



Episode 11 : **Rejection**

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

Nobody likes to be rejected, right? Or is it just a lie you've bought? In this episode, Fiona talks to us about fearing rejection and gives us tools to help us let go of anticipating being rejected and choosing what is true for us.

### **Key messages:**

- when we anticipate being rejected, we are pretty much creating rejection
- if we don't make a request, we are already being rejected because we are not getting what we desire because we aren't willing to ask for it

### **Tools and Questions**

*All the energy that comes up when you hear the word rejection, will you destroy and uncreate it?*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

*Everywhere that you are not even putting yourself out there because you are afraid of being rejected, that you've already decided that answer will be 'no', will you let go of that, destroy and uncreate that?*

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*Everything that you are doing to anticipate rejection, will you destroy and uncreate that?*

*Will you let go of that entirely? Thank you.*

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*All the places where you are making the rejection to do with you, something about you, something that makes you less, will you let go of that, destroy and uncreate that? Thank you.*

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*What if you are willing to continue with what is true for you, no matter what the people around you are saying or thinking, no matter who says 'yes', no matter who says 'no', would you be willing to have that clarity? On what's true for you?*

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*What can I be to have more of me, in this more difficult arena that is more difficult for me to have me?*

*What can I be to have more of me in the arena which is difficult for me to have me that I anticipate rejection?*

*Everything all that is, will you destroy and uncreate it?*

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*When you plan to reach out to someone, ask yourself, is this a good time to be reaching out, am I anticipating rejection here?*

*Everywhere I'm anticipating rejection, I destroy and uncreate it all.*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

## **Resources:**

- > [Find me](#)
- > [Joy of Business](#)
- > [Unhiding You](#) (25 May till 15 June 2021)
- > 3 Days [Right Voice for You](#) (10 to 13 June 2021)
- > [Access Consciousness Clearing Statement](#)®