

The Limitless Experience Podcast
Stop giving your power away to money
Transcript

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

So I used to walk around my park at like five o'clock in the morning, shouting those affirmations. And again, I didn't know it at the time, but the reason that that was powerful was that was literally physical embodiment. As I was walking around and moving my energy, at the same time verbally using these affirmations, I was programming my energy system.

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 conscious leaders like you create six figure breakthroughs in your business fast so that you can expand into limitless living and being part of the tidal wave of positive impact that we want to create around the world. In this space, you'll hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience.

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Hello hello hello. You gorgeous human being. This is Suzy Ashworth here, quantum transformation and embodiment coach, and you are listening to the limitless life experience podcast. And today we have a quick and dirty one for you. I want to talk to you about your money and your power, minute after minute, hour after hour. Apologies for anybody who is not familiar with that gangsters paradise reference. I was sitting with the kids the other day and we, they like to listen to music on YouTube through the TV, and Caesar put on gangsters paradise and was singing all the words to it. I was shook, like I'm like no, no, no, no, no, that's my tune. That is my tune. So anyway, I was reminded of it as I just talked about, as I just mentioned the, my desire for you to separate your power from your money and this a theme that comes up in both transcendence and in the freedom experience constantly, and often at the beginning stages of your journey with just unlocking your own money codes, frequently people are their position where they're fearful that the money is gonna run out.

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They are worried about not being able to pay their bills. And sometimes that worry is really valid. Like, ah, I don't know how I'm gonna pay for my coaching or I don't know how I'm gonna pay for my, you know, my mortgage this month. Like if I don't get a client, we are shafted. And the question came up, like, how can you talk about separating your power from your money when I feel powerless right now, like I am, I'm really scared. And I think that when we talk or when I talk about where I am on my financial journey, people forget that I started at zero. And actually, because of choices that I made, I would, I was gonna say poor choices, but it was, I was just learning. So I was making missteps on the job, but because of choices that I made

early on, I wasn't even starting from zero or starting from minus zero without a freaking clue.

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And I can laugh about it now because I'm in such a different position. But at the time it was no joking matter. At the time, you know, not knowing how I was gonna fund my part of Christmas, created deep stress, both for myself and for my partner. It just, the whole thing seemed ludicrous. Like why was I picking "entrepreneurship", it wasn't entrepreneurship then it was really just running my own little business, but I wasn't thinking like an entrepreneur, I was thinking like a small business owner and there is a difference and I don't mean that disrespectfully, but there is a difference, but why was I doing that when I had the safety and security of a paycheck every month? Like, it didn't make any sense what I did then. And again, it's one of those things that you can see in hindsight, like nine years later, what I can see then is that I didn't give my power away to money or the want of money or a lack of it.

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I used coping strategies to keep my mind focused on what it is that I desired rather than what it was that I didn't have. And I don't know whether I would say that the tools have become more sophisticated. Yeah, I'm not sure if that is true, but I was using, it was helpful for me back then to be using affirmations in the way that I don't use affirmations today, for sure. Back then, it was very much, I am a best selling offer. I am a millionaire business owner. I am, in fact, it wasn't a millionaire business owner. It was, I am earning 5,000 pound a month. I am, I am. It was very, and the reason that I use that voice is because I used to walk around my park at like five o'clock in the morning, shouting, shouting those affirmations.

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And again, I didn't know it at the time, but the reason that that was powerful was that was literally physical embodiment as I was walking around and moving my energy, at the same time as verbally using these affirmations, I was programming my energy system at a cellular level, of reprogramming the cells. You know, I was absolutely clear that I wasn't available to have doom and gloom conversations about the future of my business or the sustainability of my business. I just wouldn't do it. What I was very effective at was buying myself space and time to have those conversations when I thought that I would be better equipped. So I would say things like just, I can't have this conversation now. I love you. I understand you. I know that this feels absolutely irresponsible. And if I have to continue having these conversations, I am not going to be in the head space that I need to be to turn things around.

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So let's revise this in three months time, if I am not where we need to be, if this, if I'm still not getting clients, but I'm still not bringing money in in three months time, let's talk about it then. And in the meantime, let me make something happen. It was

a very, and that, that makes something happen is, was a very, that's where I was at that time. The interesting thing is, is that I had enough awareness of magic and miracles and manifesting that even though I was in push mode, because I wasn't willing to entertain the idea outside of that conversation, that we'll talk about this in three months and if in three months I'm not doing anything, then I will leave, because I wasn't really seriously entertaining that idea. It wasn't an option for me to do anything other than just work it out.

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Like I emotionally burnt my bridges very early on. That was helpful and how I would get out of those situations. It would be randomly, somebody would call, you know, one thing I did very early on was message daily, be very visible. You know, I was, I was looking and I didn't stop looking. I didn't, there was never the idea that I'm going to be annoying. And so therefore it's not okay for me to look on this forum or share my message here, or ask a friend there. There was never any of that. And that meant the result of that meant that when the chips were down at the 24th hour, the 23rd hour, something always magical would happen, you know, but what I want to remind you of, or share with you is that in order to get into that place, I had to, to know that I, that my power, that I was a conduit for power and that I generated my own power.

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Those two things. If I had decided that I was powerless because we didn't have the money that I wanted, then I wouldn't be sat here with you. You have to separate the two. So my invitation for you, whether you are looking to earn your first 5,000 pounds, or you are somebody who is looking to create your first a 100K month, you can tell if you are giving your power away by how it feels when you talk about the number, if you are noticing yourself in contraction, if you are noticing yourself in that space of how, but how do I do it? How, and noticing the, again, the frequency of the, how, like the energy behind the, how, when you are in that space of frustration, contraction, when you are feeling like you need to push, you're giving your power away. The difference between how and curious, I wonder what it would take for me to be a match for 100K I'm curious, there's a different frequency between curiosity and how, even though it's same, same, but different.

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What I'm noticing is in the refinement of my understanding of energetics that on the surface of things, that things can look the same, but underneath, and the intention behind, changes the vibration, changes the frequency of everything that you're doing. So get curious. And honestly, who do I need to be is a far more helpful question for you to be asking yourself than how, how, how, because if you've already, if you're already ticking the basics in business, so let's just say that you've gone from 0 to 2.5 K a month, you are still doing the same thing at 2.5K a month as you are at 200K a month, you still have to message and you still have to be visible and you still have to connect with people's desires. All of those things that you're doing at two and a half, you're still doing at 200,000.

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And probably the biggest difference is you have more systems in place, more systems and probably more team, but the principles are the same. So if you have that bit nailed, the question becomes, who do I need to be? What do I need to let go of? What are the stories that I'm telling myself, where am I believing in my own limitations? Where am I limiting myself? These questions are gonna accelerate the speed at which you move through to your next milestone. So stop giving your power away to money. Money is money. Your power is your power. You generate your power, not your money. Okay my loves, I love you. I hope that you've enjoyed this episode. If you have, please share it with somebody or leave me a review, that would be great. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles