



Episode 29 : **Trusting You**

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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 has a fantastic conversation with her good friend, colleague and very yummy person, Pavani, who shares with us some of her journey and tools which helped her move from being socially phobic and painfully shy, to the point of paralysis, to beyond shyness. She encourages us to be gentle with ourselves, play with the tools, and see where we go with them.

### **Key messages:**

- As shy people, it's common for us to try to work everything out in our heads before speaking even if the other person isn't in the space of receiving that pre-planned talk
- When we're trying to get it right from that headspace, we're very contracted
- We may find ourselves picking up and adopting others' feelings AND we can make the demand of ourselves, not to go into others' worlds and experience their negativity

## Tools and Questions

*What words can I say that the others can hear?*

*What energy can I be and what words want to come from there?*

*If you feel anxious, stressed, tired, or angry ask: Is this mine? When you get a 'no' say, Please return to sender with consciousness attached.*

*And you can add: Anywhere I'm buying the lie that it's mine, I'm functioning as if it's mine, I 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](#)
- > Biodanza - [Vibrant Living Movement with Pavani](#)
- > Shining Beyond Shy [Membership Programme](#)
- > [Outshine Your Shy](#)
- > [Right Voice for You](#)
- > [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.