



Episode 30 : **Shyness And The Body**

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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 about how shyness impacted her body, hating to be looked at. She shares the processes and tools she used to create great ease with her body and her new love of dancing!

### **Key messages:**

- Most people think shyness is about the voice and not knowing what to say
- Shyness can be about our whole lives and it can definitely impact on our bodies, making us not wanting to be seen
- When we acknowledge something is going on, that's the beginning of the change process
- Have a go in privacy of your own home, play some music, and explore how your body would like to move

## Tools and Questions

*All the energy when I say I wanted to cover myself up comes up and not be seen when I had to give talks, will you destroy and uncreate it all? Thank you.*

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

*When you're dancing and it feels full on, whether alone or with a partner, say in your head, all that energy, I destroy and uncreate it.*

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## Resources:

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