

The Limitless Experience Podcast
The truth about having it all
Transcript

Suzy:

Even if things happen to me that I'm more in control of, I have tools and resources that are available to me to overcome those challenges.

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.

Speaker 1: [\(01:13\)](#)

Hello, hello you gorgeous human beings. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast and I'm not faffing around with you today. I am just going to get straight to it because I've got a juicy one. It is really, really juicy, and it is all about the concept of having it all. I think this has been one of the most hotly debated consistent themes that I have heard, contemplated, spoken about, listening to other people get quite heated about. Since I started in entrepreneurship it will be my eighth year in December, eight years! Actually, that's not true. It will be my eighth year in July because I always kind of get it slightly skewed. July is when I incorporated my business, but December is when I have my first online sale. So I'm in my eighth year of business anyway, and this theme has come up again and again and again, and it's all about whether a person can have it all or not.

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And when I say a person I'm going to narrow this down just a little bit to whether a woman can have it all. And as soon as you say that sentence immediately, the question of what the heck does have it all mean anyway, come up. I think for the purpose of this conversation, I just want to talk about it in its broadest sense. You know, I have a mentor Regan Hillyer, who you have heard on the podcast and her catch phrase is, "and remember, you can have it all." You know, that is what she has said year after year after year. It's what she teaches. And for me, she is a beautiful example of somebody living into abundance in all of its forms. However, I have always said, you can have it all, but you can't have it all at the same time. And in my experience, what that means is you have to be willing to say no to certain things in order to prioritize and create space for things that you really desire.

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That's what that really means. But when you strip that back, having it all does not mean doing it all. And I think that for many years, that is what people think when they hear that phrase, having it all is doing it all, which is why I started to adopt that, that phrase or that saying, I amended it to you can have it all, but you can't have it all at the same time. And what I really meant by that is you can't do it all at the same time. However, after an epiphany, after watching a new period drama on Netflix, which honestly I could talk to you about for hours because there was so many pieces of that drama that I love. I do not care. I kind of went to have a look at some of the gossip sites and some of the reviews about what was being said about the fact that there was a black queen and mixed-race lovers, all of this jazz.

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And I just thought, you know what, no, I don't want to spoil it. I know how I feel about this show and I'm here for it. I'm available for it. Anyway, I binge watched it over a couple of days and it was such a beautiful piece of escapism for my very active excitable mind. It was really beautiful. And in that space of not thinking about work, not thinking about packing up and leaving Valencia, not thinking about what is going to happen once we get back to England and lock down and quarantine and all of this jazz, I just sat and enjoyed this wheel keeper. You know, the debauchery, the love making, the romance, the scenery, the costumes, all of that. I really, really loved it. And then I had the most miraculous, miraculous maybe slightly extreme, actually no, a miracle is a shift in perspective, according to a course in miracles, it's your capacity to see something differently.

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And after watching this show, I was able to do that. So I was doing some energy work around my relationship with money and really just leaning into what does this next level of receiving get to look like for me? What is it that is holding me back from stepping into that next level now? So this is what I was journaling on and what came up for me was, I mean it was funny and I wrote about this in my newsletter, it was funny because what came up for me was my inner voice in the shape of Lady Bridgerton, the matriarch of the house. Obviously I do not speak anything like Lady Bridgerton, but it was very posh, very plummy. Very, yeah, every vowel was coherently and articulately communicated with the rest. In my head, as I'm receiving this information about what I had been getting wrong when it comes to that next level of receiving.

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So to give you just a little bit of extra context, one of the questions that my mentors had given me was to, or one of the tasks should I say, is to look at my relationship with money and, you know, I've just come off a year where I've had my best year in business, tripled my income, massively increased my profit margins. And so on the surface of it, I would say that my relationship with money is great. It's not just good. It is bloody great. And yet I know that's just the surface. There's always an opportunity to go deeper with all of our self-inquiry. And the reason that I definitely know that there is a reason to go deeper with this inquiry is because if I had such an

incredible relationship with money, I would already be at my new financial goals. I would already be in receipt of 10 million pound years, and million pound launches, that would already be my new normal.

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And because it isn't yet, at least in the 3D reality, there is work that I get to do and it gets to be fun and it gets to be interesting and I get to share insights like this with you, in order for me to create space and for me to become a vibrational match with that 10 million pound level. And what came up for me when I was journaling, was that there was a fear that I was going to have to transform in ways that I didn't want to, that I felt fearful of, in order to move into this next level. I am so clear about how I want to build and grow the business this year, particularly in relation to my family and being there to pick the kids up from school and be super present with them in an even deeper way, in a much deeper way than probably I have been for years, because Jerome has been the primary caretaker for the kids.

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And so during the weeks when they were at school, he would do the pickup and whilst we were in Mexico, that was an incredible experience actually, because I got to have way more of my afternoon with them than what I ever had been able to do when we were living in the UK. And so as we come back to the UK, especially after this period of being in Spain, where I've gone back to traditional UK working hours. So being at my desk, probably from nine to six, Monday to Thursday, and then nine till 12/1 on a Friday, if I work on a Friday, I tend to certainly not have any appointments, but it's the catch up stuff. I have definitely got to the end of days and just felt tired and not really wanting to be so present because I've been knackered. And as we move back to the UK, that isn't how I want things to be, you know, as we go into 2021, that is just not, I'm not available for that anymore.

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And it feels great to make that commitment to myself, to really be able to create the space in my business and have my business grow whilst really being, having the energy that I want to have to be present and alive and fun with my kids when they're around and they're not at school. And so what was, what I've been aware of for the last few weeks as I've kind of danced between, do I want to hit 5 million this year or 10 million this year? What do I want to, what do I want to do? I've been really aware of this fear that if I was to truly be unapologetic and own the fact that I wanted to hit 10 million, I was going to have to make sacrifices that I didn't want to have to make. And it's so interesting because I say this to clients all of the time, I'm like, do you believe that you are a co-creator with the universe?

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Do you believe that you can create your own reality or do you not? Because you can't half believe it, or you can't only believe it up to 50,000 a year or 3,000 pounds a month and then as soon as you go above that, it then disappears. It stops working. You're either in it or you're not in it. And so it's been really positive for me

to be aware of how easy it is to start compromising with yourself and your beliefs. As soon as you find yourself in a situation where you don't a hundred percent feel comfortable, you know, when you find yourself in an area that is out of your current awareness, when it comes to knowing the how and the steps, how easy it is for you to slip back into 3D thinking and victim mentality. When the focus is I'm at the mercy of what happens to me rather than even if things happen to me that I'm not in control of, I have tools and resources that are available to me to overcome those challenges.

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And I'm a miracle maker. Let's not forget that. And so I've been playing around with this in my mind for a little while, and it came up again as I was journaling on this fear of having to transform into ways that I do not desire. And the voice that came through for me was just so clear. And she said, I basically, I can't believe that you're still not getting this after all of this time, I'm like, alright chill out. And she was like, having it all has got nothing to do with how much money you have in your bank account. It has nothing to do with your material success. And at the same time as that, don't misunderstand me when I say that, because your material desires are completely available to you across all times, spaces and dimensions, but having it all is a separate thing to that.

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And as I'm writing, I'm like, okay, go on. And she's like having it all is having all of yourself. It's having all of you and feeling resplendent in the enjoyment of yourself. And I'm like, Whoa, having it all is being all of you, and allowing that to come through in whatever way it desires to be transmitted. Your voice, your song, your writing, your style, your fashion, whatever it is, it's that allowance of all facets of you. It's the allowance of and recognition that you are an energetic being that not only has a physical body, but seven other energy bodies all go to make up your unique essence. And it's about allowing yourself to really revel and relish and ravish all of yourself. And this felt so activating to receive that transmission, especially then when you put it into the context of so many of us are denying our wishes, our desires, or hopes or dreams of fears.

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So many of us are shrinking down the amount of space that we allow ourselves to take up in the world because we are fearful of being too much. And I think that what was the real diamond for me was just hearing. Do you think that as a child of God, universe, source, infinite intelligence, life force power, that it is comprehensible for you to ever be too much? Is that even possible? And as somebody who believes in infinite possibilities, I feel really at ease with contradicting myself and saying, no the way. It is not possible for me to be too much for me. Is there any part of me that is designed to be so that I can't handle? And the answer is no, the answer is categorically no. We are each born completely and utterly perfect in all of our messy imperfections, we're born perfect and innately knowing that everything that gets to come through us gets to move through us.