

The Limitless Experience Podcast
The Convo about Relationships with Persia Lawson
Transcript

Persia ([00:02](#))

I have so much, like sometimes I think Persia, before you keep asking for more, why not just like, make more out of what you already have. You have so much that you're not there for 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.

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

Welcome to the limitless life experience podcast with me, your host, Suzy mother trucking Ashworth, and I have got an exciting one for you today. I am really, really pleased to be introducing you to an ex-client, a friend, and the UK's number one relationship coach, Persia Lawson. How are you, babe?

Persia: ([01:29](#))

I really enjoyed that intro. That was, you need to have your own radio show Suzy, I'll be, I'll be tuning. We've got this amazing podcast so I guess you're half way there anyway.

Suzy: ([01:38](#))

We're working on it. We're working on it. How are you?

Persia: ([01:41](#))

I'm good thank-you. Yeah, I'm good. I'm quite thrilled at the sunshine has finally decided to come out in this country because it's been pretty grey for a long time. It makes such a difference, right? It really does. I don't think I realized how much it was getting me down. And then it was like, what was it last week? I've lost all sense of time where the sun came out and oversight. Yes, yes, yes. So much better.

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

Well, I think, especially for you, because you're a little bit of a travel bunny like me. And so the fact that we haven't been able to get on a plane really for a year and a half, that also takes its toll.

Persia: ([02:14](#))

It really does. You know, the last time I was on a plane, Suze was January 2020 on the way back from Thailand. And that's excellent for my carbon footprint, but not good for my soul. I mean, just traveling is so important to me and actually for my relationship as well, like traveling's been such a big part of our relationship and we have done the UK, like we've done a lot of the UK and I'm very grateful for that and it's been wonderful, but yeah, I want to be on a beach, like a beach where it's, you don't like shiver when you dip your toe in the water.

Suzy: [\(02:45\)](#)

Yeah. Where the water's not really brown and you can kind of still see your toenails when you look down, that is the idea, the dream. So look, I would love for you to share a little bit of background because you've actually got such a crazy winding story. And I think that when people see you and hear you speak from such a balanced, articulate way about yourself, about relationships, about life, I think that it is really difficult actually for people to imagine that you've ever been or come from anywhere that's remotely different to how you present today. And actually your journey has been crazy. So can you take us right back to the beginning?

Persia: [\(03:39\)](#)

Okay. So let's try and do this as swiftly as I can. So I grew up in Southwest London. Well, the suburbs Kingston upon Thames and on the outside, everything looked good. My family, like I went to a nice school. I had friends, everything looked good. The reality is behind closed doors my parents were both struggling with a very crippling drug addiction. And I didn't for a long time, I didn't really understand what was going on. I just knew something was not right. And I remember from a very young age, my way of coping was boys, like boys were, fancying boys, chasing boys, all of that sort of thing, getting that validation when someone fancied you back and getting that sort of sense of escapism, that is what got me through. And it was interesting because when I turned 16, both my parents had been in rehab by this point.

Persia: [\(04:27\)](#)

And suddenly I remember going in sixth form and I suddenly had this dream family life. And, you know, you think that would be a happy ending. And whilst it was great for my family, because we as humans, we always gravitate towards what's familiar and this new sort of nuclear family was so unfamiliar to me. I went and created all that drama and chaos that I was used to. And the easiest way for me to do that was in my love life. And it just got increasingly more dramatic. You know, I cheated on every boyfriend I had. I kept going out with drug dealers, drug addicts, you know, because again, familiar, you know, was just one night stands getting myself in some crazy situations. Like quite frankly, life-threatening, you know, I lived in Moscow as part of my drama school training. And I got a boyfriend that, he was a son of a KGB general.

Persia: [\(05:09\)](#)

I gave him chlamydia. He threatened to have his dad kill me, which he probably could have done. I mean, now it's so mad, then I bloody wound up working in a strip club like a few weeks after I got my masters in acting and I wasn't stripping, I was hostessing. And I just had to basically persuade men to buy champagne and I'd get a cut. And I was, I'll be honest Suze. I was bloody good at it, turns out I was quite good at sales. I had the gift of the gab, but then I wasn't getting paid what was due to me. I mean, honestly, this is so ludicrous when I say this now and ended up working in a very grotty one in Soho for one night only because that strip club that was when it was like, oh, this isn't funny anymore. Like you're in over your head.

Persia: [\(05:50\)](#)

I, there was cocaine everywhere with it. There was some very scary characters in there was like in a basement somewhere. And I actually got sexually assaulted there. And it took me years to actually voice that that's what happens because I thought, you know, push this back in my mind. And I was like, well, it was my fault and blah, blah, blah. And after that incident, I went, I put on two stone in two months on an acting job in China, as I said, I was an actress. And that was the best thing that ever happened to me putting that weight on so fast because I was a master hider like, because I was, whilst I was chaotic on the one hand, I was also a high achiever and I always have been, so I had a way of being like, oh, but I'm achieving here.

