

The Limitless Experience Podcast

The sticky space between where you've been and where you are expanding

Transcript

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

The doing is never who you are. The being, the truth of you, your essence, is never about who you do, and always about who you be.

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.

Hello hello, you gorgeous human beings. It is Suzy Ashworth here, quantum transformation and embodiment coach and I am super excited that you are listening to the limitless life experience podcast. And I really want to offer a reflection for everybody who has a mission, has a vision

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and you're in that very kind of sticky uncomfortable phase where you're making changes and you're feeling the pain of those changes. Perhaps there is some fallout from the changes that you are making with your current clients or your family, maybe even your friends, people who are watching what it is that you're doing, and because you're changing things, and maybe because you're changing yourself, you're increasing your growth zone, you are going beyond previous boundaries that you have set for yourself or limitations that other people have put on you. Because you are moving beyond those, it feels wildly, wildly uncomfortable. Perhaps you're in that space where there is a lot of self doubt. You're questioning yourself. You're wondering why you're doing what it is that you're doing. You're wondering whether you should actually keep doing what you had always done, because it felt easier and everybody was way more happier.

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And you're wondering whether contraction isn't a bad thing. You're wondering if keeping the game the same is actually what you truly desire to do. You're wondering if you're putting your ladder up against somebody else's wall and you're running the wrong race, because it doesn't feel easy and because everyone feels like they're off with you. If you are having that experience, I want you to know that you are not alone, that there are many, many, many people who are listening to this podcast with you, right now, who are experiencing the same thing. Many people who have experienced the same thing, hands up, I'm talking to me, and there will be many

times in the future if you commit to evolution, if you commit to growth where you are going to feel this way too. And I want you to know that it's going to be okay.

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As we close the door on our last launch, we're currently at time of recording in the down sell, I'm really reflecting on the energy at the moment that is contained within the freedom experience container. And it is effervescent. It is bubbly. It is fizzy. I don't think that I have witnessed in this space, and probably if I'm honest, I don't think that I have witnessed this in any other program that I've ever been a part of in my whole life. And I've been a part of a lot of programs. I don't think I've felt this much love, expansion and excitement from not only the new people, but from the existing clients as this new cohort have come in. And it is incredible. It's incredible to see members of the old cohort sharing their wins because so many people have been in launches and for new people to see 12K, 15K, 7K, 10K, seeing people dropping that in every single day is so, so powerful.

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And I think that, of course, it adds to the possibility and the potential. And also of course, seeing me and observing my launch and observing that this is what I support people in doing and them seeing the possibility of that, that also contributes to this really beautiful energy. And I remember that it wasn't always like this. It didn't always feel amazing bringing new people into the container. I often felt fear. I often felt a contraction. Like what if they don't like it? What if the new people don't love it? What if the old people don't love it? What if, what if, what if, and I remember as the container started to expand, there were definitely people that didn't feel like yay, brilliant we've got new people in our space. I know that there was that feeling. And I had a choice in that moment, in those moments at which it was something that I thought about and considered seriously, not just once, like I had a choice, do I need to do this differently?

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Should I be creating different groups? Should I slow everything down? Should I stop? Should I wait until I've had a cohort that have been in there for 12 months before I introduce anybody else in? Like all of these thoughts of shall I move away from my vision in order for me to feel more comfortable? In order to make sure that anybody who is in my orbit feels 1000% comfortable all of the time. And what I realize in this launch, especially from the people who have been in the space for three months, four months, six months, especially from some of the people who are having wins now, six months in, who it took six months to get there. And during that those six months, you know, and people will be like, 'we hate you, we hate the program. We hate this. We hate that, this is not good.

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You're not good.' You know, having all of that and being able to hold the space, being able to keep inviting them, to keep stepping back in and leaning back into their own expansion, holding that vision. If I, holding the vision for them and

holding the vision for myself, like, what do I want for this container? I remember once speaking to one of my mentors and just talking about the energetic container that I was holding and wanting to just clean up the energy in the freedom of experience container. And I just said, you know, I really feel like I want to give it wings. And she was like, just give it wings then. And what I feel that I am witnessing here is the takeoff of the freedom experience. And if, when it was feeling sticky, if when people were saying, you need to do this the way that I want you to do this, if when people were saying, we might not like you anymore, not we definitely won't like you, but we might not like you.

