

The Limitless Experience Podcast

What is important to you

Transcript

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

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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. I'm doing it. I am not only back, but I'm coming in hot because we are doing. If you are watching this, I have titled this Sunday fun day. Do you remember when you were like, I dunno, about 20 years younger than what you are right now. And Sunday was all about going to the pub, like recovering from your Saturday night, hair with the dog, you know, a couple of bloody Marys and like getting back on it. Does anybody remember that? Was that just me? I'm like Sunday Funday was a thing. Please let me know that this, please let me know that this isn't just me, but you were there too in whatever corner of the world that you used to play. Anyway, I am here. I'm recovering from too many glasses of wine with my sister yay, back in the day or now.

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So I just wanted to pop on really quickly today to just to share with you a couple of things that been coming up over the last couple of days, because I've been in Crete for 10 days with my kids, which was absolutely amazing. Came back on Thursday evening and immediately started kind of scrolling and just checking out what was going on. And I immediately felt myself go just contracting. There is as always just a lot of shit going on in the world. Now, you know, on Friday morning, I sat there just really trying to understand more about what was going on in Afghanistan. And the more I read, just the worse I felt, you know, is it real? What is going on in the world right now is real. And then the other thing was things that I've been seeing that was also making me go wrong is just the amount of, if you do not think like this, you are stupid.

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If you do not do this, then you are with them. If you do not do, if you do not think, if you are not using your platform. And I was really like, after coming back, just super,

super chilled, seeing all of this polarization and separation just really took me back to March, April of last year and the start of the pandemic and that feeling that I had of just feeling like I am on my own, like feeling really isolated. And is anybody else feeling overwhelmed or isolated or just all of the feelings when it comes to scrolling or social media and navigating the opinions? So the opinions and views of other people, because, and what prompted this was a really beautiful conversation I had with one of my clients and friends and sisters, the amazing Nikki Clinch who go and check out her stories.

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She was, she did a series of stories. She was inspired by being in her garden and she was talking about, we did basically weeding out the crap so that your plants can thrive. And as I'm listening to her use this analogy, I think that she is going down the route. Like I can feel my body tensing. I think that she's going down the route of we need to weed out all of the people that do not think like us. And I, for a moment, I was like frozen, just like, oh my god, like even. And then she went on to explain that she was talking, the analogy was about us internally. Like we can have all of the weeds and. If we don't prune ourselves regularly than we can get overtaken. And we were laughing about how I have felt like for a moment, just triggered by what she had said when I combine it with everything that I read or have been reading.

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And I think that the thing that was coming through for me is the same as what was happening in March, April of last year was this feeling that people are forgetting that regardless of the label you want to give somebody, regardless of the identity that somebody assumes for themselves, we are all human beings. We are all human beings. And one of the things that I did yesterday without, I'm totally unrelated to this, but it was, I'm so glad I did it. I asked the question, I asked the question in my Facebook group, the quantum success hub. And I asked a question on Instagram and I might have skewed the responses in Facebook because I gave my answer, but I didn't give my answer for Instagram. And it was amazing to me. It was amazing to me all of the answers. So the question that I asked was if you could go to dinner with anybody, either dead or alive, who would you choose?

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Who would you choose? And on Facebook, I let everybody know that if I could go to dinner with anybody at all, I would choose my foster mother, my foster mum, who has been passed for the last 23 years. And I would sit down with her and I would chat with her and I would talk to her and I would share everything that was going on in my life. And I, that is what I would have chosen for me yesterday. And it was, it was amazing to me on Facebook, how many other people say, I said, I would go to dinner with my dad who passed away three years ago with my Nan, with husbands. Now there were very few people who said celebrities, of course, when people did pick a celebrity or somebody who was famous, it was somebody who had touched their lives.

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Somebody who had inspired them in some way, shape or form. Now, as I say, I feel like I might have skewed their responses because I put mine in there, but I didn't do it on Instagram. And you know, what, what was really interesting is even on Instagram, what people said, the person that they said that they wanted to spend the most time with was, or not the most time with dinner with, the person who they would have dinner with. It was family, family who had passed or family who they were estranged from. On Insta there were a few more kind of famous people and celebrities that were included. But by far the overwhelming majority of people said, I want to spend time with a loved one that I can no longer spend time with. And during this conversation with Nikki today, what I remembered, what I was eight, I was able to remember what created expansion within me.

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It's just remembering that regardless of the label, regardless of the identity, regardless of your choices is everybody, everybody is human. And everybody ultimately, when all of the shiny stuff has gone, when all of the money, when all of whatever it is, when all of that shit is put to the side, we want to spend time with people we love. We want to be loved. We want to feel loved. We want to feel safe. You know, we want to create something that is going to create safety for our children and our children's children. And it is so easy to get lost and stuck in the he said, she said, spiritual warfare there, she pulled that, you know, it's so easy, easy to get stuck and forget the humanity in each and every single one, one of us. And I always, I always love taking time away and taking, taking time out because it always gets me fired up and taking the last 10 days out and coming back to see what I'm seeing.

