

## **The Limitless Life Experience Podcast**

### **Transcript**

#### **Why I won't be speaking about race on industry platforms**

The way that I choose to use my platform and my voice, and demonstrate my activism is just as valid and necessary and as important as other peoples, you know? For me, it's about using my voice.

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 we are just going to dive right on end today. I think it has been crazy out there. Would you not agree? At the time of recording this episode? We are one week into June, 2020. And I honestly feel like this year has taken us all by the wrists and then like given us a big slap across the backside, and another slap across the backside, and another slap across the backside. It has been intense, really, really intense. And the shock waves of that intensity are going to be reverberating around the globe I believe that the rest of the year. I have friends who are astrologers, and mediums, and psychics who are saying that this is really not the end. That we can expect a whole lot more of shizzle to deal with. And I believe that I really, really believe that. And I think because I believe that it really makes what I'm doing in my work right now feel even more important, and even more relevant because in terms of being able to show up as a mother, in terms of being able to show up as a wife, and in terms of being able to show up as a business leader, I have to have my house in order. And what is interesting about all of the things, hashtag all of the things that have happened since the start of this year is it brings up all of your stuff, every single trigger, every single little wound that you have ever experienced, it is like all of it is on blast and we are being shown the good, the bad, and all of the ugliness that we pretend is not within us, that we try and hide not only from the rest of the world, but also from ourselves. All of that is coming up.

And in order to be able to navigate the path that you are on and that we are all individually on together, we have to know, we have to learn and be prepared to deal with our triggers. We have to be prepared to do the inner work that allows us to return back to the truth of who we really are, because the pain, and suffering, and hurt that we are seeing around the world right now is because we have forgotten. And when I say we I'm really talking about humanity as a collective, we have forgotten who we really are and how we are all interconnected and how every living breathing thing on this earth is infused into our DNA. And when we are able to remember that, the power struggle, the idea that somebody can take something from you, all of that bullshit stuff disappears when we realize that we are all interconnected, we are all part of this magnificent universe. And that the universe is us, like inside out. It is us.

And I get it, that even that sentence for many people, they will listen to it and say, 'what!?', what are you talking about? And that's the work to make sure that the people who do know what I'm talking about or have an inkling, that there is something way beyond what we are living into in this three dimensional world, way beyond what we are seeing, hearing, tasting, touching, and feeling on the daily basis. So for those people who already have an inkling or a knowing that that is true, it's like my work, I have to shine a light on it so that they know that I am here. And for those people who have not tuned into that remembering, and that knowledge yet, is to make sure that enough of my words, my writing podcasts, you know, fanning about on Instagram... enough of those people see that information so that they can start to question their certainty about what it is that they do know. And the moment we can start questioning our certainty, we create spaciousness for new information to come in. And so whatever way I slice it and dice, it whilst I am not here to convince anybody, I'm not here to convince anybody that what I'm saying is truth... for the people who are looking for more information, and looking for more support in going beyond what they see, feel, hear, touch, and taste - I'm here. And for those people who don't know what they don't even know yet, and all yearning and looking for a kernel of hope somewhere, that it doesn't have to be like this - I'm here.

And so, you know, that's how we begin this episode. It's totally not what I want to get into today. I want to get into... it's explaining, I suppose, it is explaining why I will not be taking part in any panels around race for certainly the near future, and maybe the foreseeable future. And this feels really important to share because as a prominent dark skin, female coach, who is in leader of a community of people, I have been approached a fair few times over the last week to really share my views on racism within the coaching industry, or what is my anti racism stance, or can you talk about what it is like to be you? And every time I have been asked, my response has been the same and the response is no, I am not willing to share on that right now.

And the reason is so clear. There were a few reasons, but the main reason is just because I am a black woman does not make me an expert on anti-racism. It doesn't make me an expert at all. And right now in this extremely delicate time where racism and anti-racism have this huge platform where the words that we use matter, and there is a huge opportunity to change so many people's viewpoints and perspectives and provide so many insights for me, I would be doing the cause a disservice by pretending that I'm the authority on this. There are people who have studied for many, many, many years, both about black history and about what it means to really change systematic and structural racism. You know, people who understand the nuances of this incredibly incredibly complex subject in a way that is far superior to me. And whilst I feel very comfortable sharing my views on this, my podcast or in my newsletter or on my personal Facebook page, the distinction for me is really clear the reason why it feels okay for me to do that is because I am talking from my personal perspective and my own lived experience.

