

The Limitless Life Experience Podcast

Transcript

Going beyond your mind

It's crazy, like 95% of everything you do is run by your subconscious brain.

I'm not going to tell you how you can make six figures in six minutes. I'm not going to tell you that the only reason that you haven't created the ultimate freedom in your life is because you haven't yet launched a membership site. And I'm not going to shame you into thinking that I've got the only magic wand in the world that will solve all of your problems, that you can have for just 60 gajillion pounds, but today, 97 - but only if people in the next few minutes. Why? Well, aside from the fact that it's really freaking wrong and has always been really wrong. Right now, the world is shifting and it is crying out for something new and some people have felt it, some people have heard it, and some people just know that that is truth. My question is Will you be ready. Hold onto your hats, peeps, because The Gateway is coming.

Welcome to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth. I'm a mum of three multiple six figures, serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you and 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 Life Experience Podcast, and I am feeling the vibe today. I was talking actually earlier on to my clients saying that I do not batch content, because when I'm writing I kind of lose a bit of the energy... and people just don't respond to it as they do when I'm writing live. But with the podcast, it doesn't work like that. Actually, I batch all of the time and the vibe is just real. I think that when I get into podcast mode, it just changes. And even as I'm talking this through with you, isn't it funny, because I've told myself a story enough times that I actually believe it's true. I believe that it's true that I cannot batch my written content because people don't get the vibe.

And then I'm here in the studio and I will create at least four, sometimes five or six podcasts, and there's no story in my head about the fact that I can't do that because my energy will dip, or you're just not going to get it in the same way because I'm not doing it weekly. So I'm just like, aren't we clever? We believe our own bullshit all of the freaking time. And this wasn't what I was planning on talking to you about right

now, but it just feels really relevant and important. So I'm just gonna follow the vibe and let's talk about the role that our brain has to play in the results that we are receiving and achieving all of the freaking time. Because whilst I know - and I even feel funny about using words like think and know now, because what I know is I know very little. What I know is that, honestly, even on a scale of nothing to everything, like I'm an inch or two away from nothing and I'm really okay with that, because I feel like my understanding of this big beautiful, like beyond comprehension universe, of course on his scale of nothing to everything, I'm going to be pretty close to nothing. And what's interesting to me is the more I've become okay with that, the more I have been able to learn, the more I have been able to receive, the more I've been able to open myself up, and the minute I get into a space of 'this is what I know and this is fact and it really needs to be like this because this is the only way'... Every time I get into that state of being and that state of mind, I block myself. I literally strangle the flow of inspiration, of creativity, of my connection with Source, my connection with the universe. It's like trying to get all of the abundance in the world through the eye of a needle because I'm here telling everybody what I know. And it's just ridiculous. I see it with my kids... the minute I go into, 'I know, listen to me', they're like, F you mum. They don't say that obviously, but that's what it feels like. They're like, you don't know. You don't know anything right now because you're in the wrong state of being. This is what, this is what their highest self is saying to me. My behavior right now is a reflection of your old insecurities and when you're able to love on those insecurities in a much deeper, more profound way than you're doing right now, you are not going to be bothered about this behavior and trying to control me and because you're not going to be bothered about this behavior and trying to control me. I'm going to stop doing it... Do your fucking work.

That was what was going on, but when my brain is running the show, I'm not picking up that vibe. I'm on a different frequency. I'm on a different level, and things are not working as well as what they could be. Hands up if you know what I'm talking about here. And it's the same in your business. It's the same in my business at the moment. So I'm really, really conscious of just how much expansion I have been able to create in my life and business over the last year. And I didn't realise it until I got my books done for my end of 2018-19 financial year and was a bit disappointed with the amount of profit that I had made because in my head I'd been like, I was more profitable. I've got a new bookkeeper and it's true.

I had been, but it was for the calendar year rather than my actual financial year. And so when I looked at their financial year, I was a bit like, Oh my God, like what planet am I living on? And then when I looked at the calendar, well it's not the calendar year. Actually it was my financial year from August, 2019 to to date I was blown away. And when I tracked back what was going on in my life to see such significantly different results... It started when I fully embraced learning and understanding about

the quantum field and you know, going off and doing my healing certification using the quantum field, and then everything else. So the healers, the plant medicine, the toad medicine, all of this stuff that I had been doing was taking me beyond my brain. And do you know what, for a lot of people, I get that that is really scary.

