

## The Limitless Experience Podcast

### How to Tell Your Authentic Story: Meet My Diverse Wisdom Hay House Mentees Transcript

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

Grow up with the same privileges, which may sound as if, well, does that mean I've achieved that, have I caught there? I'm still on the path because it's very hard when you're growing up, but I know I see it in so many children, not just my own, others. I know that to find that contentment takes a lot of inner work. And I know I'm still working on myself.

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: [\(01:06\)](#)

Hey, lovely. I'm really excited to share this interview about, some point in 2020, all of the years, all of the bumps are blurring into one hay house approached me and asked me if I would be interested in being a mentor on the diverse wisdom panel, which is an initiative that was initiated by Jessica Huey. I think two years ago in the UK and has been rolled out into the US, which is all around supporting more diverse voices, being represented by hay house, which has an outstanding pedigree when it comes to wellness and spirituality. But all of those voices that were being shared were very, white. And so diverse wisdom was born as an initiative to encourage people of color, to share their experiences, their stories, and their wisdom. So I was both very honored and nervous if I'm really honest when I was invited to take part in this, because I didn't get my book deal with hay house in the traditional way.

Suzy: [\(02:22\)](#)

So many people over the years have asked me, how'd you get a book deal? How do you get book deal? And the only way that I can really be authentic is just to say, go out, write the book, self-publish and then see who picks it up because that was my journey. I didn't do the book proposal. I didn't have to pitch, I didn't do anything. I just wrote a book and then did a great Amazon campaign. The stars aligned. They were looking for somebody who was writing about hypnobirthing in a different way, and ta-da along came the calm birth school. So it was a very different process for me. I definitely feel like it was magic in the way that it all came about. And so the idea of guiding three individuals through writing their book proposal and pitch to hay house was actually something that I had never done.

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

And whenever we are encouraged or in the position where we are trying something completely new, it brings up all of the fears. What I decided to do and the way that I approached this was to really act from a where I know. And so right from the get go, I said, look, the likelihood is that there is only going to be one winner. They had intimated that maybe there would be more than one, but there's only going to be one winner. So the way that I want you to approach this is not that you are pitching for hay house, but this is a book proposal that where the hay house take up or not, it is going to be in a prime position for you to either go ahead and self-publish or find another publisher. So it was never really about winning and coming first.

Suzy: [\(04:09\)](#)

The other thing that I incorporated a lot into my mentorship, but really looking at this from a brand building and business perspective. So how are you building your audience? How are you going to engage? Making sure that you have a very clear niche target market is something that every book should have anyway, but it felt good to be able to marry the accountability piece. Like this is what you're going to be working on. These are the areas you're going to be working on it. And this is why it's important for the book and your brand and your business, right the way through the mentorship. Now, I am extremely proud to say that not just one of my mentees received an offer, but two, Carmell and Araba, both got selected to have their books published by hay house. And my third mentee got the opportunity to resubmit.

Suzy: [\(05:06\)](#)

She'll be doing later on in the year. So overall, this was an incredible group. It was a real honor and a privilege to support them in this way. And I'm excited to share this conversation as four women of color and the influences and experiences that really led them to this part of their journey and the books that they were writing. So I, yeah, can't wait to hear what you think, but without any further ado, let's get stuck in.

Hello hello hello. You gorgeous human beings. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast and we're doing something new today. We are doing something that has never been done on the limitless life experience podcast. We've got, I've got like a little group chat going on. We are, there's not just me. I don't just have one other guest. We don't have two other guests. We have three incredible other amazing human beings who are joining us today, who I met through hay house and the diverse wisdom mentoring scheme. So without any further ado, Alliyah, do you want to introduce yourself?

Alliyah: [\(06:27\)](#)

I do indeed, hello everyone. My name is Alliyah and I met the amazing Suzy and the other two lovely people in their podcast via the hay house writing competition for people of color. Yay.

Carmell: [\(06:41\)](#)

Hi I'm Carmell. I am an independent midwife, a tongue tie practitioner. I have multiple other little businesses going on and I met, yeah, I was pleasure to be part of the diverse wisdom, hay house writing competition and meeting you all, been a great journey. Yeah.

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

And last, but by no means least Oliver.

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

Thank you. Yeah. Hi everyone. I'm Araba Ofori-Acquah, I'm a Ghanaian British healer and writer. And I'm coming to you from Accra, Ghana, where I moved back to just over two years ago. And of course I met all of these lovely ladies through the hay house mentoring scheme. I actually met Suzy a couple of years before that when all of this life living in Ghana, writing, healing was all just the distant dreams. It's been really nice to kind of come full circle and be reconnected.

Suzy: [\(07:40\)](#)

Yeah. Yeah. Okay. I think this is a really amazing place to start actually, Araba. What was it that inspired you to want to move into this field into this director?

Araba: [\(07:55\)](#)

Yeah so I think like many healers my movement into this space was from going through my own difficulties. So I was doing, you know, kind of the London career, got a lifestyle, working really hard, playing really hard, running side hustles. I'm just always on the go. Basically. I was doing competitive sports as well. And all of that was really just me running away from any time spent with my thoughts pretty much. So I was really kind of on this path that was driven by anxiety. And eventually of course, that led to burnout and depression. And so my journey through healing from that involved yoga and involved meditation, it's in both talking therapy. And it was all these things that I hadn't really given much attention to before. And then they had this profound effect on my mental health. And another one of those things was reading the stories of other people who to me seemed like, you know, successful, well they were successful people and they were writing about their experiences with depression and other mental health challenges.

Araba: [\(09:07\)](#)

So from there I decided to, I had a blog at the time, so I decided to start blogging about mental health and wellness. And then from there I started, just being more interested in the wellness space eventually that led me to India to train as a yoga teacher. When I came back from India to the UK, I trained as a wellbeing coach. And then I started a business called Adinkra yoga, which was about, um, kind of combining the wisdom of yoga and the wisdom of the Adinkra, which are ancient African symbols, a symbolic language. And yeah, basically there were lots of twists and turns, but how it ended is me actually moving back to Ghana, still doing this kind of healing work, but doing it in a slightly different way, but still working with the

Adinkra. And last year I launched Adinkra Oracle cards, which have been an amazing project and something that I think the black community has really needed, where it's more spiritual tools and spiritual knowledge that centers on us, but isn't necessarily focused on a religion like Ifa or voodoo. So yeah, that's basically kind of a whistle stop tour of how I got here.

Suzy: ([10:28](#))

What was it that inspired you to want to write with hay house?

Araba: ([10:35](#))

When I was on this healing journey, I came across Louise hay, like so many people do, and I read you can heal your life. And then I was like, okay, let me see what else is going on in the hay house community. And I just came across all this information that it's just all in one place basically, and all these amazing teachers all in one place. And I was really inspired by the work that hay house and hay house authors individually are doing. And I felt that at the time it was really, really what I needed to help me on my personal development and self-improvement journey. It was kind of filling a gap that I hadn't previously known was there. So it helped me on my own personal development journey. And then as I went on the healing journey, something that was twinned with that was also a journey of reconnecting with my heritage, accepting and owning my blackness.

Araba: ([11:36](#))

And those two things were very much going hand in hand for me. So something that I noticed with hay house was that I was getting all of this amazing knowledge, but I was also looking for teachers of color and specifically black teachers. And I wasn't finding a huge amount them, of course, there's yourself, Suzy. And then you know, there's Jessica and there was another teacher, I think an American teacher who I came across. I can't remember who it is now. But I just really noticed that hay house had this amazing community of teachers and that I felt that there could be more teachers of kind of basically, and definitely black teachers. So I wrote in my journal probably about four years ago, I'm going to be a hay house author. And you know, I kind of was thinking I would be one of the people to help, you know, bridge that gap and bring more indigenous knowledge to hay house as well. And now a few years later, thanks to this diverse wisdom program that's actually going to happen, which is just mind blowing really.

Suzy: ([12:45](#))

It is, it's amazing. Carmell, I am curious because obviously you come from, well obvious to me, but maybe not obvious to the listeners, you come from the birth world, which very similar to what Araba has just said, there is very, there are very few people representing people of color when it comes to birth and that whole industry, I'm curious about what drew you into wanting to be a birth worker?

Carmell: ([13:14](#))

Ooh, that's a big question because it's you sound sometimes a bit cliché, you know, in it being a calling. But it really was. And when I was kind of go back to a teenager, I was 15. And actually even before that at 13, um, my mom was pregnant with my young brother. And I had this deep desire to want to be with her during her birth. Although I actually, for her pregnancy just rejected the pregnancy. But when it came to kind of close to the time I was being more and more drawn to wanting to be present. And was quite upset when she didn't call me out to me at 3am to be at the birth. But a year and a half later, my sister was, my older sister, was pregnant and with my nephew and I was, I was there.

Carmell: [\(14:02\)](#)

And I remember that that moment observing her birth, my nephew, I knew at that point that this is what I needed to do. And so I did, and by the off to college, went to university, and went through the motions, became a midwife. Um, and kind of in that time of being a midwife, you know, you're kind of, you're kind of building a confidence and going through protests, following the rules and it just didn't feel quite right. So for me coming, stepping out of the system, the NHS system, I felt that there was more I needed to do. So kind of being in the system of the NHS, realizing that, you know, being bound by their policies or protocols or politics of it, all that I couldn't give the care that I wanted to, or, or, you know, the reason for me coming into midwifery was to be with that birthing person and give individualized care.

