

The Limitless Experience Podcast

Five big F's for You (1 of 5)

Transcript:

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

Look at the experience that happened objectively and factually and stop giving it a meaning. That means that we are forever trapped in a feeling of disempowerment, then choose to behave differently. 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 creates 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. It is Suzy Ashworth here, quantum transformation and embodiment coach, and you are listening to the limitless life experience podcast, and I am excited to bring you something new over the next few episodes. They may not necessarily be consecutive, but this is a little series that I am calling the big five limiters. And the reason that this has come up is I was sharing. I think it was probably in the transcendence program and then took it over into my mastermind. My illuminate mastermind about the five things that keep us stuck, keep us in limitation when it comes to growing our income growing our influence and ultimately our impact. And it's all related to fear the big five fears. And so this series is going to be strap yourselves in about something shocking five episodes. It's gonna be a series of five episodes where I look at each one of the fears and really spell things out so that you can bring more awareness to when you are acting from this place and more, more presence.

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I suppose. I want you to notice more of the time, how these fears are impacting, how you show up in your business. Frequently, people will say to me, okay, I've noticed, but how do I change things and more frequently than not. So ultimately when we are not dealing with debilitating trauma, and I would definitely say that this is my distinction, because trauma can happen from the smallest inverted commas of things and affect people in wildly different ways. So outside of big, deep trauma, that needs the support of an expert, a therapist, a psychologist, most of the time, our fears are related to experiences that have happened to us, that we have added meaning to that suggest that any type of scenario or experience that is even remotely resonant of the first experience needs to be avoided at all costs. It's not safe for us to be in an environment or doing something that reminds us of the experience either consciously or subconsciously that we never want to repeat again.

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Now, how do we stop ourselves from, holding ourselves back? How do we stop ourselves from living into the limitation of that original experience? And this may be an unpopular opinion, but how we do it is to choose something different, to choose a different meaning to the story that we have been living into. So to look at the experience that happened objectively and factually and stop giving it a meaning. That means that we are forever trapped in a feeling of disempowerment then choose to behave differently and easy to say harder to do, and is really why I wanna emphasise as well when we are feeling trapped by our story. And there has been big trauma. Absolutely. We need to seek out support, but most of the time we are not being trapped by big trauma. We are being trapped by little traumas that happened in the past little experiences that we gave big meaning to and frequently the meaning is not even solely applied to the experience, but is applied to ourselves.

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And in the application of the meaning, what we say about ourselves is we are unsafe. The world is unsafe. We are not capable. We need to protect ourselves. I am afraid that I will be outcast. I am afraid that I am not good enough. I am afraid that I will be made a fool of I'm afraid that I will be

embarrassed. I am, I am afraid. And because of all of these different ways that we can think about, it's not even, these are things that are certainly going to happen to us, but in the thinking of the things that might happen to us, because we're in a situation that is resonant with something that happened to us in the past, which we had an experience, which we then gave meaning to that we never ever wanna experience. Again, we limit ourselves again and again and again and again.

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And the reason that this conversation and this series is going to be so important is that it really feeds in to the story that people say. When they say that running a business is like a deep dive into the personal development world. You cannot run a business. Your business will grow in direct correlation to how willing you are to grow. So the more you evolve the, or the business will evolve because you are able to hold more challenging experiences without needing to stop without adding a meaning to the experience that says I'm unsafe, I'm not capable, I'm not worthy. This is embarrassing. And all of the things that we try to protect ourselves from on a daily basis. So this is the point of the series to just shine a light on the fears that have up until now been limiting you. And for the most part, just being aware and choosing something different, quite simply asking yourself if I wasn't afraid, what would I choose to do?

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If I wasn't afraid, how would I approach this? And then choosing to do it? That piece there is the, is the piece that will really get you is the piece that makes you feel wobbly it's piece that will require you to go so much deeper than where your fear resides. And that piece there of what would I do if I wasn't afraid and then choosing to do it, this is why having a mission and a vision that is bigger than you in my experience is so helpful. Because as soon as you start to get really scared, you realise that this isn't about you. This is about the people that you're gonna help. This is about what you get to represent in this world. This is about the hope that you give to others when you are able to step up and shine. That is what all of this is about.

