

The Limitless Experience Podcast
When you are butting up against resistance
Transcript

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

I have learned that from mentors who are in wildly more successful positions than me, but what I have done is as soon as I see a thought pattern and it's working for them, I'm like, hmm and it's a helpful thought practice, and it feels in alignment with my values, the question I always ask is if it's good enough for them, why isn't it good enough for me.

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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Goodmorning. I am feeling amazing. What I want to talk to you about today is what is going on when you're all feeling the resistance and when things are feeling hard. So yeah, I want to talk to you about what's happening when you're feeling stuck when you're butting up against the resistance, because this happens a lot. So I want you to think about an area in your business, or in your life actually, that you really want, but you are finding that no matter how much you want it, how much you desire it, you feel like you are coming up against some resistance, whether that is you, kind of not quite doing the things that you know that you could or should be doing, or whether you find that you're being blocked. So you're doing everything you can do, but you're feeling like there are barriers and tests and it's like trying to get over an obstacle course.

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Let me know whether this is with clients, whether this is with relationships, whether this is just with how you're feeling genuinely. Let me know if this is something that you can relate to, whether you're going through it now, or whether you have been through it in the past. I want the clients, but I'm procrastinating about doing the stuff to get them. So this type of thing is exactly what I am talking about. And I was, I, you know, that I work with my clients privately as well as in my group programs. And often these lives are inspired by conversations that I am having privately. So I have an incredible client who is like, I really want to buy a new house, I really want to buy a new house and I'm gonna want to buy now. And, we've been talking about this for a month or so.

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And it really, really struck me that I didn't actually think that she wanted to buy the house, which was weird because every time she spoke about it, she spoke about it being really, really exciting to her, really exciting to her. With, I'm going to be real, the reality is, is that when you find yourself not doing the stuff or you find yourself consistently being roadblocked, when you want something, underneath the logical and the conscious desire for the thing, there is a subconscious belief that it is not safe for you to have the thing that you want. We are blocking it. Now with my client and the house, when we, unpicked what was going on and this, this kind of dissonance between what she said that she wanted and what was actually happening, what came up was this house that she wants, that she wants in her mind is a huge step up when it comes to her mortgage repayments.

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Huge. And there's also this thing going on around I feel like I am taking on all of the responsibility in my household. She has a great relationship and a great partner and her partners earning, but when it comes down to it, when it comes to paying the bills, when it comes to, you know, whenever they want to go on holiday or something like that, that she takes that on her shoulders. So the reality is, is that whilst the big house on the top of the hill with a swimming pool and the main and all of that sounds really, really great. I'm really, really excited. And this is my next level. They are not going to get the house because the pressure and the responsibility that she already feels is only going to be amplified if they take that step. So going round. So what's been happening is that we've been talking about it for just over a month, but they have been looking for a property for months and months and months, but it's not been happening. And through our going back and forth today.

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We realized that she's not ready for it. The other big thing that came up through our conversation was when she feels at her most happy, she's feeling free. And when you think about this new big house on top of the hill with the maintenance report and all of the good things she really, really excited about, actually that represents anything but freedom to her subconscious. And so the conversation that we had was a very frank conversation where I just reflected it to her, you're not ready for the thing that you say that you want right now, you are not ready for the thing that you say that you want might now. And that is why it is not happening. That is why it's feeling really hard. That is why you're feeling like you need to push. Now you can get it from this space, but it's going to feel hard.

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It's going to feel very unsatisfactory. And if you step into it, there's going to be a whole heap of poop when you land there. So what is required in this situation is for her to clean up the energy around responsibility. And my belief is that an and to, to just another, another point, because of the big step up in mortgage payments, she's been stalling in her business. She hasn't wanted to approach the launches in the way that she knows that she needs to approach launches in order to get the result

that she wants, because if she gets the result that she wants, she's then going to be lumbered with all of this additional responsibility. Does that, this story feels like such an important one, because I wanted to show you how stuff that doesn't even feel like it's often related to the business in our personal life impacts the way that we are showing up in our business.

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And frequently when you're working with a coach or you're working through a course, you're only working on the stuff that is most part to the business, but all of this other stuff is impacting how you're showing up in the business. So it was really, really powerful for us to have this bigger picture. So let me just see what you're saying here. Yep. I agree. I definitely, I'm definitely blocking myself from receiving to some extent, because it doesn't feel safe to even fully ask for what I desire. Am I good enough creeps in, this is quite a new realization for me. So what I would love for you to do is just really go back and really listen, and relisten, and relisten to transmission number two from transcendence. And I want you to really tap into if one person can be born, playing child of the universe, made out of Stardust.

