



## Episode 25 : **The Superpower of Shyness**

~~~~~

**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 with her brilliant friend and colleague, Nathalie, who used to judge herself so much for being shy that she wished she could have an operation and wake up and not be shy anymore. Together they explore the processes that she has, and continues, to use to be in the space of less judgement, more presence with her body and being and importantly, more peace and allowance of herself.

### **Key messages:**

- Releasing shyness is more than just wanting to not be shy because that comes from a space of judgement
- Many of us who are 'shy people' have way more awareness than those around us
- Acknowledging our difference, our strongness and the gift of who we be, can be a 'super power' that can help us navigate to even more consciousness

## Tools and Questions

*All the energy that comes up with the statement: "If we don't acknowledge how great our awareness is, it will kill us," will you destroy and uncreate it?*

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

*All the energy with you wishing that your shyness could just go away, will you destroy and uncreate it?*

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

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Right Voice for You](#)
- > [X-Men](#)
- > [Talk to the Entities](#) with Natalie Fleury
- > [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.