



Episode 23 : **Relaxation**



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 facilitates us from this reality's ideas of relaxation to a space where we can enjoy functioning from true relaxation and be able to 'work' and live our lives with more ease.

Key messages:

- Many of us shy people have created coping mechanisms to keep ourselves safe from those who are unkind and often these tactics keep means we are always on the alert for the next threat, meaning we never are relaxing
- We may not even know how to relax and being told to 'just relax' only makes us judge ourselves and cause us more stress
- Relaxation, in this reality, often means having a bottle of wine and binging on Netflix during the evening or on weekends, which is actually zoning out and not true relaxation
- When we function from true relaxation, we don't have to cut ourselves off from work and the rest of our lives

- We can be present and able to work or take action without feeling like we are crash-landing back into that stressful place

Tools and Questions

Everything that you decided and concluded that relaxation is, truth, will you now destroy those decisions and conclusions and uncreate it all?

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

What if something way different is possible with relaxation?

Everything that doesn't allow you to perceive, know, be and receive that difference, what relaxation truly is, will you destroy and uncreate it

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

All the energy that thinking about the meaning and purpose of work brings up for you, will you destroy and uncreate it?

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

What's possible with relaxation, that we don't think is possible, that if we allowed the possibility, would actualise a whole new reality?

Everything that is, let's destroy and uncreate it.

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

Hey, Universe, show me relaxation.

Hey, Universe, show me relaxation beyond this reality.

What energy, space, consciousness and choice, magic, miracles, mysteries and possibilities can me and my body be, to be the relaxation I truly be?

Anything that doesn't allow that, I destroy and uncreate it..

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

Resources:

> [Find me](#)

> [Access Consciousness®](#)

> [Access Consciousness Clearing Statement®](#)

> Early October (2021) Shining Beyond Shy, (Fiona's membership programme), is opening again. This programme invites us to live our lives beyond shyness and facilitates us to really look at what and where we are being pulled back into our shyness and how to choose something different. What would our lives be like if we chose to join????