

The Limitless Experience Podcast  
How to elevate your current situation  
Transcript

When you think about how you are transmitting yourself energetically, what needs to go in order for you to step into your next level?

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.

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

Hello hello hello you gorgeous human being. It is Suzy Ashworth here, and I want to welcome you to the limitless life experience podcast. And it is going to be, I think it's going to be a quick and dirty one. It makes me laugh. I say quick and dirty all the time. And then I kind of hear myself and I'm like, is that really the best way to start your podcast? Telling people it's going to be quick and dirty, dirty, dirty, dirty. I've got no idea, but that is what we do here. So let's roll with it. And today's episode is all about how you elevate your current situation, existence, being, and the answer to this is probably something that you have heard before. And at the same time, the reason that you've heard it before, and the reason why it's important to keep coming back to it is you don't always have to look for the next new shiny thing when it comes to creating something new in your life.

[\(02:11\)](#)

Actually revisiting tried and tested things that work is always the, and I say easy, but easy is not the right word. Certainly, always the most simple thing for you to do, simple doesn't always mean easy. So what is this magical thing that you are talking about Suzy Ashworth? And that is decluttering, it is decluttering. It is creating space for the elevation to come in and it doesn't matter how many times I say this. And I think that probably because I do say it a lot. Sometimes people get blinded by it, but it's the thing I come back to again and again, and again and again, what do you need to let go of in order to create space for the new thing to come in? And I am talking about what you need to let go of on a conscious level. I am talking about what you need to let go of or declutter on a subconscious level.

[\(03:17\)](#)

I'm talking about what do you need to let go of on an energetic level. And I'm talking about what do you need to let go of from your body from the way that you physically show up, or what do you need to let go of that you have physically holding, in order to elevate your current situation. It's really interesting. I'm coming

to the end of the first year of the freedom experience. And one of the clients who I've worked with for a few years, actually, she keeps coming back. She was comparing herself to a picture of her. She was comparing two pictures. One of them that was taken just before we went on a retreat in Mexico, which is, I don't know, at least 18 months ago. And one of her now, and she hasn't lost lots of weight. And yet the picture of her looks so much lighter because she has let go of so much that she was holding onto physically.

[\(04:20\)](#)

And you can just see it in her eyes, in her smile, in the way that she holds her shoulders. And with this particular client, she had been holding years and years and years and years of grief. And as her coach, it wasn't my job to help her release the grief because I'm not a grief coach. It was my job to help her by asking the questions that enabled her to identify, 'I've got to release this in order to step into my next level of being.' So my question for you is, when you look around at your physical environment, what needs to go in order to create space for your next level? When you think about how you are transmitting it yourself, energetically, what needs to go in order for you to step into your next level? And I'm going to give you an example here.

[\(05:16\)](#)

This is a conversation that I was having with one of my clients on her podcast. And it's also, interestingly, came up with another one of my private clients around proving energy, proving energy blocks your growth, blocks your expansion and blocks true connection. The minute you drop out of your head and into your heart, you start transmitting on a new and a different frequency. So energetically you're able to call people in who are also transmitting at a different level. And that is really like, what you're transmitting is 80% of the game. When it comes to transmitting versus doing, 80% of your results is about the energy that you are letting out into the universe. So what do you need to let go of in order to upgrade your energy? And we're talking about stories, we're talking about beliefs. What are the subconscious traits that you need to release?

[\(06:22\)](#)

And when I asked that question, a true purist, when it comes to the subconscious will say, well, you don't know because it is in your subconscious, but your behaviours will let you know. So for example, if you are chronically under earning, your subconscious is saying that it's not safe for you to raise your rates. So you know that a subconscious belief that is showing up externally as you undercharging, is that it's not safe for me to raise my rates. That's a subconscious belief that I get to release. And there are many, many, many, many, many different ways for you to create a subconscious transformation. But at the most basic thing that you can do, if it is money mindset, then even listening to money mindset meditations is a great start on that journey. Obviously working with a coach or a mentor who can really help you dive deeper into that, you know, a subconscious transformation specialist, hypnotherapists, EFT, all of that amazing stuff is super, super helpful.

[\(07:30\)](#)

And then consciously, what do I get to let go of? 'I'm not good enough. It's never going to work for me. I'm stuck.' Those are all conscious things, choices, stories that you are making that you get to let go of when you're looking to elevate your experience. So that's all of what is going on really internally. And then I think the other huge one, and we may have touched upon this at the beginning. So if I am repeating myself, forgive me, but is your physical environment. So I'm talking about your home and your office and your relationships, your friendships, you know, another one of those old classics, you're the sum of the five people that you're hanging around with. Who are you hanging around with? Are those people stretching the way that you think? Are they challenging you to think differently? Are they inviting you to up-level or are they being a really beautiful confirmation bias whereby their elevation is limited?

[\(08:44\)](#)

And so they reflect to you all of the places where you get to be limited, it's a real, you have to decide how committed you are and it's that again, I feel like I'm full of cliches today, but they're cliches because they are true. You know, whether you think you can or think you can't, you're right. And the people that surround you. The reason that I was able to step into seven figures last year is because I deliberately put myself in environments where I was surrounded by people that were creating seven and eight figures. And so it became a possibility for me and the people that I spoke to in my Voxer were people who, whether they were at seven figures or not, because it doesn't matter, actually, the number, what matters is the attitude. What matters is the possibility that they are transmitting because we're receiving all of the time.

[\(09:45\)](#)

And so that decluttering or upgrading and making sure that you are putting yourself in a position where you're receiving transmissions from people who are doing, who get it, who are willing, who are open, are deeply, deeply important. So my friend, the question for you is, are you living into your next level right now? And if the answer is no, what do you get to release, declutter and ultimately upgrade, in order for you to start living into that expansion that is so available for you, when you line up your energy with your behavior and take the action.

I hope that this has been helpful for you. If you've loved it, hit me up on the gram, just to say that you've been listening. I love to receive that acknowledgement that we are doing something good over here. And if you're not hanging out with me in the quantum success hub, I go live every Thursday for Thrive Thursday. It would be great to see you over there on Facebook. And that's it for me today. So please remember that faith plus action equals miracles.

Faith + Action = Miracles