

**The Limitless Life Experience Podcast
Transcript
Stepping into trust**

Trust is a verb, it's a doing word is an action. And when I say action, I don't mean a doing, I mean, a choosing first. Choosing the thought, choosing to know... that is an action first and foremost.

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 today I want to talk to you about trust. Trust is a verb. It's a doing word. You can't be passive in trust. I don't think you can trust passively. It is an active thing which can absolutely sink down into your subconscious, but you are still doing it. And the reason I kind of slowed down when I was thinking about that, I was thinking about the sun rising in the East and setting in the West, and trusting that that is going to happen every single freaking day without fail, even if I can't see it. And I don't know why, but that makes me feel a little bit emotional. I do know why. Of course. I know why, because I know that it is that level of trust that is required for the type of expansion that you desire to have. I know that it is that level of trust and myself that is required for me to make the impact that I so desire to make.

It's choosing to know to trust that the sun is going to rise in the East and set in the West, even when I can't see it, even when the clouds obscure my view. You have to choose to have the same, and level of trust in yourself. And that is hard, because most of us on a day to day basis are breaking promises to ourselves. And not only are we breaking promises to ourselves, but we are rejecting the bits of ourselves, and telling ourselves that those pieces of our soul, our heart, our bodies, our minds are not good enough to be trusted, are not good enough to be included in the big vision, are not worthy enough of receiving the desire. And so we pinch ourselves off from that trust. Consciously, subconsciously. Sometimes rapidly, sometimes very slowly, and systematically over years and years and years. And so do we turn that around?

How do we start to have that same level of trust in ourselves as we do in the sun, rising in the East and setting in the West? It starts with choosing to know who you are. It's such a simple thing to say, and so much bloody harder to really know and embody, but knowing who you are is knowing that you're a child of the universe. It's knowing that you're made out of the same material as the sun, the stars, the moon, the trees it's knowing that you, and your capacity to achieve your soul's desires, is limitless. It's knowing that expansion is your birthright. It's knowing that in this very human experience, that imperfection is the perfection of your existence. It's choosing to know that the game of success is really measured in your ability to remember, remember who you are and has absolutely nothing to do with your bank balance.

And at the same time, understanding that when you are fully in alignment with your soul's purpose and desires, that if you desire to be abundant in all facets of your existence, including your wealth consciousness, that that is your birthright too. That the level of success is measured in the remembrance. And the trust element comes when you come back to that, knowing again and again, and again, and again, multiple hundreds of times a day. I know because I know, I know because, I know because I know. And what your mind brain does, what normal - in inverted commas - people do when you say... I know, because I know, because I know that I'm a child of the universe and I'm connected to the suns, the moons, the moon, and the earth. I am the sun, the star, the moon, and the earth. When you say things like that to normal people, they look at you like you're a little bit crazy.

Like you really don't know what you are talking about, but when you step into trusting that that truth is the truth with a capital T, knowing that your desire is part of universal law. And that all you have to do is be in alignment with that desire, even when the clouds across the sky, even when there is no evidence that you have any - in inverted commas - right to be desiring what it is that you desire. But when that desire comes from the soul, and you choose to be in alignment with that desire, when you choose to know that that is truth, with a capital T, even when there is no evidence to support what it is that you are claiming... choosing to know that that is yours multiple times of day, it's the choosing, it's that consistent coming back to the choice again, and again and again. And the consistency in coming back to that choice, and knowing that it is true that creates the momentum and the raise in frequency and the acceleration in which you become a match for the thing that you desire.

Truth is a verb. It is a doing word, it's an action. And when I say action, I don't mean a doing, I mean, a choosing first. Choosing the thought, choosing to know that is the action first and foremost. Trusting in the embodiment of the desire. Choosing to know that I am bestselling author, multi million pound educational facility, the retreat owner, the mother who feels completely in alignment, whatever it is that your thing is, you choose to know that it is yours. You choose to then be in alignment. So

embodying that next level for yourself, and then choosing to take the inspired and aligned action... That's trust in action again, and again, and again, and again, multiple times a day.

So when you are feeling out of trust, come back to this podcast, please, and listen, feel the vibration of the words, and then choose.

Thank you so much for being here. I appreciate you so deeply. If you have loved this episode, do me a favor, leave me a review on iTunes. Take a little screenshot of this, come and tag me on Instagram - @suzy_ashworth so we can share the love and the wealth around the globe. I appreciate you. And I want you to remember that...

Faith + Action = Miracles