

The Limitless Experience Podcast

Does your response create your existence?

Transcript

Josh: [\(00:02\)](#)

Good stuff and bad stuff happens to you. COVID, economic crashes. What people think of you, what people say to you, all of that. Life is good and the bad, stuff is going to happen to you. Your response to that is what creates your life.

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.

Suzy: [\(01:05\)](#)

Hello hello, just how the devil are you today? I'm a little bit behind schedule because I went for the most incredible walk this morning, along tantum beach, honestly, I was looking out at the sea this morning and I was just blown away. I was like, the words in my head were like, is God having a laugh? Like that is what I thought. I was just like, this is insanely beautiful. Anyway, I tried to upload some videos to my Instagram, but it wasn't playing, but also we'll try it after the call. So as I said, we're doing things a bit differently. We have a beautiful conversation, a couple of weeks back with the lovely Ali Mapletoft she is a mastermind client of mine and we bought something. We bought conversation into the space that we were having privately. And just before I got COVID actually I put up a post and I asked the question.

Suzy: [\(02:08\)](#)

Do you believe that your response to your experience of the world creates your reality? Do you believe that your response to your experience of the world creates your reality? And I don't necessarily know that that is, is it a controversial question? I dunno, there we went, there was a little bit of, there was some, there was some feelings in the thread, so maybe it is, and Josh's comment was I do, but I actually think that sometimes that statement can be a bit problematic and he pricked my ears when he used the word problematic. It's not my favorite word. I'm like just say problems, but I understand I had a big kind of poll on Instagram about problematic and I got educated. So I'm accepting it anyway. I thought it would be quite nice to come on and have a chat with Josh about his views. We'd love to hear yours. So Josh, I'm adding you to the stream. Good morning. Do you want to introduce yourself? What do you do? How do you help people?

Josh: [\(03:18\)](#)

Yeah, I am a midlife mastery coach, so I help people who have got to that point in their life where they've worked for 20 years, they've met their partner, they've settled down. And then one day they look around and they think this isn't what I thought it was going to be. There's got to be more to life than this and they desperately want to change and they desperately want to do something more meaningful than their desk. They want better balance and a bigger life, but they don't know what it is and they don't know how to get it. And I help them answer that question.

Suzy: [\(03:44\)](#)

I love, I don't think I've ever had you explain it in full like that and it makes me go. Yes. Okay. So let's get into it. The question was, do you believe that your response to your experience with the world creates your reality? Give me your words.

Josh: [\(04:06\)](#)

So I absolutely believe that, I absolutely believe that and teach that we are the author of our own lives. That stuff happens to us, but how we respond is entirely our choice and that everything in our life is a choice that nothing we have to do is not a choice. The choices might be deeply unpleasant, but whether it's looking after our kids wearing clothes in the street, whatever it is, paying taxes, that is all a choice. And owning that choice is like the first step to like really being empowered. But, or, and at the same time, I know there's a really strong, there's a really strong view out there that that view, the, you know, you are the author of your own life is a view that comes from privilege. That comes from a place of not understanding that some people it was, they might have choice.

Josh: [\(04:53\)](#)

Their choices are so constrained and so limited by everything that the world throws at them by the, by the system, by patriarchy, by all of that kind of stuff, that actually by saying to people, well, you're the author of your own life. Well, you know, your response governs your existence, actually just compounds their pain, compounds their difficulties, and actually puts them in a place of victimization of thinking, oh, so my life is terrible and I'm responsible for it, you know, and actually just makes things more difficult. Now, I don't think that's an either or I think you can both be responsible for your life and your life can be incredibly tough, but I, whenever I'm expressing that view and I do, I do it a lot in my kind of content. Like if you don't love your job while you're still doing it, it's kind of one of my reasonably frequent posts and it's meant to be challenging, right? It's meant to kind of say, to get, to offer another perspective, but I am increasingly, I'm always conscious that I say that from a great position of privilege of being a white middle-class man who has had life pretty easy and other people's experiences different from mine. So I can sometimes get myself into a bit of a head space around that.

Suzy: [\(05:59\)](#)

So there's loads of gold in what you just said. So thank you. And I think the first distinction I really want to make, even though I absolutely agree. You have heard me

say you are the hero of your own story. It's the same as you are the author of your own life. I think that you are the hero and you are the author is different from your response to your experience creates your reality. And I think that they are different because one is, you are the, it's the law that the kind of more law of attraction. So you are, you are the creator. And I like, that's my vibe. It's been a very helpful belief for me. So I own it. But I think that that piece and your spawn are two different things. And I think that it is for me, that is important to make that distinction. So my question is, do you see those two things as separate?

Josh: [\(07:04\)](#)

I'm not sure I see the distinction actually, cause I think it is how you respond, how you respond is how you author your life, right? You know, good stuff and bad stuff happens to you. Yeah. COVID economic crashes. What people think of you? What people say to you, like all of that's life, life is good and bad stuff is going to happen to you. Your response to that is what creates your life and is the authorship of your life. I'm not sure. Maybe don't understand the distinction.

Suzy: [\(07:32\)](#)

Yeah, no, I hear what you're saying actually. And it's semantics. I think that when I hear author, it's like, I'm writing it. So I'm deciding it. And it's kind of a 0.1. And I look at the response was 0.2. So I put the response to what becomes the story, which means that you are still the author. So there's a, there's a beautiful, and I think that I'm more interested in hearing you talk about how you get in your head about owning that belief. What is it that you are mostly concerned about? Because if you believe that to be true, then you believe that to be true. And there is context and nuance in everything that we have to say. And if we think that we believe in, so what is it that you'd get in your head about?

Josh: [\(08:22\)](#)

Well, a lot, I believe nothing's truth, right? Everything's just a story. So that's my story. And that's my story like knowing what I know, but I'm also, I think I've always been clear, but like everything that's happened over the last two years has made me even clearer that there is a whole load of stuff that I don't know in other people's experience. And you know, other people's experience is totally different to mine and other people's experience of the world, of how the world is for them and of what happens is totally different. So, you know, I think I have, am on the beginning of an understanding because there's so much more that from my place of privilege, you know, there is a lot of different stuff out there that I don't understand. So I am, I guess that's one of the tensions in being a coach that, you know, you have to come up from a place of re particularly a coach in the online world where you kind of have to give out like lots of opinions and lots of views.

Josh: [\(09:12\)](#)

And you have to have something to say, as opposed to, I think old school coaching was much more about just kind of sitting and listening and kind of drawing stuff out with the clients, you know, in the online world, you have to have much more to say.

And so you have to really believe that you have to believe in what you're saying and hold intention at the same time that there's a whole load of stuff that you don't know. And it's, it's those two things it's like keeping those two things in balance. What do I know? And what's that great world of like, you know, what I know is the pinprick and then the whole rest of it is all the stuff I don't know. So how do I have real confidence in what I know and what I'm giving out. What's also accepting that that's not other people's reality and that could be in some specific circumstances harmful and how do I keep learning and growing and making sure that that opinion.

Suzy: ([09:56](#))

I am very this word harmful. And we talked a little bit about this in transcendence, the words harmful, triggered, and safe spaces. I know that the way that I positioned myself, those words I should have an affinity with and people would expect me to have an affinity with. And actually I find those words very, very limiting. And, and I recognize that for the type of people that I work with, the people like you, people on this thread, we have a desire to make a big impact and touch many people. And so when you have a desire to have a big impact and touch many people, we have a responsibility, our words matter and how we come across matters. However, the bigger, the impact and the more people that you hold, the more it's really recognizing that everybody has their own story and their own experience, including you.

Suzy: ([11:02](#))

And I think one of the most powerful places to come from as a coach is no when to coach, no when to mentor, no when to consult. And when we speak about when to teach actually, and what we speak, we come from what we're teaching and we're coaching and we're mentoring. And I think that there's real power in being like, this is my experience and these are my beliefs. And I don't necessarily think that it's necessarily to preface. And I'm a white male who has privilege every single time that you, that you speak. Because that is, I mean, you can do it sometimes. And it's also pretty clear. And I'm saying that I'm like, now we're assumptions about your gender. And actually for some people that is, that is incorrect, but you have to work out how many places, how many stories am I willing to hold?

Suzy: ([12:06](#))

How many stories is it possible to hold? And when your audience is very small, you can kind of make the assumption that there were less stories and experiences to hold as your audience gets bigger or do, is it fair and is it reasonable for you to hold every single story in every single experience? Or is it okay for you to say, this is my belief and my experience, and if that resonates with you where a match, and if it doesn't resonate with you, we're not a match and it's okay for you to find somebody who does speak to you.

Josh: ([12:38](#))

Yeah. And so my view has always been, you know, coaches will say their stuff and 5% of people that will connect with, and it will change their life. And the other 95%,

they're going to be like, that's nonsense. And they're going to kind of jog on by, and that's great, you know, that's exactly, you know, if, if what we say is the thing that changes people's, people's perception enough to kind of get them to the next level of the journey that they're on, great. And then for everyone else, you know, kind of just sails and buy and that, that narrative, that that's not what happens, that what happens is the things you say cause harm to other people. Now, you know, you can get into a discussion around, well, it's your thoughts that caused the harm, not, you know, your thoughts are what create your reality, your thoughts create your emotions and then your kind of reality. But yeah, that, that's the place where I get to, which is the, what, what don't I know about how those messages are landing with some people. And I think that.

Suzy: ([13:35](#))

And that's the distinction I want to make is it's not with some people it's with all people. So there are 26 people on here and we're having a conversation and we have no idea about the life experience of any of the people that are watching right now. So something that I have just said, maybe extremely triggering because of somebody else's life experience, I can say to you, I don't believe that anything that I've said to you is triggering. I don't believe that anything I've said to you today is harmful, but based on someone else's experience that we have no idea about, something that I have said might be sending them into a whole emotional roller coaster. And that piece around, we have to be mindful with our words. Of course, I absolutely believe that, but I think that that thought keeps people caged. And I think that thought of keeps people from really expressing themselves fully because they're afraid that something that they could possibly say might trigger somebody's experienced.

Suzy: ([14:40](#))

And the book nonviolent communication has really helped me crystallize my thoughts on this, that why, whilst what I say might stimulate an old experience. I am not the cause of it. So if I say something that stimulates a feeling of pain or of insecurity or feeling unsafe, that is a sign for you that you get to do some work, get some support, needs some healing around what it is that I've said, but because I've said something that stimulates your old pain, that doesn't make me an unsafe person, it means that you haven't experienced that needs to be healed. I'm the stimulus, I'm not the cause. And in this world of coaching right now, what is happening frequently is that people are saying, you're the cause of my pain right now. And that's inaccurate. It's unfair. And when you want to impact a lot of people, you can't possibly take that on board for other people.

Josh: ([15:50](#))

Yeah. And that's increasingly where I've got to not least because now I guess they see if it worked. I was always pretty clear about this, but see, even more clearly that, that narrative, that you having this opinion and putting this opinion out there and that's, that is harming people, but that's an opinion. That is, that is a worldview. It's a very political worldview. Some people have it, some people don't. And again, it's

a story that all of this is all of this story. So it's that thing that I, I guess, is holding intention that having a view and knowing that that view is only kind of partial and it's going to land on people differently, being comfortable with that, but also wanting to make sure that view is as developed and rounded as understanding of multiple kinds of identities as possible in order that I don't know, I listened to a training the other day, which talked about someone.

Josh: ([16:39](#))

I really respect. We've talked about how coaching around success and money is centering white supremacy because success and money is all about white supremacy. Now that's a worldview. It's not my worldview. And actually it was, it was on the idea that you can, the only way you can have success and can have money is by trampling on other people is having no sense of community, of caring only about of having no values. And actually that was really helpful because it just took me to a place of, okay, that's your worldview. I don't agree with that. I don't believe it's so binary. I do think you can be successful and values-led and care about other people. And it's not a zero sum game. And you know, the more, you know, one of the things I always say to clients is there, there are some, you know, even in your kind of biggest struggles, there are people out there who are being really inspired by you and who are you to take away that inspiration from other people? So the idea that just because you're successful, you're somehow centering white supremacy of the patriarchy whilst being alive to the fact that some people are going to interpret it in that way as well. And you know, that is their reality.

Suzy: ([17:43](#))

Yeah. And what do you want your, that person's reality means that they will find evidence of that every single word, every single place that they look and for me, and that's their opinion, it's their experience. And they get to have that opinion and their experience, it's so far removed from my opinion and my experience, I've literally just done a podcast on, mindset is gaslighting for black people. And it's that same perspective. It's like mindset only works if you are a white male or white middle-class feminist, who has all of the support with the structural systems. Hi, it's not my experience. You know, and my view is, is that when you have been brought up in disadvantage, when you have structural racism and systems that are against you, the stuff that I teach and that I believe becomes even more important, that is my experience.

Suzy: ([18:49](#))

And that is not to, it doesn't have to invalidate anyone else's experience, but it's like, does what I say resonate with you? My response to my world has created this existence, and there's something powerful there. I have an advantage when I say that as a black female, a dark skin, black female, even that dark skin makes a difference. When we're talking about world views, my response to people's responses of me has made a difference to my existence, you know, and we'll continue to make it make a different, you know, when somebody, whenever I go for the VIP day, I'm paying for the champagne I'm paying for the food. You know how

many times people will bring the champagne bottle to me, never, never, never, never, never, never. You know, how kind of bugging it is it's bugging, it's bugging. The people will never bring, even though I'm paying, I've ordered it and I can choose to allow that to eat me up, or I can choose to allow that to be a trigger for me, stepping more into my power and my response to that, and choosing to step more into my power and allowing me to eat me up, is very, very helpful for me, very helpful for me.

Suzy: [\(20:15\)](#)

So I absolutely believe that my response creates my reality and existence. And at the same time, that doesn't mean that I don't believe in inequality. It doesn't mean that I don't believe in racism. It doesn't mean that I don't believe in systematic privileges, unfair advantage, ill distribution of wealth. I see and believe in all of those things. And I get to talk to those things, but it also, I see those things and it drives me, how do we make this world a better, fairer, more equal place?

Josh: [\(20:50\)](#)

Yeah, absolutely. And the distinction for me is I remember coaching a client actually around some real racism she'd faced in the workplace. And we were coaching on like her response to it. And she said to me, oh, so this is all in my head. And you know, that, that for me is the place. I never want to take people to like this isn't that, you know, that is a reality. And you get to respond to that in the way that you, that you choose.

Suzy: [\(21:22\)](#)

Yeah it's a shit reality. Yeah. But, and it's very, very real. And it gets to be my fuel. It gets to be your fuel, because I know what you stand for. You know, it gets to be our fuel. How do we change this? And I believe that it starts with me. It starts with how I feel, how I choose to show up how I, yeah. How I choose to view the world. It starts with me. I can't expect. And I don't. And again, this is just my opinion is, but I can't expect you to change things in my world because you can't make, you know, when I create content, when I have conversations, I create the podcast, there is an intention, I use my words to help people see the world differently, but my words are my words, how you receive and how you respond, that's on you, that's on you. I can't change you, you know, but I can present an image with that. You get to, um, interact with that gets to activate you. The change starts with me. And then if you want to come on board and change then issue, and then it's the next person. That's the top. That's the ripple that moves into the tidal wave. We're responsible.

Josh: [\(22:51\)](#)

Yeah. I agree.

Suzy: [\(22:52\)](#)

Well, this has just been a joy. Thank you so much, Josh. You're amazing. If people want to find out more about you, where do they go? How can they find you?

Josh: ([23:04](#))

So I am on Instagram and Facebook @yourbestlifeUK that makes it sell out a lot of great big global business. Your best life was gone. It was just your best life UK.

Suzy: ([23:15](#))

I feel like we need a little bit of mini coaching on the way that Josh just diminished, it sounds like a big global business, because that is what you are creating, touching hearts and minds and lives all around the world. That is the vision.

Josh: ([23:40](#))

Absolutely, yes.

Suzy: ([23:46](#))

Right. I love you all. This has been amazing and I'll speak to you soon.

Faith + Action = Miracles