

The Limitless Experience Podcast
How to return back to calm Transcript

Suzy: [\(00:02\)](#)

And that is what we are looking to do, create a spaciousness where there has been, or is a contraction.

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.

[\(01:12\)](#)

Hello hello, gorgeous human beings. It is Suzy Ashworth here, and I want to welcome you to the limitless life experience podcast. I have got a quick and dirty one for you today. And this is a question that we received via Instagram. And I do love a little bit of an audience question. So if you have something that you would love for me to comment on, give you my advice on, share my viewpoint on, on the podcast, then do hit me up in the DMS because this feels fun. So the question that I received was how do you come back to calm when you've been feeling anxiety build all day? Now, I am not an anxiety specialist, but we all have those moments in time where we are feeling anxious when we are worrying about what is going to happen in the future, whether that is in our business, in our relationships, with our friendships, we all have those moments in time where the thoughts seem to overrun and override what we want to do and where we want to be.

[\(02:26\)](#)

And as somebody who's had a lot going on over the past few months, I have definitely felt this more than what I would like to. And the things I have found so helpful are, one, consciously knowing that it does not matter what is presented to me, it doesn't matter if the worst case scenario is going to happen. If I am going to lose everything and end up alone and destitute like drinking from a drain, even if that happens to me, I will be okay. That I will somehow some way find a way to make life work. And I think that this is an important anchor point for you to come back to. It definitely is for me, it's that reminder that I believe fundamentally that life is on my side. And I think that when you are in fear, when you're worried, when you are feeling anxious, it's the forgetting of that.

[\(03:42\)](#)

It's when you're able to shift your awareness back to that perspective, immediately, it creates a sense of spaciousness. And that is what we are looking to do, create spaciousness, where there has been, or is a contraction. So remembering that the

world supports me, life is on my side, I will be okay, that is the first step. The second step is grounding. And I have spoken a lot about this recently in my paid groups, even in the quantum success hub for female entrepreneurs, if you're not over there hanging out with me, what are you doing? Come and play. It's super fun. I start most lives, grounding everybody into the present moment. And when we are feeling anxious, when we are worried, when we are projecting into the future, our capacity to bring ourselves back into the present moment is so important. Like it absolutely determines the experience that we are going to continue expanding into.

[\(04:57\)](#)

So coming back, bringing your attention and literally imagining yourself like being in a lift, coming down in that lift down to your heart space. And if you desire going all the way down to the tips of your toes, super powerful in just bringing you back into the body and then just bringing your attention to the base of your tailbone and the root shakra. And just imagining, you know, imagine, feel or know that there is a grounding cord coming out of the base of your tailbone and just imagining it going all the way down into the center of the earth. And you, as you're exhaling, just breathing out everything that doesn't serve you, anything that is keeping you feeling contracted, less than, fearful, just breathing all of that down into the earth. And as you, you can imagine the earth's energy coming up through the soles of the feet and the grounding cord, but really what is most helpful is that sense of really being in the body and allowing yourself, giving yourself permission to be fully grounded in the present moment.

[\(06:17\)](#)

And it's with that action that you get to combine it with beautiful, deep breaths, allowing the lungs and the chest and the heart to expand as you inhale and exhale. And it's in that moment, you know, we're talking two or three breaths, immediately you can come back to a place of calmness. And this isn't a one time and you're done like one and done. This is something that you might have to come back to multiple times a day, but I want you to know that that doesn't mean that you're doing anything wrong, or it doesn't mean that it's not working. It means that your mind is on one, and the creating the opportunity for it to get off one again and again and again, is just what is needed in the moment. So test it, go and play with it. You know, first deciding that you're going to be okay, and life is on your side.

[\(07:22\)](#)

Secondly, just bringing yourself down, out of your head and into your heart space and then sending all of that energy down into the ground, imagining a grounding cord coming out of the base of your tailbone, going all the way down into the center of the earth, breathing down into your body, allowing yourself to be really present in that moment. And as you inhale, if you decide, you can allow the earth energy to come up through the soles of the feet, through the ground and cord, and then as you exhale, just sending everything down that is no longer in your highest and best. Test it. See how it feels. And then come and let me know if it was helpful for you in the moment over on the gram

If you haven't left us a review yet, please do me a favor. It's not just me. I say us, but it's not just me. There are a team of amazing human beings working on getting this podcast out to you, not once but twice a week. So if you are getting value, if you are enjoying what it is that I'm sharing, then please do leave a review over on iTunes and hit me up on the gram so we can share the love with as many people as possible. And you know what's coming next. It's your job to remember that faith plus action equals miracles.

Faith + Action = Miracles