

## The Limitless Experience Podcast

### How to stop the Pendulum of Belief stopping you in your tracks

Transcript:

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

We don't need to eliminate doubt in order to be successful. Like I'm sitting here as a living proof and evidence of that fact. I think that what I have become very adept at is not allowing the doubt to consume me. 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 6 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 speaking and you are listening to the limitless life experience podcast. And you know what? I don't mind if I do say so myself, I feel like we're getting better fun fact. The first time I recorded did this, I did a little sing song about getting better and better and better. And it was the worst possibly I've ever heard my voice. And whilst it was amusing to me, I did think that if I allowed that to go live, it's likely that anybody who was listening might choose to switch off because, ah, I don't think there could have been anything that I could have done that demonstrated a lack of skill or improvement or betterment than that song. I'm still amused. Anyway, I decided to cut it and here we are, I am gonna get into it because I am excited to chat to you about this particular conversation that I am calling the pendulum of belief.

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And what I am talking about here is when we have these moments where like we know in our bones, we know in our bones that our dreams are inevitable. We know that we are the one who is gonna make it happen. We like our belief on a scale of one to 10 is like 1000. And there is nothing that can be said to you that will knock you from that perch. Like it just, it feels like a knowing that is in your cellular membranes. Like there is just, there's nothing that's gonna budge. And then the next day, if you're lucky, if you are less lucky, the next moment, all of that belief and knowing, and certainty and inevitability has disappeared. Like you all of a sudden

feel like you have been whacked in the face with like a punch bag full of doubt it's and it's like, where the hell did that come from?

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And in the doubt we are feeling the scarcity vibes. We're feeling the inadequate vibes. We're feeling the imposter syndrome vibes. We are feeling the fear, vibes, the guilt vibes, the shame vibes, the what, if it all comes crashing down vibes, the catastrophic vibes, like all of the vibes that we do not want to be aligning ourselves with. Are there their front, their back that are the sides they're behind the knee caps, like the literally everywhere. Why does that happen? And the reason that I'm asking this question is I want you to know that I experience this. I really experience this. I go from, like, I got it. I'll go in on. It is happening to, oh my God. But what if it doesn't? Oh my God, what if it doesn't? How do I stop? How do I stop? How do I stop? You know, how do I stop these thoughts that I know are not helping me, but are just there?

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Like, do you know what I mean? I see this in clients all of the time. And as I have just acknowledged, like this happens to me as well. And it happened the other night and I, what was good is I'm in this practice of noticing my emotions when it comes to parenting and with my kids and I am choosing to be an observer, like, when I start to feel frustrated or the desire to control feels very heightened rather than acting on the emotion or diminishing it. So kind of just stuffing it down and not acknowledging it or feeling frustrated with myself, for having the feeling in the first place annoying I am in the practice of observing. Now, what's really interesting. As soon as we get into observing mode, the emotion has less of a grip on us anyway. So I had started to notice a sense of self-doubt creeping in around a new project that I am working on.

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And I feel that in my body, like I literally feel the tension building up in my jaw. I start to get irritated by things that normally would not touch the sides, but the tension and the irritation were really present in my mind and in my body. And there was a part of me that almost wanted to go into like, come on, you should be past this now, like that mode. And instead, I, I just noticed that I was starting to feel this way. And that was really the first step is noticing my emotions and not adding layer or meaning, but just noticing how I was feeling. And it was very simple for me to be able to track back like, this is just it's self doubt. You're doubting yourself. This is what it is. And frequently when I'm talking to clients about doubt, there is this

desire to eliminate doubt from our psyche and in my experience now of building a multiple seven figure company.

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And as I am openly acknowledging right now, I still have doubt. And what is interesting is that we don't need to eliminate doubt in order to be successful. Like I'm sitting here as a living proof and evidence of that fact. I think that what I have become very adept to is not allowing the doubt to consume me. And I think that frequently, that's what I see happening when people go into procrastination mode, when people claim to have a lack of clarity, when people are habitually doing things that are stopping them from progressing, they've allowed the doubt to consume them. And so in the noticing of this chemical and physical response, building up in my body, I chose to do something slightly differently. And the first thing that I asked myself, I pulled out my journal and my, I use an electronic journal now, quite a lot.

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I pulled out my iPad and I got out my journal and I asked myself the question, why do I pendulum like this? Why do I swing from one side of the belief coin to the other? And the answer that came up for me is because I've forgotten to remember what it, what is required to stay in my power. I've forgotten what it is to remember what is required to stay in my power. And immediately having that as a foundation, as a base point was super helpful for me. And because of the way that I look at life and because of the way that I look at all challenges, I know that there is always a gift in there somewhere. And so unsurprisingly, because it's me, the next thing that comes through is that there is a beautiful opportunity here. And I write that down and I ask myself, what do I need to do to remember what is required to stay in my power and the first step, and actually in this kind of training, I suppose that's what it is.

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This is the, the second step. The first step is to notice. The second step is to relax. The second step is to simply relax. So if you are somebody that feels the tension feels the fight or flight feels the adrenaline, the cortisol, the stress in your body, 99% of people do. The first step is to relax. And what I wrote in my journal was relax my jaw because I was clenching my teeth. My jaw felt really tight. So relax. My jaw was the command. And I just allowed myself to, I say, visualise, but I'm kind of using the inverted commas, visualise my jaw relaxing. Then the next command was, relax my cheeks. And then I just continued to command myself to relax my

jaw, relax my cheeks, relax my, relax, my cheeks. I get to relax. This was really, really powerful. I then did a little body scan to notice, where else am I holding tension in my body?

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And again, I commanded myself, release the tension from the back of my shoulders and my neck, you know, frequently when we are tense, we don't even realize that we're holding ourselves, that we're literally holding the tension in our bodies. So by just bringing awareness to where I'm, my energy is contracted and telling myself to release a tension in my shoulders release attention in my back, I'm immediately creating expansion. The next command slash request, because at this point I'm just, I'm starting to feel more relaxed. The next command request was just surrender the tension. Just let it go. Let it go. I don't, I don't want you to underestimate the power in this simplicity because most of the time when we are fearful and we are tense, we're making up stories like I'm gonna lose my house. All of my clients are gonna hate me.

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I'm gonna end up eating dog food on the streets. Like we're, we're creating these crazy stories that have nothing, no basis in reality at all. And so by moving our attention away from the story and placing our attention and intention into the body and commanding the body to do what it is that we desire, which is to move out of survival mode and into flow mode, into creativity mode into expansion, we immediately change the frequency and the vibration of our energy and energy is energy is our point of attraction. Everything revolves around our energy. So even though the, this sounds simple, it is so freaking powerful. So please, for the love of all things good. If you are noticing yourself in this pendulum of belief to self-doubt belief, to self doubt, believe to self-doubt. When you notice yourself next in that self-doubt phase, start to work through the body, just releasing tension from the body. And the reason that this is so powerful is as I say, it moves you out of flight or flight slows down. The adrenaline reduces that hyper vigilance. I'm looking for the next dangerous, the next dangerous signal. It's like, you're know in the danger zone, you're in bed, you're in the toilet. You're chatting with your mate, relax.

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That's why it's so helpful from that space. You are physically going to feel expansion in your body. And then what step two, step three, actually, step one is to notice. Step two is to relax. Step three, which is the final step is to choose. Choose to know that miracles happen when courage accompanies calm. I'm gonna say

that again, it's an important one. Choose to know that miracles happen when courage accompanies calm. So I've shared stories in the past where I have been completely. And I'm thinking about my cliff jump story where I have not been calm at all. I have been like losing my chisel, but I need to channel the adrenaline. It wasn't useful for me to calm myself down. When I was about to jump off a cliff. Also, I was literally about to jump off a cliff. It's normal for my body to feel stressed because this is not something that I would normally do.

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So I wanna feel calm in that. I wanna feel hyped. I wanna feel amped. So miracles can happen. Feel hyped and amped and fearful and adrenaline is pumping. Absolutely. But when we are talking about running a business, if you are constantly making decisions and taking action from that stress mode, you will end up very sick. You will end up, burned out. You will end up feeling exhausted. And it's also not the best mode for creative genius to really, really come into play. So what we're looking for is calmness and courage like calmness. The feeling in the body is frequently, but not always frequently. Similar to that of trust. If, if you were in trust, we breathe a little bit more deeply because we feel safe. We feel secure its so what risk am I willing to take in order to really be behaving in alignment with the person who accomplishes their dreams and desires because in order for you to create something different in your life, you are going to need to be willing to take a risk.

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You are going to be required to exercise courage in your decisions. Otherwise you are going to continue to do what it is that you are doing right now, or you'll take so long to action. Each part of the puzzle that it doesn't feel risky because you can see everything. So clearly the problem with that for somebody like me is that that then doesn't feel it takes 10 years to do something that is possible to do in a year or two, because I was so concerned with hedging my bets, I, I don't, I literally don't have enough time to create the impact that it is that I want to create in this world. So the willingness and ability to collapse timelines is really important for me when it comes to my own measures of success, I don't want to don't have the desire to push myself beyond where feels healthy.

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And I also know that it is way, way more possible for people to achieve what they want in shorter timelines when they are able to combine courage with calm this. Now, what I wanna make clear is that often when we use the word courage, it can

create a little bit of a contraction. The mind says, oh, what do you, what are you gonna force me into doing that I don't wanna do? And I want to remind you that nobody can force you into doing anything. You cannot force yourself into doing anything. So if you notice that contraction happening within you, when you think about the word courage, want you to reframe the idea that you're gonna be forced into doing anything. And I want you to know that this is really about reclamation. Do you have the courage to reclaim all parts of you? Do you have the courage to reclaim your power?

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Do you have the courage to reclaim your divinity, your magic, your innate wisdom? Do you have the courage to reclaim all of it? You know, it gets to be when we remember what it is that we're doing here, like in, for penny and for pound, like, are you ready to re claim all of it? And in the acknowledgement of that, when we combine calmness with the courageousness calling in the frequency of reclamation, all of a sudden our pendulum comes back to center. The possibility feels like inevitability will answer again. And we feel our strength. We feel our power and we are ready to make the brave decisions required in order for us to evolve, develop, move on, grow all of the things. So step one, notice step two relax step three is having the courage to reclaim all of, all of who we are. So I hope that you have found this episode useful. If you have do me a favour, please tag me on Instagram, Suzy underscore Ashworth, and share this episode with a friend. I love you so much. I feel so grateful for being in your earbuds.

Faith + Action = Miracles