

The Limitless Experience Podcast

Let's Talk About Magic! How To Open Yourself Up To Receiving More Transcript

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

Bringing my attention and intention back to those feelings, immediately gets to change things. And then that consciousness means that I get to bring on, act in different ways, change my behavior, upgrade my behavior, so I can activate those feelings.

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.

[\(01:15\)](#)

I'm back. And I am aware of where I am, what I'm doing. I've got like weird, like eyebrows that go up and down, but I have got brows. How the devil are you? Good morning. Say good morning Britain. Good morning globe. Good morning world. How the devil are you today? Thank you for joining me. Me and you, my lone person, ah and a few others please type in the comment box. Let me know how you are feeling this morning. 10 being like I have got it going on.

[\(01:56\)](#)

I should be talking about something else today. I should be talking about sales, but I don't want to talk about sales right now. Everything ultimately leads into sales, but I want to talk about something different. I want to talk about magic. So I did something. I don't know whether this sounds weird or not, but because I'm creating a lot of content all of the time, usually in my creation, I'm going through, like I'm creating from where I am at any given moment. So I am doing the work as I'm sharing the work and because I'm creating all of the time, it means that I rarely need to kind of go back through things cause I'm always creating something new. Anyway, today I thought I'm just going to have a revisit of a program that I created called magic money. Now, anybody who is in the freedom experience, anybody who is in the one right now, you have access to this program and I'm like, guys, you need to go back through it because it is immense.

[\(03:05\)](#)

Now I created this program in, I think it was about July 2019. I just had my biggest month in business. So my biggest cash received month, I received 53,000 pounds. And off the back of that month, I created this five day mini series, which talked

people through the processes. And I was just listening to the first five minutes, first five minutes of day one. And it really, really struck me. And I was talking about the difference between me and my biggest month and me and my biggest month. And then the month after when I was recording and I was recording from a place of slight contraction. I was openly saying, I've had this really, really great month and I'm going to talk you through all of the things that I did during that month. And now I'm not really doing the things. And so I really, I really loved the acknowledgement, but the first question that I asked on that week was what is the highest vision that you have for yourself?

[\(04:19\)](#)

And I was saying, I'm doing all of these things during this month where I had my biggest month. And I was saying to people, don't, you've got to choose not to get overwhelmed. And you've just got to like be in the game. I did loads of stuff to open myself up, loads of stuff to shift my energy, but I chose for that stuff to be good. Okay. So the first question was, what is the highest vision that you have for yourself? And as soon as I heard myself say it, I paused and I thought, fuck, I have not asked that question of myself in that way for a little while. You know, being very real, like a lot of you know my current situation and navigating the separation. And so I've been very much in doing mode, and very much in making sure the kids are okay and getting up and condensing my work days and just trying to manage all of the doing.

[\(05:19\)](#)

And I speak to that point, exactly that point in the program. And so I'm curious, how many of you feel like you have been massively in doing mode? Just getting shit done, like getting through the day. And I don't even mean that in a negative way. I just mean like that's life, right, sometimes, that we're just doing it. It's really normal. It's really not helpful when you're looking for evolution, when you are looking to move, when you're looking to elevate and here 'I'm doing mode for some time, a bit stuck' whenever you are feeling stuck, for sure, you're in doing, doing, doing, doing, doing, I've been in that mode and hearing myself say, what is the highest vision that you have for yourself? I was like, damn girl. And I love being able to share this with you because for me, when I feel at my best, I am in growth mode.

[\(06:29\)](#)

Now I don't believe that we can be in growth mode all of the time. But I do know that when I want to lift how I feel, like if I'm feeling contracted, if I'm feeling limited, if I want to lift that, I have to lift my vision. I have to hold my head up and I have to ask what is the highest vision that I have for myself. So I want you to, if you have not asked yourself that question for a while, I want you to write it down and I want you to journal on it. And I want you to just lift any barriers, what's underneath that tightening, what's underneath that contraction. What is underneath that? What's the fear. Usually it's some kind of fear. What is that? That's what you get to let go. I want you to lift the barriers and I want you just to dream big, dream really, really big.

[\(07:29\)](#)

And then from that space, it changes the way that you show up and do your live. It changes the way that you feel actually first and foremost, it changes your physiology immediately for most, not for all. There gets to be some kind of expansion. And if there isn't, that's also a gift. There is the work. Out of one of the questions that I was asking is, you know, how do you want to feel, like when you think of the highest vision of yourself, how do, how does she feel on a daily basis? And the words that I was using back in August 2019, they still resonate with me today. I want to feel a fucking live. I want to feel alive. I want to feel orgasmic. I want to feel tuned in. I want to feel turned on. I want to feel tapped in like, oh, when I'm doing, doing, doing, doing, doing, and just getting on with the share how alive am I feeling like I'm living, but I'm not alive in, I know that you don't use the word in that way, but I also know that you get what I mean.

[\(08:39\)](#)

I want to put it to you, no matter what is going on in your life right now, no matter what is going on internally right now, or in your environment right now, you have the capacity to feel how you want to feel. All these things are possible for you right now, in this moment. Fantastic. That's how I want to feel. We get to choose, but we have to consciously align ourselves and align our behavior so that we are creating opportunities to lean into those intentions. It's like, I can come on and do this live and be like I said, I should be talking about sales today, you know, and I could come on and I could deliver it. But because I'm not completely in alignment, I lose that sense of a liveliness. I go back into doing mode. There's a tick box, need to do the thing.

