

The Limitless Experience Podcast  
When scarcity is making you miss the point  
Transcript

Suzy: [\(00:03\)](#)

When these really challenging times were happening professionally, keep coming back to clearing, clearing, clearing. Not taking things personally, not making the people who were involved wrong and bad and evil, not going into victim mentality, coming back to my centre, back to my centre.

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.

Hello hello hello. You gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast.

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Good morning, gorgeous human beings. Welcome. It's been a little while, cause I was off last week and it feels really good to be back. I have to admit with it being half term and having the mad rush to get at least one hair do done, not mine, the kids, and then getting on here. I've literally just stuffed my face with a banana and sat down and I can do with a little sleep. I am definitely feeling so much better for those of you who were not aware. I have been out with COVID. Somebody gave me COVID for my birthday present this year. I had my birthday last Tuesday. And then on the Wednesday morning I got up and I did my Peloton workout. I was working out to beyonce, and by the end of the ride, like my chest, it was like, it was just wasn't as much space in my chest as what there would normally be.

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And I was just, I was like, what is, yeah, there's just not enough space. And then I felt a little tickly throat, then a little bit of a sniffy nose and I should be in Turkey this week. This week I had booked off and I was supposed to be on retreat in Turkey. And so I was due to do a fit to fly test anyway, but I thought to myself, I'm just gonna test. And I did it just before I was about to hop on a coaching call and which wasn't the best time to do it because whilst I'm there coaching my one-to-one client, I see the faintest of lines showing that it was a positive test and like.

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And I'm, I'm, I'm really annoyed. I was really annoyed. I had already got from provisions in in case that I did go down with it. And it was really my intention just to

immediately stop, spend 48 hours filling my face with as many supplements and vitamins and things as possible so that I would be fit to fly on Friday. I wasn't fit to fly on Friday. And it's funny because I was writing about this this morning, this it was about cleaning my energy. Anyway, it's been a week. It was exactly seven days, Tuesday night I started like about 11 o'clock I started to feel myself and then Wednesday, I was like, I'm so much better. And I am, I am so much better. It's still whether you can hear why I don't feel a hundred percent, but I feel so much better, but I didn't realize that I have lost my taste and I lost my smell.

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And I only realized that yesterday, isn't that weird. I only realized yesterday that the tastes and smell had gone. I actually do think that it has been very, I do think that that piece of the puzzle was very recent because I remember having one of my incense sticks, I think on Friday or Saturday and I could smell it. And then yesterday I had an incense stick on my table or hose, like why can I not smell? Uh, so that's weird. I'm hoping that that path is sooner rather than later. So anyway enough about me, I am feeling a lot better. Thank you for all of the love. I really appreciate it. My goal at the beginning of the month was to, I didn't have a financial goal, and it was just to really keep my energy as clean and clear as possible.

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And this really came from thinking about when I had my biggest month in it, and also this whole quarter. So not just this month, but this whole quarter feels like it's about slowing down in order to speed up. My sense is that 2022 is going to be the most incredible year for me, both personally and professionally. And for the first time ever, I really had a strong nudge to slow things down personally, which is just, I mean, it's weird because I am always like full throttle, a hundred miles an hour. Let's do it, what's next, come on. Like, and it doesn't even feel like it doesn't feel like hard work. It's just the way that my mind and body work naturally. I had this real strong feeling that this is about slowing down to speed up. And all I really wanted to do was keep my energy really clear and I had my birthday, which was amazing.

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I got, COVID not amazing. And then also had probably the most challenging month of my career also this month of nine years and you know, what's really, really interesting is that this month looks like it is set to be a 200K a month, depending on when a payment falls into my account. And I'm sharing that with you because I'm sharing that at all. And I have my birthday sale and we made two sales. I'm sharing this with you, for anybody who is in transcendence of really want to emphasize the duality of this month for me, really tough professionally, really tough physically health wise, just not great for the last week, a flop launch and a, depending when the money falls into my account, it'll be a 200,000 pound month, which is a big month. I want you to stop.

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And I believe that the reason that this is whether it falls into this month or next month, it doesn't really matter. I'm very unattached, but the reason that this month has been so big is because of this intention to keep my energy clean and clear. So what I, what has happened with every single tough, every single tough thing that's happened, I have had to come back to center, come back to center, come back to center, not for the whole time I was out with COVID, but for sure about half of the time, like sometimes twice a day, certainly once a day, sitting down, laying down meditating to Joe Dispenza, really seeing my body in full health, really being grateful for how my body was dealing with the disease. And just really feeling the strength, even in my weakness. You know, when the really challenging times are happening professionally, keeping coming back to clearing, clearing, clearing, not taking things personally, not making the people who are involved role and bad and evil and not going into victim mentality.

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Coming back to my center, back to my center, back to my sensor, keeping my energy as clear as possible. And what that, the real point of this system really make you understand that being a good person is not the thing that stops bad, negative, or challenging things happen to you. How you respond when a challenging thing happens to you will determine whether you stop the flow of all of the abundance that is always there, always. Please let me know if this makes sense, because it is one of the most valuable lessons that I could ever think to share with you. So I I'm really pleased. Let me know that this is landing because this is so important. So many times when something bad happens, the way that you respond is I am unworthy. I am not deserving. See, I knew it was all going to, I knew that this was all gonna fall apart.

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When's the next bad thing gonna happen? Bad things happen in three days, all that stuff. I want you to know that your ability to tap into transcendental power. This is what we're talking about, so you can stay grounded in your humanness, but rise above the chaos is what will determine your ability to still receive when you're in the midst of duality. Most people stop and create patterns about why the chaos is happening, instead of just clearing the energy from your field. Yes, makes sense. Being able to hold pain and struggle allows you to become more powerful. And there is also, you know, I set a very clear intention at the start of September, or there was an awareness around a lack of not playing fully into my level of visibility. And there were stories around judgment and certain people like how, if they know this and they know that, they're going to judge me and I really, I really became aware.

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And then I really started pushing my own boundaries. And I believe that the universe was inviting me to really consider is, do we really want this? Do you really want the next level? Or do you really want the next level of receiving, do you really want the next level of impact? Because for many people, what has happened to me, for me this month would cause people just to stop and be like, oh, that's it I'm out.

I've had enough. And actually I had to ask myself many, many times, but do you want it, do you still want this? Do you still want this? And the answer was yes, yes, yes, yes, yes, yes, yes, yes, yes. So if I want it, then I need to know how to handle it and when you can handle it, you can handle it. You're ready for the next step.

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So, let me know the other thing I would say that I have been so good at even when I have been sick or not really feeling myself, it's really celebrating the successes of my peers and my friends and my mentors. Because there has been so much abundance in my field and every single time I have seen that the vibe has been wow. That's amazing. Wow. That's incredible. Wow. Wow. Wow. Wow. I've just been so in awe of the magic that I have that I see that I have seen, I've been privy to, you know, one of my friends is like messaging me, like, oh, I just had a \$1.1 million launch. I'm like amazing. And I'm noticing when I notice, when I'm in a vortex of everybody else's energy, everybody else's magic, everybody else's power. Do I slip into comparison?

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Am I like, why haven't I had a million pound month? Why haven't I had the million pound launch? Why am I have, that's why I had that? No way. I get more and more. I get excited because I'm in the middle of it. I'm like I'm plugging into her, plugging into that and plugging into that energy and plugging into that energy. I'm plugging into that. I'm like, that's amazing. That's great. That's and I, and I was, and I was relaying this exact point in a group Voxer chat that I'm in like how much abundance is around me right now. And then I was like, and I've just seen a lady bird on my mantle piece. And that means that I, and that lady bird means good fortune. And I'm like, I am just, I'm blowing up this energy around me. And then I had confirmation that, a once a word client who is a dreamboat client is ready to spell working with me, which is just incredible.

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So I really want you to look, how am I responding to other people's successes? And am I going into comparison or am I celebrating? Am I like, wow, I'm seeing this because this I am aligned to be in this energy, you know, because when I'm in, when I'm in the line of fire with that energy, what does that mean? It means I get to lease all of the things that are stopping me from being a complete match for it myself, you know, because if I'm seeing it and they can do it, I can do it. That's the way that I think, is this landing? If you are not ready for it, you will block yourself. You'll see, you will block yourself. I also shared this morning. I, it's funny because there were a couple of messages in the freedom experience group over literally over the last 24 hours, critical 48 hours. But people are like, I'm on track for 100K, it's not enough.

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I messaged my mentor I said, this is amazing, I've got more people complaining about being on track, the six biggest this that I've ever had before. And I know

exactly how I know exactly what to reflect back. You know, what I love about this and what way are seeing, is the ripple effect of abundance. So people popping, one person pops, another person pops, another person pops. Another person says all this is possible for me, another person says this is possible for me, but at the same time, and this is what I recommend, but we really recommend this. We also have set really big, ambitious, fuck off hairy goals. You know, the goals that excites me, but and, so this is what I encourage people to do, set really big goals and the, and big timelines. Not big goal that has to happen next week.

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Not a big goal that has to happen next month. Not a big goal that even needs to happen in the next two months. Why? Because as soon as you set a big goal that has to happen in the next month, what do you do? You, you tighten the fuck up as you search for every single piece of evidence that depending on your mindset is either supporting the fact that it's happening, or supporting the fact that it's not happened yet. That's what happens when you set a big goal that needs to happen in the next month. And so what I encourage you to do is set really big fuck off goals that are going to stretch you and are going to take a significant period of time. You know. So my goal is to create an eight figure business. And I know, what I know it's that I'm a match for that within the next five years.

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I just, I know that now, I didn't know that in January when I said it, but like, I know I'm a match for that within the next five years. That's exciting, it takes the pressure off what happens in October, takes the pressure off what happens in November, December. It takes the pressure off what happens really next year. I just know that the universe is going to conspire with me over the next five years for me to have an eight figure business. I just know that I'm not going to go into all of the what has had to shift in order for me to get to that, knowing of that, that is inevitable for me, but it is. And so what that means is that on the way to eight figures, we're going to go up, we're going to go down, we've got to have flopped birthday sales.

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We're going to get six figure private clothes. All of the things don't happen on the way to that eight figures. And because I know that eight figures is inevitable, so so much abundance, more abundance than what my mind can possibly imagine is absolutely inevitable and in my field, and on the way there are going to be ups and downs and ups and downs and ups and downs. And my beautiful coach. Um, Manny Neha says ups and downs on the way up. There will be ups and downs on the way up. I get to be good with that. And I get to come back to cleaning my energy. I get to be good when I have a zero pound day and I get to be great when I have a 20 K day, a 30 day, a 50 K day or an 80 K day, I get to be good with all of those.

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And whenever I noticed that I'm not good, whenever I notice that I am in scarcity, whenever I notice like, oh, I've only got paid 133 pounds today. I'm like, whoa, quick, quick sharp stop. Take a minute. Oh my God, you've got paid 133 pounds today. Can we take a minute and sell the break that I wrote 133 pounds. I celebrate this 32 pounds sale. Guess what? Maybe one of the differences between you and I right now is that when I get a 32 pounds and 40 pence sale, when somebody buys my year long affirmations, it's sent to your phone every day. I smile. I might thank you. Thank you so much. Why? Because it's another sign of abundance. It's another sign of abundance. And the more I lean into all of the signs of abundance, the more abundance is created. And the more I'm able to come back to the center of myself and my knowing on the zero pound days on the flop launch days, on the nobody bought anything from the days, the more we can come back to my center and notice the abundance of is all around me and for anybody who's like, well, yeah, course you would feel abundant because you've got XYZ money in the bank.

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Let me tell you, you know what I see in the group, I'm like 3K away from 100K and it's not enough. That feeling of it's not enough is always there and unless you do this work because the fear goes from it's not enough to, oh my God, what if I can't keep it? So you have to know who you are. You have to know where you're going, but you have to know who you are on the way up and on the way down. And if you can know who you are when you're in a down moment, when you're in a dip, when you're in a zero pound day, when you can know who you are in spite of that, that is how you can enjoy the journey. And that, that knowing of who you are when you are in debt, that is what creates abundance.

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That is what accelerates the speed at which you notice that your back on the way up, let me know if this is making sense. Each not really knowing who you are in the moment and where you're going, and when you're able to nail those two things, regardless of what is happening to you. One, you're winning as a human, and two, if it is your desire to use that energy to create more abundance, you will create more abundance. The thing is the longer you, the more you extend the timeline, the pressure comes off in the short term. And then the more you really focus on keeping your energy clear, knowing who you are and being able to tap into that sense of abundance and wealth and the now, the faster you will find crazy shit happening like clients dropping out of nowhere, clients dropping out of the blue because you're enjoying life.

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You're enjoying the journey. You are noticing the abundance and you become a magnet for people who are a match to the way that you are viewing life. Because guess what, when you are complaining about being, having your first sale, having a 10 K launch, having an 8K month, having 100K in six months, you will be a much for people who are also telling you that your service is amazing, but I just don't have enough, or this kind of looks okay, but I just wanted more. It just needs to be a bit

better. When you are being that person, you will be a match for people who are of that same vibe. So look after your energy, really, really tap into who am I being so that you can be a match for that. You'll be a match for that in the dips and a match for that in the peaks and know that it's part of life to have peaks and troughs, okay, this is it for me today. I hope that you have enjoyed, and I'm glad this resonated with you. I love you all very much and I will see you.

Faith + Action = Miracles