



## Episode 14 : **More Aware than You Want to Know**

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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 recent experiences about where she had been living and how acknowledging what she was aware of allowed her to choose more fun, more joy, more happiness and more consciousness.

### **Key messages:**

- Being surrounded by loud and noisy people, when we are craving peace and quiet, can feel like an invasion into our space
- Beyond the noise, we can get total downloads of their worlds and this can bring up stuff for us from the past in this lifetime or others
- Acknowledging this awareness can open up spaces where we can choose something different by using the simple tools of Access Consciousness and asking questions
- How much play are you willing to have? How much fun are you willing to have?

## Tools and Questions

*All the places where you've been a not nice person and everywhere you've been and done not nice things, 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](#)
- > [Outshine Your Shy](#)
- > [Right Voice for You](#)
- > [Business Done Different](#) (24 to 27 June 2021)
- > 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.