[\(09:36\)](#)

Instead, I choose to come and talk about what's on my mind and in my heart and what I'm working through myself. And there's a whole new sense of a-liveness. And I've created that through the choice that I have made. What are you doing on a daily basis to help you consciously and intentionally live in to the feelings that you have said that you want to feel? Like it gets to be as easy as bringing intention to the fact that the highest vision that I have for myself feels alive, feels tuned in, feels orgasmic, feels tapped in, you know, bringing my attention and intention back to those feelings immediately gets to change things. And then that consciousness means that I get to bring on, act in different ways, change my behavior, upgrade my behavior so I can activate those feelings. This is the difference between hearing something that makes you go.

[\(10:50\)](#)

Yeah. Yeah. That's amazing. And then implementing something that is going to change your life and create transformation. So please use this time wisely and participate, identify what needs to happen, what gets to happen today, where it's going to help you feel the way that you want to feel. Decluttering, great, play my music loudly and dance, great letting go of the shoulds, great, going to bed earlier. What time? Make it a non-negotiable just creating one little space. And the reason

that this was important, the reason that I was talking about this in magic money is that I believe in so many ways that when we are, receiving is not a reflection of my own self-worth. I've said this many, many, many, many times, like I am priceless. You can't pay me enough to reflect how much I'm worth. I can't pay any of you enough to reflect how much you're worth, however, me acknowledging what I want and then creating space for what it is that I desire.

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

Giving myself permission to acknowledge that I want to feel alive, that I want to feel turned on by life, giving myself permission to voice those things and create spaciousness for those things is me opening myself up to receiving. And when I'm receiving over here, and I'm also setting a very clear intention to have the biggest month, biggest cash received month in my business. When I allow myself to receive over here, it makes it so much easier for me to receive over there. When I allow myself to receive over here, it makes it so much easier for me to receive over there. Like moving into the mindset of, of course I get to experience this. Of course, I get to feel that. Of course, I get to allow that, and setting a very clear intention that of course gets to ripple through every area of my life, including my finances is how I got to have the biggest month in my business. Well over a year ago, you know, we've done four times that in a month since then. But at that point, that was, that was the deal.

[\(13:30\)](#)

I want you to think about where there is one area in your life that you can tune into the inspiration and feel the energy and feel the magic. So I was talking a lot at that time about what the biggest thing that shifted for me going from wanting to have a 60 K month, cause that's what I wanted. I missed it by little bit, but wanting to have a 60 K month and basically making it my reality to struggling to get past. I think it was 30 K at the time, was I'd gone to Barcelona and I'd walked in with 12 women and walked out with 12 completely different human beings. And what that experience showed me as a facilitator was there anything was possible in the shortest amount of time. Like we could create life shifting massive transformation in just four days.

[\(14:28\)](#)

And so I left that retreat knowing in my bones that anything was possible. And if anything was possible for these women, like anything was possible for me. And I understood at a deeper level. It's why I love retreats. I always talk about getting out of your environment and putting yourself in a beautiful place and being looked after. And all of that stuff is just, it's a prime ground for creating transformation. And we don't have to spend four days in Barcelona or Columbia or wherever it is to notice, to find, to seek out inspiration and magic and examples of people, places, experiences, where anything like where magic happened. And so my last question for you, and I hope that just being on this live is part of this for you today. But this happens once a week what'd you get to do on a daily basis, to seek out people,

experiences and places where you are seeing evidence of magic, where you are feeling inspired by people's energy and frequency and audacity and,

[\(15:47\)](#)

Let's do-it-ness. I just made up so many words today. When you put yourself in those type of places and my chest feels so warm as I say, when you put yourself in those types of places with those types of people, like you, you get to borrow their coding. You know, you get to up level, your frequency, you get to and level your vibration. It's like, well, they're doing, and they're having a load of fun. I'm doing it. I feel inspired. And it might not even be about the money. It might be about their creativity. You know, it might be that you see something in, you just think, wow, that's good. And know that you're seeing it because you're an energetic match for that level of creativity. Even if you're not quite living into it yet, it's like taking it and being like, wow, I get to lean into that.

[\(16:44\)](#)

I get to feel good about that. I get to, I get to feel and see and experience the magic that they've created. And I get to take this a little bit. I can take a little bit of that magic and drop it. Does this make sense? I want you to step out of the doing, slow it down. I want you to ask yourself, what is the highest vision that I have for myself. I want you to ask yourself, how do I want to feel on a daily basis? And then I want you to seek out little bits of evidence, people, places, experiences online, in-person it doesn't matter where you are seeing and feeling magic. And I want you to stop borrowing those codes, borrowing those codes, rubbing up against the soul gold frequency.

[\(17:35\)](#)

Yes, yes, yes, yes, yes, yes, yes. I'm feeling so inspired. This is exactly what I needed to get to make some magic. Yes. Excellent. Right. I love you. Take it easy. And remember faith plus action equals miracles.

Faith + Action = Miracles