I am not talking for the whole of the global black community. And when I'm invited to speak on panels and give my opinions in that way, whether I am correct or not in my assumption, my belief is that people do think that I'm speaking for the whole of the black community and

that does not feel good. And, and I believe that can be quite damaging. And I think that people who really want to have powerful discussions and people who really want to learn about this work and learn about the different changes that they can be making within their communities, within their organizations, their companies, you should be speaking to experts. It's also why I took potentially a controversial stance and said that I didn't want people using my groups as a place to learn about anti-racism. And it was a very difficult thing to say and decision to make, because I also, there is no part of me in any way, shape or form wants to create spaces where people think white people think that they are off the hook when it comes to looking at their own prejudices and biases and what they can do to really create more equality in their lives and in their businesses. I didn't want to do that.

And I am aware that with somebody who works with a lot of white people, and also has black and brown people in my community, that I didn't want it to be yet another space on the internet where black and brown people are expected to educate their peers for free about what it means to be anti-racist. And I also didn't want to be given that responsibility when I know that I am not the expert on that. So there's so much in that around expectation and emotional labor, and our own processing, and our own wounds, and our own traumas - when I say our own, I'm talking about the black and brown women that I support in my community. I really didn't want this to be another space for that because it's all over every single community that I am a part of right now.

And for the people who feel really happy to step up and do that work and educate people for free time and time again. That's great, but that isn't my role right now. And as much as there are parts of me that maybe has some guilt or shame about that, I'm also really leaning into practicing what I preach. And that is really knowing that each of us has a unique thumbprint. That is our job to imprint on the world. And each of those thumbprints is important. And the way that I choose to use my platform and my voice and demonstrate my activism is just as valid and necessary and as important as other people's. I, you know, for me, it's about using my voice for other people. It might be the way that they choose to spend their money, for other people it's really taking a stand with their partner or their parents or in their communities.

And knowing that if just everybody takes a stand and knowing that that stand might look different to everybody else's. But if everybody just takes a stand and says, this is not fair, how do I choose to do my bit like that is going to create change standing back on the sidelines and not saying anything, not acknowledging it and saying I'm all right, Jack, you get on with it. No, but understanding that there are people who are creating quiet revolutions because of the way that they are thinking, acting, spending, and sharing is just as important and relevant as the people who are on the front lines, who are really outspoken and are really just taking that stance very publicly. Both of the roles are important and everything in between everything in between. So what I want to do is just leave you with a few resources.

If you are wondering if, and how do I start doing my own work around this first port of call is Nova Reed. She has a great podcast called conversations with Nova Reed, where she is talking about anti-racism Rachel Cargle is a really powerful voice in the movement. The book, why I am no longer talking to white people about race is really powerful. Me and white

supremacy, a book by Laila thought is, well, it started a movement all in its own rights a couple of years ago when she released it for free and then got, then it got made into a book, other books, which I haven't read, but are going to be able to give you a different new perspective on how you be looking at things, white fragility, why it's so hard for white people to talk about racism. And I am still here, but I didn't see in a world made for whiteness. So there's a starting point, go onto Google, Google anti-racism resources. There are lots of things out there for you. If you are feeling a bit stuck with what to say and how to say it and what to think and how to feel, all of these resources are going to be able to help you unpick some of the stuff that is going on in your heart and mind. And these are the same resources that I am using to unpack what is going on in my heart and mine too. Now there is obviously so much more to be said that I want to say, but I'm not gonna lie. I have spoken and spoken, cut and spoken probably more times on this podcast episode than I have ever done before.

And so I think right now, this feels good to leave this here. And we will revisit this for sure in future episodes. If this has been interesting to hear a different perspective, and you would like to share this with people in your community, please, please do. Don't forget. I love it. When you take a screenshot and tag me on Instagram so we can spread the word, not enough people know about the Limitless Life Experience Podcast, and I want to change that. Have an amazing rest of your week.

And please remember that Faith + Action = Miracles.