Persia: [\(06:26\)](#)

So it's fine. Everything's fine. And when I put all that weight on, my dad could, like both my parents knew something isn't right. And dad took me away to Thailand on a health retreat that he goes to every year to help him stay sober. And while he was there, he said something that completely changed my life. He said, I'm really worried about you Pers. And if there's one thing I want to tell you that has changed my life it is this, focus on the insides and the outsides will take care of themselves. And that, I mean, he probably said it to me before, but my God, I heard it. I heard it. And it was one of those moments where like I was away on this health retreat for three weeks. I didn't have boys to distract me. I was sober there and I read this, I got given this book before I went called women who love too much and everything.

Persia: [\(07:04\)](#)

I opened it at this random page and my eyes went straight to the sentence that said, daughters of drug addicts will tend to inherit a predisposition to chaotic relationships with men, something like that. And I was like, oh my God, that's me. I just thought, I didn't realize it's, you know, it's because of what you've grown up with. It's been a huge factor in all of this. So that began, that was the beginning, was a decade ago, the beginning of 2011, that started my healing journey into completely transforming myself and my love life from the inside out. Fast forward a few years, I started a positive lifestyle movement with a friend. We got a book deal for what went on to be the inner fix that was based around that message focused on the insides. And then when that book came out, I, we actually had a lot of success.

Persia: [\(07:45\)](#)

We were in a lot of press. We got all these TV companies wanting to make a show with us. By this point, I was a year into a relationship with my now fiancé, Joe, who I met at a festival in 2015. And my business partner said, I don't think we're meant to do this anymore. I think we meant to go our separate ways. And so I had the journey again of like after a breakup where you have to start from the bottom up again. And that was very humbling. And I knew when she said that, that what I was supposed to do was to purely focus on helping women transform their love life from the inside out as I had done. And so fast forward here I am, post, well during COVID me and Joe have moved out to the countryside. We've got a little cockapoo puppy called reggae, and I'm about to bring a book out about kind of everything I've just told you pretty much. So it's been, it's been a wild ride and it continues to be.

Suzy: [\(08:35\)](#)

I'm really curious about when you reflect on those very early years. So naught to seven. What do you think that you learnt about life that served you in those very early years?

Persia: [\(08:53\)](#)

What an interesting question. I've never been asked anything like that before. Okay. Honestly, the first thing that's coming to me is, wasn't what I expected. It was you've got to make your life for yourself. And you've got to look after number one, because you know, I was fortunate, you know, I went to a good school. I had friends, I had support, but I didn't have the emotional support. And I just had this feeling that anything I knew even back then, I was here to do big things in the world. I can't explain why, but I knew that the only way that would happen is if I was focused and I was driven and I took responsibility for the results I was getting, it took me a long time to learn that in my love life. But I got that from a very early age with anything related to school work, achieving. So that's it, it's definitely around the achievement thing from a young age.

Suzy: [\(09:44\)](#)

How much of that achievement was a control piece? Like this is where I have control. And so therefore I'm going to go all in on this area.

Persia: [\(09:54\)](#)

Oh, probably 95% of it. Yeah. You know, I've come out recently as the beginning of this year, which coincided with moving out to the countryside. I'm now in workaholics anonymous, which has been, you know, I've been in sex and love addicts anonymous. I've been an Al-Anon for friends and family of addicts and alcoholics. And now I'm in workaholics anonymous. And the reason is it's always been my relationship to work. It's been such, and you know, my love life was chaotic. And I could see that over time, that was a problem. But work, it was like, I was celebrated for that. We all are, when you're achieving in work, it's like, yay. You know, that's what society says. And I realized how much, you know, it was between workaholism and love addiction, sex addiction, those three, but workaholism was always, I didn't see it as a problem.

Persia: [\(10:38\)](#)

I saw it as like, that's the, that's the thing that makes me, you know, that's the only thing I have, but it was definitely a way of avoiding the pain I was feeling, numbing out, getting that validation. You know, I remember wanting to work so hard so that my parents would see me so that, you know, I've got a name mum or, you know, like look look look, and it was, it was a way of trying to get attention and to control how the world saw me. So it's not that achieving is a problem or is wrong, it was that I was using it to feel better about myself, to control my relationships with people. And that never is going to work out in the longterm. As I've learned.

Suzy:

When did you join workaholics anonymous?

Persia:

January. I actually went a few years ago to an in-person meeting and I wasn't quite ready, but in all honesty Suze, like COVID is where it took me a long, it took me a year, almost, of COVID to realize that my default response to trauma is to work loads.

Persia: [\(11:33\)](#)

And so we've all been affected by COVID. There was a lot of opportunity for me because so many women were coming to me struggling in their love life. So I went hell for leather with everything, but really at the expense of my mental health. And, and I just thought, this is not sustainable. I'm going to have a breakdown trying to help other people, which is so like nonsensical. So yeah, I've actually, you know, I'm on step four in the program. And it's really hard and I wish I'd started earlier, but you get there when you get there, I suppose.

Suzy: [\(12:05\)](#)

Is it the same 12 steps as alcoholics anonymous or is it completely different?

Persia: [\(12:12\)](#)

Yeah. Yeah. So it's the same steps, but you know, in the first step that whatever fellowship you're in, they'll change that word. So admitted. We were powerless over and it will be work addiction, workaholism, or alcohol or sex and love addiction. So whatever it is, you just substitute that out. And the program, I mean, cause it's a spiritual program, it works, whatever the issue. And I've seen what it's sex and love addicts anonymous. I'm going to Al-anon friends and family of addicts and alcoholics has done for my life over the years. So I just knew this is the right thing for me.

Suzy: [\(12:43\)](#)

Was this something that you, that Joe said, I think that this, I think there's a problem here, or is this something that you were very, you looked in the mirror and was like, Persia, you're doing it again. You've just transferred it. You need to go.

Persia: [\(12:58\)](#)

Yeah. A mix. Every time I would have a launch, poor Joe would get it in the neck and I know anyone who's an entrepreneur or, you know, does what we do, you know, launches are really stressful, they're so exciting. They're amazing, but they're stressful. And poor Joe would get it in the neck when, you know, I'd lash out or I'd just not, not bad enough to break up or anything like that, but just not pleasant for him. And he just said that, you know, every time you're in a launch, you're so stressed out and I'm worried about you and it's really affecting our relationship. And I was like, yeah, you're right.

Suzy: [\(13:27\)](#)

Time to do something. So what is, you said you're on step four and step four is challenging. What is step four?

Persia: [\(13:34\)](#)

It's an inventory of just everything. Like everything you can possibly think around your relationship with work, since you can remember, you know, from being a tiny kid, schoolwork, all of that sort of thing and how it's affected your relationships and you know, it's radical accountability. And just like seeing, essentially seeing the damage you've done to yourself and the people around you through your addiction, which has been so hard to wrap my head around, around work addiction. Because again, it's always been this thing that's really celebrated in our culture and in the west world. And it's always a thing that I've worn as a badge of honor that I have, you know, I've stayed up late working or whatever, since I was very young and now it's more early mornings, but yeah, that's been really hard because like other types of addiction, I'll be honest if I was going to have one addiction, I'm glad it's this one.

Persia: [\(14:25\)](#)

If I'm honest, you know, because it's also got me a lot of good stuff in my life, but yeah. I just, the idea of having kids, I've been so afraid of having kids I can't even, and then I realized like, this is, if I do have a kid, Joe is like really wants us to have kids. And I think I do as well, but I was like, I need to look at this shit now because I don't want to be doing it with a baby hanging off my boob. Like if possible, I don't want to have to be doing the beginning part of thing.

Suzy: [\(14:52\)](#)

I totally hear you. And it's interesting when you said, if I was going to have one addiction, this would be it. And in my head, I thought it's because you don't have kids yet. And one of the biggest things that has changed since January actually, in my life is the amount that I work because of my separation with Jerome, which wasn't a COVID separation. He says to me like the first thing he said to his parents when he told them that we were separating, it's not to do with COVID. But I totally get the amount of stress that was put on so many relationships during that time because people had time and they couldn't avoid, you know, they had to be with

each other. But one of the things that I was really clear about was I would need to, I wanted to be there to pick the kids up from school.

Suzy: ([15:44](#))

And that meant finishing at 2:30. And it feels really good. It feels, because Jerome isn't around, there has to be, I have to have a cutoff. I have to move away from my desk when they have finished school. Because three kids, when you're on your own, you can't do, can't just be like, oh, I'm just going to do one more thing. And I think that some of the biggest regrets that people have is you spent your whole life working and you've achieved on the outside, but the relationships that mean the most to you, where are they? Everybody's gone off and done their own thing. Nobody knows you and you don't know anybody. So I think that it's where, it's the stage that you're on in your journey that that makes it feel okay. But I think that over time addiction is addiction, regardless of which one, you know, which one is working with you,

Persia: ([16:43](#))

That's so interesting. I'm just imagining finishing at 2:30. And I was like, ah, but then also my brain wants to so quickly go, but how could that be possible? How could you do it? But it's impossible because you're doing it and people do do it.

Suzy: ([16:57](#))

Yeah, well it's team, you know, that's the thing, it's about releasing control and building a team of leaders and people that share the same vision as you. And I think that without knowing what was happening, when I decided that I was going to scale to seven figures, I knew immediately that even on a delivery front, I couldn't do it all on my own. And so now we have the freedom experience. We have freedom founders, which is all about building a team and what it really, what is required to enroll people into your vision and to coach your team as opposed to just your clients. So it's a very interesting shift in dynamic and mindset and it's beautiful and the bigger your business gets, if you really want to have the type of impact that, you know somebody like you can have, it's really starting to ask yourself, do I give myself permission to do this without bailing myself out, without killing myself? Do I believe that I can be fully supported emotionally, in my relationship and in my business, do I believe that, am I worthy of that? Am I deserving of that? You know, it's always the inner work, so there's the structural piece, but there is always the inner work that goes along with that. And, you know, I know from working with you on your, you know, on previous programs, it's the same questions that I would ask you about yourself, that you would ask your clients about their relationships. It's always the same.

Persia: ([18:36](#))

Yeah. Yeah. It's always the mirror, isn't it? It's always the other person's always the mirror. It's so interesting. And I think you're right. It's time to step up to that next level because I think, and I still don't think I'm their Suzy, but I'm getting there, on the way to realizing what if I could have the work success and joy and all of the

things I love about it, but without all the stress, because I think that I, for such a long time have thought that there has to be something negative about this because I can't just have, make money, do good, like create all this magic in the world, have control of my time and all of that. There has to be something negative and okay, that's going to be, I'm going to be exhausted. I'm going to be stressed. And stress is an addiction. We have, you know, I can see how high I get off cortisol, which I make it my own, but you know, what do we make in our own body? It's like, I don't need the drug. Like I can generate that from within myself running around like a headless chicken. So yeah. That's been interesting. Yeah. Yeah.

Suzy: ([19:33](#))

I was, I've been reading a lot of at Eckhart Tolle at the moment. And he talks about the pain body and when the pain body is triggered, which, and that's really just the emotions that we've been holding in our bodies and in our energetic fields, since whenever we experienced our first trauma and then it's just layered and layered and layered, but whenever it's triggered, we either become the perpetrator or the victim and the pain body is addicted to more pain. And so that might be anger. It might be stress. It might be judgment, whatever it is that is activated within the person who is triggered, the pain body says more, more, more, more, more of it. You know, even when we're hurting ourselves, we are allowing the situation to continue because we're feeding off it. The pain body is feeding off the stress, the drama, the chaos.

Persia: ([20:26](#))

Yeah. It's sadomasochism essentially, isn't it? That's totally it, it's like, you know, crying over the boyfriend. It's all the same, like, like pining off to someone. There is an addictiveness to that. And you're right. Like what you said earlier, like treads, I think I just transferred it. I got really healthy in my love life. And so then there had to be something, there had to be something to make difficult, I think. And so it's now trying to like, can I believe that I could just life could just be easy?

Suzy: ([20:56](#))

Hmm. It's really funny. I asked one of my mentors the other day. I was like, I really feel like there's a big shift coming, but I'm wondering if there needs to be some element of stress. Do I need to push myself a little bit more in order to step into the next level. And she said, well, only if you're addicted to stress and it needing to be difficult. And I was like I knew you were going to say that, and it was so, uh, it was so helpful to be reminded that I can allow it to be easy, you know, and I know that a lot of people are motivated by the rock bottom and not having anywhere else to go. And some of our favorite underdog stories are about the hitting of the rock bottom, and then deciding to, you know, the Rocky stories of life. They're inspiring. They make us feel like we can do it too.

Suzy: ([21:49](#))

But in the, being inspired by those stories, I wonder how many of us feel that we need to recreate them to have our own, you know, at the top of the mountain

moment. And it's like, hmm, actually, what if it could be different? It can. I'm really curious to hear your thoughts around the concept of healing, because I think that a lot of people would look at you and say, you healed your relationship with love. And that's why you're able to be in a loving relationship. But the more I do my own inquiry around alignment, around spirit, around soul, around allowing, and co-creating, the less I like the word healing because it implies that we are broken and we need to be fixed. And when I look at you, when I look at anybody that I know and love, and my work is to be able to not just look at people that I know and love, but to be able to look at everybody, I know that you are whole, you're complete, you are deserving and it's all there. It's all inside you. And every story that you share, it's about the shedding of those stories, so that you can reveal your wholeness. You can reveal your deservingness, you can reveal your light, you know, and you can see your light in the way that I can see your light. And so I'm really curious about how you feel about the word healing and the healing journey.

Persia: ([23:29](#))

No. Well, I just got tingles, as you're saying that you're going to love this as literally what you've just said, but in a slightly different way. So there's a story that I share in. So my new book love is coming, which is about how to find real love and a superficial world. It's divided into three parts. Heal, attract, commit, but I completely agree with you around the heal thing and that the fixing thing, I don't think that's healthy, but there's, I don't even know where I heard the story, but I bloody love it. So the sculptor and artist Michelangelo, the Sistine chapel, all of that sort of thing. So someone once asked him back in the day, how you know, that he's amazing statue of David. Yeah. They said to him, how did you create this, Michelangelo? It's incredible. He said, oh, it's easy.

Persia: ([24:12](#))

I just looked at the big slab block of marble and I just removed everything that wasn't David. And it's so simple, but that's what it is. It's what you said. We are already complete. It is all done, but we live in a world that is pretty up in a lot of ways. And we've been born into our various circumstances and childhoods and all this stuff gets put on us. I went and saw close friends of ours, brand new baby newborn. And you know, you hold this little baby and you're like, you're perfect. There's nothing that needs fixing, but guaranteed over time, living in the world as we do, shit's going to get put on that baby. And so I love thinking about it. It's just a shedding, it's just a shedding. And we have to go through it in various different ways. Some have a harder time than others, you know, we're all going to come up against share. And so I think for me, it's the more it's, it's about releasing and surrendering. Not about fixing. Yeah. Yeah.

Suzy: ([25:08](#))

What do you think the biggest thing or things are that you get to release in relation to your relationship with the workaholism?

Persia: ([25:19](#))

The belief that I'm not worthy because that's what it always comes down to. I think with anything, the belief that I'm not worthy of having success and enjoying my work and helping people and having so much fulfillment without it coming at great cost to my mental and physical health and actually my relationships as well. I think that's probably the crux of it. It's interesting.

Suzy: ([25:39](#))

Cause I know that you have an amazing relationship with your parents and you said, you know, you got to 16 and you were having this dream relationship with them. I, am curious about your journey of forgiveness with them. Has that, how big a role or a bigger part has that played in your journey over the years?

Persia: ([26:02](#))

Such a good question. So just to be clear, I got the dream sort of family life externally in many ways. And I didn't even think that there was anything to forgive. I was like back then. Oh, it's good. Don't worry about it. You know, I remember when they did that step nine of whether you make a direct amends to people you've harmed. And I had to do, I've had to do that in my own recovery as well. And I've always been someone who, you know, I don't actually like conflict in real. Like I just want everything to be fine. And so I was, I kind of pushed it away in all honesty. And over the last few decades, it's been really challenging. Like my parents are incredible, but they're complex as we all are and they can trigger the hell out of me and I know I can trigger the hell out of them.

Persia: ([26:46](#))

And so it's very much an ongoing thing. And as various life situations, you know, I've seen going, you know, meeting Joe or getting engaged and planning the wedding and then canceling the one with COVID and moving out to the countryside, all of these things, which are all very, a lot of really positive things have like impacted my relationship with my parents and been hard. Like it's not all perfect. And you know, I would like to think that I, yeah, I released it all and I forgave it all, but I don't know that I fully have, because there's times where now I can really struggle. And I know that it's my work. It's like people are, I want people to be free to be who they are. And my stuff has been so much work around codependency and I find it hard to not take things personally.

Persia: ([27:28](#))

And also something, you know, I really had to learn in my romantic relationships is, is to speak up. People are not mind readers and that's something I struggled because I don't want the conflict. I will sit on things. And then that becomes a resentment and then I get bitter. And then it comes out sideways and I have to be adult enough to say this. And this is how I'm feeling about this and do it in a calm, graceful, mature, respectful way, but then detach from their response and that I find hard. And that's really what I'm working on at the moment.

Suzy: ([27:56](#))

That's the conscious communication process. Isn't it? Like, this is the situation. This is how I feel. This is the story that I created around that, this is what I would like. And then it's like, okay, and breathe. You know, and breathe. I am curious about whether you think that the slight hesitation around having children. Cause you said, I think, I think I want children, comes from your childhood.

Perisa: [\(28:26\)](#)

Oh yeah. Even like talking about it, like my whole body goes, oh, it's something that I've really had to look at. And I talk about it a little bit in my book. I think that's a whole other book though in itself. Like I, it scares the hell out of me, Suzy, like getting this puppy even like was a huge thing. And now I'm like, cause it's, you know, I have a lot of friends who've got puppies and kids have said, you know, it's the closest thing that you can kind of get to an experience of having a kid. And, and it's been very healing, but it's, you know, I'm still really scared. And yet there's something in me that thinks that that is meant for me and I'm, and I'm not ready yet, but I'm working on it. And I think I'm in all honesty, so afraid of, I wouldn't say putting a child, but kind of putting a child through what I went through when I was growing up.

Persia: [\(29:15\)](#)

And then of course realizing that I was at work, workaholic was like, oh my God, you know, history is repeating itself in a slightly different way. But I also know that I don't want to be someone who doesn't do things because I'm afraid. I want to walk in the direction of my fears, which is what I feel I'm doing. And just, and then surrender handed over like, yeah, it feels so messy. Like I don't even know what the answer is to that. There's still a lot fear, but it's moving, it's moving around. It's, when I look at Joe and just see like he is a father and I feel really grateful to have a partner who it's not, nothing's that none of that's a big deal for him. Whereas for me, it's such a big deal, but I feel grateful to have to know that I'm with someone who is just a wonderful support to myself and to certainly our dog.

