



## Episode 47 : **Depression**

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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, the birthday girl, shares with us her thoughts and helpful tools for getting out of low moods or depression and create more of what we like in our lives and 'necessarily' become happier!

### **Key messages:**

- It's no surprise that those of us who are "suffering from the symptoms of shyness" have low mood or depression
- When we come out of our shyness, we become who we truly be and not the low mood or depression
- As we come out of the shyness even more, we can look at how we can create our lives, create our future
- As the future becomes more of what we like, we become happier

- When we judge whatever is going on with us, it makes everything about it worse - what if whatever is going on with us is not wrong
- As shy people it's important to remember that we are really empathic and easily pick up and latch onto others' low mood or depression

## Tools and Questions

*Everything that talking about being depressed and depression as part of our lives will you destroy and uncreate it?*

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

*Whatever energy it is for you when hearing about depression, will you destroy and uncreate it?*

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*Everything describing the symptoms of shyness brings up, will you destroy and uncreate it?*

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*Everything that joking about suicide brings up, will you destroy and uncreate it?*

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*Is it really your point of view that there's not much possible for the future?*

*Or are you picking up the prevailing points of view on the planet at the moment?*

*Everywhere you are picking up on the prevailing points of view on the planet at the moment, will you return them to sender with consciousness attached and destroy and uncreate anywhere and everywhere you are making them anything to do with you?*

*Everything that brings up will you destroy and uncreate it?*

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*Is this even mine, even when it really feels like it's yours?*

*If I weren't feeling depressed right now what else could I choose?*

*All the energy brought up with that, will you destroy and uncreate it?*

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

What could I choose now that would change this?

It can be a good idea to have a list of things that make you happy (eg, listening to music, dancing, being in nature or getting out of your home, reading a good book or watching a good film).

**Resources:**

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Access Bars®](#)
- > [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.