Carmell: [\(14:54\)](#)

And I just didn't feel like I was doing it justice being within a system. So I left, um, and in leaving, my kind of role slightly adapted, and I've been focused more on the person who taught period where, seeing families again, completely disrupt their feeding journey, being disrupted by the system and lack of knowledge and lack of individualized care. I kind of found my place supporting many families along their breastfeeding journey, and also stemming from my own experience with breastfeeding, knowing how good it can be seeing so many other people not having that experience. I felt that this is where my place in that world is. And actually looking at them in a lactation consultants. It's big part of me going to do the exam and sitting get for our exam to become a lactation consultant was because the biggest driver was because there is actually very few people of color in the UK.

Carmell: [\(15:49\)](#)

And so I knew I had to and you have to sit and do it, and that's where I am. And I feel like there's still so much to do. And so what I'm doing now is just the beginning of my bigger vision of what I have to contribute. So the biggest drivers for me sitting my lactation consultants, it was seeing the lack of people of color in the lactation realm. And so on kind of doing that research and looking at that, I felt like I had to, I had to do it. Um, and I did, um, 20 in 2020, I set my lactation consultant exam and passed. And I feel like this is just the beginning of what it is I have to share in this, in this role, in this realm in this time.

Suzy: [\(16:33\)](#)

I mean, the fact that you sat your exam in 2020 is really interesting to me because I don't, what, what point, what month did you sit the exam, in September? September. Okay. So obviously 2020 was the year that the world broke, stopped and all of the things happened. I am really curious about your experience as a black woman in the birth world. Do you feel that there have been overt challenges that you have faced walking this path, or not so much?

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

Probably until this year, no. And that's because until I made a conscious decision to become more visible, I was just quietly getting on with it in the background. Nobody really knew about me or knew who I was because I didn't show up. But something clicked in January this year and I made that conscious decision, not necessarily for other kind of lactation consultants or other healthcare professions, but actually for families that I wanted to be more present, I wanted share more and support them to achieve what it is they were wanting to achieve in their feeding journeys. And so I did, I became as well. And with that, you get, with the visibility and showing up and speaking my truth or the truth, people have more to say, and whether that's to do with me and an individual, some of the things they might say, I couldn't say, but I guess I've never had to deal with that before now.

Suzy: [\(18:18\)](#)

And how do you deal with it?

Carmell:

The more I get people questioning or, you know, they, I've got people calling me questioning certain things that I say, and it just gives me even more kind of a fire in my belly to get my message across. So I just politely disagree or share my view on it and I continue, but it hasn't stopped me. And I think a lot of what people are commenting or, or sharing comes from their own fears or lack of knowledge, lack of experience. And that's not my kind of issue to have to deal with. My ultimate goal is to share what I know, what I've learned more about what I'm still learning with the family, so that they get to step into their own power to make their own decisions about the care and about their baby and about how they ultimately feed that baby.

Suzy: [\(19:10\)](#)

I love that. Alliyah, there was something that Carmell just said about not wanting to stop, not being, so I'm not going to stop. And I think that when I think about your story, you are somebody who doesn't know how to stop. That's very,

Alliyah: [\(19:27\)](#)

That's very very accurate. No, I don't know how to stop. So my journey began when at the age of 22, I took the decision to go down the path of the good south Asian daughter roots and having an arranged marriage. That turned out to be in a way, a lot of smoke screens. It wasn't a suitable match, but it was a cultural match. And it

was the right thing for the families and so on and so forth. Unfortunately, I always knew it was a bad bet, but I didn't necessarily know what steps I needed to take to get out of it. Fast forward, eight years into the marriage and the universe threw me a bit of a curve ball. I had a heart attack at home, which I survived with no medical intervention. And within nine months, life literally kept on spiraling. I became a single parent to two young children.

Alliyah: ([20:12](#))

I had no job. I was left in a big amount of debt, but something inside of me was driving me and saying, you don't just survive a heart attack at home to only come this far. There's something you need to be doing. And as soon as I started researching things, it turns out there was a lot of other young south Asian women and older south Asian women, trapped in similar situations where they felt they had to keep family on that. And this was happening in like, you know, 2013, 14, 15, 16, but we're not talking back in the day. We're talking modern day times. And it was, it was insane feeling to think that a heart attack had taken me out of something like that. And I was now a role model to young girls that could potentially give the same that I'd done because that's what culturally would be expected of them.

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

So I decided to go against culture to stand up against it all and do it while staying in that community. I decided I didn't want to leave. I was going to stay here. If they wanted to label me the black sheep, I was absolutely fine with that. I look much it. So I was going to stay and I was going to help with the people. I started writing self-help material based on what I was going through and everything that I'd done to transform my life around. I regained control of my health, my life. I started a career in coaching and tutoring people, and it got to the stage where the dream was too big for the classroom. And I decided I would get to write a book. Now, when I decided I wanted to write a book, I sat there one day on social media thinking, where do I start?

