

The Limitless Life Experience Podcast
Transcript
Why the heck should I care about embodiment

This person is, yes, grounded in reality. These are grounded human beings who are creating not just thinking about, not just wishing, but creating a life where they're playing in the field of infinite possibilities.

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 are in the next two 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 figure, 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, gorgeous human being. How the devil are you today? It is Suzy Ashworth, and you are listening to the Limitless Life Experience Podcast.

And today we are talking all about embodiment and why the heck you should care about it. This is really interesting. I think that maybe it was about 18 months ago, I went to a mastermind in LA, and I was chatting to my table and I was talking about a program that I felt was there within me and I wasn't quite sure what it was all about, but I knew that it was for leaders and I knew that it was about embodiment. I knew that it was for all of the people who have consumed and have so much knowledge and information, but we're not really embodying that information. They weren't breathing it, they weren't living it. They could parrot it and they could teach it, but they weren't being it. And I was like, it's going to be a retreat and it's going to be for leaders and everyone was like, "that sounds amazing!".

And I still believe that that program is going to happen for sure. Just I don't know when, I don't know when. It's one of those things that I have put in my freeze list. It's like - this is really good, but just not quite now. And I have, the reason I share this with you is because I have been obsessing about embodiment and what it means and the difference it makes to people. Probably since I did my quantum healing certification and it's really interesting because I went to learn that modality because I wanted to go beyond my mind. I knew that whilst I didn't feel stuck I also wasn't creating at the level that I wanted to create... abundance wise, and health wise, and relationship wise. I wanted to create and share and give more abundance in every single area of my life and because of all of the information that I had been consuming by people like Joe Dispenzer, all of the stuff that I had learned and implemented, so much law of attraction philosophy, I have absolutely embodied in the way that I think, feel, do act in life, but I knew there was more.

What I was surprised about when I went and did my certification is what I learned about embodiment and I saw embodiment in my mentors. I saw people at an extremely high level, really embodying living in a way that for me says this person is connected, this person is, yes, guest grounded in reality. These are grounded human beings who are creating, not just thinking about, not just wishing, but creating a life where they're playing in the field of infinite possibilities. And you know when you've met somebody like this because you can feel it in their energy field. And what I mean by that is when you look at them, some people who are very tuned in might be like, "Oh, that person's glowing". But you - and you might be the person who's very tapped in, by the way, but you also get a sense of when somebody is really embodying what it is that they're teaching, by how you feel when you're in their presence, by how you feel when you hear them teaching in teaching mode, and then how you feel when you see them interacting with people.

And in this case, because we were on retreat, you know, eating, chatting, playing, all of that stuff, you're like - oh, this isn't marketing speak. This person is really walking the walk. They're not just talking the talk. And for me right now, in this world, when I think about all of the things that are shifting, all of the unknowns, all of the things that are shifting in the planet and with humanity, yes, but then all of the things that are shifting within ourselves, and so many people who are remotely tuned into... and it's not even the wider world. I'm going to go out on a limb and say tuned into the collective consciousness. Know that there are big, big shifts happening within lots of people who are not willing to compromise themselves anymore, who are not willing to blindly accept poor leadership who are not willing to accept being told that they are not good enough unless they consume X, Y and Z.

There is a whole shift in a portion of the collective that has the capacity to be seismic and you only have to be tuned in and little bit to notice whether you are feeling a sense of discomfort, unease within yourself right now. And if you are, in my opinion, that is a really, really great thing... because what it means is that you are part of the new guard that is being asked to step up. And when I say that, I don't necessarily mean this means that you're destined to be the next global leader and you are going to be hosting global meetups with people online - I'm not talking about that. There are people who are feeling the discomfort of the idea of returning back to reality, as in the old normal. Anybody who's feeling a little bit like, Oh no, that's not the life. That's not the thing, that's not... I don't want to go back to that. I know that there's something more. I feel that there's something more. I feel that it's something more for my family. Whether you're thinking on that level or whether you're thinking, Oh, I can see why people need what I do more than ever. You see the difference between the people who are not thinking in that way at all and who are very much still in the information game. Give me more information, and that is the thing that is going to help me thrive in lockdown, give me more information and that is a thing that's going to help me thrive post-Covid, give me more information and then I'm going to be able to kickstart my plan to world domination. You've got those people and the reason I say that that's the old way of thinking is because that has been the way of thinking for many, many years. And I don't want to count myself in this category, but for sure when it comes to marketing and when it comes to online marketing, it's always this is the next template, this is the next bit of information... and information, well it's useless when it's just information. Wisdom, which comes from both information and experience is a totally different thing, and that wisdom piece for me is the thing that comes when you learn how to embody the stuff that you have learned, which is actually phase two. I was going to say that's phase one - embodying the stuff that you have learned, so really allowing all of that information to drop down from your brain down from your head and into your body so that you are the living, eating, sleeping, breathing example of the thing that you talk about, the person that you want to be, the person who you are ready to expand into. And when you're coming from that body wisdom place as opposed to "Hey ego, I'm the smartest in the room" place. People really, really feel that energetically and it creates a really interesting, beautiful connective engagement. You as an individual are a hundred times more magnetic when you drop from that place of brain down into body wisdom.

Now what's really interesting, and this is what really blew my mind when I did the quantum healing certificate, is learning about how our mind, our brain is not the only brain of the body. So you have your mind, brain, your heart, brain, and your gut brain and your heart brain is your emotional center and your gut brain is your intuition. Okay. So that's interesting. But then when we went a layer deeper... understanding that our bone structure - which is crystalline, by the way - so like when people have said that you are a precious gem, they really freaking meant it. So when I learned

that the body, which is made out of crystal crystalline structures, which is why our bodies respond to crystal healing, and our skin - these two structures both retain memory and experience. And our skin is the largest organ in the body and the memories and experience, and the wisdom that our bodies have picked up since the day that we were born.

In fact, since the day that we found ourselves in our mother's womb, all of that information has been collected. And so we can work from a brain perspective and we can work from a subconscious perspective and those things are really, really useful. But until you have learnt to clear out experiences, body wisdom that doesn't serve you from a body perspective, you will still limit your growth. And that was really, really like MIND BLOWN.

So you can still do loads of work around dropping information from your brain into your body and get so far. However, if you have got experiences, traumas, wounds, stories that you have been holding in your bone structure and skin for your entire life that say you're not worthy, you don't deserve it, you don't know enough, you need to know more, you're not good enough - insert the blank. Then, it's going to be really difficult. It's going to be way more difficult for you to embody the knowledge. You know the information that you have learned at an accelerated speed. And some people might say, well, okay, so that's fine, but maybe I don't want to learn at an accelerated speed. And, and that's okay, that's just not my jam, you know. I want to know how I can create quantum transformation in the world, and I'm absolutely willing to do my time and become a master. But I also know that if that's what I want to do, then ensuring that I'm not blocking myself from being able to embody the stuff that I know, by clearing out my body, I'm absolutely going to do that. And so part of what we learned, which I'm also now getting certified in, is quantum flow, which is an embodiment manifestation process which enables you to manifest through the body at accelerated rates of speed through clearing the blocks emotionally, energetically, and physically that we hold in our body, and beyond the body. That's the quantum bit.

So I'm kind of giving you a, the context of why or how I got so into this, but I think the real nub of what I'm saying is, is that when you truly walk your walk, your people feel it. And I want you to know that up until now that you have maybe tried and felt like you failed many, many, many times. And I want you to know that this is part of that puzzle as to why things don't work as quickly as you want them to, or why you don't feel as magnetic as somebody who has way less information or experience than you. Why is it that people are like bees around honey, why does it work for them? And this is part of that piece. So I would love, love, love, love, love to know your thoughts on this and your own experience with embodiment and really walking your walk. And

for those of you who want to know more, this piece so much freaking more obviously is going to be part of what I'm teaching in The Gateway.

YES - I said it feels really, really good. So you can embody your inner leader. You can embody all of the things that you desire from a physical and a quantum level. And so depending on when you catch this episode, please feel free to drop me a DM if you want to know more, about what I'm going to be sharing and how it could be a benefit to you - that would be super, super fun.

And in the meantime, my friend, if you have liked this episode, and got any value from it at all, please give me a tag on Instagram @suzy_ashworth so I can share the love. Tell your friends and let them know that this is the place to hang out. I love you dearly. I am hugely grateful for you and I want you to remember that...

Faith + Action = Miracles