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I don't think that I have been more fired up when it comes to supporting people in conscious leadership within their businesses. I have never been more fired up about it. I've said this in many ways before, around the success of my business, being my actual, it felt like it last night, when I was able to donate 4,000 pounds to women for women, for women in Afghanistan. It felt like it felt like that, it was that, that was, I got to do. That was how I got to make a positive difference in this chaos, by remembering what this is about, remembering that people just want to be connected to people, feel loved, be loved, feel safe, be safe, create safety for each other. And I think that, yeah, one of the things that I found so frustrating as I'm scrolling and scrolling and scrolling is the number of times that I hear people say, wake up, you need to wake up and it doesn't matter what side of the fence I'm seeing that and words to that effect in so many different places.

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And what is what I really want everybody to hear is the conscious leadership is not about who shouts the loudest, conscious leadership is not about who shouts the now and at the moment, it feels like all we are getting all that's happening is people

with megaphones are shouting in our faces telling us what we need to do and how we need to think. I want to encourage you to do is to think about what is, what is it that you can do that is going to contribute to people feeling connected rather than people feeling separate? What is it that you can do to build community rather than put one person over here in one place over there, because it is community and helping people that is going to make a difference, not just for our children and our children's children, but our children's children's children.

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You know, the goal is beyond, cause I often talk about what, what do you want for your kids' kids? And what I really felt into today, was it's not even, what do I want for my kids' kids' kids? It's what do I want for humanity? What do I want for humanity? And making people feel stupid or dumb because they have a different opinion to me is not what I want for humanity. When I hear things like you need to do the right thing. What you're saying is you want me to do the thing that suits you. And that is not the world that I want to live in. It's not the world that I want to actively participate in creating. And so when I come on today, it is really, really say to you, you get to decide what your activism looks like.

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You get to decide what your activism looks like. And I believe because you are here and you are in my orbit, you're watching this, you're watching this on the replay that you inherently deserve to be a part of a tidal wave of positive impact. You know, that is my mission to be part of a tidal wave of positive impact across this globe, you know, to create a legacy that touches people who will never know my name. And so every life, every piece of content, every program comes. I come to everything through that lens and it's never felt stronger or more fricking important than what it does today. And my business and the content that I create around my business right now is the vehicle in which I use to do that. And for those of you who are like, yes, this makes sense to me, that resonates with me and where I am.

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My invitation is to contemplate my desire right now, more than ever before is to build a community of people globally, worldwide, who have this energy who are operating from this frequency so that we can work together collaboratively, collectively to make the changes that will leave a legacy that will touch people who will never even know our names. That does not mean that everything that I say you have to agree with, it doesn't mean that everything that you think about, I have to think in the same way. That's not what I'm talking about. When I'm saying we have a frequency that is a match. That's not what I'm saying, because that's not us as human beings. We're all going to think differently. But when the ultimate foundation is love and connection and safety and building a future where people are able to think freely speak, freely to be part of a tidal wave of positive impact.

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You know, that's what I'm interested in. My commitment is to just share more about what I'm thinking at any given time cause I know that if I'm thinking of other people are going to be thinking it, and I want to use this platform and grow this community from a place of empowerment, not from a place of you're dumb if you don't think the same way as me or you need to be in this camp two feet in order to have a place here, that's not the way that I operate. It's not the way that the world, you know, if I want to create a little microcosm of how I want the world to be, it's about being able to hold the space with people and hold my energy in a space where people have differing opinions. Why is that so crazy to be able to hold your space and have a powerful and intelligent and inquisitive conversation with people who hold different views and perspectives to you.

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Do you want a world in which your children's children's children can grow up without fearing their lives, their livelihoods for having differing opinions, this is the space and the community that I desire to grow. You know, and is very much I talk, I talk transcendence is coming. I have word dropped a little video a couple of days ago. Transcendence is about our capacity to within ourselves, hold negative, challenging energy, sadness, fear, you know, all of the challenging feelings and still be able to receive and hold and create and create magic, which is very much been my year, this year or the last year and a half. You know, that is what transcendence is about. I'm super excited to bring that to you. But in the meantime, I wanted to say I'm back bitches and I'm excited. I'm really, really excited about what we get to do.

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So my invitation for you is just to be, be here, be present if it feels good, if it feels aligned, you know, and especially if you are somebody who wants to use their business as their tool, their vehicle for activism, because never before has a world needed more conscious leaders. And I want to tell you that conscious leadership isn't about who shouts the loudest, who is the most spiritual, who is the most woke. No, it's not. Right. I love you. Thank you so much for listening. I love you. Take it easy and I will see you next time. Please remember faith plus action equals miracles.

Faith + Action = Miracles