



Episode 13 : Intensity

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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 shares with us experiences where she was feeling a lot of intensity and spoke very directly, how she managed what came up for her afterwards and encourages us to be willing to speak from what we know is true for us.

### **Key messages:**

- when we are experiencing intensity, we may not be able to monitor and control what comes out of our mouths and people may feel hurt by what we have said
- we are not wrong when we speak from what is true for us
- we can still have a level of intensity and directness when it is required while we are monitoring and controlling what comes out of our mouths

## Tools and Questions

*What words can I say that this person can hear?*

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

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

Rather than making yourself wrong, celebrate the out of controlness.

### Resources:

- > [Find me](#)
- > [Outshine Your Shy](#)
- > [Right Voice for You](#)
- > 3 Days [Right Voice for You](#) (8 to 11 July 2021)
- > [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.