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And actually I don't think people were saying that, but they were, you know, they questioned, are you doing the right thing? Are you doing the right thing by me? When I see people who were struggling, come back into the space and really just allow themselves to be supported and are now flying. When I feel the energy of all of this, all of these new people and the possibility and the excitement, I just, I am so, so grateful that I held the vision and the mission. I am so grateful that I didn't allow myself to contract in order to make other people feel happy and comfortable. I'm really so grateful and appreciative that I decided to honor what felt right, what felt like the right next step for me and my business, because otherwise I would not be feeling what I am feeling this week with all of these new people who want to change so many lives.

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And so the invitation for you is that if you are feeling it right now, if you are questioning yourself, if you are unsure, come back to the mission and the vision and give yourself permission to lean in and grab that mission and vision, knowing that it's all going to be okay. Knowing that it is all okay, knowing that you get to hold your stuff and other people get to hold their stuff. Keep your eye on the prize. And actually, I think there were two prizes. So one is the honoring of the mission and the vision. And notice that I say the honoring of the mission and the vision. This is not the race to get to the end destination first. The honoring of the mission and the vision is the taking of the steps. It is the journey that you get to go on.

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And it's the observation and the enjoyment of the unfolding of the journey that honors the mission and the vision. It's not, I will do anything it takes to get there in five seconds and compromise my values, my integrity, my authenticity, in order to get to this end point where I think I'm going to be happy, uh-uh, do not pass go, do not collect 200 pounds. Uh-uh, that is not the vibe. The vibe is, this is the mission and the vision and the next best step is this step, and I'm going to take it. I'm taking the next step. And sometimes that next step is going to feel glorious and exciting and rich and all of those things. And other times it's going to feel horrendous and scary and sickening, and you're gonna feel like you're getting it all wrong. And it's knowing it's being able to kind of zoom out and have that 10,000 foot view, knowing that whether it is glorious or sick inducing, you're okay.

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And it's okay. And this is exactly the way that it's supposed to be right now. So there's that honoring of the vision. And then the other prize is the honoring of your true self. Knowing that you living into your purpose is still not who you are. That's what you get to do. And you get to choose to do that in the way that feels most aligned to you. You get to love living into your purpose, but understanding always even when "you're doing the right thing" that the doing is never who you are. The being, the truth of you, your essence is never about who you do and always about who you be. And when you are able to keep coming back to the truth of knowing that who you are, who you truly are, who you be is a divine expression of the universe, it's perfection in all moments at all times. When you can keep coming back to the truth of that, it changes every single decision that you make in your life.

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It creates a whole new level of space and expansion. It creates a whole new level of ease, less stress, less drama, less getting caught up in the fear, the judgment, the shame, the guilt and all of that bullsh*t that holds us back. So I feel like I'm scratching the surface of the deepest conversation that you can ever possibly have in your entire life. And that's okay, this is the space I've been in this month and I've really enjoyed it. Part of it is because I've been doing inner voice facilitator training, which really supports my voice activation work, which is all about tuning into your intuition, which is incredible with the amazing Jess Lively. Part of it is the reading of the power of now and that igniting just lots of beautiful, luscious, deep conversations with me, myself and I. And what else, part of it is really just catching, observing when I'm in the story, you know, and choosing not to tolerate being in the story, being in the drama babes, letting that all go, and it's been divine and it is divine and long

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may it continue. Right, this feels like a beautiful place for this episode to end. I hope you've enjoyed it. If you have, please hit me up on Instagram and let me know what your biggest takeaways have been. If you feel called you can leave me a little review on iTunes, share this with your friends. And yeah, if you want to hang out some more, come and play over with me in the quantum success hub for female entrepreneurs. I go live every Thursday with Thrive Thursday. And if not, I will see you next time. Please remember that faith plus action equals miracles.

Faith + Action = Miracles