

The Limitless Experience Podcast
How to go bigger without the contraction
Transcript

Suzy: [\(00:01\)](#)

You tapping into those frequencies and what else is available for you, is you remembering who you are.

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, gorgeous human beings. It is Suzy Ashworth here, quantum transformation and embodiment coach and how the hell has this happened? I'm feeling good. I've got a busy couple of days ahead. I am traveling up to Sutton Coalfield today for all of the Brummies in the house. I'm coming up to the Midlands. That was a really bad accent wasn't it. Today is going to be slightly shorter. Oh, I love it when it doesn't do a reverse card, this was the card that I pulled this morning. Soul star activation, fulfilling soul contracts and remembering who you are, fulfilling soul contracts and remembering who you are. That was the card that I pulled for today. And of course I was like, of course. This is what I have been talking about all week, like really allowing yourself to move out of the head out of the ego zone and down into your soul's desires.

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What does your soul desire for you to feel? Who does your sole desire for you to be? And only when we know how we wanna feel and who we want to be, do we start really thinking about how we distill that into what we are, are doing on a daily basis. Now as we are coming up to the end of the year, obviously there are lots of people like me asking you, like, what are your intentions? And I really hope anybody who's been participating over the last three days in the workshop feels incredibly activated really, really like, okay, let's do it. Let's bring on this life. And let's bring on 2022. And what is really interesting is that I know that some people will run with this feeling just mega mega excited, and like, let's do it and take a big leap. They will absolutely go for it.

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And then they will go big expansion and then there will be contraction. If you know that experience, when something amazing happens and then your body goes into freeze mode, I don't know what to do next. I don't feel good. I feel sick. I don't

know if I'm available for this. This all feels overwhelming. And this is what this card is about, remembering who you are. And what happens when we go into contraction is that we've literally forgotten. We are allowing our human to run the show and usually the child or the victim, the prostitute, or the saboteur. This is very big saboteur territory comes up, with all of the reasons why it's not possible for us to continue in the same vein. Here's the thing. If you are setting the standard for your life like we've talked about, and every day you are committing to leaning into doing your best, is this possible?

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Is it possible that you can't succeed again if you are combining doing your best with limitless potential, with the knowing of limitless potential, no. It's completely impossible. And how you get to go deeper with this and how you get to upgrade this is really knowing what it feels like to release control. And this is a big thing that holds people back because they think that unless they are gripping on really hard to the steering wheel, that they are going to run off the road. And I really wanna be the example and evidence that it does not. You don't run off the road when you stop running your life from this place and start tapping into soul remembrance. When you start tapping into your full level of support. And that comes, it's not, it's not all sitting on your shoulders. You know, this is when we talk about energetics.

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This is when we talk about the universe. When we talk about quantum space, all of this, you tapping into those frequencies and what else is available for you is you remembering who you are. And that is limitless. You are absolutely limitless. And so my invitation for you is what are you willing to do today to tap into just a little bit more of your limitlessness. This is a real, I really want you to ask yourself that question. What can you do today to tap into just a little bit more of your limitlessness? Now, I want you to really hear me when I say a little bit more, not all of it, all of it is possible for you right now, but if you try and dive into all of it, you'll send yourself into shock. And when you send yourself into shock, your body literally says, I think they might have lost their marbles.

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I think that we might die. Stop everything, freeze, stop, drop, and roll, freeze. Your nervous system goes into shock. So I don't want you to be like, yes, all of the things, but the question is, is what little thing can you commit to doing today that is going to, it is in alignment with knowing your limitlessness. Even with that question, I noticed a saboteur trying to answer by habit. Yeah, isn't it interesting. I'm so glad that you said this Adele, because Adele is recognizing that her nervous system is panicking just in thinking about answering the question. And here's the thing, the difference between Adele right now and Adele in a week, two weeks, 30 days, six months, however long it takes is that you're gonna start to realize that you are not under threat when somebody asks you to tell the truth about your power, you're gonna realize that you are not under threat

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when somebody asks you to tell the truth about what you know is possible for you. You're gonna realize that it's a question. And if limitlessness is possible, fullest potential is possible, what's one step towards that today. What's one step that might make me feel uncomfortable, but is not going to send my whole nervous system into shutdown mode. What's the answer? What's the intuitive answer for you right now? I really encourage you to just write something down into the comment box. Get my arse to the Christmas market and enjoy the day, step away from planning, not be fearful about not trying to control everything. What else? Let's get really real, do you believe right now at this time in your life that you are the best at what you do and the answer might be yes, by the way. And I, there's no, if the answer is yes to that question, there is no shame in owning that either, but I want, do you, are you the best at what you do?

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I know that I am not the best, but I know that when I choose to do my best, always for agreements, life changes for me. And I think that the reason that this is so, and I've talked about this, you know, this is very much like I had this light bulb after my mentor said this to me. And I was really like, uh, oh, if I am the best and it's my desire to be the best, it means that I have to stop the growth of my clients. Anybody who looks like they're remotely coming up close to my level of skill. I have to restrict them, otherwise I lose my positioning. That was so powerful to have that reflected to me. Why athlete Suzy no longer needed to run the show and that doing my best and being and being one of the best, was going to be not only super, super liberating for myself, because it removes the there's only one option.

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And if I'm not number one, then I'm a failure, takes that away. And it allows everybody to come with me. Whoa, that was a big deal. That was a really big deal and really shifted the way that I was able to show up for my clients having that question asked of me or having that truth shared with me. So here's the thing, whilst I love this. I want you to pick something that is going to take you a little bit out of your comfort zone. This is great. I want you to do this, but I don't think that this takes you out of your comfort zone. So this is not in the realms of knowing that you are limitless, am I right or am I wrong? So the thing that you do should challenge you not send your nervous system into complete shock, but it should challenge you a little bit.

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And does this take you just one step out of your zone of comfort? Does this help you in stretching your current reality when it comes to knowing your limitlessness? When people ask me, how do I collapse time? How do I create a quantum leap? You have to be willing to not put yourself under undue stress, but to stretch that zone of comfort, otherwise you're just kind of doing what you know that you can do. There's no, there's no limitlessness in there. Does that make sense? This is what I'm talking about. Okay. So today we are remembering who we truly are, and that is

limitless beings of the universe. I'm like, oh, I love you, put your number one takeaway in the comments box, if you will, right. Take it easy.

Faith + Action = Miracles