



Episode 24 : **What If Your Mind Doesn't Have The Answers**

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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 talks to us about how we all allow our minds to overrule our knowing when it isn't helpful and she shares some tools to help us be, know, perceive and receive what is required.

### **Key messages:**

- We have been trained to believe that our minds have all the answers and yet our hearts still call to us even if it doesn't seem logical
- We can check in with our minds to seek clarity AND still follow our knowing even though this may not seem straightforward to others
- Many shy people have learned to hide themselves away so as not to expose themselves to criticism
- Keeping under the radar is a function of the mind and has nothing to do with our knowing
- We can make the demand of ourselves to 'fire' our minds, to no longer rely on our minds, and go with our knowing and what feels light, feels easy

## Tools and Questions

*All the energy that comes up when you're told you're not a 'straightforward case' and made yourself wrong for it, will you destroy and uncreate it all?*

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*Everything you have done to not be exposed, to not expose yourself, truth will you destroy and uncreate that?*

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*All the energy that comes up when that pesky shyness thing shows up just when you don't want it to, truth will you destroy and uncreate it?*

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## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Your Beautiful Body](#)
- > [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.