

The Limitless Experience Podcast

When things don't go to plan

Transcript

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

I know that I've got this no matter what. I know I've got this no matter how many people say yes and I know that I've got this no matter how many people say no. I know that I've got this no matter how many times somebody says, I'm going to do it next time. I know that I've got this, no matter what. I know that I've got this no matter what.

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.

[\(01:07\)](#)

How the devil are you. If you are new here, my name is Suzy Ashworth and I am a quantum transformation and embodiment coach. I've got the vibe. Today is an important day. My eldest child is doing their 11 plus, they're doing their contest. I've got a really interesting relationship with it. I'm like I passed my test and I went to a grammar school and it was fun. My GCSE are really the only outside of the stuff I've done, my diploma in hypnotherapy and psychotherapy. My GCSE is where my education stops. And so I'm really like, you know, whereas my ex has got three degrees. My sister, she went to a comprehensive school and basically just upgraded, upgraded, upgraded her qualifications. And she's ended up with a degree I've already like, I feel quite unattached with it normally, but then this morning I had a real, it's like, it doesn't matter if he fails, this is not going to define the rest of his life.

[\(02:20\)](#)

It's not good for the rest of his life. Anyway, he went into school. I think he was really calm. And now I have expressed myself to you. I'm feeling a lot calmer about it too. Right? Let's get into this. I want to talk to you about what comes up for you when things don't go to plan or when you are coming off the back of failure. And what's so interesting when people are coming off the back of a perceived failure, that space in between the end and the starting of something new, that space in between of the end, or trying to get a different result using the same methods, techniques, launches. What is the feeling that you immediately tune into? When I talk about something that hasn't gone to plan, potentially perceived as a failure, and then that time in between when you're gearing up to go again, how do you feel?

[\(03:24\)](#)

I think that there's opportunity for upgrades in the neutrality, but definitely better to feel neutral than anxious or worried. I think that is way more common than neutral. And here's what I, here's the truth. Now in my life, I have many, many, many, many things that go to plan. I have many things that are working out for me amazingly and yet when one thing doesn't go to plan, when one thing looks like it is not going to go to plan. It's very easy for my mind to anticipate that things are not going to work out for me. It's very easy for my mind to go into the place of, even though everything else is amazing, this one thing hasn't worked and I feel that anxiety in my body, I feel the fear of ok it didn't work last time. What if this isn't going to work this time?

[\(04:39\)](#)

That is really, really super common. And then in this space, and when I say this space, I mean, the fact that you are in my world, there is already an awareness that our thoughts and our feelings matter. So what happens in many cases is that when we start to feel anxious and when we start to anticipate the worst, because that's what is happening, we're anticipating that we are not going to remain in the safety and the security that we know. That really what is happening the mind, whether you are somebody who goes to the absolute worst case scenario, straight away what's happening in the body when we're feeling a contraction, when we're feeling like dis ease, when we're feeling anxiety, is it, the body is worried that we are going to not be safe anymore. You know that that's, that's, what's going, that's what's going on.

[\(05:34\)](#)

And when you're in this space and you're aware of how important your thoughts and your feelings are, what then happens is that in many cases, we start to worry about the fact that we're feeling worried. And then you go into that place of stop. What, why are you not over this? Why are you still feeling anxious? Come on. Think good thoughts. Good thoughts. Good thing. That it's gonna be fine. It's gonna be fine. It's gonna be fine. Positive, positive, positive. Who recognizes the worry about the worry. I'm really not. I shouldn't be worrying. And now I'm worrying about the worrying. This is really, really common and what happens? What happens in these types of spaces is because we know that it is important to think good thoughts, and to be positive when somebody then asks you, how are you feeling?

[\(06:31\)](#)

How are you doing? We lie through our teeth, I'm fine. I was feeling a bit stressed out, but I'm letting it go. I'm releasing. I'm actually really fun because I don't want a voice that I'm not fine, because then I'm going to have to admit that I feel a little bit ashamed about the fact that the last time I was here, the things didn't go to plan. And I don't want to then compound that feeling of shame by saying that I think that the thing that I'm about to step into also is not going to work. And so I'm going to very quietly worry about the fact that I'm worrying, whilst trying to stuff down the worry about the worry and the actual will worry. I'm trying to stuff it all down,

pretend everything's fine. Who recognizes that? And for some people, this will be very extreme and you'll be like, oh my goodness.

[\(07:34\)](#)

Like, I literally feel like that. And for other people, it will be way more subtle, but that process is happening. Yesterday I had such an incredible, powerful, remembering. I was with my, I was in my mastermind group. And my mentor had shared something about wishing that everybody could know how she feels when it comes to knowing that everything is going to be alright. It was such a simple thing that she said, and it really created a whole load of expansion within me. It really reminded me of why transcendence the new program feels so important, yesterday that sentence from her, but then every single conversation that I had with a private client, conversations that I'm having with my team, conversations that are just they're present in my life, friends, everything, everything led back to this, remembering that I'm okay. And what it started for me was this remembrance of, I know that I've got this, no matter what, I know that I've got this, no matter what, I know that I've got this no matter how many people say yes, I know that I've got this, no matter how many people say no, I know that I've got this.

[\(09:08\)](#)

No matter how many times somebody says, I'm going to do it next time. I know that I've got this, no matter what, I know that I've got this no matter what. What is happening in your body for those of you who are really able to take on what I have just said, I know that I've got this, no matter how much is going on around me, I know I've got this. No matter how much evidence suggests to me that everything is going to absolute, absolute pot. I know that I've got this. I know that I've got this no matter what, what happens once they release space, empty space and trust? What else? Not everybody right now will be able to tune into this. And this is okay. There's no judgment. But being able to know where your edge is, is so important when it comes to your growth.

[\(09:56\)](#)

So not being able to fit anything, if there is no judgment, and if you can feel it, I want you to, I want you to feel it. And I want you to share with me what it is that you're feeling. There is a slight shift in gear down. A deep core breath feels my chest. Once these nerves down my spine, expansive, I'm opening my arms and lifting my head to the sun. Big breath out. I know that I've got this, no matter what, I know that I've got this, no matter what, I know that I've got this, no matter what. Now there will be times. There will be times when, even though you know this, because we've just had this exchange, and it's not even that, you know this, because we've just had this exchange. This is a deep wisdom that was either is within your molecular makeup.

[\(10:39\)](#)

This is a deep wisdom that is within your molecular makeup. And depending on the environments that you put yourself in, depending on the conversations that you're

having on a daily basis, this will be reactivated. This will be remembered or not. Now what's really interesting. And I say this coming from a space of, I have said now, probably for the last year and a half, when we're in our most sovereign self, we know that we are both the generator and the conduit. So I get to rely on me, but I am also the conduit for the universe. And the universe gets to flow through me. That's what that sentence means. You know, when it comes to money, I am the generator, not you. I'm not relying on you to say yes to anything, but I am the generator, but I'm also the conduit. I allow. I am a conjure.

[\(11:34\)](#)

I am a channel for money to flow through me. Same thing. Now, there are times when we still feel blocked. Even when we know that I have always got this, no matter what. And the refinement, the upgrade to that knowing is to remember not only you are the generator, but you are also the conduit. You are also the flow for universal intelligence. You are also the flow for source, because it is part of you. You are part of source. You are also the channel. And when you know that you are the channel, you don't even need to have this no matter what, because you have, you are always being fully supported, no matter what. And this for me, this was the expansion for me this morning. I was listening to a little bit of Abraham Hicks and I haven't necessarily listened to Abraham Hicks for a while. And, um, there was a story that they shared about Esther Hicks falling on stage in Jerry being there to support her and Abraham saying, we're always supporting you.

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

We've always got you. And if everybody knew, if everybody knew that they were always supported, they were always supported. They were always held. Everybody would feel safe. And then when it comes to you experiencing fear, because we need fear. The idea that we get to eradicate fear is not helpful. We need fear to keep, to keep ourselves alive. But when we feel though, when we feel that emotion, when we feel that anxiety, it gets so much easier for us to transmute those feelings, to transmute that energy, using the tools, and then come back to the remembering or have the remembering and still transmute the feeling and the energy through the body so that we let go of it rather than hide it, rather than stuff it down rather than compound it. Does this make sense? Are you feeling activated by this conversation? Do you feel this, this is so fucking important.

[\(13:46\)](#)

I have been having conversations like this, you know, in and around, up and down, I have been observing people in so much self-sabotage, so much self-sabotage because of the fear, because of the anxiety, because of the idea that because they've forgotten that they are both the generator and the conduit, because they've forgotten that they offer fully within their power all of the time. And even in the times where they're not filling the power, somebody holding them some something's supporting them and that they are safe all of the time, get out of your head and into this space, get out of your head and into the wisdom of the body, into the remembering, the molecular remembering of who you actually are and

what you have access to at any given time. You are the generator and the conduit. If this conversation is activating for you, if this is like a light bulb, if this is like a coming home, I'm really, really, really encourage you.

[\(14:52\)](#)

If you are not already signed up to transcendence, please come and join me for transcendence. We will have a full on hours training every single month and off the back of that training, you will be able to get coaching about your specific situations. The foundation for transcendence is money, power, and energy, and really becoming an energy master so that you are able to manage and maintain your energy all of the time. So that when these thoughts, fears, anxieties pop up, that you really understand what is required of you to get back into that place of remembrance, to get back into that place of transmutation so that you are able to really be human. Like shit happens. Sometimes things don't go to plan. Most of the time, things are not going to plan because our plan is so narrow. Our plan is based on the experience of our mind, and our mind can only think about or tune into what it's already done.

[\(16:03\)](#)

And when you are in the quantum space, there are infinite number of possibilities that you are cutting yourself off all of the time, because you are allowing your mind to run the show. And the mind's job is there to solve problems and keep you safe. It's there to anticipate the problems that it wants to solve so you can stay safe. This is a problem. This is a problem when you're looking to do something new, when you're looking to expand your wealth, when you're looking to have a new level of power. And so what we are doing in transcendence is to really help you to be able to anchor your human experience real life, understand that it's never, ever going to be good vibes only, and still have you rise. Still have you transcend the fear, the anxiety, the worry, the pain, so that you are still able to receive.

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

You are still able to make moves. You're still able to make deep, deep impact in this world. And so it's 12 transmissions. That is what we are looking for. So every single month you get a reset button and remembrance button so that you can really tune in, be activated, and then take this along your way now, just to say, anybody who signs up for this, because they're like you though, I really, really wanted this, but I really, really wanted freedom experience. And I'm not quite ready for freedom experience. This is such a great way to be in the energy of people who are making moves, because everybody who's in the freedom experience gets access to transcendence. I've made it part of the program. And if you sign up for transcendence and then decide that you want to upgrade to the freedom experience, we will credit your remaining payment.

[\(18:00\)](#)

If you sign up for the year, we will credit your remaining payment. We will add it to your freedom experience investment. So you cannot lose out on this. The only thing

that I would say is that the price, this is the early bird price is 222 or 2,222 for the year. It goes up to 333 which honestly, this is supposed to be life-changing. Um, it goes up to 333 after the early bird closes on Friday, and then 3,333 for the year. So my feeling is, is that it would be it's. The smart move is just to come on board so that you really so that we get to go deeper with this. This is like the tip of the tip of the tip. And honestly, I was thinking about who this is for. And for anybody who hasn't made seven figures in their business, I can teach you stuff about money, power, and energy that you are not aware of right now, that is going to accelerate the speed at which you are able to really become a master of your energy.

[\(19:01\)](#)

So you were able to build up more momentum in your business and in your life so that you are able to earn more money. This is, the vibe and anybody who is already over seven figures. If you know that you are still, when it comes to your energy a little bit at the mercy of it, this is going to accelerate the way that you, the way that the way that you amplify what it is that you're already doing. So even if you're already above that, if you're not really utilized and playing a maximizing your energy, this is also for you. So I'm going to stop talking. I love you have an incredible day. I want you to know that you got this, you've got this, you've got this, you've got this. I love you. Bye-bye.

Faith + Action = Miracles

Shownotes

When you are coming off the back of failure (or perceived failure) and you're in that space in between the end, or trying to get a different result using the same methods, and starting something new, gearing yourself up to go again, it's so important to know where your edge is when it comes to your growth.

The mind's job is to solve problems and keep you safe. This is a problem when you're looking to do something new.

Get out of your head and into this space.

*Note this episode was taken from a live in the Quantum Success Hub Facebook Group.

Highlights

- [03:46] What really happens when you anticipate the worst
- [07:45] Remember this one key learning
- [11:02] Being both the generator and the conduit
- [12:48] Feeling supported and safe and the feelings of fear

Quotes

- "When one thing looks like it is not going to go to plan. It's very easy for my mind to anticipate that things are not going to work out for me."
- "When we're in our most sovereign self, we know that we are both the generator and the conduit."
- "Sometimes things don't go to plan. Most of the time, things are not going to plan because our plan is so narrow. Our plan is based on the experience of our mind, and our mind can only think about or tune into what it's already done."

Links

- Find Suzy on Instagram
- Find Suzy on Facebook
- Find Suzy online

You can read the transcript here.

Faith + Action = Miracles

Waveform social post

The mind's job is to solve problems and keep you safe. This is a problem when you're looking to do something new.

What to do when things don't go to plan...

Listen to episode 175 of the Limitless Life Experience podcast and subscribe HERE

👉 <https://apple.co/3uKcol8>

Faith + Action = Miracles

Stand Alone Social post

FAITH + ACTION = MIRACLES

Blog

If you want to check out Episode XXX of The Limitless Life Experience Podcast, where I talk about this subject more – [you can head here.](#)