

## The Limitless Experience Podcast

The relationship with trust and the desire for certainty and control...it's complicated  
Transcript

Suzy: [\(00:01\)](#)

The way that I show up is very, very different. The way that I feel is very, very different. And the way that I'm able to attract is very, very different because I'm not gripping on to control, which is an illusion anyway.

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, gorgeous human beings. It is Suzy Ashworth here, quantum transformation and embodiment coach. And I'm just looking at my eyes. I'm a little bit tired. I am a little bit tired today. So I am going to use this as an opportunity to give myself the thrive shot that is so needed. I feel a tad like I'm going to schools this evening. I've got two school visits and one of them was a little bit of a surprise and I'm like, oh, but last time we were there for three hours. I don't know if we can take three kids to two schools. And I called the lovely Tilda and she was like, can you help? And she was like, ah, I've got this. And I've got that. I've got that. And she kind of went silent and I was really like in the silence, like, okay, she can't do it.

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And that's fine. And I will bring the kids with me, all three of them and, and it will be good. And she literally just came back and said, I've sorted it. I've spoken to my mum. I'm going to be able to help you out with the girls. So it can just be safe when I go to the schools, and it made me feel super emotional. I really just sometimes you have to lean back and allow yourself to be supported. And in that moment of leaning back, there came the arms, which was really, really I'm really, really pleased about because I made a big declaration at the beginning of the month, that this month was all going to be about me, keeping my energy as clear as possible. And I'm not going to lie. The universe has gone, really Suzy prove it, and it's been a challenge.

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And so I'm being really invited to practice what I preach and what I have been experiencing is really typical of a lot of people's situations and experiences in their businesses all of the time. And so I wanted to talk a little bit about this today. So I

want to talk to you about our desire for certainty and the illusion of control and the relationship that we, that it has with trust, particularly in entrepreneurship. So one of my clients posted a reel and I didn't actually see the reel, but I saw the title and immediately I thought, I know where this is going. And she said, you thought business was going to be like, and immediately, I'm like people think business is going to be like, step, step, step, step, step. Like that feels good. And that feels safe. And that feels certain. And that is what all of us desire.

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And I think that when you are coming out of the corporate space into entrepreneurship is one of the biggest shifts in a mindset that we have to deal with, not on a daily basis or weekly basis, but a moment by moment basis that actually nothing is certain, outside of business. Nothing is certain, but we create the illusion of certainty by trying to gain control. When you feel in control. It's like when I can, if I, if I do X and I get and I do Y then I'm going to get Z result and that makes me feel safe. And so we look, we look to live our lives, creating this certainty by forcing control. I was with a client yesterday and we were talking about her goals for the month. We were talking about goals for the quarter and what she wanted to achieve for the quarter.

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And what she said was it would be amazing to be earning 150K and I'm like, great. But how likely do you think that that is? And she went, well, I'm not going to lie immediately my brain goes, how, how, how, how, how? And I'm like, right. Okay. What, what are we doing on average already? And she's like 40K a month. And I'm like, interesting. So do you feel like it is not possible, but it's going to be challenging for you to earn an extra 10K. And she looked at me and she was super, super honest. And she went, yeah, my logical brain, and that's the strongest part of me goes, how am I going to make this extra 10K like, I, it just does not feel possible. And I said, why doesn't it feel possible? Let's look at your offers. And we went through her office and she went, I'm not enrolling there.

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That's closed, that's full. And I'm not taking anybody on there. And I'm like, oh, oh one, your mind is being super realistic. Like, you've just given me all of your offers. And you've said that you're not enrolling anybody in any of those offers. So my question is, is why are you making it difficult for people to pay you? Why are you making it difficult for you to receive money? And she looked at me and she went, hmm, and again, I'm curious when you think about that example, and you think about the way that you set your intentions for the month about what it is that you are receiving, and then you look at your offers. How many of you are like I'm setting this intention and I'm really setting myself up for failure because even, even if the clients were there, actually, I don't really want to take anybody over here.

