

The Limitless Experience Podcast
Are you really ready for the next level?
Transcript

Suzy:

You know what I really want is to help people access enough wealth. So wealth is money, emotional wellbeing, spiritual well being. So that when you tap into the thing that makes your heart explode, when you tap into your purpose, you can just do what you want to do for the love of it.

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 you gorgeous, gorgeous human beings. Welcome, welcome, welcome. I'm coming onto this call feeling, feeling different, bit excited, a bit nervous. I feel like a shift is coming. I feel like a change is coming and the message that I have today, if I'm really honest with you, is not fully formulated, but feels uber, uber important. So let us get into it. I think I shared, I shared yesterday that I had a really powerful breathwork session on Tuesday night and the thing that I was breathing for was sovereignty. And I want to kind of give a little disclaimer before we go any further, this call is definitely going to resonate with the more spiritually minded of you here. Anyway, I was calling in sovereignty and I asked actually all my threads or all of my posts, what sovereignty means to you. And I'm going to encourage you the first word that comes into your mind, when you think about the word sovereignty, what is the first word that comes into your mind when I say the word sovereignty? Gold, queen, what else have you got for me?

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This was a really interesting experience connecting with the energy and the vibration of that word, because it was unexpected. What else comes up? Power. Yeah, supreme power. The word that led for me was leadership. That was the word that for that moment in time, that was the word that came through with sovereignty, self leadership, how I lead myself, soul leadership, how I lead with my soul, and what was interesting after this incredibly profound session where I really, I don't know what I did, but I called in a lot and I shifted a lot. But yesterday was quite a challenging day for me, normally as a human being, my, I say it all of the time, my internal dialogue is very, very positive, it's very expansive. Like you want to be inside my head. You want to be inside my head most of the time, because it's a very nice place to reside.

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And this is something that I have cultivated yesterday. I didn't feel so supported by my inner dialogue. Yesterday I was more plugged in to really what is going on in the world right now and what is going on in the world right now, but right in front of us, on the other side of the world, in countries next to us, you know, with our neighbours, with our jobs, with professions, is actually really, really intense. And it's funny because the word that didn't come up for me when I was thinking about sovereignty on Tuesday, which was absolutely there for me yesterday was the word freedom. So leadership and freedom, these two words, and what I was really aware of in a deeper way than I have really allowed myself to give, to really kind of focus in on, is what is being called of us.

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What is being called of us right now, when it comes to leadership. And what does freedom really really mean? Because there are so many freedoms right now being taken away, so many, from so many people. And it was a really uncomfortable day for me yesterday, as I sat with these two things, like what is being called of me and what does freedom mean to me right now in this time? And it, those questions did not feel good. And what I believe was happening was a real integration of the breath work on Tuesday and what was shifted, what was, what I was calling in and what I was shifting, I believe that yesterday was a big part of the integration. It's really easy and justifiable to bypass a lot of this stuff because overwhelm can lead you into paralysis. Like what that, what the can I do?

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What can I, as one individual do, is it safe for me to do anything? Is it safe for me to say what I really feel? And frequently the answer is no, frequently the answer is protection and survival. This is what, and whether you're very, very conscious of it, or whether this is a subconscious thing that is happening, safety and survival, and what do I need to do to be safe? What do I need to do to survive? And it can feel really quite dark, actually. Now, when I think about what we're doing here, trying to build businesses, trying to help people, I now have a program called the freedom experience, really trying to help people create freedom in their lives. And I look at what is going on in the world. I'm like, yesterday, I felt like fuck, what am I actually doing here?

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And when I think about my kids and I think about the world that they are growing up in, when I think about things that I, as a Western woman, have been able to take for granted when it comes to things like freedom of speech, and I look at the world that we're living in now, and I look at the world that is potentially being created. I look at the world that my kids are growing up in. There is a part, yesterday felt like, and I had a choice about what I was going to do with those feelings, and the overwhelm, and that shadow, and the choice was to sit with it and allow it, and to feel it, to feel angry, to feel scared, to feel fearful, to feel all of the feelings, to feel

all of the things. And I'm really, really, really, really pleased to say that this morning I have all woken up with a new feeling, a new hope, new purpose.

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And what I really want to say to you, what are you all feeling all of the things that I have said because of the world, or you're just feeling all of the things I've said because of what is going on with you right now, what I absolutely know is required of you right now is a new level of leadership for yourself. And I really want you to think about is what does leadership mean to me and for me, and if I am a leader in my own life, what is the life? What is the world? What is the impact that I want to create in my life, in my pocket of the world, in my community, what is the type of impact that I desire to make? When I go to that place, I feel back in my power because I know that I am in control of the type of leader that I desire to be.

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I know that I'm in control of the type of leader that I desire to be. And I, when I think about the world that I want for my children to grow up into, I want a world where mutual respect for fellow human beings is the standard. I want a world where we can deal with conflict and differences without dehumanizing people. I want a world where abundance and the distribution of abundance, when it comes to material things, is there and available for all. And you know what I really, really, really, really want, and this is, bringing this back to why I'm doing what I'm doing right now in my business. You know, what I really want is to help enough people access enough money and enough wealth. So wealth, is money or emotional wellbeing, spiritual well being, enough wealth, and enough abundance, so that when you choose, when you tap into the thing that makes your heart explode, when you tap into your purpose, you can just do what you want to do for the love of it.

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If you do not need to worry about money, you do not need to worry about sharing your voice. Because the world that we live in, is a world where we respect each other enough to hear and disagree and not dehumanize. The world that we live in, there is enough distribution of wealth that we can all do what we want and show up just because we want to show up. The breathwork session for me, and it can be any session, it can be a meditation, it can be a walk, it can just be a, an invitation for me to go deeper. And I want to extend that invitation to you. If you are stuck in your business right now, if you are finding that you're feeling a little bit lost, there is a little bit of a lack of clarity. You're not quite knowing what the next step is.

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The invitation is to think about what does leadership mean to me? What is the type of leadership that I desire to see? Am I embodying this? Am I taking this out into the world? If what I'm saying, the intensity of what I'm saying, the power of what I'm saying, the vibration that is created by the words that I am using is touching you, I really, the reason that it's touching you is it's because it's from my heart. This is not a three steps of how to do X, Y, and Z, which would be much easier to do. This is a

message that I absolutely feel is needed and necessary right now. And my question to you is, are you sharing the messages that are needed and necessary for you and your communities right now? And it doesn't need to be this message, but true leadership is being able to ask yourself, what is it that is necessary?

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When I think about the world that I'm trying to create, when I think about the business that I'm in, when I think about the impact that this business has the potential to make, am I speaking from the power of that place or not? And what I realize now, especially is what I am doing personally, what we are doing as a team, what we are trying to build as a company is not frivolous. I mean, it never was frivolous, but it feels even more important now because of what is going on. And so my invitation to you here right now, when you think about how you're showing up and that self-leadership that is going to be required more and more and more and more, because I believe that there are challenging times ahead. When I think about the world that I want to live in, I believe that there are challenging times ahead.

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Are you giving yourself the best chance of thriving and helping other peoples, helping other people to thrive by stepping into your own leadership? Be honest, are you stepping into that right now? If the answer is yes, how do you expand it? And if the answer is no, are you willing to? Motivation to do the thing and stop procrastinating. Yeah, here's the thing, I think that in the past, we have been happy to allow people to lead us, you know, we have been happy to allow life to happen to us. And the invitation now is to be a leader who walks a lot among leaders because we've never needed more leadership as a humanity. We have never needed more leadership as a humanity. And we can't just keep waiting for other people to take the lead because the people who are doing that right now, are not really doing this from a place that I believe is going to be powerful and helpful for the next generation.

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I want this to have activated something, got you thinking about something today, when it comes to what that next level of self-leadership means, it feels different in your body. That's how you are going to know that you're tapping into something. It feels different in your body. There is a little bit of, there was a little bit of like, oh, am I allowed? Am I allowed to go this far? Am I allowed to go beyond where I've gone beyond before? We're looking for that type of energy when you're showing up with your people and in your communities, when you're moving into the next level. And what will happen as you move into that next level is that you will attract, you will bring with you the people who resonate, who are already in your lives and in your communities. And you will start attracting a new caliber of person in your life and in your business.

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And as you start to attract different calibers, people who are in alignment with being with this concept of being a leader who walks with leaders, the qualities of your conversations are going to improve. Your wealth, spiritually, financially, emotionally is going to expand. Your impact is going to expand. And from that place, we're going to be able to collaborate, connect, collaborate, and really work together to really create a tidal wave of positive challenge, positive impact that touches people right across the globe. Like that is the vision. That is what is required. That is what is needed. And that is my invitation for you today to lean into that frustration. Okay. My loves, this is it for today. I hope this has resonated. Please let me know what your number one takeaway has been. And I will see you luck. Take it easy. Please remember faith plus action equals miracles.

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