

The Limitless Experience Podcast
What to do when shit hits the fan
Transcript

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

I want you to remember, what you get to remember is that you are a sovereign being, and you are the source of your own power. And that statement in and of itself, can create magic when you really allow yourself to lean into what that means.

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.

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

Hello hello hello, you gorgeous human being. It is Suzy Ashworth here, and I am super excited to welcome you to this episode of the limitless life experience podcast. And we are getting into it today. I wanted to talk to you about what happens when sh*t hits the fan. And I'm not going to lie, there was a part of me that wanted to start this podcast off in probably the most irritating way that anybody could start a podcast off when you're talking about the shit hitting the fan. And no, I'm not going to say calm down, I'm not going to use those words anyway, but there was a part of me that wanted to say, it's all just a game, man. Just, you know, step out of the matrix. None of it's real. None of it matters. And I just thought, wow, Suze, what are you on? That is not going to be helpful right now. So even though there is a part of me that really takes solace in being able to recognize when I am taking things way too fricking seriously, when I am putting my attention on all of the wrong things, that is not the direction we are going in with this podcast.

[\(02:23\)](#)

So the first thing I want you to do, if you are feeling like you are stuck in the middle of chaos is to breathe. I have been speaking about the power of the breath a lot recently, and it really comes from this place of knowing the importance of bringing ourselves back to the present moment. You know, when we are in chaos, stressed, anxious, depressed, it's because we're either worrying about what has happened or worrying about what we think might happen. And the first place that we get to recenter and bring ourselves back to empowerment is to really create spaciousness by being in the present moment. And so just by taking a nice deep breath in, let's do that now together... and exhaling, allowing the mind to drop into the body. We can immediately create a sense of spaciousness and depending on how hectic things are for you, depending on all of the things that you have running around in your mind, you might need to take two or three breaths.

[\(03:34\)](#)

You might need to do it for a minute. You might need to do it for three minutes, but however long you need to do it for, until you're able to feel just even the smallest sense of expansion, commit to doing it for that amount of time. The second step is to notice, where am I in my shadow? And when I say shadow, I'm talking about fear, guilt, blame, frustration, anger about the situation that you are in. And just being able to identify your stuff is the start for you when it comes to empowering yourself again. When shit hits the fan, often it is difficult to know what the best next step is because frustration, anger, confusion, chaos, give us a murky vision. And so knowing what your part, what's the part that I am playing in this destruction. What's the part that I'm bringing to the table in this argument, in this breakdown, in this, whatever. It's being very clear on when we're in blame mode or we're trying to control the responses of somebody else, you are completely disempowering yourself, and where your power comes from is within.

[\(05:03\)](#)

So having a high level of self-awareness and self-leadership is always going to help you when you find yourself in a situation that you don't want to be in.

Self-awareness and self-leadership, and that starts with owning your crap. So what are you doing that you get to change your perspective? It's either change your mindset, so change your perspective, or change your behaviour. What can you do? And you could only do that when you've identified where you are playing or thinking in your shadow. So once you've identified those areas, it's then step three is remembering who you really are. The classic self-development phrase, it gets banded around every 30 seconds, probably said somewhere in the world, every 0.001 millisecond, but it's true. That's the reason that it gets banded around. Most of us have forgotten who we really are. So we are operating from our victim space, we're operating from our child archetype and what I want you to remember, what you get to remember is that you are a sovereign being and you are the source of your own power.

[\(06:24\)](#)

And that statement in and of itself can create magic when you really allow yourself to lean into what that means. When you claim your sovereignty, and you say that I am the source of my own power, it means that nobody from anywhere or no situation or no experience can take that away from you. And that is such a beautiful place to be in, especially when you bring the breath to that energy. You know, I'm not talking about you activating your ego and running around claiming land. I am talking about you breathing into your highest self breathing into your sovereignty and the energy of that intention combined with the power of the breath, changes your frequency, changes what is emanating from you on a vibrational level. And from that space, you get to allow the fears, the shadow parts to just fall away. Sometimes it is useful to say, I choose to release X.

[\(07:41\)](#)

I choose to release Y, I choose to release Z, and sometimes just by being in the space, you've crowded them out. So tune in to what is most in alignment for you, as you choose to release, you then get to ask yourself the question, this is step five, what do I choose? You know, what does really stepping into your power, empowering yourself, taking full responsibility. What does that get to look like? How does it get to feel? And I think that this is just a really beautiful question that you get to ask yourself when you are, when the money shit has come up, what do I choose? Do I choose to continue the story that nobody will pay me for what I desire? Do I choose to continue the story that I am not good enough? Do I continue to choose the story that I need to build up more experience before I can charge what I really know that this package is worth?

[\(08:46\)](#)

I mean, obviously you're not going to choose any of those things, but what do you want? What do you desire to expand into? Choose those things. Once you have got clear on what it is that you are choosing, who do you need to be to make that a reality? And I think that this is really important. The, 'what am I choosing and who do I need to be' is not a question that you ask yourself once. It's a question that you ask yourself multiple times a day, every single time, a situation challenges you every single time you feel a contraction in your body. The question that you ask yourself is who do I need to be? What am I choosing? And who do I need to be, in this moment? And often you're going to need to come back to the breath and create spaciousness where the contraction has held on.

[\(09:42\)](#)

So what do I choose? Six is, who do I need to be. Point 7, which might be point 8, I'm not entirely sure, is what actions do I need to take. It's always faith plus action equals miracles. The faith piece comes with the remembering that you are a sovereign being and truly choosing to know that that is true. I have faith that I am a sovereign being, and I am the source of my own power. Then it's the action piece. What actions are required of me? I haven't mastered the act of just meditating and manifesting. I believe that it's possible. I just haven't manifested that myself. So action, aligned action, energetically aligned action is always part of the equation. What actions do I need to take? And then finally, who can I help today? Who can I help today? And the reason that that is important, is that when you are in the space of how can I be of service,

[\(10:46\)](#)

how can I be generous, how can I help, you start activating the give and receive cycle. I'm going to give not because I want to get anything, but because I know that when I give from a real place of pure intention, that I am activating, I'm being of service and I get to activate receiving. Whereas when I am coming at it from a place of what can I get, what do I need, and that's the only thing that I'm thinking about. I'm blocking and energetically something is misaligned when it comes to giving and receiving. So 'who can I help today', super powerful. So get yourself aligned, know what it is that you're choosing, take aligned action with your choice and help

somebody else just for the sake of helping and how many times can you do that each week, helping somebody else, just for the sake of helping, is a challenge.

[\(11:47\)](#)

So I hope that this was super helpful. We talked about breathing, identifying where you're in your shadow, claiming your sovereignty, choosing the fears that you get to release, choosing what you get to expand into, looking at who you need to be, what actions do you need to take and who it is that you can help. If you want this little checklist as a download, then check out the show notes because the team have put this together as a little PDF for you. Yes, you are welcome. And if this has been helpful, please share on Instagram. And if you haven't left us a review yet over on iTunes, do me a favor, be a good listener and return the favor for us. And remember that faith plus action equals miracles.

Faith + Action = Miracles