

The Limitless Experience Podcast

Are we nearly there yet?

Transcript

Suzy:

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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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Good morning that morning, the morning, the morning you gorgeous human beings. So I want to talk to you today about something that came up in one of our pod sessions. Actually it came up after the pod. We had been talking a lot about, I'm loving the pods. The pods are like giving me life. We had been talking about money. We had been talking about goals. And one of the things that came up after the pod session is one of my clients saying, you know what,

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I absolutely believe in my vision for the future. I absolutely believe that it is happening. And this is my first question for you, when you think about your big vision, when you think about your future, do you believe that it is a done deal? Like is it happening for you? Give me a yes if you are fully there and they, I want it, I'm hoping I'm wishing, but I'm not actually convinced that it is happening. And I will speak to the people who are not convinced, but I'm really, actually today's live, is more about the people who do believe that it is going to happen at some point. Cat's like part of it. Galina's like I am fully there. And what, the question that really came up for this person who believes that it's there is, why does it feel like it's in the future?

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Why do I feel like it is, that it's not quite, I'm just not quite touching it yet. And it really made me think about yes, but I want it to hurry up. And this is, this is what I really want to talk to you about because what was interesting with this other client, is she said, you know, actually, when I look at the numbers, I know that things are shifting, but how do I speed it up? And I talk a lot about collapsing time and I talk a lot about being able to create quantum leaps basically, so that you're ending up doing what it is that you desire to do so much more quickly. When I first started

speaking about quantum leaps, I feel very, very differently. I used to speak about them very, very differently to what I am about to speak to now.

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And I think that the biggest difference between me then, and me now, is that I have developed a deeper level of trust in myself and a deeper level of trust in knowing that I am fully supported. Knowing that everything is unfolding at exactly the right time, and in exactly the right pace for what I can handle. And what is really, really interesting is that in order to have, when you think about the big vision, when you think about your impact, when you think about your income in order to be able to receive all of the kind of good stuff and fun stuff and big stuff, you also need to be able to navigate the polarity of the big stuff, the fun stuff, the exciting stuff. And the reality is, is that most people do not want to deal with the polarity. They don't want to do with the potential shadow side or the negative side of the success and the income and the impact.

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And that is a really, really important thing that I have learned, that unless I am willing to hold it all, I will slow down the speed at which I am able to receive what it is that I actually desire. So first of all, does that piece of the puzzle land with you? Does that make sense? Now I have a plumber outside, which I'm going to have to set this tutor. Isn't quite here yet. So bear with me when they knock, I will get up and go. I was like click. Yeah. I didn't see it from that side. Yeah. This is really, really big. And I've spoken on my last couple of thrives about how last month was really challenging. Now, there were a couple of things that I did that really scared the bejesus out of me, that really, really pushed every single insecurity button that I have around being visible, around perception around judgment. And there were certain things that I did, that six months ago I don't think that I would've done. A year ago, I definitely would not have done what I did in dealing with these, the situation that arose. And what is so remarkable for me is to see how I was feeling and what I was experiencing and then the flip side, of the energy and the momentum that was cleared out through the way that I responded to the difficult situation.

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And what that said to the universe is that I can handle the negative consequences, which means I am ready for the good stuff. That willingness to deal with the shadow accelerates the speed at which you will get what it is that you desire. Now, I'm not saying that you have to create challenges, and I'm not saying that it has to be difficult, but I am saying you have to be willing to deal with the difficult stuff. So that's the first thing. The second other really important thing that I noticed in my client's comments about the fact that actually the numbers are suggesting that she is moving in the right direction. And it really reminded me of an analogy actually that Abraham Hicks uses around like, you're in your car and you are traveling from Arizona to Florida and there is a certain amount of, there's a certain distance that you have to do.

