



Episode 56 : All You Have To Do Is Feel Your Feelings

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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 and Ann Hince, spiritual teacher, public speaker and author, explore empowering processes to release trauma stored in our bodies that is causing shyness and dis-ease and bring about “change in the world from the inside out”.

### **Key messages:**

- Many of us have created shyness in response to events in our childhood and we can uncreate it!
- It takes a lot of energy to not express our emotions
- Emotions are just stuck energy and to release them, they just need to be felt
- Letting go of the emotions allows our bodies to feel more confident
- When we release the shyness, we start to enjoy life and the journey gets better and better!

**Resources:**

- > [Find me](#)
- > [Access Consciousness®](#)
- > Find [Ann Hince](#)
- > [A Pathway to Insight](#)
- > Ann Hince's [YouTube Channel](#)
- > [Ann Hince's Facebook](#) page

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