

The Limitless Experience Podcast
The Four Steps to Increasing Your Wealth Frequency
Transcript

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

What I've learned in the journey over this period is that again, wealth doesn't start with the money in the bank, it's a byproduct of us being able to turn up our frequency.

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: [\(01:09\)](#)

Goodmorning, nobody needs to hear that first thing in the morning, but I don't care because I'm feeling the vibe today and you gorgeous human beings. I am going to get into it. So, okay. So we are talking about wealth today, and I want to ask you the question. What's the first thing that comes into your mind when I say the word wealthy? One of the biggest mistakes that people, when it comes to wealth is completely associating it with the amount of money that they have in the bank, because it's interesting.

[\(03:11\)](#)

Some of you have said abundance. I said, freedom. I want you to get, again, really real. Let's get specific. The more specific you are with the way that you think, the easier it becomes to create the space for you to find out what is the rewire that is needed when it comes to changing your current situation. It is one, possibly the biggest thing, biggest mistake that I see when it comes to talking about wealth and being able to generate wealth for yourself. I think one of the biggest shifts for me, when it came to increasing my wealth is really understanding that wealth is an inside job and it starts with how I am feeling. For me, when it comes to wealth, I'm looking at how I feel. I'm looking at how much I love. I'm looking at how much I'm able to laugh. I'm looking at the choices that I get to make.

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And that is a really important one because it doesn't matter when I was just starting out in business eight years ago, on paper because of my financial situation, the number of choices that I had on paper looked limited, but because I always chose in a game you hear, I always chose to be really, really clear about what am I choosing to do. I am choosing not to see one-to-one clients. I am choosing to create a 97 pound product. And because I always empowered myself, choice. I always had

choices, even though on paper, things may have looked limited. And even in reality, I had less choices then. But I always felt that I, because I was in control and because I had empowered myself around my choices, I always felt wealthy when it came to the choices that I was making in my life. Let me know if this is making sense.

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Give me a yes if this is making sense. So we're talking about love. We're talking about laughter, we're talking about fun. We're talking about freedom and money is in there, of course, but it's not the lead thing. It's not the lead thing. So when I'm talking about love and laughter and fun and freedom, are you wealthy? And I want you to be really honest about this because let's also be really real. We have just come off the back of the hardest year in history. And I think that a lot of people started 2021 saying this is going to be the year, this is going to be amazing. And actually it's also being tough. It's also been more challenging than what many of us were hoping for. And so when it comes to freedom, for example, when it comes to choices, when it comes to laughter, when it comes to love, maybe even in those phases, in those places, there is an opportunity for us to turn the dial up and I love the hell

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yes, this is everything. Yes I'm so wealthy. Yes I'm wealthy. Yes, yes, yes, yes. My question is, can you turn the dial up? Is there space? Because I can tell you that I am not at a 10 and it was really interesting, a couple of nights ago I was sat down and I was doing my journaling. And what I realized was that I was distracting myself. I've been distracting myself again. And often that happens when I recognize that there is stuff on my plate, there's a lot going on and I don't want to feel the feelings. And so in order for me to turn the dial up on my wealth, I have to first be prepared to sit with the discomfort of where I am and what is going on and what I'm distracting myself with. And then I have to be super uber conscious about where am I going to increase my wealth when it comes to freedom, love, laughter, pleasure, and all of that good stuff.

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Let me know if that is making sense, because what I want is for you to listen to this today and not just say, yay, yeah, I'm already there, but I want you to know where's the opportunity for me to turn the dial up. And in order for us to bring more in, we always have to let something go, always. You can't create more abundance and more wealth without letting stuff go. So we all get to be wealthy today, for sure. And when we understand what wealth is and all of the facets that it is, we get to feel that today. And there is always an opportunity for us to increase our level of abundance in all areas of our life. And in order to do that, we have to release, you get to release some of those distractions in order to create more space, to allow in more wealth.

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So that's the kind of baseline that I want you to really start to lean into when it comes to thinking about your wealth. And now I want to talk to you about what the how gets to look like when we are increasing our levels of abundance and wealth across all areas of our life. And really what I took on board last year especially, because, I mean, and this is so, I feel like I could sit and talk to you about this for, you know, I could do a half day workshop on this because life has changed so much for me over the last 18 months. And I am on this journey of allowing myself to bring in. Give myself permission to receive on such an abundant level, you know, for those of you who know me already, and I know a fair few of you do, you know, you know, you've seen the journey, you've seen me tripling my income.

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You seen, you know, the living in Mexico and all of that. And now you see me in the UK and you know, so many of you know, that, you know, the next year is going to be really different as I embark on, you know, being a separate person again, you know, as I move on from my marriage and I open up a new chapter in my life. And so much of that journey is about the real acknowledgement of how do I get to increase my wealth when it comes to love, when it comes to relationship, when it comes to deep, deep pleasure and all of that beautiful stuff, which I've been on the journey for the last year and a half, which has got me here today. And it's the what does that next piece look like? And what I've learned in the journey over this period is that again, wealth doesn't start with the money in the bank. It's a byproduct of us being able to create and allow, not create an allow, turn up our frequency.

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You know, it's about us being able to, I get to align to more love. I get to align and to more pleasure, I get to align to more freedom. And that next level of receiving, and I've talked about this before. You've heard me talk about this at length when it comes to frequency and yes it is and I do give you, if you need permission, like here's your permission slip okay. And I want to talk about to you more specifically about what I did consciously to create this new level of abundance, both in the bank account, but also in my heart, also in how I feel, also in how I show up, also in how I receive. And the first thing was the conscious transformation. You know, it was having conversations like this with people who are not only earning beautiful, beautiful amount of money, but people who are impacting the world in ways that I am dreaming of, I'm dreaming of being able to impact the world

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in the way that they are impacting. And I'm looking at, and sometimes this is all one person. Sometimes this is various different people, but I'm looking at the relationship and I'm looking at the relationship they have with themselves. And I'm looking at the relationship that they have in partnership. And I'm seeing that wealth and I'm seeing that beauty and I'm consciously. And Michelle, you just said it, consciously giving myself permission to step into that wealth. And the first part of that is really about aligning yourself, making sure environmentally you're putting yourself in the position where you're seeing people, where you're seeing models,

where you're seeing examples of people living into the life and the wealth that you give yourself permission to step into. So I'm seeing it and I'm giving myself permission and then I'm doing the exercises on a daily basis where I'm consciously bringing myself back to center and consciously bringing myself and elevating my frequency, elevating the way that I think and feel around receiving.

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And it's so interesting because like I said, I've not been on Instagram for a little while. I've been doing my thing and I've been needing to take some time, just so like allowing myself to settle and allow whatever needs to be released to be released. And I haven't been consciously opening myself up to receiving more. And so it feels so beautiful. It feels so beautiful to be able to even remind myself that, oh, there's another level. There's more levels of this Suzy that as I'm speaking about it, I'm feeling into it even more. Today's going to be a beautifully wealthy day. So the first step is that conscious transformation, the second step to releasing the stuff that doesn't serve you and creating space for you having a higher frequency when it comes to your wealth creation and generation, is that subconscious transformation.

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It's like, we could all say that we want, right? But our behavior will tell you every single day of the week where you are still sabotaging yourself, where you still feel unsafe to receive. Whether that is in the way that you charge, whether that comes to crazily discounting your offers before anybody's even asked for anything, whether it is the stories you tell yourself about people not being ready to pay you. And I'm using money examples because it's so easy to be able to see it when it comes to our money, but it will be reflected to you in every other area of your life as well. You know, when somebody says, you look amazing and you say, Oh no, I don't. Or you look amazing. Then you go, Oh, I just got this from primark. Or when somebody says, can I help

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with that? And you say, no, no, no, no as you're like falling about trying to hold all of the

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shopping, you know? And so subconsciously, or even consciously you're saying that you want it. If you don't use tools to help you release the subconscious belief, you will, the subconscious belief that it isn't safe for you to be wealthy, that you're not allowed to be wealthy, that it isn't for you, like type, Rachel's already done it. I want you to type into the comment box if you are somebody that recognizes that you want to increase your wealth across all areas of your life, but you know, subconsciously you're sabotaging yourself because your behavior belies what you really think about being wealthy. You know, somebody says, I want to go on a date and you find all of the excuses. And I get, we're in COVID times now, but there are zoom dates. You know, somebody says that you want to go on a date and you're making all of the excuses as to why that this is not a real thing.

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Why this is not valid. I'm thinking about one of my clients who was messaging me about the fact that she had to really catch herself in her sabotage patterns, pushing somebody away that she was actually quite into. She wasn't allowing herself to feel wealthy in there. And if you recognize that, do I want to increase my wealth across all areas of my life, I must stop sabotaging my legacy. Exactly. It's not even about us. You know, it's about what we get to pass on. It's about the impact as well. So first is conscious transformation. Second is subconscious transformation. The third thing is our energy. This was such like a missing piece of the puzzle. Like every morning, every morning, in my quietness, what have I been doing? I have been working with my energy clearing all of the stuff that I hold in my energetic field, in my auric field that says you had this, all of the memories that I hold, energetically that have in the past shown me why it's not safe.

