

The Limitless Experience Podcast

Dealing with difficult things

Transcript

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

When I think about this mission and this vision and what I want our company to be known for, it's really about kindness and helping people and supporting people. It's really about, as we build up our thing, we help other people build up their thing, like we're helping each other.

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, you gorgeous human beings. It is Suzy Ashworth here, quantum transformation and embodiment coach. And my vibe is I am, if I had to give myself a mark out of 10, probably say a six. I'm like there's, I'm a little bit, I'm a little bit bubbling today. What I am experiencing today, what I experienced yesterday. And I wanna say to everybody who has sent lots of love to me, thank you so much for those of you who, who are unaware, my little pooch who has been with us for 12 years was put to sleep yesterday, which was really, really tough. It was also the anniversary of my mom's passing. So there were a lot of feelings yesterday and I'm still, I'm still feeling a lot of feelings. And what's interesting is when we go into next week and we talk about how to really set and achieve jaw dropping goals without burning out, we are gonna talk a lot about how you deal with life when life is very real and is happening and is just all around you all of the time.

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And I really genuinely believe that it is a person's ability to be able to deal with difficult things whilst on honoring difficult things, whilst honoring their soul, whilst honoring their body, whilst honoring their energetic field, and still being able to, to allow themselves to remember the why, is such a big part of how you are able to move through things whilst dealing with them. So we are gonna be talking a lot about this next week and here is a really beautiful example, me having to tap into my own tools to really be able to show up. And I wanted just to share, like I got two private messages this week and this really, really sums it up one from somebody who is in the freedom experience, who is, you know, having a really challenging time, they're going through a separation. And, you know, they message me to say I'm having the hardest time ever.

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Like I feel like crap. And at the same time I'm having my biggest launch, and I'm honoring both situations and I'm able to do this, that you know, this transcendental power, this is your ability to be human and allow yourself to be supported by something bigger. And when you are able to combine those two things, it happens. And then I got another message from somebody who had also lost a dog and said that because of the support that they had allowed themselves to receive, that they really felt able to go and do the thing that they'd said they were gonna do whilst also honoring their loss. This is, so both of those messages happened before yesterday, for me, meant so much because it means that the intention is working. It means that what we are wanting to teach people and how we are wanting to hold people and how we are really supporting people with their own emotional intelligence and mastering their own emotional intelligence is working.

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So that feels really, really, really divinely good to me. So the thing that I wanna, it's gonna be super short, but the thing that I really want to invite you to do ahead of next week, if you're not signed up, please sign up. If you're already in my containers, please sign up. I can't emphasize enough how much of a life changing week the intention for next week, like how big that intention is for it to really, really blow your mind. I'm gonna be showing up and sharing with you in a way that I don't believe that I have shared for, because so much has shifted my understanding of energy and how to work with it has shifted so much in the last few months. And when I look at everything that's happened in 2021, including what's happened this week. And when I think about what is possible in 2022, like we are holding all of that next week and kind of building it up and we're creating something big.

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So whether you are already in my containers or not, I really recommend that you sign up for the workshop series next week. And ahead of that, I really want you to start thinking about like, what motivates you, what really, really motivates you beyond the money, perhaps even beyond the mission statement that you have that you've been living by up until now, like what really, really drives you. And I'm gonna share with you a really, I don't think I was gonna share it actually today, but I'm gonna share with you a really short story from yesterday that spills into this morning. We were, Caesar and I went to go to the vets yesterday. I wanted to bring her home for a couple of hours, Candy, so she could say goodbye to the kids and just kind of have like one last look around the house.

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And we were driving to the vets to go and get her. And there was a car, a guy driving a Porsche Carrera coming towards me. And he starts like how I received it in the car was like, really just like, arggh, like, like drive back, drive back. And there was loads of space for me to just drive and park kind of next to him so he could get past, he was really, really aggressive. And in that moment, I got to make a choice because he was giving me the best excuse to like get out and offload my anger and

my pain and my frustration onto him. Like he gave me the perfect excuse. And in that moment, like I literally, I heard myself saying, I'm choosing not to do that. Obviously it would've been crap for my son to see me being like, but I was really like I'm choosing not to do that.

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And I'm driving along and I'm choosing not to do that. And I'm choosing not to do that. Anyway, we get candy and you know, the rest of the day unfolds. But this guy in this interaction is still really in my heart and on my mind, and this morning, because he only lives a few doors down for me. I've never met him before, but he was driving into his house this morning. I was really like, actually yesterday afternoon, I was thinking, I wonder what's wrong. Like, I wonder what's wrong with him? Like, I wonder what has happened, because if he's acting like that, there's, there's gotta be something wrong cause otherwise you don't act like that. And what came before that was obviously, does he like, does he not know what's wrong with me? Does he not know what's going on here? Like, why is he treating me like this?

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This was the first thought. Obviously he doesn't know what's going on with me. And then the second thought was, I wonder what's wrong with him? Because if he's acting like that, there's gotta be something wrong cause otherwise you don't act like that. And what came before that was obvious. Does he like, does he not know what's wrong with me? Does he not know what's going on here? Like why is he treating me like this? This was the first thought obviously he doesn't know what's going on with me. And then the second thought was, I wonder what's wrong with him? And this is a big part of the shift that's happened in the last few months. Is that that question of, I wonder what is wrong with him is something that wouldn't have happened even a year ago, even, probably even six months ago.

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I would've just been so pissed off that somebody had taken out their road rage on me and felt really justified in being off. But that question of, I wonder what is wrong with him? Sums up just some of this energy shift. When I think about what I want for this world, when I think about this mission and this vision and what I want our company to be known for, it's really about kindness and helping people and supporting people. It's really about, as we build up our thing, we help other people build up their thing. Like we are helping each other. And so this morning, this guy's still on my mind. And I'm wondering about whether I'm gonna go into his house and speak to him. Like not go into his house, obviously, like knock on the door. And I really was tuning in like, am I doing this?

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Cause I wanna teach him a lesson. Like, don't mess with me. Like, am I going in there to be like, do you know who the fuck I am? Don't fuck with me. Or am I going to ask him like what's wrong? And I decided that it was the latter. And as I pulled up and pulled into his drive, like there's adrenaline going, I can feel my heart pumping

a little bit. Cause I don't know how he's gonna respond. But I did, I knocked on his door and I said, what was wrong? Because the way that I received you yesterday was really, really angry. And he told me that he was annoyed with the way that people drove along this road. And he told me that he'd been living there for 12 years and he told me that he wanted a really serene environment.

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And he told me that he was tired of people driving too fast and not being. And the truth is, is that I probably do drive along that road a bit too fast. I wasn't doing that yesterday. But the truth is, is that I do, we live on a private road. It's a 10 mile an hour road. And yeah, when I'm in a rush, I'm like I'm driving 20 miles an hour. I don't give a shit about the speed bumps I'm doing it. And I really listened and then I also said, well, what would've been really nice for me yesterday is to receive some of that patience that you really want. It's because I was on the way to put my dog down who we've had for 12 years whilst dealing with the emotions of my mom passing.

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And I listened. And I know that I get to do things differently because I chose to listen and he listened and he apologized. And I know that he will do things just a little bit differently because of that conversation. And when I think of about what is possible when I take a step back when I listen and I think about what it is that I really, really want to create and what I really, really wanna stand for, I feel so my motivated, I feel so motivated. And so I want you to think about not only what motivates you, but how much are you living into it right now? Cause this is going to be part of the work that we do next week, part of what is gonna set you up for the most incredible 2022, the most incredible year of your life to date bar none. Now are you with me? Have you signed up yet? If you have not, sort it out and come and play well, I love you. Thank you for being here. I appreciate you deeply and I will see you around.

Faith + Action = Miracles