

The Limitless Life Experience Podcast

Catching The Stories That Hold You Back

Transcript

Intro

When you are truly dialed into your highest self called source universe, whatever you want to call it. When you're truly dialed in, you need for nothing. Welcome to the Limitless Life Experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven-figure, serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach, and believer in miracles. My superpower is helping female entrepreneurs like you create six-figure breakthroughs in your business fast, so that you can expand into limitless living and create an incredibly positive difference in the world. In this space you will hear me talk all about wealth, yourself, spirit, and impact. This is The Limitless Life Experience podcast.

Suzy:

Hello, hello. Oh, you gorgeous human beings it is Suzy Ashworth here, and you are listening to The Limitless Life Experience podcast. And I am here to bring the fire. I maybe, I don't know whether this episode is going to be fiery or not. Actually, maybe I'm just here to chat nicely for a change. We shall see where the wind blows us today, but there is definitely a fire in my belly. When I think about what it is that I desire to create over the next 12 months. And what is interesting is that I am, I have been going through a massive uplevel for sure, being a seven figure entrepreneur, having a launch, which exceeded 640,000 pounds, that requires a big reset. And with that comes, I don't think they're new thoughts and considerations. I actually think that they're quite old. I think that every time we have a breakthrough in our business, that layers of the old fears, doubts, worries, concerns, social conditioning, cultural expectations, those things come up every single time. And as I've been thinking about where I want to take my business and the level of impact that I want to make, the numbers have, it's been interesting to observe my internal response to the numbers that I've been thinking about and what I have needed to do in order to feel really excited about where I want to take the company after I hit a million in sales, and we will now with the revenue that I can see is booked in for this year, we will certainly reach, I think it's like today at time of recording, we're on a 1.5 million, no, 1 million and 5,000 pounds give or take is what we're going to end up on in December if I wasn't to sell anything else. So I think we'll probably finish up at around the 1.2 million mark, which is amazing. And I feel deeply, deeply grateful and honoured to have allowed the business, to have got out of my own way and to have allowed the business to grow in this way feels, I just feel so deeply grateful.

And with that, the question of, well, what's next, my mentor asked me, you know, what are you aligning to next? She asked me that every month. And what was interesting is that the numbers that I had been talking about with my clients, my high level clients, cause I share a lot of the thought process of where I'm taking things on why I'm doing things in a certain way. I've been talking about scaling my high level coaching program, so The Freedom Experience, to 2 million a year. And what was interesting is that that did not feel like a stretch at all. Me having that goal for 2021, and that being *the* goal did not feel exciting. I feel so that is already done. And what is really interesting and what I've been contemplating is, and so

what? So what if that goal is already done? That's incredible. That is a multiple seven-figure business and revenue stream. What more do you need? And the answer to that question is, is nothing. I don't need anything more at this point. And this is where the old conditioning and the old thoughts and not necessarily even old, when I look at and listen to my spiritual mentors who are not in the entrepreneurial world, this desire and aspiration for more is really frowned upon. And perhaps that isn't the right description, but the desire for more and the desire for a certain level of achievement comes from the place of being very attached to our personal identity, I will be satisfied when I've hit this number. I will feel happy when I've got this house or bought this land, or when I'm a seven-figure entrepreneur or multiple seven-figure entrepreneur or this or that, or when this happens or when that happens. And arguably it is this attachment to our personal identity, and what we think is going to create fulfillment in our lives, is one of the biggest problems we have on this planet right now. I think that intellectually, many of the people listening to this podcast, maybe you, understand that what we do is not who we are Intellectually, we understand that having more money in your bank account does not make you a better human being than anybody else. And yet so much of our self esteem and self worth is wrapped up in these external material, wins, achievements and desires. You know, it creates a huge amount of anxiety in many people when they don't feel that they're keeping up with the expectation of where they should be right now, the expectation of where they thought they were going to be. And as an individual who has a deep desire to really one, be of service to humanity and two, really lean into and create inner peace, there is a part of me that struggles with the desire for more, for more sake.

