



Episode 22 : **Help! I'm Too Aware**

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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 not only opens us up to possibilities for being different than our shyness, she shares with us tools to help us care for our beautiful planet Earth. Do you have that caring for the Earth that you may not have acknowledged?

### **Key messages:**

- We are so psychic we go into the worlds of who we are talking to, pick up what is true for them, and think it is true for us
- What works for other people might not work for us
- Resisting and reacting to our awareness leaves us in a 'no choice' universe
- When we are willing to acknowledge awareness, we open ourselves up to change in all aspects of our lives

## Tools and Questions

*Hey, Universe, show me my reality. Truth, what's my reality here?*

*What's going to work for me here?*

*Anything that doesn't allow me to be, know, perceive, and receive that, I destroy and uncreate it.*

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

*When we become aware of the earth being harmed, ask, What can I be with that?*

*What can I do with that? What is true for me?*

*Earth, show me what else is possible here.*

*Consciousness, show me what else is possible here.*

*What can I be and do different now that I have this awareness?*

*Anything that doesn't allow me to be, know, perceive, and receive that, I destroy and uncreate it.*

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

*What else is possible to care for our beautiful planet?*

*What action can I take to care for our beautiful planet?*

*Anything that doesn't allow me to be, know, perceive and receive that, I destroy and uncreate it all.*

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

## Resources:

> [Find me](#)

> Find my [upcoming classes](#)

> [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.