



Episode 79 : **The Energy Of A Smile**

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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 is smiling beautifully without some of her teeth following intense dental surgery. She shares a recent experience with a rude person and some tools that can help give our lives back rather than shying away. How much have you made yourself wrong, where you feel someone has pushed you to be rude, and you feel badly afterwards?

### **Key points:**

- People can catch our energy from our smiles that goes way beyond our lips
- For some of us shy people, we don't get the way we're supposed to behave in this reality (eg, judge people by how they look)
- People can be rude energetically though their words, according to this reality, may not be
- We can respond to the energy of the smile and really get the other person

## Tools and Questions

*Everywhere you've made yourself wrong for not getting how this reality works and those circumstances, will you destroy and uncreate it all?*

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

*Everything that considering whether you function from energy or from formulae brings up, will you destroy and uncreate it all?*

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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.