But the problem with feeling like if you can't process it through your logical mind then it is not valid, is that you are missing out on so much more of the unexplained. And you only have to take the tiniest, tiniest dip into quantum physics to understand that the smartest people on the planet recognize that they do not have a clue about the nature of so many things that we take for granted. Even bloody gravity, there's so much that we do not understand about it. And I'm not even sure... I think, of course this started with my fascination with the law of attraction. That is definitely where it started because I suppose that concept for many is this is like magic. How do I create magic in my life? How do I manifest stuff out of nowhere? And for me the reason that it was so interesting is that I saw my friend doing that before I even knew before I even knew the name for what it was that she was doing.

It would just be so fascinating that I would be like, Oh, you said that you wanted that three days ago, you have not spent any money and you have just magicked that up in your life. How have you done that? How do you keep consistently doing that? And you know, I noticed her vibe. I noticed her energy. I noticed that people were just drawn to her, and wanted to do stuff for her and gift her stuff. And it was just so interesting to me. And that is definitely where it started. But the thing with the law of attraction is how we learn it is by focusing our brains. And focusing our attention and essentially willing things into existence. And whilst that served me really, really well, very effectively, particularly after I started actively, consciously practicing this in my business, there was loads of stuff that wasn't working very effectively for me. There were lots of areas in my life where I felt challenged. There were lots of areas in my life where things looked good on the outside and they were good, but I - on the inside - just wasn't feeling it. It wasn't all adding up. So it's like I'm making hundreds of thousands of pounds a year in sales, but my profit is really low. Like at the end, I'm living a great life. I'm putting loads of stuff through on my business expenses. So don't get me wrong, I'm not complaining and this isn't quite the level of abundance that I know is possible for me. Like what's stopping me? Like why isn't everything the way that I believe that it can be? You know, if I believe that I am a co-creator in my existence, if I believe that the world unfolds for me and works with me, not against me. If I truly believe that I am not a victim of my own existence and that I just have to wait for things to happen to me, then if I want to have a higher profit margin in my business and put loads of stuff through on expenses and make loads of money in sales and do whatever I like - like what's not adding up here. And I was observing other people who were not only living an abundant life from a financial perspective, but also just full of joy, and generosity, and making a huge impact in the world. And I

just - up until last year, I was still in a place of trying to force that through with my thinking, force it through with my will, force it through with my masculine energy. I just get shit done. I'm just the type of person who gets shit done and I'm going to get this shit done.

But it was hard work. It was really hard work. And I knew that there was more. And so this whole process of really letting go of what I knew, letting go of everything that had gotten me to where I had landed in life, which by the way, it's still the process that I'm going through now because there is no there, there is no, I've reached the top of the mountain and now I never need to do any work again. Like depending on your belief system, when I get to that point, I'll be in utopia. You know, I will not be still living a 3D existence. And so the work is always about refining. It's always about, okay, so this is the level that I'm at now, I still desire to evolve more. I still desire to have more impact. I still desire to activate more people.

I still desire to energetically feel more aligned, more of the time, more of my days. And so therefore the tools that I get until someone says, Oh, have you tried this? Or have you seen this, this is something new? Okay. Until I get to that stage, I use the tools that I have to refine my practice, to refine the letting go, to optimise the self love, to really tune into where is it that I'm holding on to right now? What is it that I'm holding on? What's the story? What's the belief? Where am I being asked to expand? How can I raise my frequency more? And all of that stuff has nothing to do with my brain. And I feel like I've been going around in circles with this. I don't know if I've actually got to the point, but the point is, and this is really going back to everything that I learned when I did my hypnotherapy and psychotherapy is the brain when it comes to change when it comes to transformation, when it comes to evolution only gets you so far because it's only responsible for like 5%, if that maybe it's 3% of all of your actions. And yet we place pretty much all of the responsibility onto the part of our brain, which is responsible for 3% of what we as an individual does. And it's crazy. Like 95% of everything you do is run by your subconscious brain.

And so I get it. Like when I say that, people are like, yeah, but yeah, but, and I've been like that. I can still be like that. Yeah. But I've got really great willpower. Yeah. But I can control this situation and I'm actively choosing... and actively choosing is really important, and willpower can get you - depending on who you are - a really long way. And working with your subconscious - super freaking important. Because when you are trying to make changes, like that's the part of you where your habitual patterns lie, that's controlled by the subconscious. So working with that is really, really important, which is what I did for many, many years. And yet still, up until last year, I wasn't getting the results that I wanted to get. So what the, what's going on?