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It's not even one person, if Suzy is that, then why aren't I? The way that I think, and they'll really want you to hear this, the way that the reason that I've got into the position that I'm in, in my business and in my life, like I've come today. And I feel so happy. It's not because everything is perfect in my life because it's really not. But it's because there is just a deep sense of wonderment and a deep sense of safety, knowing that I'm safe, even if not everything around me is going perfectly to plan. And that is amazing. Now I have learned that, I've learned to think that way from mentors who are in wildly more successful positions than me, but what I have done is as soon as I see a thought pattern as somebody that, and it's working for them, I'm like hmm, and it's a helpful thought pattern.

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And it feels in alignment with my values, the question I always ask is if, if it's still enough for them, why isn't it good enough for me? So I want you to start asking yourself, like, if it's good enough for Suzy, why is it not good enough for me? Because the answer is, if it's good enough for Suzy, if it's possible for Suzy, it's definitely possible for me. I just get to choose it. You were born good enough. We were all born good enough. And going through those exercises that we talked about yesterday with the, what are all of the reasons that I'm not worthy? Is there something that I just delete? Is this something that I need to disprove? Is this something that I need to clean up? It's going to be super helpful for you? The answer to the question, am I good enough to ask for what I want, the answer is yes.

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Now I want to bring us back to the example with the house, because I said to my client, you're not ready for it yet, but that doesn't mean that she's not good enough for it yet. It means that she's not ready for it yet. So what she gets to do in between

now and being ready for the house, is clean up the feeling of the heaviness around the feeling of responsibility. And the thing that she gets to do is really tune into, how do I create freedom in my life now. So I'm not looking back at the past and being like when I was, when I was 20 and I could travel around the world, that's when I felt free and that's when I felt happy, how do I find freedom in my life? Now, she can clean up the heaviness around responsibility and tap into the frequency of freedom.

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She is going to open things up in her business. I just know that this mindset shift is really going to open things up in her business. As she opens up things in her business, she's going to bring in more clients, more money. And from that place, you have more choices. And from that place, she can realign back to, can I hold, does it feel good to hold, stepping into this new house? And can I find freedom whilst having a bigger mortgage and can I, is my energy clean around responsibilities? So it no longer feels heavy. This gets to feel like the natural, fun and aligned next step. Does this make sense? So this is the work and this can happen so quickly. This doesn't need to take years, but the awareness of I have to feel free in my life today in order to align into more freedom.

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And I have to clean up the story that I have around responsibility is really heavy for me. I don't need any more and I can't take anymore before I'm able to hold more responsibility. Does this make sense? This is how we start to really pick things and have the mindset shift that is actually required for you to be able to step into the next level. So we're all scared of being judged. And this is where I come back to, is your fear bigger than your desire to serve? Because the strongest feeling wins. So what I talk about a lot in transcendence is this idea that people think that I can only live is only gonna work for me if it's good vibes only, life is only going to work for me if I'm feeling really happy all of the time, and that isn't true, I've just said like, I've come on, today's live.

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And I'm like, yeah, it's amazing. It's not because everything is amazing, but the amazing is the strongest emotion. And what I did this morning, you know, I recommended the book in the group yesterday becoming supernatural, what I've been doing over the last few mornings and a couple of evenings, which has been amazing is one of Joe's Dzipenda's meditations, all around your future possibilities and really generating those feelings of like, what are we creating and how am I going to feel once that comes into fruition? And the beautiful thing about my practices is that you hold that feeling of wonder, and gratitude and appreciation for your future life, that you bring it into the now. And I believe that that's a huge reason why I'm feeling all of the vibes today, because I'm still holding that frequency. So my point is is that you don't have to, it.

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Doesn't nothing you don't need to be perfect. You don't need to be a high vibes only, but your desire has to be stronger than your fear because the strongest desire always wins. So the fear of being judged is the strongest one. And I believe that that is because you are focused on you. Whereas what I encourage people to do is lift their heads up away from themselves and think about what does the world get to look like if I am creating the type of impact that I want to create? How does the world get to change? How does it get to, how do I get to impact people? And from that place, we start to, you get to start imagining just how much of a difference you can make in the world. And then you can have a choice. Is it more the idea of the difference and the impact that I can make?

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Is that more important than me worried about somebody saying that they don't like me or they don't like my work, which is more important? And when I say it like that, what is the feeling when you imagine the type of impact that you can have when you're operating at your highest and best versus the fear, which one is stronger for you, and if it's still the fear, you know that you have a bigger mission and why to tap into. And once you start tapping into that, that's the thing that I want you to connect with on a daily basis before you start. Okay. So you've got to connect to a bigger mission and why, you have to be able to see the difference that you can make. So it's imagining that you are good enough and see the difference that you can make. And here's the thing you do not need to be thinking like Elon Musk in order to make a difference in this world, the difference that some people are here to make, their purpose is to make sure that whenever they pass someone in the street, that that person feels their energy in smiles.

