

## The Limitless Experience Podcast

### What comes after expansion

#### Transcript

Suzy: [\(00:01\)](#)

The reason that it is so fricking important for it to be coming from here and your heart, rather than here in your head is it your heart, the wisdom of the heart understands that you are limitless, that you are fully expansive and that you can hold it all.

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.

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Hello hello you gorgeous human beings. It is Suzy Ashworth here. It feels really good. I feel like I actually haven't done anything since the event, which was a week ago, two weeks ago. I don't know. I don't even know. Right. So I want to give a shout out to Lauren White. Lauren is one of my clients in the freedom experience. And we did a podcast interview yesterday and it's quite, I did a couple, I did two podcasts interviews and a training. This conversation that I had with Lauren was like brrrrr, it unlocked so many beautiful keys and things within me and it unlocked just so many just beautiful things for me. And it really made me realize that the way that I show up in my groups, the way that I desire to show up online, the way that I want to show up in these lives is so much richer and deeper.

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Like we get to go so much deeper and it's in that space when you allow yourself to go beyond the surface, go beyond what your mind is telling you that you need to do what you should be doing, what, who you need to be. And you just really allow your heart to lead you. It's just a different quality of conversation. It's a different vibration. And what happens after that when it comes to making the decisions that you need to make, when it comes to identifying what's the next best step, completely different answers. And so the first thing that I want to say to you today is all you truly showing up as you, are you truly showing up in a way that when you speak, you know that it's coming from here as in your heart, rather than here in your head.

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And the reason that it is so fricking important for it to becoming from here and your heart rather than here in your head is that your heart, the wisdom of the heart

understands that you are limitless, that you are fully expansive and that you can hold it all, you can allow it all to move through you. Whereas your head is absolutely limited. Your head says, there's not enough. Your head says you are not enough. Your head says, it's not working. You're not working. You are not supported. You're about to fall on your arse. The head is very, very good at solving specific problems. And we need our head. We need the mind. And when it comes to that bigger part of you, who you really are, there is often a disconnect. Let me know if what I am saying is making sense. Is your head computing what it is that I am saying? Yes, limitless possibilities.

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You are possible. So that, that fricking head exactly. We want to get it out of the way. And this is really what I wanted to talk about. What happens after we have a massive expansion. So I know that there were a good lot of you who came to the one live. They were a good lot of you that decided that you were going to invest in the one or into the freedom experience. And when you make that decision, it's coming from a really expensive place. Like often there might be a little bit of, there's a bit of fear, but really you're in that expensive space. What then happens after everybody comes back down to earth. What then happens after real life kicks in and Sasha's like, that exhale. And what most of us experience is the contraction. What most of us experience is the ebb that comes off to that beautiful flow. And what most of us do when we experience that ebb is freak the fuck out, hands up,

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Who's had that experience of having this life? Whoa, like yes, it kind of happens. Like if you've ever done anything like plant medicine or you've had, you know, a beautiful breathwork session. And you're just like, yes, everything's amazing. Everything is possible. And then it's that coming back down to earth, then it is the reality. And what most people do as that contraction is happening, is that they move from their heart space, into their head. And that movement from the heart into the head says, you're not enough. It's not possible. You're not possible. Let's slow everything down. Let's get really real. Let's get very, very sensible. Here's what I want you to do when you are feeling like you are in that space. And it's so simple. God it makes me feel emotional. I did this on the call yesterday. I was talking about it with Lauren. It makes me feel emotional. What I want you to do when you feel like you're in that contraction and you feel like everything is closing in.

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I want you to just take a seat. I want you to put both feet on the floor. I want you to roll your shoulders back. And I want you to breathe. Your breath holds the key to you, allowing that flow back in. It's so simple and yet we underestimate the power of it because we take our breath for granted all of the time. It's like putting both feet on the floor, feeling, like allowing yourself to feel the support of the earth, allowing yourself to be deeply and fully grounded, knowing that you are held because the head says you are not held. The head says you are on your own. The head says that you are going to f\*ck it up. So feet firmly on the floor allow yourself

to be fully, fully like, feel that support. Breathe in, like create expansion. Let's all do it together. Okay. Feet on the floor. You can have your hands resting on your knees if it's safe for you to do so obviously, or you can have your hands palm up. Palm up is like the receiving mode. Close your eyes for just a second and breathe.

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How good does that feel? Asa had already written that it feels so good. What I want you to do in those moments is notice the change in your body and notice the change in how you feel. It's from that space that you get into, after you have taken the breath, one or two breaths, you've recentered yourself. You've grounded yourself. The next thing I want you to do is I want you to think about your big vision. Bianca said, calmness, you cannot make smart decisions when you are stressed. You cannot make smart decisions when you are in contraction, you're holding. That inner stillness. You're more open. You're more expansive, because you are limitless. And that's the point guys, when you are in your head, you feel the contraction, you feel the limitations and everything feels real. When you drop back into your heart, you open up a sense of spaciousness and you are able to tap into your limitlessness, your limitless potential. From that space,

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I want you to think about your bigger vision for yourself, for your family or for the world, it doesn't matter. But from that space of calmness and openness and expansiveness, you get to ask yourself, what is the next best step? What does that version of me who knows that I'm hitting 250K this year, that knows I'm hitting 500,000, who knows I'm hitting a million, what does she think about the best next step? And I guarantee you that when you ask yourself that question in that head space, you get a completely different answer to the answer that you would get when you're all up in your head, do you get where I'm coming from? What happens after big expansion is contraction. And what I want you to understand is that the natural ebb and flow like a give and take, give and receive that is absolutely normal.

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What holds you back is that most of the time, when you go into that contracted space, you think that the limitations, you move into your head and you start thinking from that place of limitation. And what happens when you think from that place of limitation is that you get stuck, you get stuck, where you are, or you go backwards, you retract. And that is the game that most people are playing because they don't realize that what's going up in their head is not fact, it's not part of the thing. It doesn't have to be the story. So just by breathing two breaths, two, three breaths breathing, and then asking yourself, what would she do? What would they do? Is it part of my morning routine? I spend a lot of time, probably about half an hour, just working with my energy, like feeling into that limitlessness and I looked to play around and control it.

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I look to see if I can flood the room with my energy. I looked to see if I can send it around the universe. So that's what I do in the morning. This exercise is what I do. And look, I've just had a big event, you know, it was amazing. And what I know to be true is that even though the eight figure impact Suzy is already like, is already one, exists and two, fully expanded and taking this into taking everything in her stride, 3D Suzy, reality Suszy, like here Suzy is experiencing some contraction. And rather than freak out about it, this is what I do when I find myself about to take, you can always tell when you're taking action or decision from a place of force, from a place of push, from a place of scarcity, fear, lack or worry, you feel it in your body. So as soon as I catch myself acting, thinking, feeling from that space of contraction, which I expect after a big expansion, this is what I do.

So my loves is I hope that this has been super helpful for you. I just want to say it's good to be back love you so much and have an incredible rest of your day. Mwah. Love you.

Faith + Action = Miracles