

The Limitless Experience Podcast

Releasing attachment to old stories and finding inner peace

Transcript

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

If you are wanting to obtain those things because you think that they are going to provide you with a lasting sense of peace, joy, happiness, insert your emotion or adjective of choice, then you will be mistaken. And it was that sentence that was like, oh I get it.

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.

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Hello hello, you gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And today I really wanted to have a chat with you about something that I have been exploring a lot over the last few weeks. It feels like a huge topic. Something that is really, really important. And I'll be honest with you, I have struggled with it. I have been really flip-flopping between what I believe to be true, what I believe to be truth with a capital T, and what that means for me as a human being, living this human experience. And the conversation that I have been having internally has all been around this idea of attachment or more accurately, our ability to detach from all things. And I think if I'm really honest with you, that the conversation in and of itself feels intimidating.

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It feels quite scary. I remember a conversation from years and years ago that I had with Jerome about Jesus and the fact that his disciples renounced all of the things in order to follow Jesus. And we were obviously having a conversation about spirituality and he was checking in with me that I wasn't planning on doing that. And I said, of course not. And the reason that I said of course not is because, I mean, who wants to drop all of their things? You know, our identity is wrapped up in all of our things. That's what we do as a humanity, the majority of people are wrapped up in what we have, what we've achieved, you know, what we are doing this idea of the more we have and the more we do, the more successful we are. And if we detach from that, then who are we?

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And, you know, I said all of those years ago, no, I don't want to do that. And it's interesting to me that it is now something that comes up frequently. When I think about 'what does growth look like for me moving forward.' And this idea of detachment keeps (like hi) peeping up. And where I've got to with it is I think that so many people who are on a spiritual path, take this and say that it's not spiritual to have things to be materialistic. It's not spiritual to be a capitalist to want to "win", to you know, to have anything to do with consumerism or money or stuff is anti spiritual. And I think that it comes from people taking this idea of detachment and saying, okay, I need to renounce everything. Just like the disciples did, just like Jesus did, and then I'm a spiritual being.

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I've never been able to get my head around that. I mean, probably mainly because it's not very convenient for me. If I'm to opt out, then what am I going to do? Like, I don't want to buy into that. And at the same time, I have teachers who are so wealthy, spiritually, emotionally, and financially, and have taught me for many, many years that the idea of being anti money and anti consuming what it is that you want to consume, is also not the vibe, which is obviously, as I say, a far more convenient story for me to buy into based on what it is that I do and I teach. And where my flip-flopping has been is that neither of those two stories, the way that I have been receiving them, sits completely as truth to me at this point in my journey.

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And what was really helpful in my whole exploration with Eckhart Tolle was listening to him share at an event that he did a retreat, not long after the twin towers had gone down. And he talked about the power of being able to manifest what it is that you desire, you know, with your mind. And this is law of attraction. This is creative visualization. This is being intentional. And I'm very, very good at being very, very intentional. But he then shared something which was like a, it just, something clicked. The light bulb went on. And what he said was you can enjoy the form. We live in a world of form and what he was talking about when he used that word is material. You can enjoy the material form. You can enjoy your car, you can enjoy your home. You can enjoy nice clothes.

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You can enjoy the purse, the phone, whatever it is, enjoy all of that, but understand that if you are wanting to obtain those things, because you think that they are going to provide you with a lasting sense of peace, joy, happiness, insert your emotion or adjective of choice, then you will be mistaken. And it was that sentence that was like, ah, I get it. As a human being I am allowed to enjoy this human experience. And my desire gets to be my desire regardless of what it is without any judgment, without any judgment at all. The work is, though, to understand that anything that I seek from outside of myself when it comes to my peace and my presence, and presence is my number one yardstick when it comes to measures of success for me, I've said, it's something that I have said for years and years and years. It probably came to me that this was a measure of success for me after reading a new earth

years ago. I can't be a hundred percent sure on that because I've always been like, why

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Have I always said that I want to be more present aside from the fact that way too much of the time I feel distracted. But presence has been a really important goal for me. Something that I fail out consistently, but it's okay. There's no judgment. It's just my journey. But my point is, is that in listening to him at the retreat, what clicked was, it is okay for me to enjoy what it is that I want to enjoy. Just don't attach my peace or my presence to having a G wagon or a Porsche or a mansion, you know, can you have all of that stuff and know that my worth, whether I have it, or I don't have it, will never be determined by it. And that for me, feels really aligned. It's like be a master with your co-creation activities. Like lean in, dive in.