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That person in that moment just feels a little bit better about themselves. And their work is to do the inner work required in order to be brave enough, to connect with strangers on the street and make those strangers smile, even if there is no conversation happening, that's the work. And the reason that that work gets to be the most important work on the planet is because can you imagine what this world would look like, feel like, be like if every time you walked past a person they made you feel good enough about yourself to smile. Wow. So do you see like, that is inadvertently a small thing, but for the person who is the person that whose purpose that is, when you can talk about it like that, when you can talk, like, for me, when I think about what I've just said, I can talk about the power of the internal smile.

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I can talk about the power of confidence and courage needed to be the person who makes people smile. And I can talk about what the difference, the difference is going to make to every single individual on the planet when they are able to connect with their own inner and external smiles. And when I think about it like that, I can immediately put a little course together. Probably wouldn't be a 10,000 pound a year course, but it could be a little course right now, that I could feel very excited

about taking to market because that is, like that for me, when I think about just how important that is, I'm like, yeah that's really, really life-changing. And am I willing for people to say to me, that's a bit crap or your methods don't work, am I willing to do that in order, when I think about what is possible, I look I'm willing to deal with some people not liking it.

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Some people judging me for it, in exchange for what is possible if this caught on. Do you see what I mean? Look, you get to connect to the mission and the possibility of what happens when you show up in alignment with your purpose again and again, and again and again. I'm going round and round with repeated arguments about our next step, through fear of not things working out and for, and it being my fault for pushing, because it gets put on me. So this is another, I was gonna say another responsibility conversation, but what I feel when I hear this is you get to look at one, what are you tolerating? Because you get what you tolerate. You know, if things are being put on you, it's because you're saying that you're willing to hold them. So if you're holding stuff that you don't want to be holding, then it's your responsibility to say, this is not what I hold.

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And then the other big thing is going round in circles for fear of things not working out. I want to tell you that you're going to do lots of things that don't work out. That doesn't actually mean that you're doing things wrong. I know what I've just said sounds completely contradictory. As somebody who, there's a really beautiful, like fable or parable about a guy who gets his house blown down and everybody says, oh my God, you've had your house blown down. And he basically says something like maybe. And then when his house gets burned down, there's like lots of, lots of little things that happen. And every single time something bad happens, something goes wrong. He says maybe, maybe, maybe. And ultimately, while everybody is judging the things that have gone wrong, he's just accepting. And every single thing that happens, ends up being a gift because of the next thing that's going to happen.

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Things are not going to go to plan. Please stop. I really want everyone to hear this. In business, if you are going to want a successful business, yes, you can make educated guesses, but there are so many things that you are not in control of, the idea of avoiding things not going to plan will always stop you from building your business. So when you can accept that, not everything is going to work out for you all of the time. And each time you learn from that lesson, that thing that hasn't worked out gets to be a gift that you build on the next thing. So it's that real acceptance, stack the odds in your favor. They're the things that, you know, there are, there are always blueprints. There are, you know, success leaves clues and all of that jazz. So you get to follow those things, but understand that your business is going to be unique to you.

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And there are always going to be things that are unique to you, that you get to try and experiment that never be in anybody else's blueprint. Don't try and think that you can avoid making mistakes, you can't. Don't try and think that you can avoid things, not going to plan things always don't go to plan. Your ability to be agile, resilient, pick yourself up and go again, is what is going to determine whether your business is around in a year, two years, five years, and is successful or not. These are life lessons and business lessons. And my will commitment is to just lay it down straight for you when it comes to these things. Now, if we take this back to the beginning, you know, I get that if you are worried about your safety, then you're going to hold back. And again, we talked about this in transcendence yesterday, your ability to find safety within your body and calm down your nervous system.

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Because what happens when we are afraid is that we're releasing adrenaline, we're releasing cortisol, we're releasing stress. Often we're doing this on a low level basis. All of the time, it stops us thinking creatively. It stops us doing and being all of the things that we need to do and be to have a successful business. So what happens is often we are acting in low level fight or flight all the day. So your ability to find calmness and find peace and find safety within your body is one of the most helpful things that you are going to be able to do for yourself when it comes to building a business. You know, and I am so excited about having these conversations, because I know that a lot of people are like, mumbo-jumbo just give me this, give me that. And it's like, no, this stuff is all really, really important. And just have an incredible day. I love you, take it easy. And remember faith plus action equals miracles.

Faith + Action = Miracles