

## **The Limitless Life Experience Podcast**

### **Transcript**

### **Saying goodbye to Mexico**

The more reasons you give yourself for not doing stuff, the easier it is for you to just get exhausted before you've even got going. When you commit to simplicity, when you commit to ease, when you commit to just working it out... it always works out, it always works out.

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 you gorgeous human being. It is Suzy Ashworth here and you are listening to the Limitless Life Experience Podcast. And I was going to originally talk to you about strategy on this podcast episode, but what feels really, really important to just give a little bit of air time to, is the closing of what has been a monumental chapter in my life. And as I am saying this, I just all of a sudden feel quite emotional because often there are so many things going on in our lives as a family, in my life, in the business, and my life is so intertwined with so many of my clients, and what is going on with them at any given time, that it can sometimes be difficult to take the time to smell the roses and really reflect. And it's interesting because this week I had a spirit guide reading with an extremely talented individual.

She is a Hay House author, her name is Yamile and I can't remember her surname, but we can add it to the show notes for sure. And one of the messages, I mean this reading was so good for my soul, soothing for myself. She was able to tap into so many things that I have been experiencing in terms of my access to my own intuition and receiving guidance from... from my own guidance. She was able to describe them for me. She was able to tell me that I had already connected with people that had only come into my realm of awareness in the last year. So it was really reassuring to have somebody else verifying my own experiences with receiving my guidance, and downloads, and messages, and that expansion of my intuition. Anyway, one of the things that she said my guides wanted me to hear, particularly around my business actually, but I think is applicable for life too, is to just take a little

bit of time to get present and really acknowledge what I have been creating and what I am a part of creating.

And as I sit here, or as I was sitting here thinking about what we were going to talk about today, it just really occurred to me that in just a few days time, Jerome, the kids and I, and Candy, the dog, are going to be getting on a plane and flying to Holland. You know, before spending a little bit of time back in our home in the UK, before moving on again. And even in that sentence, it's still really focused on what it is we're going to be doing. And what I really want to do is take some time and think about what it is that we have accomplished here over the last 18 or 16 months as a family because it has been truly incredible. It has been such an amazing gift to be in this country to have found our way. So I mean it's just crazy that we are here in Puerto Escondido.

When Jerome suggested that we come and live abroad for the year, we literally went where's hot? And he came up with a short list of five different countries and I remember being on messenger with my best friend who lives in Cape Town and we were like, Vietnam, Thailand, Bali, Mexico, Costa Rica. What'd you think of Costa Rica? You know, it was really just like where should we go? And looking at long term, letting places on Google and there's this thing called, I think it's called Numbeo or something like that, where you can compare the cost of living. How much does it cost to buy some milk here? How much it costs to buy some bread there. Do we want to do that? I mean, that is how we picked where we were coming. And we ended up selecting Mexico and Jerome decided that he liked the idea of living in the desert. And so we went to California, Baja and Oh my God, I hated it. I was not impressed with that part of the country in the slightest. It was not really beautiful. It was, you know, not so many plants and things. Lots of massive cactuses. That was great. But I wasn't feeling it. Also, no offense to any of my peeps from the US - but it felt very American, and I wasn't going to Mexico for the year to live in a place that felt very American. And yeah, I just wasn't feeling the vibe. And the only reason that we made it to Puerto is because one day, coincidentally, we met a guy who had a beach bar and we went and sat on his beach bar and we drank beer. And he talked about surfing. And the way that he talked about surfing. Jerome and I both fell in love with him right there at the bar. If he'd have said, come on, let's go you two. Let's go and get married. I think we would have done it. We were like enthralled by this guy and I was like, I'm surfing every day, I'm taking lessons. Jerome was like I am surfing every day, I'm taking lessons. I didn't surf once. By the way, I am not a strong swimmer. I'm not a big fan of the sea like when I'm in it, except when I'm in Mexico. I love being in the scene, but I'm not going to surf. Anyway, he said, look, if you like it here and you want to surf, you should go to Puerto Escondido. It's amazing. And so we said, okay. We didn't even travel to Puerto. We went home and then booked tickets for three months later to come to Puerto and it was the best decision ever. I

came with Caesar and Coco to start with. And then Jerome traveled separately with Aluna and Candy. And as soon as, and we had a horrific, myself and the older kids, we had an old horrific start to the journey. Coco ended up being blue lighted to hospital on an IV drip, like on my own - it was terrible. But as soon as we got on the plane to Puerto, and I think it was when we got on the plane, but I remember just feeling a sigh of relief. Like I just wanted to be out of Tulum because we'd had a car accident, my card had been eaten, and Coco had been taken to hospital all within seven days it was like, this was not fun. But as soon as we got on the plane to Puerto, the vibe was different.

And when you fly into Puerto, you can see the Pacific ocean and the waves coming in and the Palm trees and the blue sky and you're on like one of these little planes and it all feels magical. And the locals say about Puerto. What do they say? I think it's something like, I can't remember the exact phrase, but it's something like Puerto either loves you, or it chews you up and spits you out. And Puerto has loved us, and I felt it as soon as we got here. I have made friendships for life. I've had some of the deepest and most meaningful conversations with people. I've connected with people that I never ever imagined. You know, I went to the beach every day. I saw my three year old daughter learn to swim like a fish, the older two who could, you know, who were not strong swimmers at all when we left and now champion divers and just, you know, they love being able to swim every day.

We saw some super cool places and I took advantage of being on this side of the world and traveled to more countries with work and for work than ever. You know, I saw Columbia, and Costa Rica twice, and went to the States, went to LA, went to Denver. I mean I went to so many places last year and it was really, really special. There's so many special moments. You know, I got to journey with Ayahuasca and Bufo, which completely bought so many gifts online for me that I didn't know that I possessed - and arguably I could say are the reasons that I now am so passionate about working with energy and going beyond the mind, because I have a different understanding. I have a different frame of reference about how we as individuals can work with the universe. I have a different frame of reference about what is available to us when we start to look at things and see things differently - and you know, that is a part of the magic that I have put into the Gateway. And the only reason why I say not all is because I'm always learning and I'm always evolving and I'm always wanting like I'm just a voracious learner. I want to learn more all of the time. It's never going to be all of the stuff. But the inspiration for this program and showing up in the way that I am choosing to show up comes from this 16 months of life changing work and play and getting to experience life in such a different way. And the fact that we have been able to do this as a family is insane to me. It blows my mind, and I think for any of you who question whether this is something that you would like to do, like take a gap year and go and travel with your family, it's not always easy. I remember

at the start just feeling like... Whoa, we are all with each other a lot. And I really appreciated that. I really did appreciate being with everybody a lot more. And then I think that that definitely switched a little bit later on.

And it just reminds me of the need for really clear intentions because if you're anything like me and love to work and with the setup that we have at home where Jerome has always been around and I say has because he's going to be working, moving back back into the job market when we move on, which is going to be interesting and exciting on a really beautiful change in dynamic. But when you are really passionate about your work, it's easy to get sucked in. And I say that without any shame and also know that it also feels good to be really intentional about bringing presence and balance to my work and play, which honestly are completely intertwined. So really I should say my family and my work - because work definitely encompasses work and play. But anyway, I think the big thing is really stepping beyond what you know.

And I think that as a family we have all learnt stuff about ourselves as individuals and how resilient we are and how resourceful we can be. And how much fun we can have, and how brave, and courageous, and adventurous we can be as a unit... that we would never have known if we had not got on the plane. And it really was as simple as just getting on the plane. And I think that my personality type by nature anyway is always like, why are you ever complicating this? Like we're just doing it. People say, how did you, how did you, we're just doing it. We just did it - like it's fine. And it always is fine. And the more reasons you give yourself for not doing stuff, the easier it is for you to just get exhausted before you even got going.

When you commit to simplicity, when you commit to ease, when you commit to just working it out, it always works out. It always works out. And so in the spirit of limitless living and in the spirit of the Limitless Life Experience Podcast, I implore you to look at where you are making things more difficult than they need to be? Where do you just need to step, step on it, move forward, take the plunge and know that as you jump, as you leap, the net has to appear. You know there is always a parachute and when that parachute goes up you get a whole new beautiful perspective and bird's eye view of what is really going on and what is really going on beyond your mind is life. That's what's really going on and we all get the opportunity to access it. The minute we say I'm prepared to see things differently.

And so with that - tell me, message me... what are you prepared to see, feel, or do differently? Where can you open yourself up and take the plunge? Limitless living. Hit me. I want to hear you right. If you have loved this podcast and you know someone else that you think would love it, please share it with them. And don't forget

to tag me on Instagram and take a little screenshot of the episode tag mates that I can share it and we can share the wealth. And please remember that...

Faith + Action = Miracles.