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All of those experiences, creating little leaks, little tears and impeding or damaging the integrity of my container. You know, so literally energetically when there's a hole, that's where the leaks are, that's where the money falls out. That's where you sign a contract and then somebody says, oh, sorry, I'm not going ahead with it. Why does that happen when consciously you're doing the work, you've been meditating on the work, but still you're noticing that you bring it in in one hand and it goes in the next hand. That's around what is going on with your energy. And that has been such a freaking game changer. Again, I use Amanda because she's just like coming to mind, but quantum flow is one of the two I have used that actually works in a conscious, subconscious and energetic level and physical, which I'm coming to that has changed the game.

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And sometimes I'm doing it through my movement and other times I'm literally just working with my energy and my shakras. So I'm creating healing on a daily basis, creating a clearer channel for me to be able to receive. So yeah, conscious transformation, subconscious transformation and energetic transformation and the fourth one, which I've already just kind of given you a little bit of a dip into is we also get to be doing this on a physical level. So in exactly the same way, as that I said, that we're holding experiences in our energetic field that tells us that it's not safe from past events, we're also holding that crap in our bodies. You know, our bodies, people think that it's all about the mind and the brain and the conscious and the subconscious parts of the brain, but our skin and our body hold memories as well.

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And the best example I can give you of this is hypnobirthing, which is what I used to teach before all of this beautiful stuff. And I'd have women who would literally train their brains. They would think, you know, think good thoughts. Think all of the positive things, we do the meditations, we change their feel on a subconscious

level. And then somebody would come into the room while they were birthing. And these people were like a hundred percent clear that they were ready to let it all go. And their body would just take over, the adrenaline would spike and physically, they had still been holding onto something that stopped them from being able to move forward. And so what I found and I talked about this when I did the gateway program. What I found is that most of us are doing work in one of these areas, at least one of the areas.

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So conscious transformation, subconscious transformation, physical or energetic. And we might even be doing work in all three, in three of the areas. But unless you're bringing all four pieces together, you are reducing your capacity to increase your wealth, your reducing your capacity to make a quantum transformation in, well in your wealth frequency, across freedom, across love, across money, across joy, across all of those areas. So let me know if this makes sense. And I would love for you, at the examples that I've given you, which one of those areas, one or more of those areas, do you know that you haven't been putting time and attention and intention to over the last few weeks or months. Tell me which one is not the thing, which one do you get to work on more over the next few weeks or months? Which one of those areas do you get to give yourself more, put more time and intention to that you know would make a difference to you, your conscious subconscious, physical, or energetic.

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So I'm going to say health, that is physical. And actually still, I actually don't think that that is just physical. That is conscious. You know, how are you thinking about your health. Subconsciously what is the story that you have around your health and energetically are you clearing yourself on a regular basis and physically what are you doing for your body on a regular basis to release those old stories? We've got physical, we've got subconscious and energetic. We've got conscious. And the thing is, if anybody recognizes that conscious is the thing for them, actually all four of them, all four of those are going to make a difference. Yay. Thank you. You beautiful, beautiful human beings. So for those of you who are like, okay, we've got there and I know that these things are a thing and I want some more support.

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Obviously we have the wealth frequency playbook. I released this last year, it's a 21 day program where I take you through all four of these areas. There are beautiful meditations. There's energetic work. There's quantum flow for each week. There are the conscious decisions and awareness that you need to be making on a daily basis. And on the website, up until yesterday or today, it was 997 plus VAT. We have a ridiculous sale on of 111 pounds plus VAT. So if you want to play, and I really, really, really, I, this is, it's 21 days. You have me in your ears. It's a gift. It is really, I break it down so it is super simple. You have all of the tasks. And what we're looking to do is see a significant shift in how you feel and how much you are allowing yourself to

receive in just 21 days, the link is
www.suzyashworth.com/the-wealth-frequency-playbook.

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We need to next time make sure we have a shorter URL to make it easier for people. If you've got any questions, hit me up. Everything that I've been talking about today is designed to just really kind of help you with your mindset. So you're able to see, okay, this is where it gets to slot in, but please hop onto the page. Let me know, like I say, if you have any questions at all, but it would be amazing to welcome a whole new group of you in so that you can play. We're looking for you to increase how much money you are earning, but not only that, increase how much freedom you feel internally, even if you are in lockdown. We're looking for you to notice on a day by day basis, not only how much you love yourself, but how much you're allowing other people to love you.

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Okay? We are looking for you to feel empowered around the choices that you get to make and making sure that those choices are in alignment with what it is that you say that you want to receive, which should be more money, which should be more loving. It should be more freedom. It should be all of the things, okay. We want you at the end of the 21 days to not only know in your head and your heart, that you are a wealthy human being, but we want you to know you have the tangible evidence that you are a wealthy, even more wealthy human being. So my love that is it for me today. And I will see you bye-bye.

Faith + Action = Miracles