Alliyah: ([21:36](#))

And an ad popped up for the hay house writer's workshop. I thought, well, okay, maybe that's a sign. Maybe this is the universe saying, Hey, look at this. I'd already heard of Louise Hay because I've used a lot of the material in my own recovery, from everything that I'd actually gone through. And I actually felt that Louise would have been the type of person I could sit in a room with and have a conversation with, and it wouldn't have mattered what religion I had, what religion Louise had or anything else I'd be able to relate. And that's exactly what her material was. It was relatable for anybody on any level. And I was like, right, okay, that's it. I'm going to go to this workshop. I'm going to write this and let's see how far I get. And if another door opens along the way, so be it. This is it. This is what I'm going to do. And my two children and other girls out there are going to see that we have much, much more bigger, powerful purpose than what culture is defining us. We're more than just a good brown daughter, sister partner. We are unstoppable and we're powerhouses. And someone needs to share that.

Suzy: ([22:36](#))

I think that it is so unusual for somebody to say, right, I am not available for what culture is having me, but I'm staying in the culture. I'm not running away. I'm not hiding. This is who I am. And this is, you know, this is what I stand for. And I'm really curious to hear what is it that you love so deeply about your culture that makes you say, whilst I'm not available for all of this stuff, I remain here because this bit is important to me. What's the bit that you love?

Alliyah: ([23:17](#))

I spent two years as a child in Pakistan. I went over once my parents had officially broken up. So I was taking a board for two years. And Suzy, when you actually meet people within where the culture originates from, so Pakistan and India, it makes you realize that the actual culture is beautiful. People out there will open up their homes to you without actually knowing who you are. When people looked at me and it was phenomenal for an eight year old child to go through this. When I went, they looked at me. So people within the local village and looked at me and I mentioned my grandfather's name and said, oh, are you related to him? And when I said yes, though that come and have a drink of juice, and they didn't even. There was no hesitation, nothing. Then they started telling me how the new, my granddad, and it steadily became obvious to a young child that this is beautiful.

Alliyah: ([24:06](#))

There's love, unlimited love here. And when you bring that culture over to the United Kingdom, the culture that I was exposed to, for the other side of my family, it was about preserving the idea that we follow certain lines, not the whole beautiful culture that's out there, not the colorfulness, not the friendliness, not the uniqueness. It's about preserving what we want to preserve, which in this case, within the culture that I was being exposed to was that we must marry within certain tribes because we come from a higher tribe. So the culture was a tribal system as well. And it was very controlling. But when I cast my mind back to that beautiful memories of being a child, you know, and having all these people around me that were telling the stories about my late great grandfather and all these things, it was phenomenal. It gave me an identity and I didn't want to lose that identity.

Alliyah: ([24:53](#))

And I didn't want my children not to have any of that because the culture, when you practice it in a way that is highlighting the amazingness is so beautiful. But unfortunately we do have pockets that feel, we need to preserve it by ensuring our children only marry within that culture. I'm more of a believer of an intermingling of cultures. All cultures are beatable, and we can live in a knitted or crocheted society where we take all these cultures and we blend them together. And I think the culture that I was being exposed to as a young adult was only there to restrain people rather than be celebratory of anything.

Araba: ([25:28](#))



Thank you. I am curious Araba, what comes up for you when you hear Alliyah talking about that kind of crochet culture?

Araba: [\(25:38\)](#)

It's pretty interesting actually. Because I was just thinking about whether I agree or not. I do agree that every culture is useful. And I think it's really important that we each do our part to preserve those cultures that we are connected to. I think the word for me that I wasn't sure about was when Alliyah said blending about blending, the cultures, I don't, for me personally, I don't think that's necessarily the correct approach because I, you know, some cultures have certain aspects which aren't compatible or which would lose their essence if they were blended. So I think I'm more of the school of thought that culture should be preserved, but they should also be made relevant for whatever time they're in. And that culture doesn't have to mean that because I'm this culture, I only hold onto the ideals of this culture.

Araba: [\(26:41\)](#)

You can have different cultures within the same person. You can have different cultures within the same family. You can have different cultures within the same household. So I think I don't necessarily like the word blending because that makes it feel like some of the things would lose their essence. But I do think we need to make more room for different cultures to sit together side by side and appreciate the different elements of all of those cultures. I think also the word culture gets used a lot by people who basically who try and use it as a form of control, you know, especially in my kind of, in my African experience, there's so many things that people will say, oh, it's our culture, it's our culture, or, oh, that's not our culture. And actually they don't know what they're talking about because for so many of these indigenous cultures, what people are calling culture now is actually based on westernization of the culture.

Araba: [\(27:40\)](#)

So someone might say to me, for example, about African traditional religions, someone might say, oh, that's not our culture to do that. But what they mean is that that's not Christian to do that. And at most African countries were not originally Christian. It's different for Ethiopia and some other places, but most African countries were not originally Christian. So now some of these things that people are saying, oh, it's not our culture. It's not what we're supposed to do. They're actually denying things that are part of our culture. So things like pouring libations is a part of our culture, but many Christian West Africans, I'll say because that's where I know, many Christian West Africans will reject it because they associate it with being demonic or barbaric, which is really just what the Westerners has told us when they came to Africa and attempted to replace our God with their God.

Araba: [\(28:36\)](#)

So I think culture is just one of those words that is so loaded because people use it as a weapon, as a weapon of control. So I think it's really important for each of us to do our own research and define for ourselves what our culture means, because if we

just rely on even the elders around us, if we just rely on them to tell us what's our culture, or if we rely on mainstream media, or if we rely on what our friends and families say, we may end up thinking that some things are, or aren't our culture when actually it's something that's been changed in recent times. And if we would just do a bit more research and look a bit further back, we'd find that our culture is something completely different and usually something much more pure and more beautiful than what we've been told it is.

Suzy: ([29:30](#))

Do you think it's wrong for people, I'm thinking about cultural appropriation and your use of the word control, do you think it's wrong to borrow aspects of other people's culture who have been marginalized, you know, told that they're wrong for, you know, having dreadlocks, for example, in a very simple term, do you think that it, that it's wrong?

Araba: ([29:59](#))

I feel quite strongly about dreadlocks. It's funny that you mentioned that as an example, I don't think it's inherently wrong to borrow from another culture. I think it's wrong to, I think it's wrong to use from another culture without having the correct understanding of the culture of the history and the relevance of whatever the thing is that you're wanting to use. I think it's wrong to profit from another culture again, without having that knowledge and without having some kind of respect for the culture that you're profiting from or without giving back. So, just to give an, okay, so actually let's talk about locks. For me, the reason that locks are problematic when worn by non people of color, is that, is that a word non people of color? You know what I mean? The reason for me that it's problematic is because people of color who wear locks have been demonized marginalized for so long and continue to be to this day, even in their own countries.

Araba: ([31:18](#))

You know, here in Ghana, people are stopped by the police simply because they have locks. People are, you know, judged for having locks. There was a recent incident of a school that refused admittance to a student because they had locks. And the very same school has white people who have very long hair and the, you won't believe this, but one of the reasons given was that, the white people didn't have to cut their hair because white people don't look nice with shaven hair, whereas black people do, obviously. Yeah, obviously that's just clutching at straws to try and cover discrimination. But this is why for me, locks is a problem because people, white people may have locks and do it as completely just a fashion statement or some kind of political statement on who they are, what their stance is, but they will never experience the same kind of discrimination, the same kind of marginalization that a person of color will for having that same hairstyle.

Araba: ([32:23](#))

And frankly, locks are something that's been in our heritage, not just black people, but Asian people, all people of color, locks are something that's been in our

heritage for so long. It's how our ancestors wore their hair. It's how our hair naturally locks, if you don't do anything to your hair, it naturally locks. Whereas if you have, from my understanding anyway, my understanding is that for white people to lock their hair, it actually takes quite a bit of manipulation and you're going to have to force your hair to lock. So for me, it just feels slightly disrespectful to adopt a hairstyle or something that other people have been punished for and continue to be punished for, when your people don't have that same history. Something else like, let's take Sage as an example, smudging sticks. And this is another one where, you know, it's from a particular culture and it's become commodified by the wellness community.

Araba: [\(33:21\)](#)

I think that that isn't necessarily a problem with using Sage, but if you don't do your research, you don't understand where it comes from. You don't understand what culture it comes from. And then maybe you start a business selling Sage and you're buying it from somewhere that's not the land that it came from. And then you're selling it as a huge markup. And you're not giving anything back to the community from where it originally comes from, then I think that's a problem. If alternatively, you sell Sage and you actually get it from the land where it's from, and you give a portion of your profits back to that community, or you do some kind of projects in that community, or you educate people on that community, then I don't think it's cultural appropriation because you're respecting that culture, yes you're using their product, but you're respecting where it's from. And you're also helping to educate other people on where it's from. So it's really difficult with cultural appropriation. I think there's a lot of nuance and I think it has to be done on a case by case basis. But yeah, I think that's basically where I land on it.

Suzy: [\(34:27\)](#)

Thank you. I would like to shift gears a little bit and talk about success and Carmell, you are a very, as this whole group is, a very successful human being. You know, when I think about what you're doing in the world with your programs, as your education, with your businesses, you, yeah, you are the epitome of success when it comes to achieving. And I'm curious about your own relationship with that word. What does success mean to you?

Carmell: [\(35:07\)](#)

Success is, is me being able to complete my mission actually, which I probably, you know, I'm still in that I'm in the flow of that. And I don't feel like all they're you, you see it as success. I see I'm progressing. I don't feel like I've succeeded just yet. And that's because for me that would mean, that would look like me working more in the business rather than working on the business rather than in it. And I'm not quite there. I feel like all the visions that I've kind of had for succeeding are playing out but I'm still on that path. I'm proud of what I've achieved, but I do feel like it's still a long road ahead.