Why? Because the conscious and the subconscious is still very much all about me. So there's two elements that really made the difference for me.

So the first is what we've been talking about really looking up what goes beyond the mind, what, and so I call this like what's happening in the quantum field? What's happening if we live in a 3D world, the third dimensional world, and our emotions are in the fourth dimension. What goes beyond our emotions? Well it's the fifth dimension? And it's everything else, everything else that we can't see, feel, hear, touch, or smell lies in the fifth dimension. Okay, so what is there? And some people - me included, I believe, no, choose to buy into that the fifth dimension is the source of all creation. It's where everything we think is birthed. That's where your superconscious resides. So I mean, it really doesn't matter whether you believe this or not. What I know to be true is that I was able to go from a low five multiple five figure profit margin to a plus six figure profit margin in nine months when I started tapping into the superconscious. So take it or leave it. Do you know what I mean? Like take it or leave it, but this is my experience. And so that meant dropping so much of what I knew that meant being open to so much more or of what was very intangible stuff really. It was like, okay, I feel like Alice who had just stepped through the looking glass, and I am choosing to observe the world in a whole different way. And then obviously doing things like the plant medicine journeys has been a very profound in taking my understanding of that, tuning into the superconscious and creating, taking those seeds of creation from the fifth dimension and then bringing that into my reality, with so much more ease and so much more grace... as I have been able to trust the manifestation and the co-creation process in a whole new way. So that has been a very, very important part of going beyond the 3-5% of what I know and allowing myself to be open to all of the things that I didn't know.

And then the second really important element has been releasing trauma through the body. And so our largest organ on the body is the skin and it's one of the, it's maybe the most overlooked part of the transformation process with traditional transformational processes. You know, our bones and our skin act as memory bank for all of our heightened experiences. And when it comes to us stopping ourselves on blocking ourselves, really we're talking about the trauma and those negative experiences we hold in our bodies. And so learning about the importance and obviously how to release stories through my body has been a game changer. I thought it was all about my brain. I thought it was all about subconscious transformation. I thought it was all about conscious transformation. And conscious and subconscious transformation play a huge part in your evolution. The things that have made the biggest difference have been incorporating the physical and the nonphysical, the energetics, the fifth dimensional elements to co-creating a world that has just been absolutely insanely amazing.

So... this really was a riff and it's not where I intended to go today, but I'm really glad that I did, and I'm really curious to hear what it has brought up for you. I think that for people who are, if you are somebody who has been feeling stuck, if you were somebody who just knows that there is more available to you, and it's okay for you to have that desire, then this conversation is a conversation that I invite you to go deeper on. And if you want to go deeper on this with me, then you should really look at what I'm going to be talking about and sharing in the Gateway, because it's not only the theory but the actual tools that have helped me elevate in a way that I really just want to share with as many people in the world. Because I think that when you're able to operate in the world from this place, there's so much more love, there's so much more understanding, there's so much more peacefulness when you are able to stop operating from the three to 5% of your brain that tells you that you're in competition or that you're not, you're not good enough, that we are playing a zero sum game. When you're able to elevate your thinking and knowing and believing to 'I am a child of the fifth dimension'. You know, 'I'm a child of the universe and we're all connected and this is just a game that we get to play to remember who we are, to remember that we can co-create anything that we like'. Like - you look at people differently, you look at yourself differently, you look at your kids differently, you look at your partner differently. And there is a level of expectation that comes - minus the arrogance - about what it is that you are able to co-create with the world. And I genuinely believe that when you come at it from the place that I'm talking about, you can only act as a force for good. You have to really actively choose to not want to be of service, to not care about anybody else for this to go like left. And that is just really not in my frame of reference.

So this is all stuff that I'm going to be sharing in the Gateway. If this is speaking to you, feel free to reach out - always. But we will be going into launch at some point soon. I've got no idea when this is going to go live, but yeah, expansion beyond the brain. It's really good.

If you enjoyed this episode, please share it with your friends or take a picture, take a screenshot and tag me on Insta so we can share the love far and wide. Alright my darlings, I will speak to you soon, and ooh nearly forgot - remember...

Faith + Action = Miracles