



## Episode 76 : **Beyond Vulnerability**

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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 comes to us with a difference. She recently had full-on dental surgery, had planned to stay out of the public view until her treatment was completed and now just can't keep it a secret! Did you grow up in a family where anything intimate is kept secret? Could you go beyond what you think is possible for you?

### **Key points:**

- We need to be willing to receive judgement as well as contributions

## Tools and Questions

*Everything that Fiona talking about her dental surgery brings up, will you destroy and uncreate it?*

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

*All the memories of horrible dentists that you have, will you now let them go, destroy and uncreate them? Thank you.*

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*What more vulnerability is possible for all of us that we don't think is possible that if we allowed ourselves to step into it would change everything?*

*Everything that that brings up, will you 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](#)®
- > [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.