



Episode 3 : **What If Your Voice Matters in the world?**



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 the tools we require for gaining confidence in using our voices.

Key points:

- getting over that it's all about me, frees us up to know we do have something to say that matters
- being aware and acknowledging this, creates expansion and ease in ourselves and allows us to be interested in what others have to say, allows us to ask questions of others and this takes the pressure off us

Tools and Questions

All that stuff our minds are generating: fear of being noticed, labeled as being shy, thinking we're going to die, not knowing what to say and being judged, What if it's not all about us?

All the energy that comes up, truth, will you destroy and uncreate it?

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

What if your voice, no matter how small, no matter how shy, no matter how insignificant you judge you to be, what if your sweet, beautiful voice matters in the world?

What if what sweet, beautiful you have to say is important in the world?

All the energy that comes up, truth, will you destroy and uncreate it?

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

What if you know something that other people don't know?

All the energy that comes up, truth, will you destroy and uncreate it?

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

What if you no longer have to make it about you: Am I going to fumble?

Am I going to make a mistake?

Am I going to not find the words?

Do I look stupid?

Does my bottom look big in this?

All the energy that comes up, truth, will you destroy and uncreate it?

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

Hey, what if I do have something to share with the world?

Everywhere you go into "No, I don't think I have something to share.

No, not little old me."

Whatever energy comes up, truth, will you destroy and uncreate it all?

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®](#)