



## Episode 26 : Choice and Shyness

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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 talks with Rosie Brown who considers shyness to have been part of her life since the age of 3, feeling contracted and holding herself back until a few years ago. Together they share the amazing processes they used to stop making themselves wrong for being shy and helpful ways to continue to change and shine as themselves.

### **Key messages:**

- Shy people can create big and be successful yet inside feel part of themselves is dying
- Others may be labelling us as shy because we are being quiet
- Problem isn't being shy, it is our judgement of ourselves for it or hiding ourselves away to avoid judgement of who we be or because we fear we will offend others with what we say

## Tools and Questions

*When you become aware that all the upset around you isn't yours, say: all this anger, all this sadness, all this fear, I return to sender with consciousness attached and I destroy and uncreate anywhere I'm making it anything to do with me and my reality. Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.*

*All the energy that comes up when you find yourself in a situation where you are being labelled as shy or pressured to speak when you are quietly acknowledging your awareness of the situation and others around you, will you now let it go, destroy and uncreate it all?*

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](#)
- > [Your Beautiful Body](#)
- > Explore more with [Rosie Brown](#)
- > [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.