

The Limitless Experience Podcast

How to move beyond fear

Transcript

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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.

Hello, you gorgeous human being. It is Suzy Ashworth here, quantum transformation and embodiment coach, and you are listening to the limitless life experience podcast and I am feeling the vibe today. I have just come off the back of a social media free weekend and I'm not going to lie, it has done me the world of good. My hands didn't quite know what to do with themselves. They kept picking up the phone and going to where the apps normally are, but we managed to make it on through. I did not upload them. And from a creativity perspective, it was such a good move to just give myself a little bit of space. And what was interesting is that I pull cards every day, and when I talk about cards, I'm talking about Oracle cards. My favorite deck is the angels and ancestors deck from co grape published by Hay House.

I've used these cards for well over a year now and I definitely feel that I have developed a relationship with them, and I always find the messages super helpful. What is interesting to me is that I pulled three cards today and for the third day in a row, I've still got the hermit card, which is always about resting and retreating. And so even though I'm feeling full of the joys of autumn, I know that there is still work for me to do, and there is still a need for me to go inwards, which I feel okay about. I'm going to have an early night, I'm going to hit the sauna and I'm going to create some space for me to meditate before I go to bed. But suffice to say, if you are feeling overwhelmed, like there's too much on, like you can't breathe, like you're feeling the pressure. I definitely recommend putting your phone down more. It's funny because we use it as a distraction device. We use it to help us tune out from how we're feeling and actually in order to free us up from that feeling of overwhelm, the thing that we need to do is stop distracting ourselves so we can allow those emotions to move through us.

And it is with this beautiful little segue that I wanted to share with you, my thoughts for the day on how we can all move beyond our fear. I had a really gorgeous session

with four of the pay-in-full clients for the freedom experience. If somebody pays in full, they get to have a half day planning and vision mapping session with me. And what was interesting is the theme around fear. I know that fear holds so many people back from really achieving what it is that they desire in the world.

And I think what's interesting to observe in my containers is how many people get through the fear to put the investment down and then they get the fear of, 'oh my goodness', and so it's that moving through feeling, and somebody's capacity to keep moving through that, that really determines the quality of the start of their experience. And so I wanted to share four key learnings I've had around moving through my own fear, which arises every single time I'm about to up level, which arises every single time after I have up-leveled or when I'm going into just a new kind of expansion. So it doesn't ever disappear. It shouldn't disappear. If it disappears, it means that you have got too comfortable with being comfortable. You know, all of our growth happens beyond what we know and whenever we're venturing into the unknown, it is normal to feel scared.

So please don't take that sign as something that you have done wrong or something that you are doing incorrectly. No, it's normal, you're moving beyond your comfort zone. So, number one, what I employ you to do is to stop making it about you. Whenever we make a decision about ourselves, it is easy for us to get lost in the 'yeah but what if I'm doing it wrong? What if I embarrass myself? What if people are going to judge me? What if nobody else gets it?' It's easy to get lost in that when it is all about you. The moment that you make your success about other people, and sometimes those other people are your family members, but more often than not, it is about the legacy and the impact that you get to make beyond your immediate family that I immediately see a shift in the way that people are interacting with their fear, because this is no longer about the approval or disapproval of a family member. This is about your genuine legacy and your capacity to make a positive impact that goes way beyond your family. And really what we're talking about is your impact on the world. And that changes your fear. You know, those feelings that you get, it becomes a 'what if I never do this?' It's the opportunity to switch the fear on its head and use that fear to propel us forward as we know that by not taking the necessary steps, we risk our legacy. We risk being able to be the model. We risk changing people's lives or not changing people's lives because we allow our own fear or scarcity or lack of self-worth to get in the way of doing what we know that we were truly born to do. So my first tip is to stop making it about you and think about your legacy. It changes the quality of the fear that you're experiencing in a way that enables you to turn it on its head.

The second thing I want to invite you to do is just slow down and breathe. What often I hear quite literally when people are in fear is the speed at which the mind is racing. It's thought after thought after thought after thought, there's no rest gap. And as the mind races, the breath gets more and more shallow. And as the breath gets more and more shallow, the body chemically recognizes that we are in stress, creates more stress hormones, and it all becomes a vicious cycle. And so when you

notice your mind racing, my first piece of advice is to take a nice deep breath into your belly. And then as you exhale, imagine yourself being rooted to the ground and leaning in to a real sense of inner stability. So deep breaths into the belly and grounding yourself into the floor and allowing yourself to find a deeper sense of stability. And you're just slowing everything down. And when you're able to slow the breath and slow the body down, you create space for your mind to think more creatively and tap into what it needs to access in order for you to find the solutions that you're looking for.

Step three is just such a powerful question that one of my coaches asked me once that I come back to me, whenever I'm feeling stuck, confused, or lacking clarity. And that question is what would abundance do? It's so easy and you absolutely know when you are working at things from a mind perspective, because your soul will answer what abundance would do and then your mind will say yes, but, and give you all of the logical reasons why you shouldn't do what it is that you know, that you are most aligned to doing. What would abundance do? Ask yourself the question and then follow through on the answer.

And then finally, one more question to help you move through fear is to really look at what is it going to cost you to remain in the same place right now? Because that is what your fear wants you to do. It wants you to keep the status quo going. It doesn't want you to move anything. It doesn't want you to shift anything. It wants you to stay within the limitations that you have been used to operating within. And so I want you to remind yourself of exactly what it's going to cost you to continue acting in the same way as you've always acted. And then from that space, go back and do what abundance would tell you to do.

I hope that this has been super helpful for you. If you have loved it, do not forget to tag me, give me a shout over on the gram, @Suzy_Ashworth. And if you feel so called we'd love a review over on iTunes, and please remember that you have got this because faith plus action = miracles.

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