



Episode 42 : **Changing It All Up**

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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 helps us ring in the New Year with very helpful questions and tools to create new possibilities for our lives, our bodies, our businesses and a Happy 2022!

### **Key messages:**

- Shy people often take refuge in the way things are: we may say we want to change things in our lives when actually we are pretty invested in the comfortable, the familiar, the way things already are
- Just like our bodies, our businesses can talk really loudly to us when things aren't working
- We need to be willing to look at everyone working in our businesses and ask, is this really working and take action when required even if it's uncomfortable

- Often the changes we desire begin energetically before actualising physically as more clients, more classes, more money and if we don't acknowledge this, we can kill those changes by saying nothing is happening
- Playing the trusting game can really start to shift things energetically and things we have been asking for will start to come in

## Tools and Questions

*All the energy that comes up when we talk about having the perfect website yet are not willing to be seen ourselves, let's destroy and uncreate it.*

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

*Everything that hearing it only gets worse brings up, everywhere you don't want to know that this may be bringing stuff up for you, will you destroy and uncreate it?*

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*Continue to ask questions and notice if you are tempted to kill what's going on by saying "oh it's not happening", everything that is, will you destroy and uncreate it?*

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*Ask if I didn't have the point of view that it's not happening, what could I acknowledge here, what is actually occurring? Everything that is, will you destroy and uncreate it?*

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*What if you no longer killed your embryonic creation by saying it's not happening, it's not happening fast enough? Everything that is, will you destroy and uncreate it?*

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*If I didn't have that point of view, what else is possible here?*

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*What else is possible with my business, my body, my life that I don't think is possible that if I allowed possibilities, would actualise a whole new reality? Everything that brings up, will you destroy and uncreate it?*

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*What else is possible as you go into 2022 that you think is not possible, that if you allowed the possibility would actualise a whole new reality? Everything that brings up 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](#)
- > [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.