

The Limitless Experience Podcast

Preparing for Peru - The excitement and the nerves

Transcript

Suzy:

The intention that I have set for myself is to unlock more of the codes for infinite receiving that feels important and yeah, to be willing to surrender, be willing to let go of the desire for control. 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, gorgeous human being. It is Suzy Ashworth here, and you are listening to the Limitless Life Experience podcast! God, I really went for it then didn't I? Hahaha! I'm sat with a cup of cocoa. I have just got back from getting my kind of fit to fly PCR test. And I am preparing for a strategy session with the newest recruits from The Freedom Experience and thinking about the fact that this time tomorrow I, my kids and my assistant are going to be on a plane heading to the far climbs of Peru! Peru, baby! And I am really aware that it has felt like such a whirlwind. Like, I can't actually quite believe that it's happening and it's happening tomorrow. This trip has been planned for, I'm not sure if it is one and a half or two years, but it feels like we've been putting it off and putting it off and putting it off because of the pandemic and travel restrictions and all of that jazz, for a long time.

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And so the fact that it's happening now feels amazing. And when I say putting it off, actually, what the plan is, is that I am going out with the kids for the first week and we are gonna go and do Machu Pichu. We're gonna look around Lima and see what's going on in Cusco. And then Tilda, my assistant, will go back with the children. She'll bring them back to their dads

and I will be staying out for an extra, I think it's 12 days, 10 of which of those days will be with two of my incredible mentors, Regan Hillyer and Juan Pablo Barahona. And I will be doing a medicine journey. I will be doing many medicine journeys whilst I'm over there. And I just kind of wanted to share a little bit of my preflight thoughts, because again, there's just a lot of stuff going on.

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And the first three months of this year, I mean, can you believe that we're already a quarter of the way through the year? I feel like time is going so quickly. There's always so many incredible and all consuming things going on that it almost feels like a surprise that this is happening, but this is the first long haul trip that I am going on with the kids on my own. And that is a milestone. It feels like a milestone that we are all travelling business class. Like that was a big deal a bit like, oh my goodness. And then it was just like, this is the standard. This is what we do. And if my life was a masterpiece, I wouldn't choose anything else. So this is what we are doing. So we're all travelling business class to Peru, which is super exciting. And then we are going to see one of the seven wonders of the world, like hello.

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And what also feels really different is that the kids all seem excited. And I think that in the past it was just, we were doing what we were doing and the kids were like, okay, this is the vibe. We're just along for the ride, whatever you say, mom, whatever you say, dad, but this time they're like, including Aluna, I'm excited about going to Peru. I'm like, wow, they're all just a little bit older. They've all had a little bit more experience. We've been back in the UK for a while now. And I think that the impact of taking them to Mexico and doing all of the travelling that we did with them whilst we were there, I think that that has, like, a reverb effect. You know, a few months ago I was in the car and Coco said, I miss travelling. And I looked at her and I was like, wow, do you, it feels like a very beautiful gift to have given them to be curious about the rest of the world and to want to see the rest of the world.

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And to know that there is a big wide world beyond where we live and for sure they understand and get that now. And it's exciting for them to be able

to explore. So I'm just getting my fingers crossed that they don't argue the whole time (laughs) and we can actually enjoy it in the moment as opposed to, like, trying to find the gold once we get back. So that is that vibe. And then there's the retreat. And there's a part of me that is feeling like I should have spent a little bit more time setting my intentions and creating space and connecting with the land and doing all of the work. But the reality is, it is just that I haven't created space for it because life has felt very full and that gets to be okay. It gets to be okay because I know that this journey for all of the reasons is going to be life-changing.

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And the intention that I have set for myself is to unlock more of the codes for infinite receiving that feels important and yeah, to be willing, to surrender, be willing to let go of the desire for control, which is always a theme for me when I do these journeys. I feel both excited about what is gonna unfold really beautifully. I know quite a few people, so I'm travelling over there on my own, but I know quite a few people who are going to be there from the online business world because obviously we will be talking business as well. And it feels really lovely to know that over all of these years, that I have not only met acquaintances, but met people who are friends through all of these journeys and trips and masterminds and all of that good stuff. And some of them are going to be in this space and we're going to have this whole new experience together.

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So that feels just wildly delicious. And yeah, as I say, I feel both excited and nervous because I can set the intention to want to release control. But the reality is, you don't have any choice when you give yourself to the medicine, the medicine will take you exactly where you need to go and you don't get to choose the journey. And so that's the scary piece. And you know, my last experience with plant medicine was both exquisite and horrific, not for me, but for, you know, what I observed other people's experiences. And so even my own, there was a moment of really going into myself, seeing all of the ugly parts, all of the parts that I have rejected, all of the parts that I viewed as ugly, all of them were there. And I wrestled and I tussled and I fought.

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And at one point I really did question like, am I going mad? And then I let go. Then I remembered there was some semblance of me there. And I remembered that I had one invited myself to, I'm not sure, I think the intention was to, I don't it's to face my fears. It might have been to face my fears or release my fears, something like that. Like, I'll be careful next time. I think about what I wanna experience, again caveat, knowing that I'm not in control anyway, but there was a part of me that remembered that I was, that I was willing to surrender. And the moment I let go, the most exquisite and beautiful experience unfolded for me. And it felt like on some of my posts, you'll see me say at the beginning and at the end, there's only love.

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And that sentence was gifted to me during my Bufo journey. So this was the medicine that I did in Mexico. And the reason that that came to me is that, in my journey, it felt like I was taken right back to the beginning of time. You know, right back to the beginning of time, it was like Adam and Eve vibes. And then there was the most beautiful feeling and emotion and sound and music and it was like I was being bathed in love that I had never, ever felt before. And what was interesting is although I'd been taken back to the beginning of time, it was also very close to the end of my journey with the medicine, so it was like, wow, at the beginning, and at the end, there is only love. And in the middle was the pain of the illusion, you know, that is essentially what my journey was.

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So the pain of the illusion was hard (laughs), you know and I was very wedded to it. What's interesting about Bufo is, it's a 20 minute experience for most people. I think that mine was slightly longer, but ultimately it's short. It can feel like lifetimes with ayahuasca and Tree of Light. Um, and I'm not so well versed with the tree of light, but certainly with ayahuasca, it's a night time experience. Um, and I'll be there for 10 days. I will do a number of different ceremonies. So I'm looking forward to coming back and sharing with you all of the insights, what they say about iOS is that, you know, one journey with aya is like 20 years of therapy.

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So, um, it can be, it can be. And the reason that I am, so... the part of me that is so excited is just to be doing it with Reagan and Juanpa. I know the

type of experience they're going to curate for all of us, and it will be exquisite. And I know that I am going to come back a changed woman, I know that in that change, everybody gets to benefit. So yeah, I'm excited to share with you, on the podcast for those of you who are in my world more intimately, um, I'm excited to be sharing with you in Voxer, in The Freedom Experience, in Ascend, in all of the programs. And for those of you who are listening to this and are like, why don't I know more about Suzy's programs? I don't know, why don't you know more about my programs? If you are interested in finding out what might be a good fit for you, please do drop us an email at hey@suzyashworth.com. and one of the team will get back to you, ask you a few questions and let you know what might be a good fit. Right, my loves, thank you so much for listening. Wish me love and luck and I will see you on the other side. And in the meantime please remember, faith plus action equals miracles.

Faith + Action = Miracles