



## Episode 51 : **Shyness And Moving Your Body**

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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 talks about “her history” when she was too shy to be seen in public let alone move her body. She shares with us tools and questions that empowered her to choose to get out of the stuckness and move, express and enjoy herself. And now she’s asking herself: What would it take to stay present with these dance lessons so I join in dance sessions wherever I am in the world?

### **Key messages:**

- The things that stop us are literally held in our bodies
- Dancing is an opportunity to be in our bodies and out of our heads
- We can make the demand of ourselves to stay present in our bodies and enjoy

## Tools and Questions

*Everything in your head about this is about it being too difficult, everything this brings up, will you destroy and uncreate it?*

*What would it take to have ease connecting with this person?*

*Everything this brings up, will you destroy and uncreate it?*

*What energy, space, consciousness and choice can me and my body be to out of control, out of form, structure and significance, out of linearity, out of concentricities for all eternity with total ease?*

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

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

*All that energy that comes up when your dance partner is critical, will you destroy and uncreate it?*

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

*All the energy that comes up when someone comes along and you lose you, will you destroy and uncreate it?*

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

Ask to be in communion with your partner's body. What else is possible?

## Resources:

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

> [Find me](#)

> [Access Bars®](#)

> [Access Consciousness Body Process®](#)

> [Access Consciousness Clearing Statement®](#)

> [Five Rhythms Dance](#)

> [Biodanza](#)

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.