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I don't really want to take anybody on there. I don't really want to take anybody on here. I don't really want to take anybody on there. Logically I do. But that actually the answer is, is that it's not easy for people to enroll in these things. This happens way more frequently than you think. So there are two things going on in my mind when I'm looking at this, why is she trying to, like, why is she trying to control? So e've got very narrow field of things that people can enter and then she's blocking people from entering these fields that doesn't make any sense. And so the question that I ask her is, so why do you not want to bring people into these containers? And what was underneath, everything was capacity. I don't actually think that this client is in Australia. And I don't actually think that if I were to take on clients here, here, and here, if we go into lockdown, I'm not going to be able to hold my family.

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I'm not going to be able to do my work. I'm not going to be able to do everything because I'm going to have two kids at home. It absolutely makes sense that she is going to control the flow of money if the only way that she is open to receiving money is through the containers that she has. And the idea of bringing anybody else on to those containers in this current situation, is going to be overwhelming to her. Does that make sense? There's two things going on that I look at, why are we trying to control the flow? And then what, why are we trying to control the number of containers? Like how easy are we making it for people to come in? And then why would somebody want to block it? So I want you to ask yourself those questions. Am I making it easy?

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And am I, why would I not want to bring on new clients? What would the reasons be? And a big, a huge part of people, not all people, but some people not wanting to bring on clients is the certainty piece. I need to be certain in myself, that I can hold the space. I need to be certain in their results. I need to be certain around X, Y, Z things. And if I can't be certain, then I don't want to play the game. Our desire for certainty when it comes to goal setting can be really, can be such a hindrance. When the goal that we have to hit is within, I need to hit this within the next month, and I need to know how I'm going to hit it in the next month. I need to know that if I do X and I do Y that I'm going to get this very specific result.

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And then if we don't, if I don't look like I'm going to get those results, then I become, then I feel disappointed. And I feel like I'm not going to hit the thing. So I'm not going to, I'm not going to set any intentions. Now, what's really interesting is that I have mentors who do not set specific goals. And these people are earning multiple millions a month, not even a year, a month. And they tell me that they don't set specific financial goal intentions each month. Now there is a huge difference in energy around I'm not doing something because it becomes irrelevant and I'm going to be disappointed if I don't hit it. And I'm not setting intentions because I'm really comfortable with being in the space of uncertainty. And when I'm really comfortable with being in the space of uncertainty, and I am able to tap into

the frequency of trust and allowing and receiving, actually when I'm in that space and I'm playing in that energy, I tend to blow my fucking mind. Same spaciousness.

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I'm not setting, I'm not setting specific intentions, but completely different energies. One energy is if I don't have control and certainty around the goal, then I feel that I'm going to feel disappointed. And I want to avoid the feeling of being disappointed. So I'm not going to set any goals or any intentions, but this is a very common thing when it comes to building our businesses. And I see it a lot. And in order to avoid the disappointment, not only are we not going to set any intentions, but I'm kind of, the leaning back is not leaning back. It's like, I'm just, I don't know if I do this thing that I'm going to get this result. So I'm not going to do that thing that is going to, that is going to piss me off. Very, very different from, and this is why I talk about your willingness to expand the timeline.

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If I sit here in the energy of it is absolutely my desire, and knowing that I am going to create an eight figure company and every single step along the way is contributing to that intention, to that desire that might take me a lifetime. The way that I show up is very, very different. The way that I feel is very, very different. And the way that I'm able to attract is very, very different because I'm not holding myself. I'm not gripping on to control, which we don't have any, which, which is an illusion anyway. We try to control the outcome. We try to control the way people think we try to control what people do. If I say exactly like this, Suzy, if I, it exactly like this, well, they say, yes, the answer is maybe they will say yes, and maybe they won't.

