



Episode 2 : How to Thrive and Not Go to Shy

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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 gives us tips and tools to use straight away to help us have ease with just being in the world and thrive rather than go to shyness.

### **Key points:**

- when we are shy, we energetically skip out of our bodies
- connecting with the earth keeps us present
- when we are contracted, stuff around us can feel really uncomfortable
- expanding out adds to being present with the earth and the information you get from others doesn't affect you in the same way
- we learn to put up barriers to feel safe but never putting them down keeps out the good stuff, too

## Tools and Questions

**Connecting to earth** - Feel your feet on the ground and get a sense of something different. Get a sense of some of the things you find nourishing in nature. Ask to have that energy show up in a way that feels expansive. Take a couple of deep breaths and enjoy the feeling of your connection with the earth.

**Expanding out** - I invite you to expand out around the room, the town, the country, the continent and out around this beautiful planet of ours. Allow your 'being' to be everywhere where it's happiest.

**Barriers down** - I invite you to put your barriers down and allow a different possibility in. **What if stuff going around that you decided was harmful, isn't anymore?** Throughout the day, check - **Have I got my barriers up?** When you feel triggered by someone or something ask, **What am I aware of here?** Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

## Resources:

- > [Find me](#)
- > [Right Voice for You](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)