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This is the human experience. This is the world of form. And we get to play with that and know that joy and peace and presence will never come from somebody patting me on the head and saying, yeah, you're the best coach. Or you have the number one spiritual business academy in the world, or even, you've given X amount of thousands or hundreds or millions of pounds to charity, that will never ever give me a lasting sense of peace if I haven't discovered or revealed the peace, the love, the joy, the happiness that comes from within, without me needing to do a thing. That comes from within, which comes from stillness. Your willingness to detach from all of the stories and all of the meanings that you have grown up with that talk to you about this as a good person, that's a bad person. All of that is understanding that all of that attachment to the story, all of that attachment to external identity, none of that is truth with a capital T. None of that will help you know, not just intellectually, but no from the inside out your value or your worth.

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And so what gets to be fun, what gets to be the exploration in this next chapter is how much more can I play with, how much more can I allow myself to play? How much more can I allow myself to receive? How much more can I allow myself to create whilst doing the work to understand that none of the play stuff determines my value. And the real work is the releasing of attachment to the old stories. The real work is the revealing of the inner peace that lies with it. And I'm just going to share with you another little story that really, this is the work that we get to do with our kids and it feels so important. So for those of you who are new to the podcast, I have three incredible humans who are my children and I love them. And they are my biggest teachers.

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And when it comes to presence and wanting to distract myself and releasing control, like they're the ones, that they're here to guide me. And it's really challenging. And the middle one who is eight, she's going through a little phase of telling white lies about ridiculous things. It's really, really annoying. And I heard her

saying to her dad the other day that she wanted to try out for something at school, but she couldn't because she tells lies sometimes. And that makes her not a good citizen. So they use the phrase being a good citizen at their school. And it really, it wasn't my conversation so I didn't button, but it really, really hit home to me that these are the stories that we as parents are releasing at 40 years old. They're also the stories that we put onto our kids consciously and unconsciously, that depending on the work that we do, they will be unpicking with their children, you know, and what I have this vision of us sitting down and drawing, you know, who we are and who we are being like an egg, the egg that lives in the middle of our bodies.

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And that egg is like a, it's a golden egg, it's the golden egg and her golden egg being connected to my golden egg, my golden egg being connected to her dad's golden egg, her dad's golden egg being connected to, you know, her elder brother and her younger sister and so on and so on and so forth. And really trying to communicate that no matter how old she gets, that the egg remains the same and the egg, this beautiful, golden egg is connected to each and every one of us and that connection can never be broken and that beautiful golden, gorgeous egg, never ages, is always perfect, is always pristine. And no matter what goes on around it, nothing can impact it. And the more that we're able to release attachment to the external stuff and the stuff that is passed on to us, which blocks the light, which blocks the energy, the more we can feel into that peace, that perfection, that presence, that lies within us.

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It sounds really good when I say it on the podcast, you know that when I try and have this conversation with her, she's going to be like you what. And I'm going to be like really trying to hold back and say, what, with a T, this is my life right now. I hope that this has been interesting for you. This is something I am really enjoying it. Like it's brought me a little bit of, there's definitely been some angst. This idea you got to let go, gotta let go of everything, gotta be unattached. And then it's like, oh, you get to play and you still get to be unattached and you still get to do the inner work. And it's all valid. It's all perfect. And of course, this all leads into our goals. I feel like I want to have this conversation specifically around goal setting separately, because I feel like I could go into that in a whole different way, but I hope this has been useful. If you've enjoyed this episode, please let me know. It's always great to receive feedback. If you feel called, then leave a little like thumbs up little review over on iTunes. And if you're not playing with us already in the quantum success hub for female entrepreneurs, what the heck are you doing? I'm live in there every Thursday for thrive Thursday. And it's super, super fun. Right my loves. Thank you so much for listening. I appreciate you deeply. And remember that faith plus action equals miracles.

Faith + Action = Miracles