



Episode 10 : **Disappearing**

~~~~~

**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 talks about 'disappearing from her life' when things get 'too difficult' or crazy and shares with us brilliant tools to help us choose to be present in our lives rather than 'disappearing'.

### **Key messages:**

- when we find ourselves 'out of our depth' or floundering, and aren't willing to reach out for help, we often create illness or other problems as excuses to not show up and 'disappear from our lives'

### **Tools and Questions**

*When you pick up on the energy of despair around you, when you are creating despair and allowing despair to exist, will you destroy and uncreate it all?*

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

*What else is possible?*

*What else is possible with being kinder to me and my body?*

*Universe, show me what else is possible.*

*Universe, show me what's possible to have ease with this.*

*Universe, show me what's possible for choosing to be in my life, for not disappearing.*

*Everything I am doing to create the crazy, I destroy and uncreate it all.*

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

*Who can you reach out to that you haven't been willing to reach out to, that if you would reach out to them would change everything and maybe stop you from disappearing?*

*Destroy and uncreate all the energy this brings up.*

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

*What if it's ok to reach out?*

*What if at this crazy time on our beautiful planet it is essential to reach out to people who have our backs?*

*What if it's not a sign of weakness?*

*What if it's actually a sign of 'hey you know what, I have my own back. I'm not willing to disappear here. I'm going to do what it takes to not disappear here.'*

*Everything these questions bring up, are you willing to destroy and uncreate it all?*

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

*How much more can we be there for each other?*

*How much more can you be there for people around you?*

*How much more can you allow yourself to receive from the people around you?*

*Anything that doesn't allow this, will you destroy and uncreate it all?*

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

## **Resources:**

> [Find me](#)

> [Symphony of Possibilities](#)

> [Unhiding You](#) (25 May till 15 June 2021)

> [Access Consciousness®](#)

> [Access Consciousness Clearing Statement®](#)