

The Limitless Experience Podcast

The Divorce Diaries 4: Feeling Sadness & Loss... And Still Growing

Transcript

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

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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 hello, you gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And I am coming to you today in a little bit of a, I think it's a reflective, contemplative mood. And I think that this is a divorce diaries episode, not that I am going to be talking about my relationship, but I am in the process, I feel, of saying goodbye to Candy. Candy is our little dog that I found online in July 2012. And Candy has been all around the world with us as a family. And she's been 16 for about the last four years.

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How old's Candy, 16, how old's candy 16, no, but she is 16 this year. And she is quite literally on her last legs. And it's making me feel really sad. And it takes me back to when I was a youngster and we had a dog, our family dog was called Benji and Benji did not look too dissimilar to candy. They both came from the terrier family. Benji was a little bit smaller and when Benji got very old, he was really smelly and I just didn't want to be around him. I was really just, I really withdrew my love from him. And as I got older, I have held a lot of guilt around how I treated candy when she got old. And again, I was young. I feel like I've told you a few stories about when I was young. And ultimately I was just, I think maybe, I hope, a typical child, but just very, self-absorbed very wrapped up in my own world and was all about the take take, take and less about the give, give, give.

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And yeah, when I think about Candy's last few days in relation to me, I feel terrible. You know, fortunately he had the wisdom of my mother and the love of my mother. And even in those days where Benji was just, you know, just not in a good way, she loved him. She really, really showed him love. And I suppose what is true is that as a child, I acted as children often do, don't like that, eugh bye, but what I saw was just the most beautiful lesson in love. What I saw was not only how you treat an animal

in their final days, but how you get to treat an adult. And whilst I didn't learn or integrate that lesson in time for my mom's passing, I was able to do that for my dad, which I feel extremely grateful for. And I can now do that for candy.

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Yeah. So I come today feeling a sadness, and a grieving. It is at the time of recording. It's the 3rd of August. It should have been my 12th wedding anniversary on the first, which also brings up sadness. And interestingly, this week, Jerome is here at the house doing some conversion work on the garage. And so it's just this real weird place of, as I say, reflection, and this is all happening whilst we are discussing whether we are going to spend some time as a family on holiday, which has brought up all kinds of things, stuff that we get to deal with, you know, it's a really new world. And I think what I'm feeling into is just the change and it's a slow process. And when I say slow, I don't mean that it's dragging at all. I don't feel that at all, I feel like we are giving the separation and the newness time to breathe, time to bed in, you know, and we're in August, which is, feels a bit like a big deal because it was in September that we decided that we were going to separate.

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So almost a year ago. And yeah, so much has happened in this almost a year. And I say this also on the back of finding a diary or journal from 2015, which I shared a page on Instagram and in the quantum success hub, if you are not playing with me over there, make sure that you come in and say hi. And that page predicted that I would have made my first 1 million pounds in profit by December, 2020. And whilst it wasn't 1 million in profit, it was my first seven figure year. And we did turn over 1.2 million in revenue. And so it's just really interesting to me to see all of these, have all of these memories, all of these moments in time that feel very present in the now and also are, you know, the echoes of the past. And I think what I really want to show, I think that the point of this podcast feeds into a conversation that I was having within the freedom experience, freedom code call, a couple of days ago around capacity to hold different vibrations

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at the same time. And it's really about dispelling the myth or the idea that unless everything is fricking amazing, unless I am a 10 every single day, then I'm doing something wrong. There's something wrong in my life. And today really shows me that that's not true. The conversation that I was having a couple of days ago, I was saying, that's not true. And when it comes to your capacity to receive, evolve and grow determined by your ability to be able to continue to receive, grow and evolve, whilst holding the vibration of sadness, of pain, of whatever you are feeling challenged by, it's knowing that the other side of things doesn't have to stop. And I think where so many people get stuck is that they think that they need to be "fixed" in inverted commas. They think that all of the stuff from the past needs to be "healed" again in inverted commas, in order for them to take up space in order for them to share their message in order for them to say, Hey, I've got this thing over here that can absolutely change your life.

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And I want to say to you that that isn't true. Today's still gets to be a beautiful, magical day for me, whilst at work, whilst hearing the kids arguing in the background, you know, whilst my ex-husband works on the garage next door, I still get to feel the magic of showing up and adding value and sharing and asking and attracting and magnetizing and all of those incredible things that don't have to stop because feel sad. And because my capacity to do that is strong, you're going to see that as I carry that through over the next few months, 2021, despite all of the uphill, all of the newness, all of the sadness, all of the grieving, all of the loss is going to be the most incredible year. So my friend, if this speaks to you, please let me know, hit me up on Instagram, come and share.

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And for those of you who are listening to this, who are really serious about your growth, your capacity to receive and evolve and impact, I have two clients who have just completed up their year with me, 2 clients who have just had a seven figure breakthrough, which blows my mind. And if you're like, I'm ready for that. In order to do that, I can assure you that it's not brand new strategy. It's about this work, the energetic work, your capacity to hold multiple vibrations at the same time. If you're interested in diving deeper into that work, then hit me up in the DMS and I will share with you how you can apply. Right my beautiful people. Thank you so much for listening. I love you so much. Please remember that faith plus action equals miracles and I'll see you for the next episode.

Faith + Action = Miracles