

## The Limitless Experience Podcast

### Are you afraid of money?

#### Transcript

Suzy:

All of those times that you're still carrying with you, I really want you to make peace with them. And the lack of acceptance, all of the energy that you are using to hold all of that in place, is stopping you from being your most creative.

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've got a quickie for you today, but the intention with this quickie is for it to be potent and powerful and really to get you thinking. I was having a conversation with a client the other day, and I asked the question, are you afraid of money? And actually the answer was no, which I loved because frequently the answer is yes, people are either afraid that they are not going to be able to get enough of it. So this is scarcity vibes, or they are afraid when they have it, that they're going to lose it. And either one of those is really restrictive when it comes to opening up your channel to receiving more. And when she said, nope, I am not fearful of either of these things.

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I was like, great, perfect. To be really honest and frank with you, I think that frequently, you know, when I think about where I am in my life and business areas, still a fear of, or what if it all stops? It's not, it's not alive in the way that it used to be, but it's definitely there. The beautiful thing about also where I am in my business and in my life. And what I talked a lot about on the last transcendence call is that the security that people think money is going to give them doesn't come from money. And we know this because of exactly what I've just shared. First, all people are worried that they've not got enough. And then when they have enough, they worry that it's not going to be sustainable or it's going to run out. And so this security that people are looking for, it doesn't come from money.

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It has to come from within. So the first question was are you afraid of money? Nope. The second question was, what are you afraid of people knowing about you? And what she said was just so powerful and I think so honest and so vulnerable and

whilst it's not the thing that people would normally say openly, I think that so many people really resonate with this as a truth for themselves. And what she said was I cannot be trusted. I can't be trusted. And I think that so many people feel this way about themselves. I can't be trusted, so I don't deserve to be paid. I can't be trusted so I don't deserve to receive money. I can't be trusted so I don't deserve to attract clients. You know, that and variations of 'I can't be trusted' come up all of the time. And what I want to invite you to do is to really make peace with all of the things that you have done in the past.

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That made that story true. All of the times that you've lied, you've cheated. You have been unfaithful to yourself, to others. Like all of those times that you're still carrying with you. I really want you to make peace with them because all of that energy that you are using to hold the shame, and the guilt, and the lack of acceptance, all of the energy that you are using to hold all of that in place, is stopping you from being your most creative. It's stopping you with coming up with the ideas and the inspiration that wants to be called in through you to attract your dream boat clients. And often you're using those things as a sign or signal that you shouldn't be allowed to receive money as a punishment for those things. And I want you to get over it. I want you to imagine that you are your child and you know that your child or your niece or your nephew, or any young person that you care about is going to make copious numbers of mistakes.

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And you know that you're going to forgive them for every single mistake that they make because you love them. And I want you to love yourself in that same way. So I want you to really release through forgiveness, through acceptance, all of the stories and energy that you are from the past, from your previous mistakes, that illustrate that you can't be trusted. And then what I want you to do is to look at how you are living your life now. And I want you to notice where you are making promises to yourself, to show up in your business, to go live every day, to write a post, to ask for the sale six times a day, whatever it is. And I want you to notice how quickly you dishonor the commitment. And I quite simply want you to stop doing that. I want you to make a commitment to something, something small, and I want you to stick to it.

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So that might mean that to start with you make a commitment for I'm going to do this for five days. I'm going to take action every day in this way, but I want you to make a commitment. I want you to share the commitment with somebody else, and I want you to follow through. And it's in the following through that you get to start strengthening the trust muscle. So if you're somebody that has the story that I cannot be trusted, I want you to start making promises to yourself that you follow through on, until eventually, you know, that when you say something that you're going to deliver and in the delivering, and in fact, not even in the delivering, but in

the commitment of something, you know, that you can be trusted to see it through because you've practiced and you just do it.

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And in the same way that I want you to give yourself grace for the old things, I also want you to know that when you make the commitment for five days, if you miss a day because you're sick or something crazy happened, rather than just giving up and being like, I knew that I was rubbish. I want you to just get back on the horse and I want you to follow it through anyway. That is what I want you to do. I want you to know that you are worthy and you are deserving. And sometimes there is crap that we need to work through and we need to release. But I want you to know that your crap isn't unique. I want you to know that we are all working through stuff and the people who are doing that, that you admire, they're doing it.

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And that's why they are in the position that they are in. They tend to not be hiding their heads in the sand. They're just prepared to do the work that a lot of people on when it comes to the inner game. And so my invitation to you is to do what most people aren't prepared to do and work on you in a game. And when it comes to the trust piece, forgive yourself for the old, for the old missteps. And for me, I tend to be grateful. I choose gratitude over forgiveness most of the time unless I feel like the thing that I did was really bad, but most of the time I will choose gratitude and appreciation because I understand that lessons and the wisdom that I learned from walking that specific path are serving me today and I can't regret that. And then a practice just following through, you know, I practice making many commitments and sticking to them, knowing that I should strengthen my trust muscle every single time I do that. So quick and dirty one for you today. I hope that you have enjoyed this episode. If you have loved it, hit me up on Instagram. Let's share the love with as many people as possible and know that faith plus action equals miracles. I love ya.

Faith + Action = Miracles