

The Limitless Experience Podcast Transcript

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

The next part of the puzzle is really the large amounts of money. Is it possible for me to work less and receive large amounts of money? And here is the biggest resistance for people.

Welcome to the limitless life experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach and believer in miracles. My superpower is helping female entrepreneurs, like you, create six figure breakthroughs in your business fast so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience podcast.

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Hello hello you gorgeous human beings. It is Suzy Ashworth here, quantum transformation and embodiment coach. And today is Thrive Thursday. And my desire is for you to, I'm feeling the vibe I am quite excited about today because I want to share with you something that I have been doing for the last, I think five days I did count on my fingers earlier on Saturday to Thursday is five days. Right? Okay. I'm going to tell you something that I have been doing. So my energy is high today. You may or may not be tuning in to the fact that I am slightly more alive today than what I normally am. And the reason that I am feeling slightly more alive. The reason that I'm feeling slightly more alive than what I do normally is because I started a raw food, I don't definitely don't want to call it a diet because we don't find, I don't vibe with diets, but it's also, it doesn't feel quite like a cleanse cleanse feels like more strict and it doesn't feel like I have been in this space of abstinence at all.

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I feel like I've eaten really, really well over the last few days. Like everything that I've eaten has just kind of like exploded in the mouth. It's been mouth orgasms for me, as I have enjoyed, I have so been enjoying eating raw food and yesterday it was about four o'clock in the afternoon, but I was like really aware of almost like a fizzy feeling like a fizzy feeling within my body. And I haven't shared this sort of thing publicly yet, I've been doing a little, a bit of experiments with micro-dosing psilocybin and honestly, I haven't really liked it and I haven't been liked it because it has, it sent me just a little bit beyond like just the, just a little bit beyond. And so I would feel not high, but just a little bit, like it was like a jaggedy. If I had to describe the energy, it would be like a jaggedy energy.

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And I practiced like experimenting with halving the dose and reducing the dose and all of that stuff. But anyway, I decided a couple of weeks ago that I was not going to, I was not going to mess with psilocybin anymore, not from a microdosing perspective anyway. But anyway, yesterday I'm feeling this fist in my body and I'm like, it's very beautiful, like natural high. Sasha's just saying, I get that fizz when I fast, I get that fizz, I felt, and I messaged one of my mentors and was like, is this normal? I don't know whether this is to do with the way that 'm eating, but is this normal? And she was like, it is. So I am really feeling it and at the moment I'm playing around with the idea of, am I going to extend it? Because the intention was just, just to do it for seven days because I was looking, somebody was asking me about my biggest month in business.

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I talked about the emotional clarity that I had. And it also got me thinking just about the fact that when we are at our optimum for magnetism and co-creation and what do we call it? Manifesting what it is that we desire is a clarity in our channel. There's a clarity in the way that we think, there's a clarity in the way that we feel. And also there is a clarity in our body. Now, whilst I wasn't really focused on this in April, it just the question prompted me to really look at how am I fueling myself at the moment. And the truth is not with a huge amount of intention. And so I was like, right, Friday, I decided Saturday I was on it. And no, I am making the meals from scratch, which means actually, if I'm really honest, it's a lot of preparation and it's a lot more work than I would normally do.

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But again, this does not feel restrictive. I'm not on, I'm not following a plan of any of any type, but I'm having a smoothie in the morning and I start my day with lemon water, and then I'm usually having a smoothie about 11 or 12. So anybody who does intermittent fasting, I'm almost doing an intermittent fast, but not intentionally. Then I'm having like homemade energy date balls, and then I'm having a meal in the evening. And then if I want anything else, I'm having something else, but I haven't really wanted it. So when I look at the amount of food that I'm eating, it's probably close to a fast, but I feel good. I feel really, really good. So I'm going to keep you updated. I'm looking at my skin, I'm looking at my eyes, I'm looking to see what am I noticing?

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But so far I feel great. So there we go. I'm feeling very, very clear in my body. And I also think that that makes me feel a little bit clearer in my mind too. So the title of this is am I missing something, what am I missing. So if you were not in transcendence yesterday, the answer is you are missing transcendence. That is what you are missing. This question was inspired by some of the things that came up in transcendence and transcendence for those of you who don't know is my new program, all about money, energy, power, and power. And what I said right at the beginning was to really take what resonates with you and for you, and then get

curious about what doesn't resonate for you, because what is so beautiful about this program is that I am literally teaching from my own personal experience.

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And so whilst my experience is not the blueprint for everybody else's experience, I'm talking not from theory and hypotheticals and what I, if you, if you do that, I think that this is supposed to happen. What I am teaching is what I have done and what has worked for me and what I have noticed it has created these wildly, wildly huge quantum leaps in my business. And when I look at the characteristics of some of my most successful clients, there's alignment there. And so the invitation was to anything that doesn't resonate with you, get curious about what is underneath, like what the resistance is. And I don't actually think I said this yesterday, but the next kind of step for that is to really ask yourself, is this true? Is the resistance that I'm feeling true? And what I find is sometimes the answer is, well, actually this resistance is true for me, and it's not only true for me, but I believe that it's true with a capital T.

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And I gave the example of the fact that I do not believe that money gets to show you who you are. I get, I believe that it gets to show you what the preferences are. Your preferences are not your identity. That was the example that I was given as a mentor had been saying that you can't know who you are, unless you're wildly rich. I said, no, I don't agree with that. And it gets to be okay, it's not a debate. It's just her opinion and my opinion, what's true for her. And what's true for me. But it gets you to question and it gets you to look and often in the resistance is the thing that you get to release or need to release often. Sometimes not always, but sometimes when we spot the resistance and we ask ourself, is this actually true?

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So with a capital T like this may have been true for me up until now, is it true for the capital T and it's not true for the capital T that's the work. And that's what gets to be exciting about being pushed beyond where feels comfortable. So what came up was a question that I kind of want to, okay, so what came up was it's technical mastery is the way that I will create wealth. So you can't just make money appear by believing it and opening yourself up to it. You have to be good enough. You have to be good enough first, who believes that? It's not just, you can't just believe it and then there's going to be wealth. Like you have to be good enough in order to allow money. And so this is the way that I've read it, that in order to create wealth, you have to be technically mastered.

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There has to be technical mastery. So you can't just make money by believing it and opening yourself up to it. You have to be good enough technically to receive money, to have to be good enough technically at something, before you can receive money technical mastery, the majority of people do believe this. And I think that the way that I talk about money and the way that people like Denise

Duffield-Thomas talk about money and the way that people like Melanie Ann Layer it's all about money and lots of people in the coaching industry that talk about manifestation, they're talking about it from a feminine energy perspective. And I think really what society nowadays live into is that you need to, you gotta work hard for your money. You gotta work hard for your money. Is that a Tina Turner song? It's that very masculine paradigm.

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If you do not push, if you do not force, if you are not the best, then you are not going to be able to open yourself up to an abundance of money. And this is also not just the masculine paradigm, but also very much employee mindset. I need to do a certain number of hours. I need to make a certain number of calls in order for me to get a result. And I think that depending on your environment and depending on your disposition and my disposition actually really suits this paradigm, I have done very, very well both in the employee world. And then when I first started entrepreneurship, I grafted and I put those hours in and I pushed and I forced. Now, what is really true is that when you start really thinking about when you get past the, I want to just earn enough to replace my salary.

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So that is often the goal for a lot of people when they start out, I just want to earn enough to replace my salaries. That might be 30,000, 40,000, 50,000 might be a hundred thousand. Once you get past those numbers, what starts to happen is you realize that you cannot keep doubling your output in order to double, to double what you're receiving. And this is what happened with me, realizing that I can't keep working harder and harder and harder in order to continually expand my wealth. And because of this, I needed to start looking at things differently. And this is where I start to really learn about first of all, just mindset. That's where it started. And what I learned in that step from realizing that I can't double my output to continue to increase my income is that I need to change the way that I think about money.

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And I need to change the way that I think about receiving money. And I need to change the way that I think about receiving large amounts of money. And so I, first of all, just allowed it to be possible for me. And I allowed the principle that I could make more money while doing less work. I played around with that principle. I played around with the principle that I could do less work whilst earning more money. And so that idea about you can't just open yourself up to receiving more money and actually receive more money. It starts with playing around with that principle. You have to play around yeah. For the principal that I can do less work whilst earning more money. So can you get your energy behind that? It's possible for me to less and earn more, and then it goes from, I can do less and more great, but then hello, resistance.

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Okay. How do we do this leverage? How do we do the, how is leverage the, how is premium pricing. The how is group programs for some people, the, how is setting up a product business and selling more products, that how is getting more support in, you know, so there were lots of different routes to how, but first we have to decide that it is possible for you. The next part of the puzzle is really the large amounts of money. Is it possible for me to work less and receive large amounts of money? And here is the biggest resistance for people and the worthiness piece for people. And this is, this for me is the real work is that when you go into, when you go into this part of receiving what comes up is people say I'm not worthy or deserving, or my product isn't good enough, or I'm not good enough to charge the amount that I want to charge.

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And this for me, when you say I need to be technically masterful and I need to be the best, and I need to be good enough for me, all of those types of phrases are wrapped up in deserving and worthy. And what I know to be true is when we talk about helping people create products and services that they are obsessed with is that you do not need to be the best of the best of the best. You do not need to be the best in your field to create a product that is worthy of charging a premium price for. I'm going to say that again, you do not need to be the best in your field to charge a price, to charge a premium price for the product or the offer that you have. The only reason why you might feel like that is because you are in comparison mode.

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And comparison says, unless I recognize myself to be better than the best person then I don't deserve to be earning more. So when you have that energy, whether it is a conscious or unconscious, when you have that energy and you're, you're sharing on your masterclass, or you're sharing in your challenge or you're sharing whatever it is that you're sharing, whether it's email or whatever, and that, and you have that energy of, I don't quite deserve to be charging this amount because the product isn't good enough or I'm not the best, that is going to block and limit you. If you are taking to market something that you are not obsessed by, that is going to block and limit you. So your alignment to your offer has to be absolutely bang on the money. You got to be obsessed by it. You have got to be able to seriously look at your sales page and be like, I would buy that because this is so good.

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And then you have to be thinking about yourself. I would allow myself to receive that because this product or service is worthy enough. And what often happens is that not only people are not really thinking that the product with the amount of money that they're charging is worth the transformation. I've talked about this a lot when it comes to the spending versus the investment, they don't believe that the client is going to get the investment back. They don't think they're going to get the ROI, because the way that they're looking at their product or service isn't in a, this is going to change lives, not just their life, but their family's lives and their people's

lives and all of their lives. But they're also saying, so they're thinking, I don't know if the product is worth this, but also, this is a big one.

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I don't know whether I deserve to earn this. And there is so much layered in the, I don't know if I deserve to earn this. There is so much layered in that, but I'm really curious, those three things, when somebody says, am I missing something? These three things are really, really, really important when it comes to taking your offer to market, and selling and receiving. And then, the other thing that, there's two things, actually, two other things I want to share. And actually, again, this could be a whole bloody masterclass, but you do have to take action. You do have to take action, but faith plus action equals miracles. What comes before the action is the belief. And I think so many people take the action before they believe that they're worthy before they believe that they're allowed to charge a bit before they believe that it's possible to work less and earn more.

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So many people take the action from the, if I just work hard enough, then I will get rewarded. And it doesn't work like that, in my experience. I have had to believe that it is possible and then take the aligned action and really be clear on what is aligned action for me. And one of my mentors was talking about action the other day. And she really made a really clear distinction between what is not aligned as in what is, what, what pushes up against my value system. This is not in alignment with my value system, that's a no, versus doing this makes me feel uncomfortable because we are going to aligned action alignment in we're talking about alignment to the vision, alignment to the impact, alignment to the dream and the alignment to the income. And in order for you to move beyond where you are, you are going to have to do things and say things that make you feel uncomfortable, not because they're wrong, but because you have never done them before.

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So, you know, there was somebody in the freedom experience the other day who said this person, and it wasn't, by the way, this person has said that they don't feel like it's the right time. And that feels like a no. And I want to respect that. And here's the thing people say frequently, not all of the time, but frequently, it's not the right time because they don't understand the value of acting now. And I understand that. So when somebody says it, it's not the right time, I'm going to ask another question so I can get really clear on, is it really not the right time for them? Or is it because I haven't communicated powerfully enough why it's time to take action now, now asking that extra question is the bit that takes people beyond the comfort zone. But if you don't believe that you're worthy, you don't believe that the, you don't believe in your product.

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You don't believe that you're whether you don't believe in the product, you don't believe that it's right to inconvenience people. You don't believe that it's right to

sometimes ask a question that takes somebody out of their own comfort zone. Then you are not going to get the type of results that somebody who is willing to not only step out of their comfort zone, but also invite other people to step out of their comfort zone. Do you get like aligned action is so many pieces of the puzzle and it really is not a, it's not just a tick box. Oh, I've sent out five emails or I've hosted a masterclass. Why haven't I got the sales? There are so many little in-between pieces around your belief and around your willingness to go beyond what is comfortable for you and potentially ask questions that make other people feel uncomfortable so that they are able to get the clarity, which helps people make the decision.

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So this is what am I missing is never just one thing. And it get, and you get to be okay with your growth. You get to be okay with the fact that you are learning. But the thing that I would be grounding into all of the time is what would I do if I wasn't afraid? What would I do if I wasn't afraid of being misunderstood? What would I do if I wasn't afraid of losing it all? Or what would I do if I wasn't afraid that this wasn't going to be the right thing, what would I do if I wasn't afraid will stretch you beyond your comfort zone and accelerate the speed at which you get your results. It just will. So for me, this comes back to, as always, faith. And it's the belief piece. And it's the work is, where am I not believing? And the answer to that question is where do you feel triggered? Where are you in judgment? Where do I feel triggered? Where am I in judgment? They are always really beautiful places to start when it comes to really looking at what do I really believe is possible for me, what's possible for them because they're unethical because they're pushy because they're forceful because there are, oh my God, why would I ever want to be unethical, forceful, pushy?

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Okay, there's the work. So yes, there has to be action where I've got to in my development, I cannot just meditate and levitate and believe me, I know people who claim to be able to do that, do you know what I mean. I just meditate and it just, I levitate and it just drops out. That's not the vibe for me. I still have to take action. So I will teach until I have learned another way to just meditate and receive. I will, I will tell you that, but it starts always with the way that I'm thinking and what I believe is possible. And believe me, it took me a year to make my first 5k and then to do it consistently. And a year feels like a long time when you're selling a ninety seven pound product. And you really don't know. And it was the belief that it is possible for me. And then my willingness to do things that took me beyond my comfort zone. And I think that what happens with a lot of people is when it doesn't happen immediately. And I believe that it doesn't happen immediately. Sometimes it's because people literally just don't know how, but for most people is what's going on up here first. So I love you. You're amazing. Thank you so much. And please remember faith plus action equals miracles.

Faith + Action = Miracles