

The Limitless Experience Podcast
Are you really okay with change though?
Transcript

Suzy:

When it comes to change, we have to lean into a deeper level of faith each and every time that change feels unfamiliar to what we're used to.

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. You gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And I have got a quick and dirty one for you today. It's really a question. And the question is a simple, yet powerful question for you to answer, and I'm not going to tart it up at all. I'm just going to give it to you. That question is, is all you really okay and available to change? I'm going to say it again. Are you really okay and available to change and for change? Because the thing that strikes me when it comes to upleveling, when it comes to expanding, is that in order to change your outcome, in order to change your results, in order to move into the next level, kind of that phrase annoys me a little bit. We kind of overuse it, but it is what it is what it is, in order to move into the next level. You have to be prepared to let something go, because you need to create space for the new things to come in and in the creating of space for the new things to come in, you have to adapt and evolve to the new environment that you are creating for yourself. And I think one of the biggest things that holds people back is that intellectually, that they're okay with the idea of changing, but subconsciously and in the body.

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The idea of changing is absolutely petrifying because it means you exploring and going into new frontiers that you have never had to do before. And what if the thing that you need to let go of in order to expand is the thing that got you to where you are today. What if you are so connected, so attached, so grateful and appreciative of the things that got you to where you are today, that the idea of releasing in order to step into something new is so discombobulating. Did you not really that okay with the idea of changing, you want it, but you're not willing to be the person who actually does it.

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I think that if we're really honest with ourselves, when it comes to why we are not accelerating at the speed that we desire to accelerate at, sometimes it's because we're not ready. And I don't think that the universe decided, I don't think that the universe decides when we are ready. It's our subconscious. Are we really willing to let go of what got us here, in some cases not every case, in order to create space for the new thing. Sometimes it's people, sometimes it's coaches, mentors, sometimes it's relationships. It's like, and what about the relationships that you're not willing to let go of?

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And you shouldn't have to, the idea that you have to let go of relationships, I think is flawed. I don't think that you do, but what happens when the relationship that you're in, the person on the other side of that relationship doesn't want you to change. They love you as you are. And the idea of you becoming something different, being different within the relationship feels very distressing or uncomfortable for that person. You are amazing as you are. You don't need to change, but I want to though, but, but, but, but if you change, what, where does that leave me? Where does that leave us?

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And often the fear of somebody else being uncomfortable with our evolution is enough to shut down that evolution. And that's not the universe saying that you're not ready, that's you saying I'm not ready. When it comes to change, we have to lean into a deeper level of faith each and every time that change feels unfamiliar to what we're used to. And for somebody like me. And I believe that you're listening to this because there is a part of you that for sure is like me, often that change feels big. It was bigger than the last time I changed. The feeling is familiar. I'm familiar with this feeling that something new is coming through, but because I've grown because I've evolved because my impact dreams have got bigger. Often it means that the change that I'm about to step into is bigger. And even if I can't quite put my finger on what it is that it's exactly going to evolve, you know what the evolution is within myself, even if I can't quite put my finger on it, like I'm familiar with the fizzy feeling.

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Now I'm familiar with the bubbling up. I'm familiar with the, oh my goodness, strap myself in. I know that I'm going to look back at this moment in time and be able to say like, this is when I knew something crazy, amazing was going to happen. I didn't know how, I didn't know how it was going to unfold, but I felt in that moment, like, I'm very familiar with that feeling now, even if I don't know what the feeling is asking of me and where as some people feel the feeling get uncomfortable and want to retreat, the invitation is for you to lean in and trust that you are going to be okay. It is an invitation to trust that every single relationship that you have gets to unfold in the highest and best for everybody that's involved. Sometimes those relationships are going to look different to how they always have. And that doesn't have to be a bad thing. It might feel scary, but it doesn't have to be a bad thing. And when you

trust that it's not your job to try and control the flow, to try and control the evolution, to try and control the change. When you can trust that, that's really when we start to create space for miracles.

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So if you are looking for a miracle right now, if you are waiting for one to drop into your lap, the invitation for you is to really see, where am I trying to control the flow of change? Where do I get to release the fear and lean into the feeling? Why am I ignoring the nudge to go live? Where am I ignoring the intuition that I should be reaching out to somebody. Where am I trying to control the way I experience a relationship or the way that somebody experiences me, that doesn't feel in alignment with this fizz, with this invitation for me to evolve and adapt. Where am I acting out of alignment with that invitation? Okay, I hear you. Okay. I've got this. Now is the time for me to do things differently.

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So I said quick, I said dirty, I've delivered. I hope that this has been interesting. I hope I've planted some seeds for you. And I really want you to tap into the question of, am I really okay with change? And if the answer is, yes, the next question is, what do I get to release? What do I let, what do I get to let go of? So I can create some space for this change to unfold and evolve. Okay. My friend, do me a favor. Please share this episode with somebody that you think will find it valuable. Tag me on Instagram. I'm on @suzy_ashworth. And let me know what your biggest takeaway has been. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles