

The Limitless Experience Podcast

Is mindset work really gaslighting for black people?

Transcript

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

You know, as a black woman, I can categorically say that in my own personal experience, mindset practices have not been gaslighting to me. They have been liberating. It has been one of the foundational pillars of my own personal liberation.

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 it feels like an eternity since I was last on the mic, I don't even know when I last recorded some episodes. So it feels amazing to be back. We are very rapidly approaching our almost 200th episode, which kind of blows my mind. That means that I am officially a podcaster. I think, I think that means that I am the real deal when it comes to podcasting. Well, I think what it means is that I've recorded almost 200 episodes and that is a milestone and an achievement that I am going to celebrate. Anyway, I am coming back with a juicy juicy one for you. I have just had the most incredible weekend with my illuminate mastermind and one of the conversations that came up, not actually during the weekend, but after in our voxer chat was around the four agreements.

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This is an amazing book and it is by a man called, bear with me, Don Miguel Ruiz, Ruiz, I'm not sure. And it's an old book and it's about if you honor these four agreements with yourself, you have the capacity to change your life. And those four agreements are to not take anything personally, to be impeccable with your word, to not make assumptions, and to do your best. These are simple but powerful agreements. And I really love the message. And I also know people who really have been very adept at applying these agreements to their existence and wow, what an existence they live. It really is incredible. However, one of the things that I didn't particularly love about the book is the way that he talks in quite an old school way about black magic, and these words are black and black magicians, and it's really very much black is bad and we can create spells and we can use black magic on each other and, you know, hold each other in chains.

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And the light is good and it didn't sit well with me, some of their referencing. And I just observed the way that I was feeling when I was sharing about how I was enjoying the book, but there was this one element that didn't sit well with me. And it's quite interesting because one of the things is don't take things personally and there's this whole conversation that I'm really, really happy is unfolding right now in the personal development world, around the overuse of the word 'triggered' around the, around the way that the words 'safe space' are often weaponized. And I genuinely feel very uncomfortable with the way that the word triggered is used 99% of the time, because for most people, what they're saying is, is your words have made me feel uncomfortable. I do not like feeling uncomfortable. So this is no longer a safe space for me.

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If I am in discomfort, I am not safe. If I do not feel safe, this is your fault. And my belief is, and this was really crystallized for me when I was reading the book, it was another book called, it's around compassionate communication, nonviolent communication. And he really just says it so clearly that your trigger, the emotional pain that you hear when an experience is brought to your mind, or somebody says that certain thing is your responsibility. So whilst I might have stimulated the discomfort, I am not the cause of it. And how you choose to deal with the discomfort that has arisen, is your responsibility. And I really, really believe that. And I think that triggering and safe space and the way that that is used, stops lots of incredibly important conversations being had. And we're discussing this in relation to the four agreements.

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And what I said was, you know, the most powerful conversations allow for nuance, allow for opinion and allow for context. And if you don't allow for nuance, opinion and context, you really stop yourself from having beautifully rich, wealthy, and diverse conversations. And my client shared how she had heard the statement mindset is gaslighting for black people. And that blanket statement was exactly the kind of thing that I'm talking about. There's no nuance there, there's no room for opinion in that statement. And there's no room for context. Now for me and my background and how I have built my life, not just my business, but how I've built my life, being a master of my mindset, and I really believe that I can claim that title, I have a huge amount of mastery when it comes to my perception of the things that happen in my world, that skillset has absolutely changed my life and changed the life, the lives of hundreds, if not thousands of people that I have worked with through free and paid programs over the years. You know, as a black woman, I can categorically say that in my own personal experience, mindset practices have not been gaslighting to me.

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They have been, they have been liberating. It has been one of the foundational pillars of my own personal liberation. And guess what, my opinion is just as valid as the person's opinion, who said, mindset is gaslighting for everybody. Like we both

are entitled to our opinions. And the extension of my opinion is that when somebody comes from an a, a disadvantage, you know, when they've had disadvantages in life, where they have had less privileges than myself in life, mindset becomes even more important. And the world that I want to live in, and the communities that I want to dwell in, is when I say something like that, the person who thinks differently says, oh, that's interesting. Why, why do you think that? In the same way as if the person who had said mindset is gaslighting for black people, I would be able to say, hmm, that's really interesting.

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That is completely different from my experience. Why do you think that? And from that place of that's interesting, I'm curious, why do you think that, you get to start having a beautifully rich conversation where that person's context is not only heard, but it is held and it is respected in the same way as I want my context to be held and heard and respected, even if at the end of the conversation, our opinions haven't changed. In fact, our opinions may stay the same, but you know what does shift, my understanding. My understanding gets to shift when I create a space in my mind and in my heart, for context, opinion and experience. And the more I think about this and the more I observe what goes on in the online world, in the wellbeing world, in the personal development world, in the online coaching world, where people are shutting people down so freaking quickly, because they either feel uncomfortable or somebody disagrees with them.

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I feel even more strongly about this and specifically around the conversation when it comes to black people and mindset, and really anybody in our mindset, regardless of your ethnicity, your race, your background, you know, what I know is a fact, this is not opinion, this is fact, confirmation bias is a real thing. So if I am expecting a certain thing to happen, if I am expecting a certain thing to play out, I am going to search for evidence consciously and subconsciously to confirm my bias. And I get that that sentence has the capacity to put a lot of people's backs up. That sentence on its own has the capacity to really feel offensive because often what people do when you are having a conversation about, you're having a conversation that has many layers to it. And it is complex when you add context. When you're having a conversation, that, that you put, when you add context is very layered.

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Often what people do is ignore the fact that that sentence is going to mean different things to different people in different contexts. And just say, well, if you believe that you get what you expect, your, what you're also saying is that, well, you don't believe that racism exists, or you don't believe that inequality exists, or you don't believe that, you know, the privilege exists. That's what I see. That's what I observe happening so frequently with these blanket statements, like mindset is gaslighting for black people. It's literally like you either think this, or you think that. And one of the biggest mindset shifts for me that has been so helpful over the years is for me to really look at where I am making statements or creating a life that is in

that space of either or, because actually it's not, either or is not helpful for me when it comes to living the most limitless, expansive and abundant life. Either or is everything that I try to avoid most of the time, not all of the time, but most of the time. Where I desire to reside is in the and.

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You know, here's a novel idea. I can believe that my perspective and my lens and the way that I view the world has an impact on the way that I receive the world. And I can hold that belief while still knowing that structural racism exists whilst I can still hold that belief in quality exists. I can still hold the belief that distribution of wealth is uneven and unfair. I can still hold all of those beliefs and know that on an individual level, that the way that I view the world also has an impact on the way that I experience it. And that puts me like the, the evidence that I have for myself and also thousands of people who I have observed over the last, almost nine years of being in business, the people who do think similarly to me and the people who think wildly differently to me, I notice that the people who are able to reside in the and have a richer experience of life.

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They have a richer experience of people, and that, that is my own personal experience. And I really respect that that is not everybody's experience, but the word respect and the willingness and openness to hear and hold someone else's differing and opposing opinion to mine means that I still get to have a really rich experience of life, rather than demonizing or making decisions about the way somebody views everything because of a statement, one statement that they've made that is out of alignment with my own beliefs. So I really, really want to invite you to think about where you are living life in the either or, and where can you play more in the and? Where can you get more curious? That's interesting, why do you think that? That's interesting, where does it come from? And where can you honor a person enough to not just listen to what they're saying, but really hear what they're saying.

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I think that we start to really create a whole new existence, which I desperately believe that the planet is in dire need of right now, when we can start applying and honoring context, and nuance and, and opinion in, in a way that I don't feel, I don't observe as frequently as I would love to observe right now.

So that is it for me. I hope that you've enjoyed this episode. If you have do me a favor, do me the honor of tagging me on social. If it has really got you thinking, you might want to leave me a little review on iTunes. And in the meantime, I invite you to remember that faith plus action equals miracles. I love you.

Faith + Action = Miracles