



Episode 78 : True Kindness

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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 as she continues on her journey of her extreme dental treatment and shares with us her developing awareness of what her body required and desired and the tools that helped facilitate that awareness.

### **Key points:**

- When we become truly present with our bodies, we get an awareness of what is kind for our bodies
- Our bodies know what they require
- What's important is what our bodies are telling us, and not necessarily what others think and advise

## **Tools and Questions**

*What kindness are you willing to be for your sweet bodies?*

*What more communion are you willing to have with your sweet body?*

*Are you willing to listen to your body, are you willing to trust your body, are you willing to speak up and say what's true for you and your sweet body?*

## **Resources:**

> Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)

> [Find me](#)

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