Suzy: [\(30:05\)](#)

It's the thing that's going through my mind is just, I'm thinking about the relationship with my own parents, my birth parents, and it's complicated. And I don't really know anybody who has a relationship with their parents that isn't complicated to be fair, but one of the things that is, and we're not close. And so I'm really mindful of not wanting to make it sound like yay, we've had this breakthrough, but part of my being able to move forward with them has been around releasing my need for some kind of expectation of them to act in a certain way. And for them to really see them as their own individuals. And I really heard that when you were saying, I want people to be able to be themselves and it's this whole acceptance piece. And I wonder when you think about the word acceptance, whether it's in relation to your parents or yourself or Joe, all of the things, what comes up for you, what does acceptance, how does that play out in your life?

Persia: [\(31:17\)](#)

Well, first he said something I've really struggled with because I do, you know, I've got like, certainly in work a lot of, I used a lot of force, to be honest, I didn't accept. And so I thought, no, I'm going to change things. I'm going to make this happen. And that has its use at times, and helpful to me, for sure. Yeah, exactly. And so it's like every, you know, every great truth is always a paradox, isn't it? It's like on one hand it's this and on the one hand, it's the opposite and both are true. And so I have, I've always struggled like with feeling other people should behave in a certain way in order that I can feel better in all honesty. If you would just do that or you would just show up like this, I would feel better. And all the other way I handle it. If I don't think you're going to, then I'm just going to shut you off. I'm just going to go passive aggressive. I'm going to shut you off. Like I couldn't see a middle ground, now, I'm trying to work with, can I accept you as you are? I don't like it. And it's like it's bringing stuff up in me. Can I also communicate my feelings without blaming, shaming or making you wrong?

Suzy: [\(32:22\)](#)

Oh, so hard.

Persia: [\(32:25\)](#)

It's so hard. It's so hard. And it's again, it's the communication piece, but you can only communicate well with the other person. If you have got there within yourself first.

Suzy: [\(32:36\)](#)

What's really interesting is even as I'm listening to you, my mind goes, yeah, but if they're not ready, if they're not on the journey, if they're not willing, then it doesn't matter how accepting, how non blaming, non-shaming or accepting you are. They will turn it around. And that is the mind wants to be so right. We get so stuck in our righteousness. This is your fault and I'm better than you. And if you would just be better than everything would be great.

Persia: [\(33:09\)](#)

Yeah. Do you know what's helped me so much with this and I just have to always remember to use it. It's something I learned in Al-anon, detach with love. We share about it in depth, in the inner fix, detach with love. I, because that's that thing I'm so that person I need to be right. I am right. And you're wrong, you know, but detaching with love is just. That really is acceptance. And it's because it's not because I've had people say to me, oh, but then you're a doormat. You don't want to be a doormat. You don't want to let people just walk over you. And I get that. So you have to know within yourself so clearly what you are in are not available for. You have to communicate that to your boundaries, hate them, but they're so important. Like they all really, oh, I find them so hard.

Persia: [\(33:49\)](#)

But then you know, you over time, the more you do it, then it just becomes your identity. I think. Well, no, it's certainly been the case for me, but I, but okay. So I've

done. I've kept my side of the street clean. I've done my inner work around it. I've communicated in a kind respectful way. And you're still being an arsehole about it. Don't say that to them. But that, at that point I detached with love. And I'm not going to stay in the ring with you. I'm not going to stay, trying to work something out. If I feel that I'm, you know, you're behaving quite abusively or like quite harshly with me in a way that doesn't feel safe or loving, but you're so it's, you know, it's so hard Suzy, because it's like, I'm constantly learning. And I, you know, I feel I've nailed it in one area and then something else comes up. It is an ongoing thing. It's hard.

Suzy: [\(34:32\)](#)

It's the journey, you know, it's the journey I am curious about how has your work changed since January? What have you, what things have you put in place to create more of a balance in your life when it comes to work versus relationships?

Persia: [\(34:52\)](#)

So funny. Cause you asked that and I think, oh my God, right now, because I'm in preparation for launching my book, I feel like, oh my God, I've let it all slip and I've let it go. I think the biggest thing right now that I will give myself a pat on the back for like today, we put out the link for the book page wait list, and they get a free introduction, get all this stuff. And it's beautiful and we've worked so hard on it. And of course the link didn't work and I sent out two emails and neither of them worked and I haven't, and I'm like nothing. I have all these people messaging. And you know, when you're just like, this was going to be my jazz hands. This is what I've been doing all this time. And it didn't work.