Suzy: [\(35:53\)](#)

I wonder the, the conversation that I'm having with myself and many of my clients right now is just how we get to define success. And I think that as women of color, it's again, it's a different conversation because often we come from backgrounds where education, material wealth and everything that comes with something that you can measure, is the measure of success. And at the same, and I love being able to measure stuff. I think that I look at our capacity to, and I don't like the word achieve, but achieve certain things, set intentions and live into those intentions when it comes to our material wealth, education, I think all of that is amazing and beautiful. And as you know, I also believe that the success is, it's the inner game. It's our capacity to find peace and be at peace with ourselves. It's our ability to be able to connect with the knowing that there is something so much bigger than our output. And I'm interested to know where you are in that conversation, whether it's at the beginning, whether you're too busy to be having that conversation with yourself right now. But yeah, I'm interested in what comes up for you. And I talk about that side of things.

Carmell: [\(37:40\)](#)

I think there's, I think that there was a time probably about three years ago where I was in, I felt like I was searching for it. And it was this searching for that contentment, searching for that kind of inner peace and kind of happiness. And I think that was the beginning of me kind of developing spiritually. And that was kind of born through also my daughter and what she was showing me and in that search for trying to help her, I was actually helping myself. And along that journey, you know, where I am today compared to two years ago, I, you know, I am, I'd feel that contentment in all of what I'm doing. So where I am in my businesses, where I am in my life relationships. And, you know, I definitely do feel that, and I know it's like, I sense that it's not, you know what I am trying to achieve, it's not impossible. And yeah, although, you know, in the work and you know, the daily grind of what I'm doing, it's, you know, it's hard work and it's, you know, the tenacity you have to do to keep showing up, keep doing the hard grafting. You still have to do that, but actually I'm very content within, and I'm not looking outside of myself to achieve that.

Suzy: [\(38:59\)](#)

I love that. Alliyah, where do you find your joy in life?

Alliyah: [\(39:06\)](#)

I spent so much time at the start of when I was trying to sort of empower myself, trying to figure out what really makes me happy, because when you spend so long in a relationship that is making other people happy, you kind of get lost in the process. And I realized that what made me happy and gave me joy, was being able to sit down and just feel like I can actually be myself with no sense of judgment and being able to not worry about what other people thought of me and being able to watch my children grow up with those same privileges, which may sound as if well, does that mean I've achieved that, have I got there. I'm still on the path because it's

very hard when you're growing up. And I know I see it in so many children, not just my own and others that to find that contentment takes a lot of inner work. And I know I'm still working on myself

Suzy: ([39:58](#))

A thousand percent. I think for me, I am at ease with knowing that there is no final destination. You know, it's just one big, long story. And I think that when we approach this idea of inner peace or contentment with, oh well, when I've just done this, then, then I'll be happy. You're still in, what Eckhart Tolle would say, you're still in the doing, you're still in the thinking, you're still in the action mode. The ego is saying you will be complete when... So to the acknowledgement of I'm stood on the path, I think is we're the important, I don't know if we ever get off the path, even when it feels like we're not on the path. I don't think that we are ever off it. And when you think about the future now, I'm wondering what is it that makes you feel excited?

Alliyah: ([41:06](#))

It will be. And the tears, the whole notion of being able to see more women being able to live their true life, their true, their truth, not just living other people's standard, even if that means five women Suzy or 50, as long as they're living that truth, they're not having to hide behind all these smoke screens and they're being able to do it and they can feel some kind of contentment and feel as if they can be true to themselves. They don't have to bow down to certain "made up" rules, so to speak because yes, as it's been mentioned, not everything is culture. Some things have been thrown in purely in my own instance, for example. So I'll talk about myself for control purposes. If there's people out there that can just live their life and not fear what other people will think, I would be pretty chuffed with that. That I'd be pretty, pretty happy. And I'm hoping my two children will be examples of that too, because they're already showing signs at eight and 10. So I'm hoping it will continue.

Suzy: ([42:09](#))

They are very lucky humans, you know, and I think it was interesting Carmell when you were saying about your daughter teaching you. And I feel that I was saying on an interview earlier on that my kids don't really listen to me. I know that stuff is going on going in via osmosis, but I've almost stopped even trying to be heard cause I know that they learn more from what I do, rather than what I say. But the really interesting thing is, is that how much I learn about how much more of the path that I've got to walk just through my interactions with the kids, they are, without wanting to sound too much like a cliché, but my biggest teachers. And I'm wondering Carmell, what's the biggest thing that your daughter that you were referring to, with her journey, what's the biggest thing that she's taught you so much?

Carmell: ([43:11](#))

So much since the day she was born and you know, I do truly believe that they come to teach us. And I think that the biggest thing, which I'm still learning and I

don't get it, is the patience. And just pausing because it's in that moment of pause and reflection that we're able to kind of expand and grow, and she reminds me of that every single day. Yeah. So I think that is to be patient.

Suzy: [\(43:44\)](#)

Araba, how has life changed for you when it comes to pausing and patience and wellbeing?

Araba: [\(43:55\)](#)

Mm, good question. Pausing patience and wellbeing. I guess those things, those three things are all linked aren't they? And for me, having been someone who was very ambitious, but really used the word ambitious to cover anxiety and perfectionism, patience was something that I didn't have, pausing was something that I didn't do. And more so with myself than with anyone else I wasn't patient with myself, I was never satisfied with my achievements. I never felt like I was going fast enough or doing enough or achieving enough. And when I first started therapy, one of the first things that my therapist worked with me on was my definition of success, which obviously you discussed earlier. But I realized then that my definition of success was a definition that didn't leave any room for me actually, it was all about external achievements.

Araba: [\(45:00\)](#)

It was all about getting to the next destination faster. And then as soon as you get there, going on to the next one. And since redefining what success means to me, it's given me the permission to pause more frequently. And it's helped me to develop patience with myself, which has in turn helped me to develop patience with others, and all of those things have contributed to my wellbeing. So I feel, you know, people who have known me through that whole transition can kind of speak to how much I've changed, but my essence hasn't changed. I'm still the same person, but just how I show up in the world has changed, even the way I speak, because I speak more slowly. I walk more slowly. So even just kind of those very physical aspects of my being have changed as a result of my internal transformation.

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

So I really feel that when we talk about well-being, we cannot underestimate the power of the pause. And that's what mindfulness practice is really about, is about cultivating that pause between thought and the next thought or event and action, event and reaction is all about increasing that pause. And in that pause, you have a choice about what to do next. So if I'm faced with a difficult situation, because I have a pause, I can decide to tackle it in the way that is compassionate to myself and the other person, because I have a pause, I can decide whether to rush into the next thing or to actually take a step back. So I really feel that it's interesting that you chose those specific words, because I do think pause and patients with self are at the core of well-being.

Suzy: [\(46:48\)](#)

What is your definition of success now?

Araba: [\(46:51\)](#)

So my definition of success now is more about the present than the future. It used to be about what you have, where you're going, how others view you. Whereas now my definition of success is being connected enough that you hear the signs of your mind, body and soul, and you're able to actually follow them and act on them. So if every day I'm actually listening to my body, listening to my soul, listening to my ancestors and hearing the messages, and then I'm actually making choices based on those things, then I'm being successful. That's a successful day.

Suzy: [\(47:28\)](#)

I really loved that. I really resonate with that. I think I still have a lot of, I think again, I'm really conscious of the words that I use. The word on the tip of my tongue is work, and it doesn't feel like the most appropriate word, but work to do when it comes to being present. And it's interesting. It's been one of my measures, being present has been one of my measures of success for pretty much the last seven years, be more present, be more present, be more present. I have now got some really incredible tools, for me, being more present is one part and being present to my emotions is another very big part of a measure of success. And what's interesting is, is that I know that the more present I am and the more present with my emotions I can be, also the ripple effect of that when it comes to the doing part of my personality is immense. So yeah, I really resonate with that. I'm curious about how when you are actively knowing that it is that there is a part of you, at least in the past, that's very easy to fall into that ambition piece, how you approach something like the writing competition with the kind of presence that you're talking about and not get kind of locked up in the, am I going to win, am I going to do it perfectly? Or did you have some of that?

Araba: [\(49:11\)](#)

Yeah, absolutely. And, you know, I think something that overarches this and everything is reminding myself that nothing is linear, everything changes and everything is in cycles. So when I say that I'm now more present and I have more patience and my wellbeing is much better. Those things are not absolute. It's not like that constantly. It's just like everything, it goes through cycles. So I think one of the main things that has helped me is recognizing when I'm going towards that kind of space, when I'm moving towards the less present space, when I'm moving towards a more anxious space, I can now pick that up so much quicker than before, and then I can do things to course correct. So with this writing competition, for example, I think coming at it from a place of anxiety or focusing on winning rather than writing would have looked like basically not being authentic and writing what I think would win rather than what's in my heart.

Araba: [\(50:17\)](#)

So I think for me, the real focus of this whole mentorship and writing the book proposal has been to stay connected, to listen to my ancestors, to only write what

feels authentic and to remember that this book needs to come out. It's, I'm blessed to have been chosen to be the person to write this book by my ancestors. It's not my message. It's their message that they've chosen to channel through me. So whether this book was going to be published by Hay House or not, it was going to be published. And I knew that because it's not just a book, you know, it's, there's just such an energy behind this book and behind this message that I knew that it's bigger than me, it's way bigger than me. So when I'd come down, come to sit down to write, I would always do a meditation, connect with my ancestors.

Araba: [\(51:12\)](#)

And then, write. And if it felt like I was now writing from ego, or I was forcing the words to come, or I was trying to censor myself as I was writing, then I would stop writing and come back to it another time. So for this process, it was really about focusing on just being authentic basically. And then just knowing that if I didn't get the contract with Hay House, it was because there was another publisher that my ancestors wanted me to work with. So just reminding myself of that constantly really helped me to stay in a present space and, you know, in a place of gratitude as well, because again, this is a huge project that I've been chosen to write. So I had to keep reminding myself that it's not about me, basically.

Suzy: [\(51:58\)](#)

I think that that is a super helpful lesson when it comes to getting out of your own way and being the conduit. So thank you so much for sharing. I am really curious, Carmell, how did you find the process of writing the book and how did it feel to find out when you have been selected?

Carmell: [\(52:24\)](#)

I found process not as easy as I would have liked in terms of the actual writing, because I had so much other things going on around me. But I was determined to get it in whether it was finished or not. And, and so I did, and, you know, I, you know, you have a deadline to get it in and I got it in like two minutes before I had to, I had to get it in and wasn't perfect. And I think I, you know, I kind of, I had to just in my mind get across the kind of ideas that I kind of wanted to show because I am, I think when I first started writing, I wanted to get it exactly how, and I had to just step away from that because the more I try to make it "perfect", the less I was doing.

Carmell: [\(53:16\)](#)

And so I got it in, however it was going to be, and I was really grateful to, you know, get through. I wish, I was extremely happy and extremely thankful to have been given this opportunity. And so in order to complete it, I'm giving myself permission to stop or some of the other stuff, because something has to give and allowing the space to create, because I have a deadline, which is quite soon, because it's giving, given the opportunity to kind of submit it, you know, when you like, but if I give myself more time, that gives me more time to not do it. So I prefer to work to a, kind of maybe a tighter deadline in order to just kind of complete the process. But I



feel with that, I've had to make some adjustments and changes because I want to be more conscious, consciously present with it, and not have other things kind of distracting or getting in the way for, yeah. And so I think learning from actually doing the proposal, which is the first time I've ever done one, I'm kind of changing things for how I want to move forward in actually kind of finishing and meeting the deadline that's coming up in November.

Suzy: ([54:42](#))

Soon! Alliyah, Araba spoke to this and I spoke to this, I think throughout the whole process. And I think that this is because of the way that I came into being a hay house author, which was not the traditional way. And there was no book pitch, and I actually self published. I self published the calm birth school book as it was then called it's now called the calm birth method. But right from the start, I was very clear that you got to write the proposal for yourself because there are so many different ways to get your message out there. And so I'm curious about where you are now having come through to the end of the process. And what is your desire or intention for your book?

Alliyah: ([55:36](#))

I was offered the self publishing deal with Balboa press. And the other option on the table is to take on the feedback from the editorial team and resubmit by the end of the year.

Suzy: ([55:49](#))

Oh great! I didn't know that for some reason.

Alliyah: ([55:52](#))

I don't know why you didn't know that, but I'm telling you now, so yeah. Yeah.

Suzy: ([55:55](#))

Yay that's amazing. So what is your feeling, where feels most aligned?

Alliyah: ([55:59](#))

If I'm very, very honest, easy, everything that was basically in the actual feedback I already had a feeling of. Okay. So I was already prepared for it. I already had sticky notes up on my board and everything. So to be honest, I knew I needed to do that work. I was just in a way, waiting for the confirmation from the universe and it came through, so I'm going to do it. And I hope to get it done by end of October, I'm giving myself that deadline because I like to have something to work towards that's not so right there at the end. I don't want to wait until the end. It's a family tradition of mine that we leave things to the last minute. And I try not to do that. So I want to get it done by the end of October.

Suzy: ([56:37](#))

Well, I'm really holding the space and the vision that you also get a deal, that would be just so incredible for all three of you to have gone through this journey. And all

three of you end up as hay house authors. So yeah, really holding that vision for you. You're very welcome. Right you gorgeous humans. I would love for you to share where can people find out more about what it is that you do and obviously especially come out and are about when your books are going to be coming out. So Alliyah, let's start with you. Where can people find you?

Alliyah: [\(57:18\)](#)

You can find me on my website, which is [www.aliyahdawud.com](http://www.aliyahdawud.com), or if you're more of an Instagram person, you can look me up on Instagram, under @aliyahdawudUK, and I have links to the podcast and everything else on that.

Carmell: [\(57:35\)](#)

So I am @gentle\_births\_and\_beyond on Instagram and Facebook. And so I have a deadline for November, the end of November to get my manuscript in and book should be published next year, August, which would be in time, in line with world breastfeeding week.

Suzy: [\(57:56\)](#)

Amazing. And when is your next facilitator program?

Carmell: [\(58:02\)](#)

The next program starts in September, 20th September. So we have got eight places left on the program. That's the, to kind of learn around tongue tie, understanding oral function and also tongue tie practitioner training as well.

Suzy: [\(58:21\)](#)

Beautiful thank you, Araba?

Araba:

Yep. So you can find me on Instagram. My handle is @Araba.Ofori and my book is called return to source: a modern guide to African centered wellness. And it will be coming out in 2023 in the spring.

Suzy: [\(58:42\)](#)

All right. You incredible humans. Thank you so much for sharing your time with us today. If you've enjoyed this episode, if it has got your cogs whirring, I would love to hear so please do not forget to hit me up on Instagram, on @Suzy\_Ashworth, and in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles