



Episode 39 : **People and Space - lessons from the Valley of the Kings**

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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, we hear some lessons Fiona has learned from her latest stop, Luxor, home of the outdoor museum. Whilst exploring, alone, a tomb in the Valley of the Kings, an uncomfortable memory from adolescence popped up that resonated with what she has been experiencing in Egypt. Have a listen to how you, too, can use your awarenesses and the tools Fiona shares to bring ease to your life.

### **Key messages:**

- We're energetic beings and we pick up on all that is around us, including other people's energy and where they're functioning from
- We shy people tend to resist our awarenesses that we think are too difficult to handle, solidifying them in our bodies and can end up feeling resentful or anxious
- Rather than resisting, we can be space around what we are perceiving and don't have to take it into our bodies

## Tools and Questions

When you feel bombarded by lots of people or things happening around you that are full on or are uncomfortable:

- *Ask to be space and allowance around what you're aware of, acknowledging it's just information.*
- *Have a conversation with your body: "Hey body, this is just information. We can be space around it."*
- *Spend some time in nature and take in the space and peace of it and allow yourself to be nourished.*

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Right Voice for You](#)
- > [Access Consciousness®](#)

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