



Episode 49 : **Shy People Like Romance Too!**

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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.**

Happy Valentine's Day! In this episode, Fiona recalls Valentine's Days from childhood. She shares helpful tools with us to let go of what has been limiting us in our lives and encourages us to get clarity with what we truly desire in our relationships. What could that change in the world if we were willing to be kinder to us?

### **Key messages:**

- Receiving cards on Valentine's Day has nothing to do with connection with ourselves
- As shy people we sometimes believe we can't be bothered with a relationship
- Acknowledge what's true for us - time by ourselves, time with others: friends, partners, lovers and voicing this with the other people in our lives
- Get really clear about what we desire and require and acknowledge it may not be the same as our partners require and desire

- We can ask to have someone in our lives who will be what we require
- If we aren't being kind with ourselves, we won't be able to receive kindness from others
- Kindness is often not what we think it is

## Tools and Questions

*Everything that the title, "Shy People Like Romance Too!", brings up in your world, will you let go of it, destroy and uncreate it? Thank you.*

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

*Everything the words, romance, relationship, sex, brings up for you, will you destroy and uncreate it? Thank you.*

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*All the stuff from the past about Valentine's Day that comes up, will you let it go, destroy and uncreate it?*

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*All the stuff and energy that memories of Valentine's Day brings up, will you let it go now, destroy and uncreate it?*

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*What if who you are now, however old you are, what if you can let go of those memories, those ways of functioning around Valentine's Day, that actually come from childhood and school, actually have nothing to do with who you are?*

*Anything that doesn't allow that, will you destroy and uncreate it?*

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*Ask for the type of relationship you desire, "I'd like someone who's going to be kind to me."*

*Then be super vulnerable with yourself: "Am I being kind with myself?"*

*All the energy that comes up when you think about this, will you destroy and uncreate it?*

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

Ask to be shown: Hey Body, show me what kindness is for you. Show me what it is for you. Universe, show me what kindness is.

**Resources:**

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