

The Limitless Experience Podcast

Is it time to surrender and trust?

Transcript

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

I often see people talking about trust and what they actually mean is I've kind of given up. I, yeah, this does not look like it's happening anymore Suze, so I'm going to give up, I surrender. This is not the same type of trust and surrender that I'm talking about, energy consciousness, level two awareness, quantum consciousness, level three awareness.

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 I'm wanting to talk to you today about something that does feel like it's been a huge shift in my life, business and development when it comes to trust. And this is a really interesting thing for me to discuss because I see, I just see so much importance in this word and not the fact that it's a word, but it is it's, it's a doing word is something that we have to do. We cannot be passive when it comes to trusting. And for sure, I believe that my life has changed since I decided that trust was going to become something that I made peace with, that I was friends with. For a very long time, I ran the story that I was the only person that I could rely on.

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And in that, in that belief, I was also saying that I was the only person that I could trust. And I definitely believe that after making the decision and it wasn't real, it wasn't a decision as such, it was after I was reading the book by Anita Moorjani called dying to be me, that I really realized that it was safe for me to trust that my mum, predominantly, and dad, and my foster mother or father who passed away when I was a lot younger, was still there and available for me. And it's interesting, I don't have dialogue. I don't, I tend to not so much feel their presence, except sometimes if I'm in a powerful breathwork session, I have definitely felt the presence of both my foster mom and my foster dad being in the vicinity, but it's not like I have a dialogue with them. And I had belief and faith before reading this book, but reading this woman's account of her cancer and ultimately near death experience was really quite life-changing for me.

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And it was a pivotal point in saying, I know that I am not doing this all on my own. And that ultimately has led on to me also having a deeper, better, richer, wealthier relationship with surrender and my good friend and client Nikki Clench has a book called surrender, which I highly recommend, but the letting go, I was very much in a force mode, push mode, make it happen mode, like that was absolutely my vibe. And it did me, it got me so far and did me well that I don't criticize that version of me, but life has changed, so much more magic has been created since I decided that it was safe for me to trust that I was fully supported and safe for me to lean back and let go. And when I say this, I really want you to hear me.

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When I say that there are so many more layers and levels of this for me to access. I'm really talking about this from just scratching the surface and seeing the difference that it has made in my life. But there are definitely places where I still grip way too way too much, because I think that I know that this is what I should be doing, and what I am learning and experiencing, and really choosing to expand into is this, knowing that my humanness, my human brain, this physical experience, this 3d world, I have a pretty good handle of. And if I want to operate at this level of awareness, this level of consciousness, pushing and forcing, whilst it might not be great for your health all of the time. It's going to get you to a certain level of achievement, a certain level of an "success."

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So if you want to operate like that, I absolutely can, I'm good, I'm actually very effective at operating at that level of awareness, but the truth is that I know that level two, a deeper level of awareness. An awareness that involves my sixth sense being kicked into play and awareness is about intuition. Awareness is really working in the energetic realms, it's here, where we get to start creating real magic in a way that feels well like magic in a way that feels miraculous. And again, what is interesting for me is that I have accessed this to a point where I feel very able to support my clients in their discovery of knowing that there is more beyond level one. There is more beyond the human awareness and by being able to tap into level two and energy consciousness that we can create just a whole other way of being a whole other level of existence.

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And again, with the work that I have done with plant medicine, also with quantum healing, that level three awareness that even though my spirit and soul is so expansive, that it actually dwells in the entire universe. And that universe is infinite. When we start thinking about our lives and our world in that respect, it changes everything and our ability to trust, and our ability to surrender what the mind thinks is what we should be doing, is a whole different ball game to how I often see people talking about trust and what they mean. I'm laughing because I'm thinking about the number of times when I see this in, when people are in launch mode, I'm just going to trust that it's all going to work out. And what they actually mean is I've

kind of given up this doesn't look like it's happening. I, yeah, this does not look like it's happening anymore, Suze.

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So I'm going to give up. And if somebody comes in, if somebody finds their way to me, amazing, I surrender. This is not the same type of trust and surrender that I'm talking about when you are coming at it from energy consciousness, level two awareness, quantum consciousness, level three awareness. In order to do that and be in that space, you have to get really comfortable with knowing that two plus two, no longer equals four when we come into level two. When we start playing with energy consciousness, two plus two, no longer equals four. When we stopped playing in the quantum realm with quantum consciousness two plus two, no longer equals four. And what is really, like, even as I'm speaking it, and I feel because there's always just another, there's always another layer. There's always an opportunity for us to go deeper every single day.

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And as I speak this to you, I'm grateful because I can feel it in my body more, is knowing that the idea that my mind that operates on the basis of what it has experienced is the best guide for me creating magic in my life is ridiculous. The idea that your logical sense is the best sharper for you creating magic and miracles in your life, does not make sense because you're wanting to create a miracle and magic from level one awareness and it can't be done. And there is a part of me that is dying to talk about Newtonian physics and quantum theory and string theory. And I'm not, I'm not going to do that in this episode, but what I am going to say is that don't get trusting mixed up with giving up. That's the first thing that I want to say.

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I want you to really ask yourself if I was truly comfortable with not knowing whether I'm going to get the outcome that I wanted, but believing that it was possible, what would I choose right now? And that question is really interesting. I'm thinking about somebody who has had a really challenging situation in their life, where from the outside, I have observed them really pushing and gripping and holding on because their vision for what the next step should be so firmly rooted in what their mind can see. And if this person was open to what I'm talking about now, the whole interaction with life would be very, very different. Because if they were truly comfortable with uncertainty, they would be able to let go. They would be able to surrender the current situation. They would be able to release it and trust that there are infinite possibilities, literally infinite possibilities in the universe, around them right now that they can't see, because you can't see with the sixth sense.

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Energy consciousness is something that you can't see. You can't see it, feel it, hear it, touch it, taste it, but it's there. That's the trusting. That's the trusting piece, very different energy from giving up because you can't see how it's going to happen.

Very different energy from giving up because you're out of fight. You can no longer push and force. And honestly, this is, if this podcast has resonated with you, this is one of the ones that I would say come back to again and again and again, because as I said, I can feel it in my chest, sinking deeper, as I say this to you. So I'm super grateful for the opportunity to share my thoughts on this. I know that the deeper, this integrates the more magic is possible because we get to sit and trust and surrender in, in level two, which is where all of the magic happens. It's where two plus two, no longer equals four. So I'm curious. Did any of this make sense, does this resonate with you? Are you tempted to come play with me in level two? If so, hit me up in the DMs because I would love to create some magic with you. And in the meantime, please tag, share with your powers with people you think would be interested in hearing this and I will see you next time. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles