



## Episode 70 : **What Do You Think?**

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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 Fiona in action facilitating herself as she develops more awarenesses around being in a tizz when repeatedly asked for her opinions about a new business venture and shares with us powerful tools to help us trust ourselves and go with what we know.

### **Key points:**

- Being forced to do something that isn't us can be really painful and horrible and cause a shutdown of what we actually know
- We don't actually have to know the 'facts' of those more experienced because we can contribute by following the energy
- What if we can just know and have the direct engagement with the energy that presents itself without making ourselves wrong
- If we trusted ourselves, we could just know it and stop trying to figure it out

## Tools and Questions

*All the energy that hearing Fiona talk about being repeatedly questioned about her opinion brings up in your world, will destroy and uncreate it?*

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

*If being confronted about your opinion makes you go to some kind of blank; truth, will you destroy and uncreate that response? Thank you.*

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*If there was something you were forced to do that wasn't natural for you, that you didn't want to do, that you weren't able to say that it's not natural for you'll, all the stuff from the past, will you now destroy and uncreate it?*

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*What else do we know that we've decided that we don't know that if we allowed ourselves to know it would change everything? All of that, will you destroy and uncreate it?*

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*Everything that choosing to go with energy rather than thinking we have to know all the factual information brings up, will you destroy and uncreate it?*

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*All the energy that comes up about you just trusting that you can know brings up will you destroy and uncreate it?*

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*What if we could just function from the energy and have less trying to figure it out? Anything that doesn't allow that, let's destroy and uncreate it.*

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

**Resources:**

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Access Consciousness](#)<sup>®</sup>
- > [Access Consciousness Clearing Statement](#)<sup>®</sup>

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