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So number one, fear, and this is in no particular order, but it's the one that I'm gonna talk to today is fear of judgment. And I want you to know that even as a multiple seven figure business owner, that this is still so alive for me, it's annoying. It's frustrating. I noticed it today. And it's something that I have been really bringing conscious awareness to the way that it shows up for me is invisibility and sharing my message, sharing my numbers. Very specifically, it shows up in me not feeling like I should share my numbers in certain places, because I'm afraid that people are going to judge me. I'm afraid that people are gonna think that I am showing off. I'm afraid that people are going to want stuff from me. That probably isn't the biggest fear, but it's definitely there, is definitely a vibration that is there in my field, even though it is not the biggest one the real predominant one is that people are gonna make up stories about who they think I am that start with who the hell does she think she is?

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If I really share in the way that I wanna share in all of the places. And as I say this, I really cannot emphasize enough how much this is standing in the way of a deeper level of connection with myself with a deeper level of receiving. And I also wanna make it clear that I can have this fear of judge and still be receiving in vast amounts. You know, this is going to be a multiple six figure month for us as a company. And, you know, I set the intention. I hold the vision. It's gonna be multiple six figures. And then some, so I do not need to completely eradicate fear of judgment in order to receive, this is what we teach in transcendence. We are able to hold multiple frequencies at the same time, because we are multiple. We are multiple dimensional beings.

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We are multidimensional beings. So of course we have different frequencies and different vibrations across all times and spaces happening within us right now. Like, I know that and I simply choose to place my attention on the vibration. That is more expansive. The story that is, that helps me grow beyond my limitations rather than zeroing in, and then acting from that place of everybody's gonna judge me and hate me and make up stories about me. And the upgrade is that when I start to

choose to act freely, despite the fact that I still feel the stories, hear the stories, hold the stories, imagine the stories. But when I start to act beyond that place, I get to unlock another level. It's not that all of the negative judgment gets to disappear. Although I have to say the work that I've done over the years means that my judgment to others is a lot less.

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Therefore, this resonance is also much smaller than what it would be. If I was looking at everybody being like, oh my God, who the hell does she think she is? What is she got going on over there? That is way too much. You're too much. You're taking up too much space. I don't need to know your figures. All of the kind of crap that can enter into a person's mind when they're feeling insecure, when they have shifted into comparison mode, rather than being inspired and motivated. And knowing that if I can see it, it's being shown to me because I resonate. There is a resonance within me, even if I can't feel that right now, I know that I'm seeing this for a reason and I get to be excited and motivated and inspired by it. When you are in that head space, it is absolutely possible for you to create a whole different experience of dancing with the judgment, releasing the judgment, and or even when you are still aware that there is the fear of judgment still present, you are also able to receive because you get to tell yourself the story that I am open to receiving across all time spaces and dimensions in all circumstances.

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And in all situations, it's like, you can choose that your experience of life means that even if you are sad, even if you are sick, even if you cannot be bothered, you are still a frequency match of vibrational match for receiving. Now, what is really interesting is that I definitely do not recommend not doing anything. And the only reason I don't recommend it is because I am not there yet. Having said that, what I'm very good at is consistent action over time, that consistent action over time compounds. And when I hold the intention that I don't have to work hard to receive the consistent action that I've taken over time melds with that intention of, I do not have to work hard to receive, and I'm able to be sick with COVID for nine days, I'm able to rest. I'm able to go on a mini break to The Bahamas.

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I can do all of those things. And the faucet, the tap is still running money. That is really, really exciting. And when you choose to have the courage, and when I say you, I could easily be saying, I, when I choose to have the courage, when you choose to have the courage to own it, to own what you are, co-creating to be excited about what you are co-creating to understand that it is unique and special and beautiful and abundant, and all of the good things. When you allow yourself to reside in that frequency and share from that place, you unlock a whole other level that isn't available to you when you are in that space of judging yourself and judging other people. It is so okay for you to receive what it is that you desire. It is so okay to ask for what it is that you want.

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It is so okay for you to say no for what it is that you don't want. It is so okay for you to live into the expectation of everything is always working out for me, even when it looks like it's not all of that is available to you, you just have to claim it. So the question is, are you willing to claim that, are you willing to release judgment of who it is that you be, and are you willing to allow yourself to be in receiving mode when it comes to owning who you are, what you do and what it is that you would like in this chapter, fear, number one; judgment. I hope that you have loved this episode. I've really enjoyed sharing. If you have, do me a favour and hop over to Instagram, share a screenshot of this episode and tag me so I can really get the message out to more people. And in the meantime, please remember that

Faith + Action = Miracles.