like, if I ever, I was looking for another sign, then there you go.

There it was. And the reason why I'm not going to talk about the journeys that I've had in this episode, although I'm sure I will, but the reason why plant medicine is deemed to be so helpful and so powerful, I have heard people say it's like having 20 years of therapy in one evening, or a week or nine days depending on, you know, what you choose to do. I think the reason that it is so powerful is that you can't hide from yourself. And I think that the reason that entrepreneurship makes it very difficult for you to not look at who you are as an individual and develop yourself personally is because it's really obvious. When you're hiding it's really obvious, even if it's not clear to yourself, it's obvious to all of the people who are not hearing from you on a daily basis that you're not showing up.

I say that business is the best form of personal development and I would caveat that with, plant medicine is pretty freaking good too. But what it does when you have the right dosage and the right environment and you are, you're surrounded by the right people, it gives you the opportunity to go to places that you wouldn't normally ordinarily choose to go to so you can learn the lessons that you need to learn, so you can heal what it is that you need to heal. So you can show up in a way that's in a more aligned and authentic manner. And I believe that this is only possible when you do this with the right mentors. I think that just to give a little bit of balance, and this is not something that I am telling you you should do. This is my experience and why I chose to do it.

So this is my perspective. Please don't everybody start trying to find their own Ayahuasca retreat and then say, "Oh my God, Suzy, you ruined my life," - because this is a very personal thing and I don't think anybody should tell you that you should be doing this. I think that this is a personal calling and it was calling me for two years before I decided that it was right. It was the right path for me to follow. So that is super important. I think that it's really easy for people to do this type of stuff and be taken on a journey where they aren't able to ground what they have learned, seen and experienced in reality, which leaves people kind of in this, "I'm too spiritual for life, man", kind of state in, you know, in the best way. And at the other end of that spectrum, it leaves people feeling quite despondent and disturbed and not really knowing the meaning of life, the meaning of their life or why they're doing what they're doing.

So making sure that you have the right shamans and guides, and that you're going into it with a very clear intention for what you're looking to get out or if your journey is really important. But I know and knew before I started this, that there were parts of me that I felt ashamed of. They were parts of me that I felt guilty about. There are parts of me that I didn't want to look at, and I know when I think about the level of impact that I want to

make in this world, when I think about the number of women, humans I want to support, I can't do that in the way that I want to do it, which is in the most authentic and aligned way if I'm hiding from myself. And so I wanted to put myself in situations where that was no longer an option.

I had to look at the ugly and ultimately fall in love with it and for sure the experiences that I had because I went in with those intentions have definitely created opportunities and spaces for me to do just that. I think the truth is that we lie to ourselves really effectively all of the time I see it. So the most commonplace you will see is when people say to you, "I really want to work with you but I can't afford it". That's not true 99.9% of the time. Like, sometimes someone genuinely may not be able to raise the funds to work with you. What they're really saying is that "I don't believe that you are going to be able to support me to get to where I want to get to or I don't believe in myself enough to do the work". So I'm going to say I'm going to do it next time. I'm gonna do it next year. I'm going to do it in six months time, but just not right now. And that will feel really true to them. It will feel really true. I don't have the money in the bank, or I've just invested in X, Y, Z. You know, it will sound logical, but it's a lie. It's not about the money, 99.9% of the time. It's about whether they really think that they can get the result. I think that what I noticed about myself after going on these journeys is that it's much easier to feel the misalignment when I'm telling myself those lies that I'm happy with something and I'm not happy with it. Avoiding having difficult conversations, I can feel it. It doesn't stop it happening, but what it does do is call myself out.

It enables me to call myself out because I don't feel good because I'm clear on where I'm out of alignment. And this was something that I can honestly say was not as pronounced before I did the plant medicine journey. I'm really good at pulling the wool over my own eyes. And I feel like what the plant medicine has done is like removed a layer. So I'm more sensitive to my own bullshit, which has its pros and cons. Let's be real. And also - a massive reason for me doing this is that I wanted to learn to trust more. I am a control freak. I'm a recovering control freak. In the past I have been a control freak and don't like - I just coached myself there into affirming what it is that I desire to be true, like our words and our thoughts create our reality.

So me saying I'm a control freak is not helpful. What my mind does when I say that I'm a control freak is look for all of the evidence to support me being a control freak and nobody wants that. Clients don't want that. My husband doesn't want that. My kids don't want that. I don't want that. You know? I want the need and the desire to keep control of everything in my life. I want to remove that because it's in the flow and in the release, and in the trusting that if I put my foot one foot in front of the other, if I take the next step that everything is going to be more than alright, everything is going to be absolutely beautiful, because I am absolutely destined to be more rich and wealthy spiritually, emotionally and financially than I can ever imagine. When I just trust in what plant medicine has the capacity to do is to put you into situations where you have to let go.

You have to release the old and when you're able to do that, like I knew that this was a big lesson for me. When you are able to do that in those extreme and sometimes very challenging situations that you can find yourself in mentally and emotionally when you go on a plant medicine journey, I believe that it makes it easy for you to do that in life because you've got through what might have felt like hell. You got through the unknown, you got through whatever darkness or fear or whatever you had been looking to avoid. For years, sometimes lifetimes. And when you let go, you allow that fear to move through you. And that is the type of thing that we do on retreat, is allowing the fear, the worry about how you show up or about how somebody's gonna look at you or you know, your partner - how they are going to perceive you when you choose to step into your highest self - most of the time we hold onto that fear and that dictates everything we do. It takes over the way that we behave. When you are able to identify the fear, look at the fear in the eye and then allow it to move through you, it creates a spaciousness that from that space you are able to manifest and co-create. You can't do that when you are filled to the brim with all of the things you've ever been scared of. And so what the plant medicine journey is for, is about learning to trust myself and the universe and the concept of being fully supported. And I do trust now more than I have ever done. And on my last journey, you know, that was the invitation. It was so, so clear to take that back into this 3D reality.

I have to, I'm invited to trust at a deeper level than I have ever trusted before. And I am available for that. And I think finally, the reason that I have gone on this journey is that I instinctively felt capped at what I was doing when it came to pure mindset work. I know that the mind and the brain, you know, they are the most powerful computers known to man. Like even the most powerful computer cannot do what we do in our heads without a program. It just can't do it. And at the same time, these tools are limiting when it comes to you really understanding what limitless potential is. And I intrinsically knew that whilst the mindset work that I do is really held up powerful, there was so much more available to me if I was willing to go beyond my mind. And this is what people like my mentors, Regan Hillier and Juan Pablo Barahona. And Dr. Joe Dispenza, and anybody who is really deep into using quantum physics and understanding quantum mechanics to relate that to how there are an infinite number of possibilities, how there are an infinite number of worlds, how our job isn't to think our way into the answer. Our job is to vibrate and really align ourselves with the frequency of the answer that we desire. And I intrinsically knew that I was limiting myself and my power of co-creation by only using my mind. I wanted to go beyond it. And you know, 2019 was powerful for that. You know, that's when I went to Costa Rica and I did my quantum healing certification and started playing - like seeing the results of allowing myself to play in the quantum field. Little did I know it, like being really honest with you.

Little did I know that that work was going to take on a whole new dimension once I had really gone to a different dimension with the plant medicine journey. So there is so much that I am looking forward to sharing with you during these series. But really the main takeaways from this is - the reason that I chose to use plant medicine as a tool and the mentors that I have worked with - this is a tool, not a toy - this is not something that we

are doing like teenagers - as they might take an acid tab. This is about personal development. And the reason that I wanted to do it is, I wanted to stop hiding from myself. I wanted to look at myself, I believe that our biggest success is common. We're able to embrace all of ourselves. And I wanted to look at where I was hiding.

I wanted to really stop lying to myself. And I wanted to learn to let go. I wanted to learn to let go. And I believed that my mind was stopping me from doing that. So, you know, that's why I decided to dip into that world. And whilst it has been a definitely bumpy journey, it's not all been plain sailing. Wow, wow, wow. Absolutely life changing for me, and my clients, and the way that I do business, and ultimately the people that I get to impact beyond my clients through the work that I'm doing. I am so grateful that I found these tools and the people, the right mentors to support me during this journey. It's been life changing. Love. Change. Yeah.

Right, that is it from me this episode. If you have loved it, please, you know the drill. Hit me up on iTunes. Leave me a review. We will go through it at the end of the month and pick someone for a 30 minute laser coaching call and help me spread the word on social. Give me a tag. I will share you on my Instagram and we can let more people know about The Limitless Life Experience.

I love you so much. I'm so grateful for your ears. And please remember, Faith + Action = Miracles.

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