And as I've been thinking about this, I realised that the word need is the word that we need to replace or remove and really understand that when you are truly dialed into your highest self God source universe, whatever you want to call it, when you're truly dialed in, you need for nothing. And the thing that I'm saying so frequently to myself, to my clients is that that dialing in, like if we put a vision on it, a lot of people would think about a phone and us, you know, the Batphone using the hotline as if we're calling somebody outside of ourselves. And what I know to be true from the spiritual teachers that I learn from and have learned from over the years is that God spirit universe, whatever you want to call it, your highest self it's all within. And that activation is a, it's not something that you need to seek outside of yourself, it's not outside of you, it's inside. So it's never going to be activated by an external circumstance. It's never going to be activated by having X amount in the bank and it can never be activated by somebody else telling you that you're amazing, you're incredible, or any of those things. It comes from you being able to tune into your own magnificence and know that your magnificence comes from or just is because it is. And there's this really weird or interesting push and pull with when you start using the word need, or you allow that word need to come into your vocabulary when you can truly, truly accept yourself as being complete, when I can truly accept myself as being complete. Everything I then get to do and choose to do has a completely different energy around it. And, what is great, I'm going to share with you what I am aligning to, what I'm aligning to is 5 million pounds next year, which is obviously a huge leap. And it is not because I need or want in the traditional sense, 5 million pounds. Of course, I don't need that. And when I think about what is required in the world, and when I think about the leverage that income would create when it comes to being able to donate and support people who are doing really amazing things in the world, I get excited. And what that money would represent is a hell of a lot of women finding their own financial freedom and empowerment. It would mean that I have reached a hell of a lot of

women and shared with them, the tools, the techniques, the strategies, the mindset, the quantum shifts that I have experienced over the last year and a half with the context of the knowledge and experience that I have gathered over the last 20 years of creating an existence that I, for the most part I'm deeply, deeply honoured and appreciative of, you know, the big vision is to create an army of freedom sisters, you know, who are really, really doing something in this world that is going to change the world for generations, generations to come.

And that excites me, that really excites me. And 5 million feels like a stretch. It's not in me right now. It definitely feels beyond where I am and that gets to be fun. It gets to be fun learning what is it that I need to release? What is it that I get to step into? What do I need to embody to allow this to be my reality whilst being completely unattached to whether I do it or not. You know, I know that next year is going to be another life changing year. Every year, since I started my business has been a life changing year. And I know that next year, if we've been able to have this year during a fricking global pandemic, I know that next year is going to be in another life changing year and I don't know how that's going to unfold and I'm okay with that.

And I also know that whether I hit it or not, the work that I am excited to go even deeper with, I am so excited to step into a deeper level of truth with, the real work is about me healing more and allowing myself to be complete in the stillness, be complete whilst doing nothing to feel, to feel and be enough in simply the being. Now I have no desire to go and sit in a mountain cave in order to achieve that. And I don't believe that I need to. I believe that my specific purpose is to really break down and decode what it means to live in abundance in all areas of our lives. I believe that it is to activate the freedom codes and free more of us from our minds. So we can really step into and utilise our spiritual selves, our infinite power, you know, really allow infinite possibilities whilst doing, doing really positive work in this three dimensional existence.

But I feel like I'm really going off on one. I'm really going off on one today, but yeah, that's the vibe, that's the vibe of where I am at. So, you know, what I've been sharing is is that, you know, this don't be greedy. Don't be too much. Don't be too materialistic comes up every time we uplevel to another level where I come back to where I've what I've been talking about for many, many years now. And I've only spoken about it more in this last year, because it's felt more needed than ever is that we have to be connected to what it is we're doing and why we're doing it beyond ourselves. And then, and so that's the mission. That's the vision. And then for me, the other part of this is really creating magic whilst honoring that I'm a mum, I'm a wife, I have three children and I want to do all of this whilst never having to work when my kids are home from school.

And that feels like a exciting puzzle piece. I'm excluding the holidays. Although am I, am I, is this vision evolving as we speak? I have two weeks off in August, but you know the idea of having three months off a year, purely during holidays, it's a possibility. That's not my desire right now, but I want to make sure that when my kids get home from school, I'm not working. I want to make sure that when my kids have a tennis match or netball match or doing something after school, I can be there. And I haven't always chosen that. I didn't feel which is a story that wasn't true, but it was a story that I was living. Didn't feel that I quite had that freedom as I was building everything up. And I want to make sure that that story isn't a thing moving forward, Mexico is really incredible. I'm not a WhatsApp school mum, so that will never be me, and Jerome did do the school runs, but I was finished work between two and

four every day we got to hang out at the beach as a family, pretty much every day. And that was a vibe. So when the kids do eventually go back to school, I want to make sure that even though it's longer days over here, if we do come back to England, I want to make sure that by three o'clock I'm done and over here when they finished school, I'm done. And I think that there's the mission work, there's the impact work and then there's the lifestyle piece. And that's the focus. It's always the focus, no matter what the level and your job, as is my job is to really identify the stories. So for me, the big one is around needing and greed and toomuchness, identifying those stories. So you can slowly, or quickly, therapy quickly start to unpick, release and dissolve. And yeah, I'm excited to do that. I would love, love, love to know what your biggest takeaways are from this episode. It's been a real joy to share with you. If you have enjoyed it, please leave me a review on iTunes and don't forget to tag me on Instagram. You know, I love to share, share the love, and please remember that..

Faith + Action = Miracles