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You have to drive, okay. And you will get there when you've driven the distance. Now you can put the foot on the accelerator by doing what I just spoke about. Am I willing to deal with the, if I'm willing to deal with the shit, then I can get there a little bit faster, but ultimately the distance is the distance, and that is a distance that you have to go. And I was thinking about their analogy and then I was thinking about a time where I was in Mexico, where I've got the two older children, and the youngest was still in the UK with Jerome and we were in the car and I was driving on the wrong side of the road, two children in the back in a country that I didn't know, language I don't speak, and they're in the back like, are we there yet, are we there yet. And I'm like we're going there, but we are not there yet. And their energy is like getting bigger and bigger and bigger and they're fighting and they're doing all of the things and I'm like, you need to stop otherwise, I'm going to have to slow down. Right on cue, there is the plumber bear with me. Hold that thought.

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Oh, the joys of working from home. Exactly. So the kids are like, are we there over there? Are we there yet? Are we there yet? Are we there yet? I'm like, we're not fricking there yet. And every time they say to me, are we there yet? Or every time their energy gets really big, I get a little bit flustered and I have to put my foot on the brake. I have to slow myself down in order to deal with the kids. And in this particular incident, we ended up having a crash. I ended up going into the back of somebody because I'm looking over my shoulder all of the time, trying to get them just to hold it down. Like, let me focus on what it is that I'm doing. And this is what happens so frequently in your businesses. You're so busy looking over your shoulder, you're slowing down your process and your progress.

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You're creating a contraction and you're having to deal with the fear, the doubt, the worry, and the concern. Whereas actually, if you just focused on what it was that you were doing, if you just actually, just know that the distance it's going to take is the distance that it's going to take. And if I carry on taking the aligned action and just keeping my eye on the prize, I'm getting there. I am absolutely getting there. And when I'm focused on just getting there, when I'm focused on just moving forward and I'm willing to deal with the internal stuff, I'm willing to deal with the, you know, the fear and the doubt and I'm willing to deal with the flip side of the success, it's at that point, but I can start to put my foot down on the accelerator because I can see where I'm going.

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And I get to be excited about where I'm going. And that's when I can put my foot down a little bit. But the distance is the distance. You can't, do you know what I mean? Like the distance is the distance. The other analogy that one of my coaches uses is, just like when you're baking a cake, the amount of time it takes to bake a cake at the time it bakes the cake. But if you're in the oven every five minutes, like,

is it, is it ready? Is it ready yet? Is it really? You slow down and sometimes you completely mess it up. Like me crashing into the back of the car in front of, cause I'm looking over my shoulder all of the time. So how do we collapse time? We make sure that we are willing to deal with the flip side of our success.

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You know, that helps us accelerate time. And other than that, really trusting that I'm on the path, I'm on the path and I'm willing to do the distance that is required. The third thing I'm going to offer, which I genuinely believe does accelerate the time, is I make my goals really, really big. And what that means is that when I have a really big goal, I can't just be focused about what is going to happen in November. I can't even be focused about what is going to happen in December. Like I have to, you know, if I want to have a 10 million pound a year company, like that vision is so big. It's not about what happens in the next week or so. However, who I'm being today and the decisions that I make today, if I make those decisions from the mindset of running a 10 million pound company, that will also accelerate the speed at which I'm getting there. Rather than I will act like I've got a 10 million pound company when I've got a 10 minute pound company that keeps it in my future.

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Whereas if I act like it, now that will accelerate the speed. So those are the three things I really wanted to share with you two day. Does this all make sense? Do you have any questions and Rose, I don't want you actually, you know, some people are multi-passionate and want to focus on all of the things, but this, the question was really about how do I speed up getting to where I want to get to? And the question that the point is is to stop looking behind, stop the worry, stop the doubt, stop the fear. All of that is slowing you down. And actually, if you just focus on knowing that this is the distance and I'm on the path and the path is great, you are going to get there. That is what I wanted to share. So my love it's a quick and dirty one today. I hope that this is valuable. Please type into the comment box, what your number one takeaway was from this session. And I will see you next week. I love you. Take it easy. Bye.

Faith + Action = Miracles