



Episode 16 : **Who Can You Talk To**

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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.**

In this episode, Fiona shares with us her awareness of how we energetically assess someone when meeting them or seeing their picture for the first time which leads to the judgment of ourselves and how we show up, and what different choice we can make.

### **Key messages:**

- You may feel that you have to know somebody for a long time in order to be able to reveal yourself or talk to them; What if time wasn't a factor?
- Who have you decided is better than you? Who are you projecting authority upon? Who have you decided that you "can't" talk to? What are you not willing to be?
- What if we can make the demand that we have us?

## Tools and Questions

*All the energy that talking about this brings up, will you destroy and uncreate it?*

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

*Everything you're doing to divide the world into those people you feel better than and those people you feel worse than, will you destroy and uncreate that?*

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## Resources:

> [Find me](#)

> 3 Days [Right Voice for You](#) (8 to 11 July 2021)

> [Access Consciousness](#)®

> [Access Consciousness Clearing Statement](#)®

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.