

The Limitless Experience Podcast

The one about shame

Transcript

You are allowed to enjoy yourself, even when there's s*** going down and it's tough on the outside.

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: [\(01:04\)](#)

Hello hello you gorgeous human being, it is Suzy Ashworth here, and you are listening to the limitless life experience podcast. I'm going to go straight into it. I just recorded a long ass episode. It was like a good 17 minutes. And I realized that I wasn't recording with my Yeti. And so I'm like, I'm debating. Do we let it go? Or do we, rerecord is the problem when you're just riffing. You're like, am I going to be able to get that magic back? I do not know. I will keep you posted. So here's the thing I want to talk about today. And that is shame. It's a shame, the way you mess around with my whirlwind. If it was only that kind of silky smooth, when shame came up to play, the reason that this is in my field right now is I was talking with a client about her desire to really put the brakes on where she is going and what is happening.

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She's seen just an incredible amount of growth over the last 12 months, and she is butting up against an upper limit. And so I just took her through an exercise where we thought about the idea of moving too fast and things kind of running away with her and what she, how she felt about that. And what was so interesting is that when we used one of the freedom codes, freedom code for acceleration, because this is a really common thing when people are on a kind of winning streak that they just all of a sudden want to contract - eek it's too much. So we used the freedom code for acceleration and what came up through her subconscious was she was worried that she was going to die. I'm like, yeah, that would do it. That would stop me. That would, that would make me put the brakes on if underneath my wish/desire/want,

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I was thinking that if I move forward with this, I'm going to die. That is definitely a good reason not to move forward. So we cleared that from her energetic field. But what was interesting about that fear was she was imagining scenarios where she had messed up and the shame of messing up and the shame of not living up to other

people's expectations. It really got me thinking about just how many decisions we make from that limited vantage point of not wanting to feel the shame of not living up to someone else's expectations of us or our own expectations of ourselves. And the reality is, is that there is no space for that when you are committed to helping a lot of people. If you are ruled by your sense of shame, when ultimately you are a good human being, you know, you care about people, you want to make a difference and yeah, for sure.

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We all need to get down. And there are all opportunities for us to do better and to be better. But when you allow shame to make the decisions in your life and business, guess what? That is not a fun place. It's not a fun life. It's not a fun business to be hanging out in and newsflash! Your business does get to be fun. You do get to enjoy it. You are allowed to enjoy yourself, even when there's s*** going down and it's tough on the outside, and in my book, especially when there's s*** going down and it's tough on the outside. Why? Because you get to be a model for what is possible and two, collectively, we need a pattern interrupt because there is so much fear. There is so much sadness. There is so much pain and there is so much suffering.

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And so by being able to show up shameless about your wants, your desires, your wishes, your hopes, and then acting from that place in a way that enrolls people into your vision, which enables you to make deep transformation, which enables you to make a positive difference in the world of your clients, and then get compensated for doing what you love to do and having fun while you get to do it from that point, you are in a beautiful possession to leverage that initial impact and put it into something that is even more powerful, even more transformational, whether that be your time and your energy or your money. What you've done is create leverage in a world where there are lots of people swimming in lack, for you to be able to create abundance from a place where you're able to enjoy it and stretch into it.

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You create leverage. And that leverage is currency for doing more good things. And I love that. I was talking to the same client and we were talking about the difference between what I observed within her behavior and the behavior of another client in a similar niche, and I just said, it's this love of self it's this ability to enjoy the moment and enjoy the success and celebrate it because what we focus on expands, and that's the vibration and energy she's bringing to the successes that she is having. There's no shame there, there's no guilt or any shame. Let's be real any shame, fear, or guilt that comes through is moving through at a much quicker, far more accelerated rate than so many other people who I see get trapped in it. So the invitation for you today is to really tune in and observe, where am I making decisions based out of shame, versus where am I making decisions out of the place that I desire to move into.

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And that piece is something that I could do, will do, another whole podcast on. I think often we talk about where are we making decisions based out of shame versus love. I think that that is very, very powerful. And I know that for me at least, there is even more spaciousness to think about, okay, practically, is this the best next step? Is this what I really want to do? When I think about me being already at my "end" result, and I say, "end" because there is no end, it's all a journey. There is no destination sorted, unless you are the Dalai Lama. And I've heard, you know somebody burst my bubble about the Dalai Lama as well, so, apparently he fat shamed somebody and you can you believe that, is that true? I don't know. But my point is right now one of the things that is going to serve you very, very highly is to remove the shame from the decisions that you make and really tune into what is it that I desire and what would I be choosing if I already knew the result that I wanted was already done in the bag, finito, what would you choose?

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I hope this has been helpful for you today. If you have enjoyed it, please share this podcast with a friend or tag me on Instagram so we can let more people in on the fun. And I'm not sure when this is going out, but I think it's before The ONE Live, which is taking place on the 22nd to the 24th of January, it is going to be an incredible live virtual event. If you haven't got your ticket, sort it out because there are still tickets left available and we would love to party with you. Please remember that faith plus action equals miracles.

Faith + Action = Miracles