

The Limitless Experience Podcast
New year, new intentions 2022
Transcript

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

This gets to be the most extraordinary year on the planet that I have ever ever had. And I really desire to bring you along for the ride, like this is a place for you if you desire extraordinary and you're not ashamed to admit it.

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. You gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. I really went for it then, I really went for it. And I think it's because this is the first recording that I am making in 2022. I have no idea when you are gonna be listening to this, but whenever you listen to this, I want you to feel the vibes I'm feeling right now. I have all of the energy and the momentum that comes with the start of a new year. I am absolutely not one of these people who say things like, oh, chuck new year new you in the bin. Oh, you still got all the same problems that you had on the 31st of December. Oh, and it's not that that stuff isn't true. Like I am not a new me. I am the same human being that I was in 2021.

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And I still have the same problems that I had in 2021. But there is no denying that the start of a new year, should we choose it, gets to feel the first page in a new journal. It gets to feel like crisp white sheets that you are just sliding in between after the first laundry wash and iron, like it gets to feel like a new chapter, should you desire, in the same way, as every day gets to feel like a new opportunity, should we choose it, every week, every birthday, every milestone gets to feel like, oh, this is the start of a new chapter. And when you have so many people around the world, all feeling like we get a do-over or even better than a do-over, we get to create something new. I think it's crazy to not want to utilize that collective energy. And so what you are hearing and feeling in my voice and in my energy is the excitement that this gets to be the most extraordinary year on the planet I have ever ever had.

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And I really desire to bring you along for the ride, like, this is a place for you if you desire extraordinary, and you're not ashamed to admit it. This is a place for you if

you desire to impact thousands, hundreds of thousands, millions of people, and you are not afraid to admit it. This is the place for you if you desire a deeper level of embodiment of the things that you teach, the things that you share, the desires that you have for this world, you want to be the walking, talking, living embodiment of those things. This is the place for you. I think what this episode is about is really putting my stake in the ground and saying that I am here for depth this year, depth of relationship with myself, relationships full stop, and intimate relationship, partnership, community relationships. I am looking and saying I'm available for depth, and there is going to be no shying away from that because I'm afraid of being too much, taking up too much space, not being interesting enough, not being enough full stop.

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I know because I see it and I feel it, the more embodied I become the better the conversation like the juicier it gets, the better the coaching, the better the results. The more I am able to attract and be a match for the people who deeply get me and do not desire or need me to change and bend and be somebody I'm not to have appease them. And that feels great. It feels really, really great. And so this is what we are doing this year. It's depth. And you know that my word of the year for the business is connection. So this is what we are doing. The other things I wanna just add is that this year gets to blow my mind. You know, when I look back at the start of 2021, I was in a bad state and 2021 was an extraordinary year.

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This year, I'm in a great state. So come on, baby let's see what is available for us, for me, this year. And for everybody who is listening to this, who isn't in a good way, I want you to know that you can still create extraordinary whilst dealing with the shit. And I know because that was last year for me, you know, challenges happen, life happens. And it's not to say that it's not important. It's not to say that sometimes you need to take time out. It's not to say that sometimes everything slows down. All of that is good, fine, and available, like all of that is, and there's still magic. And if you are willing, like if you believe that you still have access to magic, even when all of the shit has hit the fan, it's interesting how many places you get to notice and find and receive it. This year.

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So I'm recording this on the very magical 11th of January. So the 11th of the first 22 portal, this is a beautiful day for manifestation and co-creation, it's also the day that I incorporated my latest company called infinite receiving. And I just love the vibration of those words. And I love the hope and anticipation and excitement that lives within this company already. And what's interesting for me is that, like I say, it's the 11th today. It's taken, took a good week into the month for me to start feeling myself after a lot of overindulgence. And, and I'm there, like I've had the days where I've woken up, feeling happy and excited. And that is, that is a measure. It's a standard that really I desire for everyday, certainly more days than not. And I've had a couple of days where I've woken up feeling like that.

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And, and that's like a little sign, a little sign that it is happening. I think what is really what feels really good is that I didn't make not feeling like the world, like I was ready to at the world of light on the 1st of January, I didn't make that mean that it was going to be a crappy year. I didn't make it mean anything actually, I just allowed. And I really invite you to practice the art of allowance and acceptance. One of the things that has come up in my containers this year, over the last 11 days is people who have been hit with COVID. You know, it is rife. It is absolutely everywhere. And I've had people saying suze, what do I do? Like, how do I get on with things? How am I gonna reach my goals? How, how, how, like what, what, what, what can I do?

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It's like rest, sit back, relax and rest. It does not matter if you do not start this year feeling on fire. What matters is that you get whole, you get healthy and you hold the vibration that this gets to be the best year yet, whether you have to have 1, 2, 5, 6, or even three months off, still gets to be the best year yet. And having this attitude, which is something that I have very deliberately brought into my world over the last few weeks, when, which was activated when planning for 2022, this real desire to release, release the pressure of needing to perform in a certain way in order to feel good. And I spoke about this a lot at the end of last year, during my last workshop of the year, how to create jaw dropping goals, the willingness to expand the timeline, willingness to expand the vision, the willingness to step into the vibration of inevitability and act from that place, knowing that the intention and, and the acting from that place over time compounds, so that your goals become inevitable, means that you can weather the storms of a week or a month or even a fricking year, because we're talking about lifetime goals, lifetime aspirations.

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And I really feel that there's a deeper embodiment of that and the energy around this year because of that, and because of the intention to create a deeper connection feels really, really potent. Which is the perfect place to be because we are ramping up for the quantum shift, which is my third live annual event. But the first time we have renamed it, the quantum shift used to be the one live. And I can tell just from the coaching calls and teachings that I have done so far this year, that it is going to change people,, and that's the intention. It's the same vibe that I hold when somebody comes to an in-person retreat, that they come in one way, and because of the teachings, because of the sharing, because of the willingness to go all in that they see themselves and life in a different way.

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And as they leave seeing themselves in a different way, they know that they get to be more of themselves, more of themselves in a way that touches people, attracts people, magnetizes what it is that they desire and that, that in and of itself, we still have quite a bit to do. It's 10 days to go. We still have quite a bit to do, but this is going to be juicy. And I think that this is, this is the thing about embodiment. You

can't help but be more and more confident about what it is that you share when you are living it. And so if you are looking to be more of what it is that you teach and share, and you're not already signed up to the quantum shift now, now is your call. Like if you have children, the invitation is to get the childcare so that you can really like allow yourself to be fully immersed. If you don't, the invitation is to choose to start your year in a way that really has the capacity to change your frequency, change the vibration and ultimately change your life. That is what the quantum shift is about, is about helping each and every individual that comes into our virtual room to create a quantum shift in what is available for them in just three days.

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It is super exciting, if you haven't got a ticket yet, and this was the nudge that you needed. [Suzyashworth.com/quantum](https://suzyashworth.com/quantum) is the URL that you need. Right my loves happy new year. Here's to one for the books and I am so excited to be in your earbuds for as long as it feels aligned. Right take it easy. And please remember until next time that it's faith plus action, that equals miracles.

Faith + Action = Miracles