

## The Limitless Experience Podcast

### **This one sentence will change your life**

#### Transcript

Suzy:

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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.

[\(01:11\)](#):

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 recording this episode on the queen of England's Platinum Jubilee celebration weekend. And I am—not necessarily because of the queen—but I am, I'm feeling all of the vibes and I feel super excited to be able to share them with you. So today's episode is going to be short, sweet, and very, very potent. I really, with all my heart, want you to not just listen to what it is that I am about to share with you, but take it into your body. I want you to use this as a frame of reference for your entire life. I know, I'm going big, I'm going bold, I'm going straight in there. I am not messing about today. This is in my opinion, probably one of the most important revelations that I had in my life three years ago that I didn't carry with me.

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And it's so interesting. So I am about to be going into the launch for Magic Money, which is one of two money programs that I have created in the past. And Magic Money was something that I created in 2019 after I'd had, it

was June, June, 2019 was my biggest month in business. And in July I ran this program. And it was quite a unique take when it comes to money programs, which are often about the theory of releasing the blocks that you have. I'm gonna teach you my seven step process for releasing the blocks so you can receive more money. That's essentially what most of the money programs that I have taken in my life have been. And so when I created Magic Money, I wanted to share with everybody the exact steps that I had taken, no sequence, but just literally, this is what I was doing on a daily basis.

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This is what I was letting go of. This is the energetic stuff. So it was everything outside of the practical sales things that I was doing. And so I created this program and obviously, because I'm going into be relaunching it, I was just reviewing the materials and holy fucking, wow. Holy, wow. When I watched the first module, not only did I take four pages of notes, but I actually cried <laugh> I cried for the me then who knew with all her heart, exactly what it had taken from, from myself to have that 53,000 pound month. And what is interesting is, the thing that really got me, wasn't the fact that I, it, it wasn't like the step, this step, this step, this step, which were all gold, by the way, it was more the universal truths that had dropped in at a cellular level for me in June and me recounting and connecting how deeply those codes had resonated with me at a cellular level.

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And then seeing me talk about June and then saying, but I kind of forgot it in July. I don't know why, like I literally said, I don't know why I didn't continue doing all of the things that I did in June. And part of that is, part of why we see the big spikes in our businesses and then we see the contraction is we haven't stabilised the frequency of receiving. So it's boom and bust it's feast, and then famine. We revert back to type. We go back to where we were before, and then it takes a little while, and then we'll have another big month. And then we'll go back again. Not quite, as far as we did before, et cetera, et cetera, et cetera. Now, a lot has changed in the last three years. And a lot of the principles I have embodied, I needed to embody in order to go from 53,000 pound months to, up until this point, a maximum being 267,000 in a month, and creating a multi-million pound brand.

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Obviously I have embodied some of the things that I was teaching to such a level that I don't even think about it now, but there are also some

beautiful nuggets that I had forgotten, really some beautiful nuggets. And it's been extremely activating for me to go through everything. And one of the things that came up, which I do not mind sharing with you, because I feel that what I'm about to say now is ultimately the core message that we all need to know and embody. And I don't give a shit, whether you never give me one pound of your money, I want you to know this. What shifted so much was the understanding, the remembrance, the realisation, the revelation that I am whole and complete in this moment say, what are we stopping the fucking press over that sentence? Yes we are. Yes we are.

[\(06:59\)](#):

Because it changes everything. When that becomes the filter for your life, it means that when somebody says no to you, it doesn't cut you to the quip. It doesn't leave you with that sense of unimaginable rejection. It doesn't leave you questioning whether you are lovable or not. When somebody says that they don't wanna be with you, it stops you from hesitating when it comes to reaching out to the person who has been stalking your page for months and months, and months, and months, and months, and months, and you have something that you know, will be able to really help them. It stops you from pausing. When you know that you are complete and enough in this moment. It means that you can have the hard conversations with the people that you love. And even if they decide that they're not happy with what you have said, you know that you are okay.

[\(08:03\)](#):

You know that it's going to be okay because you are complete and enough, whether people love you or hate you, you know that you are complete and enough whether people say yes or no. You know that you are complete and enough, whether you have a hundred thousand pounds in the bank, or minus a hundred thousand pounds in the bank. This one sentence has the power to change your life. And so I invite you to not overlook it because of its simplicity. If everybody knew that they were complete and enough in this moment, it would change the whole fucking world. So if this has resonated with you, please share it. I want to get this message out to as many people as possible. If this has resonated with you and you want more of the gold, that is gonna be in Magic Money. My recommendation is to go and visit [www.suzyashworth.com/magicmoney](http://www.suzyashworth.com/magicmoney).

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And for those of you who just wanna have some fun, free fun, then I am doing a brand new experience. An abundance coaching experience is gonna be three days. It's running from the 13th to the 15th of June. All you

need to do is go to [suzyashworth.com/abundance](http://suzyashworth.com/abundance) to register. It would be amazing to see you there and do not show, show up unless you got your party gear on, because this coaching experience is called Abundance in All Areas La Fiesta!, baby, right? I love you. You're amazing. And I look forward to seeing you in and around the interwebs. And until the next time, please remember that faith plus action equals miracles.

Faith + Action = Miracles