Persia: [\(35:24\)](#)

And I could go into the drama I'm blaming and drama. And I just thought Oh Persia. Firstly, no one gives a shit really, just put the right link. It doesn't, no one gives a. They can deal with a third email saying, whoops, third time lucky. That's what they're going to get in a few hours. Like how important is it? Do you want to let this take over your entire day and hijack your day and beat yourself up? And I just can't be anymore to live my life like that. Suzy, because life happens. Everything, always things are going to go wrong. It doesn't matter how much you prep or how much, how great your team are, things are going to go wrong. That's a huge shift for me. I'm not saying I'm doing it perfectly, but the fact that I can even say that to you, I'm holding myself accountable for how I'm going to handle the rest of the afternoon. Yeah.

Suzy: [\(36:11\)](#)

We've been talking about this last week in the freedom experience and we were doing the freedom code for play and was just talking about how people take themselves and their businesses so deathly seriously. And it's like, when did you forget to play all of this responsibility and if this fails, we are all going to die. Well, we are all going to die. But the reality is, is that the third link is not going to be the thing that tips you over the edge. Like it's not going to be the thing, even next

launch. If it is not successful, it's not going to be the thing, you know? And when you start to loosen the grip on believing that the achievement is representative of who you are, you know, the book launch can be the book launch. The launch can be the launch and that can be great.

Suzy: [\(37:11\)](#)

This is the detachment piece. That can be great, but it doesn't define me. That can be great, but it's not who I am like 10 sellers. Amazing. But it's not who I am. It's not the thing that came into this world. And it's not the thing that will leave this world after my body dies. It's not. And for me, the most inspiring people are the people who are doing great things, but don't believe because they're doing "great things that that's what makes them a great human being." They know that they're great, whether they're doing the great things or not, you know, and for me that that's the, this is the biggest embodiment piece right now is really like, I see it when I go for like walks in Canterbury and I see that homeless people on the street, really being able to look at someone and be like, they're my teacher, you know, because you know that they're whole, they're complete and whatever their experience is, does not detract or add. It changes things when you start to look at people like that, because it has to change things for you. You can't look at somebody going, you're my teacher and or a billionaire and be like, you're my teacher. And look at yourself differently. If you're prepared to say that person is equal to that person, then I've got to be equal to those people. It's a game.

Persia: [\(38:36\)](#)

It is a game. It's all a game really. And it's learning like certain things work and certain things don't. And I think it's getting clear on like, what, what do I want to get out this game of life? And for me, I, you know, serenity the serenity prayer, I say every single day, I'm going to actually say the extended version right now. Cause I don't know if you'll would have heard the second part and it is so powerful. So it's grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference. Grant me patience with the changes that take time, appreciation of all that I have, tolerance for those with different struggles and the strength to get up and try again one day at a time. Wow, what else do you need? Yeah, it's everything.

Persia: [\(39:18\)](#)

And I'll hear a different thing depending on the day and what I'm going through that day. Okay. Right now I need to hear the appreciation of all that I have because me sending a broken link twice, like, look what I have. I have a rich life, but in that moment, that becomes everything to me. And I can beat myself up and hate my life in the world. And it's so ridiculous. It's so insane. It's insanity. The second step of any 12 step program is, came to believe that a power greater than ourselves could restore us to sanity. And that's always helpful for me to remember whenever I'm in stress, craziness, agitation, lashing out I'm in insanity. And so I think that in that moment, the thing that will, will help me feel better is the link being right or whatever. No it isn't, grant me the serenity, get to serenity first. And then all those

other things will take care of themselves. Those back to focus on the inside the outside will take care of themselves.

Suzy: [\(40:12\)](#)

What's so funny is that if you were watching this, Persia's hand just came straight down and pointed at her chest. When you said find the serenity. And it's all, the insanity is happening in the mind. It's happening in the ego. It's happening in the, this is threatening my identity as Persia Lawson, former actress, number one, relationship coach in the UK. This is threatening my identity. This is about to kill me. I am about to die. So we do not fix this link. I will die right now. And it's like, the serenity comes from the peace and the wisdom of the heart and the body, you know. And actually, I don't even think that it's the body. It's that bit that you pointed to the intangible piece that we can't see or touch, but we can hear when we get quiet, when we quieten down the mind and we can actually feel, we can't touch it, but we can feel it when we create stillness within the body.

Suzy: [\(41:13\)](#)

And that's where the serenity comes from its presence. I was writing in my book in one of my journals yesterday, the more present I am, the happier I am, the more present I am, the more peaceful I am, the more present I am, the less anxious I am, the less depression I feel because it's just about being very present in the moment. And then the moment that you're able to catch yourself in the insanity and go, oh, oh, there I've gone again. Immediately you create a bit of spaciousness and a bit of peace that you can drop back into. It's just when the insanity grips you.

Persia: [\(41:56\)](#)

It's so addictive to go there, isn't it, it's so addictive. It's that, you know, drinking poison and waiting for the other person to die or whatever the expression is. But it's so, sometimes like tastes like the most delicious chocolate milkshake of insanity, but actually it just leaves you feeling very sick and nauseous. And so it's going back to your original question. I think that's it, is realizing I have a choice. I have a choice. And when I choose to go, I'm not going to go down the insanity where I'm just gonna take a moment and pause. Then I realize like the guidance and the things that shift around to support me, like even having this chat with you today, right now, I'm like, thank you, universe. This has got me back into wise mind. It is just what I needed because I, you know, my morning was great. And then the things went argh, and I would've carried that in for the rest of the day. And I don't want to do that. I want to enjoy. Yeah. I want to let it go. I just want to enjoy my life. The sun's come out. Like life is literally too short Suze like, I can't, I don't want to live in that energy anymore. And it's, that's I think the bigger that is the big lesson for this year for me. And it's challenging, but I'm so glad I've got it. I'm glad I'm learning it now.

Suzy: [\(43:06\)](#)

I am curious when I say the word limitless, what does that mean to you

Persia: [\(43:13\)](#)

Originally I just thought of that movie with that fit man, was it called limitless where he takes the pill and he's just like a genius. That's the, my first thought. But if you don't have a pill to make yourself like limitless at anything, I think it's just, do you know what it is? It's freedom hence the freedom experience like limitless is just believing that you get to choose. You get to choose. So you can choose to go into the insanity and drama and anxiety and all of those things. Or you could choose to believe that anything is possible. Life is magical. Everything you want is on its way. Just things take time. Good things take time. And we're here for a good time. Not a long time, you know, like I used to be, I would have, I would have said to you before, it would have been about what limitless achieving this achievement and all of that.

Persia: [\(43:57\)](#)

Actually now I'm like, no, for me feeling, it's feeling limitless is just enjoying whatever the fuck is going on. Even when it's hard stuff, seeing the funny side. Cause it's all pretty funny. Like even some really dark things. Like, you know, if I think humor is the most underrated and undervalued sort of self-help tool that there is. And I think for me it's oh, such medicine having a laugh, especially when things don't go your way. That for me feels limitless because it's like nothing matters. If we can just find some joy even in the mess.

Suzy: [\(44:30\)](#)

Yeah. I am curious when you think about the next 10 years, I haven't even thought this far out, but when you think about the next 10 years, what feels delicious and exciting for you?

Persia: [\(44:45\)](#)

In all honesty, this book for me, it's taken me five years to write. I am so proud of it. And I really, you know, I've kind of admitted to myself through, I'm like, I'm a writer and I'm an artist and I'm a creator and we all are. But my background was in, it was as an actress and I did English lit at uni and the joy that I have from creating from that space, I want to be speaking, traveling. And just sharing like, like we are now, that's, that's sort of what, like, you know, I could say the house and the thing, and really it's like, I just want to keep expanding in the way that I have been, I don't need any more than that because that's everything. And I just, I just want to keep enjoying this ride. Cause it's, my god life can surprise you can't it, can surprise you so much. And I have so much, I could sometimes I think, Persia before you keep asking for more, why not just take it like make more out of what you already have. You have so much, but you're not there for it. Hence why I'm doing the work I'm doing now around workaholism is like, I want to be here for it. All of it. Yeah.

Suzy: [\(45:53\)](#)

You were talking about presence.

Persia: [\(45:56\)](#)

Yeah. Because you know, I've seen too many people who have everything and they're miserable and I'm sure there's plenty of people that could look at me and what I have in my life on a materialistic level, you've got the partner, you've got the new house, you've got the dog, you've got, you've got money coming. You're doing work you love. And I, and it's all amazing, but if I am not present for it, honestly, there's no point having any of it anyway. Yeah.

Suzy: ([46:19](#))

And I feel that it is present for yourself. It's presence for your soul. It's taking that time to connect inwards, which I think is what you get to do in your program and feel your beauty, your miraculousness, you know, it's like, it is a you are a walking miracle. I am a walking miracle and we forget we're horrible to ourselves. We beat ourselves up, you know, it's like we just get to remember more. Hmm. Right. Persia. It has been such a joy chatting with you today. Can you tell my gorgeous listeners where they can find the book and more about you?

Persia: ([47:08](#))

Sure. So, go to loveiscomingbook.com and you'll be able to read the intro, get on the wait list, get some other great freebies, free trainings, etc. I'm very active on Instagram, just @PersianLawson. My website will be back on its feet very soon. Persialawson.com. So if you go to that and it's not there, don't worry. I'll be there at some point. Yeah. Come back, come back. But yeah, Instagram is probably the easiest way.

Suzy: ([47:36](#))

Thank You. Thank you so much. It has been a pleasure and a joy, and I appreciate you deeply into sending you so much luck for the up and coming launch. And yeah, I look forward to catching up with you soon offline.

If you have loved this episode, then do me a favor, make sure that you hit Persia and I up on the gram because you know, I like to hear your thoughts, your opinions, your takeaways. It makes me smile and I will see you for the next episode. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles