

How to keep stay in the zone after a high vibe event

Transcript

Suzy:

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This episode is being brought to you by the Mykonos 2023 retreat. If you are the type of person who understands the power of environment and just what gets to happen, the moment you choose to take a step out of your normal, regular, everyday life and experience; and when you compound that by not just removing yourself from your everyday experience, but putting yourself in a place where you are surrounded by powerful, thoughtful, insightful individuals who are all looking to up-level; and you combine that with a little bit of zhush, a little bit of five-star luxury, a little bit of three, so much more magic than you can imagine. If you are the type of person who understands the power and the personal power upgrades that happen when you take time out to be in that kind of space, you should probably apply for Mykonos 2023.

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I am going to be hosting it the last weekend in May. So that is Friday, the 26th of May running through to Monday the 29th. I would love to have you there. So hop over to suzyashworth.com/retreat to apply, to see if you would be an amazing fit to come and join us.

(01:35):

Can I be compassionate to myself when I have those moments of frustration? When I feel overwhelmed, when I'm just like, ah, take me back to the retreat centre, where everything seemed so easy. And can I have compassion for everybody that I'm interacting with, who is on exactly the same path as what they were when I left them and for new people who I've never met, can I have compassion for them before I even know their story?

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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. It is Suzy Ashworth here, and you are listening to the Limitless Life Experience podcast, and I am so excited to be in your earbuds today! So what do I want to chat to you about this conversation has been alive and loud in my own earbuds, because we are still in that space of just coming back post-retreat. And some people are just like soaring and booking clients and doing all amazing things. And other people are like, Ugh, what happened? Where's my vibe gone? Was it a dream? And so I really wanted to focus on how do you keep your vibe after a high vibe event?

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Because over the years, I've heard a lot of criticism about this, particularly when people go to conferences and where you have those multi-speaker conferences, especially it's designed to kind of get you all revved up and then you leave the building and it's like, what? Who am I? And it definitely does not need to be like that. So this episode is all about how to avoid the comedown. So the first thing I wanna say is that I want you to expect to be challenged. And I don't mean that in a negative way.

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What I mean is is that when you've been on retreat or you've been to an intense conference, you've been in a bubble and everybody in that bubble has been showing up, if you're lucky, with the same purpose. And that purpose is to better themselves, that purpose is to understand more about the world. It is to change their perspective, it's to upgrade, move up another five levels, whatever it is, everybody has had the same perspective and intention. So the minute you leave your bubble of protected space, you are going to inevitably run into people who are on a different frequency to you. That they're literally on a different wavelength. They have a different intention for the day. They are looking at the world differently from you. Like everything is not tailored to have the same shared experience that you have been enjoying. And so this is so important when we go back to family and partners, because we can come back and be like, oh my God, this was amazing. And that was amazing. And I feel amazing and everything's great.

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And they can frequently be like, holy hell, who is this? Is this my partner? Like, where have they gone? And your excitement can almost feel

destabilizing for them. They're scared that you are going to be going through this massive essential evolution. And they don't know if they can catch up because they're not even sure of the language that you're speaking. Sometimes not all of the time, but this is frequent. And the feedback that I've received over the years is that that can be really frustrating for the person who has come back from the experience because they just want to scoop everybody up and along for the ride with them. And I want to say, please, don't do that. Be really compassionate when you come back from your experience. And I don't mean dampen it down, I don't mean turn down your volume or dim your light.

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I don't mean that at all, but I mean, you get to be really mindful that they haven't just had all of the upgrades that you have had. And if you really want your experience to land for you and also create the space for your partner to be walking alongside you, and it feel like a really beautiful fit, the only way that you can do that is to embody the learnings. Not try and teach what it is that you learn in your 3, 4, 5 days, however long you've been away. Not try and teach them that because you haven't embodied it yet. You haven't learned it yet. You haven't lived the lessons. You've had the insight. You've had the breakthrough. And then what I said this many times when people were asking me about Peru, one of the facilitators, JuanPa Barahona, said so many times to us, the ceremony happens once you leave the retreat.

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And I couldn't <laugh>, I couldn't estimate how accurate that would be, particularly because my time has been so like—I have been pulled in many directions since leaving Peru, including coming to Mykonos. And so the integration period that everybody talks about and, you know, how do we integrate? How do we let it land? How do we anchor it in didn't really exist for me. And so I had to think about how am I going to be in spaces where nobody has any idea about what I have just experienced or what I have just learned. Can I be compassionate to myself when I have those moments of frustration? When I feel overwhelmed, when I'm just like, ah, take me back to the retreat center, where everything seemed so easy. And can I have compassion for everybody that I'm interacting with, who is only exactly the same path as what they were when I left them and for new people who I've never met, can I have compassion for them before I even know their story?

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So that bit is easier said than done. Can I be in compassionate mode? Can I be in empathetic mode all of the time? When actually I just wanna feel as good as what I have been feeling, and I don't feel so great because this is difficult. And the way that you just spoke to me was not amazing. And the way that I hear that person speaking to that person over there is just horrendous. I remember landing at Heathrow airport after Peru, and it was chaos. It was chaos. People had been there for hours. People had lost their bags and one lady had a baby on her arm was speaking to one of the BA staff, the British Airway staff, she was so frustrated and upset and angry. And the BA person who had been being attacked essentially verbally all day because of the chaos in the airport, she looked so frustrated and angry and helpless, and I just started crying. it was so bizzare.

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It felt really overwhelming, just, it was an assault of the senses. I felt so sensitive. My field had been opened so much. I felt so sensitive that I was, those energies did not agree with me. It was just such a weird experience. And I wasn't expecting that. I wasn't expecting it to be like that, but I understand that the reason that I felt so sensitive, one, the process that I had been through, but I was out of the bubble. Now, it doesn't mean that everything that happened in the retreat no longer existed, it meant that I needed to be able to one protect my energy and two understand that there was inevitably going to need to be some kind of recalibration into the real world. So that's the first piece. How do you hold your vibe is to expect there to be moments where it feels a bit challenging, forgive yourself, forgive everybody involved, like just love on yourself hard.

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Number two is to reread the notes that you took whilst you were away and tap into what is it that you learned? What did you commit to? Very, very powerful. I think frequently we go to these events, we write everything down and then we never look in our notebooks again. Don't do that. Look in your notebook and feel the energy and the frequency that was coming through when you were doing the writing, that is the easiest way for you to tap back in to the vibe that was created and will forever exist when you were in the moment. And soon as you tap back into that energy, you can start playing with it. How does it get to look? How does it get to work in this space? So read your notes and ask yourself, am I living in alignment with the commitments that I made or have I slipped right back into who I was being before I was away?

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Because the structure and the dynamic makes it very easy for me to do that. I want you to know that when you read the notes and you feel into that energy, when you tap back into that energy, you can retap back into the shifts that were created in that space. Number three, if you get sick, and this is definitely not uncommon when you are working with energy and you're working with your energetic field, very consciously and intentionally, if you get sick. And the first time I went to a retreat, it was with one of my early mentors, a lady called Lana Shlafer. And we spent two days—In fact, I think it was one day—I spent one day in London with her and we went out for a really beautiful dinner afterwards. And it was at that retreat that I wrote my book, my first book. Not literally, but that was the intention that was casted, the spell that was casted there, and also the intention to have a festival-type retreat.

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And I remember very specifically, more specifically when it came to the writing piece saying, "when I write people read" and something shifting internally in my body, like it was just true. And then the event space, I saw a hybrid festival where there was speakers, tent, people tuning in online and music. And that vision has really never left me. And it feels more alive every time I go to a live event, every time I host a live event and I'm like, we need to put on this festival. So watch this space. But after this event, which was really incredible, I came back home and was really sick for about four days. And I'm somebody who doesn't really get ill, but I just felt like every ounce of energy was drained from me. My nose was running, headache. I just, I felt really bad. And I reached out to her and she was like, oh yeah, you've got the Ascension flu.

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And this is just, it's just not uncommon. I've seen it so many times over the years. It's the only time that I have been so severely affected. But my belief from what she reflected to me is that when there are big energetic shifts, frequently but not always, the body—once we come out of the container—the body has a recalibration that needs to take place in order to meet our energy field at the new level. And so in order to do that, it's gotta release everything that no longer serves you, everything that is out of alignment with the upgrade and how that shows up is through a cold, through feeling sick, through feeling not great. And it's just the releasing and recalibration process. If you experience this, please rest. Just rest. It is gonna last for a couple of days, a few days at most.

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And by allowing yourself, giving yourself permission to rest, you get to move through that process so much more quickly than if you push on through and ahead. So really listen to the body, respect the body, give the body what it needs and rest. It is completely normal to have this type of experience. It doesn't mean that there is anything wrong. Then finally, number four, how to keep this vibe is to practice mindfulness and self forgiveness. You just wanna keep coming back to the intention who do I get to be right now? And because we're human, you're gonna have moments where you just forget, you just wobble. There will be thoughts and stories that come into your mind that feel so much more real to you that are out of alignment with what you've decided that you are creating and who you are being, but they feel so real that it's easy to kind of get hooked, hooked in, sucked into these stories.

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And I want you just to notice when you've got sucked in. And instead of beating yourself up or affirming that the retreat hasn't worked or the conference hasn't worked or the thing hasn't worked, I want you just to forgive yourself. I want you to just be like, oh, you've slipped back. You've slipped back into who you have been and that's okay. I love you. You're amazing. We made a decision. We made a plan. We upgraded our frequency and that's the new standard for us. That's the new standard for me. So I release everything that is untrue. I release everything that is no longer serving me. And I recommit to being in the vibe and I am not going to sugarcoat it.

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It is very easy to say and harder to be, but that is the invitation. That is the work. It's very unusual that somebody just has the experience and then without putting any further intention behind it, they're just forever changed. I've never had that experience. And when I say this, I think one of the most powerful lessons that I bring to this or perspectives that I bring to this is being on the dieta from Peru. I have been on it now for a month and I have another four weeks to go. And when we're talking about no pepper, no spices, no chili, no dairy, no caffeine, no oils, no fat, no nuts, no alcohol, no sex. It's challenging. And people say it takes 21 days to create a new habit. I wanna say that a month in, I really would just love to have a little bit more freedom, especially because my diet before this was very healthy, but I understand the power that it gives me to hold this intention for two months.

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It's not even about what I can or can't eat right now. It's about the discipline, the intention and the commitment to the upgrade. And I think that it would be just super helpful because because of the constraints around the food, it means that my mind is never far away from the intention. The intentions that I created whilst I was in Peru and the being that I committed to being. So it's, it's just really helpful when it comes to the mindfulness piece. And at the same time, life is life. And there have been many, many times since being back that I have not acted in alignment with the intentions and rather than beat myself up and be like, well, that was a waste of time and money. I choose to forgive myself and then elevate, like, how do I get to be better? How do I get to elevate this perspective?

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This thought, the way that I act next time, and that's working. So I hope that you have found this really, really useful. I think my parting thought is just to reiterate that the world hasn't changed when you go on retreat. You have the potential to, but the follow through on your commitments, that is everything. So without any further ado, I am going to sign off. I'm gonna remind you that it's faith plus action that equals miracles. And if you have enjoyed this episode, I love it when people tag me on Instagram means that we can just share the podcasts a little bit further, a little bit wider and help more people step into creating their own limitless life experience. So join me in that mission. I love you, and I will see you next time.

Faith + Action = Miracles