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And when you are able to play in the field of uncertainty without making it mean that you are going to fail without making it mean that it is not going to work, because I need something to look exactly like it's supposed to look at this point, you create a whole different level of opportunity and possibility for your business. And I think one of the biggest things that I have learned in my eight years of being in business and the biggest things that I have learned from my clients who have been successful in their businesses, and then my mentors who have been successful in their businesses, is the willingness to be uncomfortable and play with the willingness to be comfortable in uncertainty. And the willingness to understand that when you're in entrepreneurship, which is very different from being in the corporate world, where there is a semblance of illusion of control.

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If I do X, Y, and Z, then this will happen, in your entrepreneurship world, you can do X, Y, and Z and crazy magic shit can happen. And sometimes you can do X, Y, and Z, and nothing can happen. And sometimes you can do X, Y, and Z, and crazy shit can happen. And it's when, how do I deal with things when it looks like nothing is happening and how do I deal with things, am I open for crazy, amazing shit to

happen? Because when we try to control it, we prevent ourselves from allowing the crazy magic to happen. Let me know if this is making sense. When I spoke to my mentor, I'm in one of the, in a Voxer group with about 30 other high performing women, and there is always lots of how questions, how questions, how questions. And one of the things I said to her is, is it just where overthinking everything, is that the problem that we're overthinking and what she said was, no, we all want limitlessness.

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And we're trying to control the way that that comes to us. And we can't do that. We can't control limitlessness. And so the game that you get to ask yourself, and really when you step into entrepreneurship, you are saying that I desire something that is exponential, something that is way bigger than what I would ever be able to lean into and achieve working for somebody else. You're already saying that I believe and desire to play in the realm of limitlessness. And if that is true, then you have to release the desire to control all of the things and, and do the things that most people in this world, most people who are not in the entrepreneurial world, this is like, I don't know, 80% of the people who were working in corporate jobs, you have to be prepared to think differently, you have to be prepared to lean into trust.

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You have to be prepared to play in the realms of what is possible for me and hold that and hold it and hold it and hold it and hold it and hold it. And it's bloody challenging. It really, really, it's really challenging. However, what I know to be true for me, and for my experience is the better and more well versed that I have become at releasing control. And this is something that I learned from my hypnobirthing days, focus on the things that I can control and release the things I can't and what I've understood from that focus on the things that you can control is where I used to think that I could control all of these things. The reality is as I can, I can actually only control one thing, which is about that big in comparison to the infinite other things that are happening at any given time.

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And that one thing is how I respond to each and every situation, that's the only thing that I can control. And so I bring it back to what I said at the beginning of this live is that, you know, this month I made the declaration, I'm focusing on all my energy, keeping my channel as clear as possible, and the universe has said, prove it. I can't the moment that I try to control people, situations, experiences, outside of me and my energy system, I'm losing, I'm in contraction. I have to let go and I have to lean into trust and what my belief is, what my belief is. And it's in alignment with my vision and what it is I want to create. And what it is that I want to serve is over a lifetime, I will have made a tidal way, be part of a tidal wave of positive impact, you know, and create a legacy that touches people that do not even know my name in the most positive of ways.

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And so even in the hardest of times, even in the most challenging of times, if I come back to that and act in alignment with that, I know, I know that over time, I'm going to create magic. And so that is my invitation for all of you today is to look, to see where you're trying to control things that you cannot control, personally, look to see where you are, blocking your ability to receive money, because it's not safe in some ways, it's going to create overwhelm for you in other ways. And then look to see where you're creating opportunities to receive more money and look for the path of least resistance. What would be the easiest thing for you to say yes to? And then are you putting that out there? Are you asking people to jump into it. Break the seal. Okay. This was like all around all around the houses today, but I hope I trust that you are taking at least one thing that you can go and apply in your lives and in your businesses. Have an incredible rest of your week. And I will see you take it easy.

Faith + Action = Miracles