



## Episode 62 : **Enjoying 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 reflects on her recent classes in Dubai and Kuwait and the inspiring women's courage who were choosing way beyond what is considered 'normal' with their bodies. Fiona also shares with us the tools that helped her change from feeling shame with her body to prioritising a life of fun that includes dancing in public several times a week. What if there can be something completely different available with your body, too?

### **Key messages:**

- Shyness is as much about the body as it is about the voice
- We can be taught be shy just like we can be taught to be ashamed of our bodies
- It's challenging to have connection with our bodies when we have been taught that they're something to be ashamed of
- Choosing to enjoy our bodies can be a brave choice

## Tools and Questions

*All the energy that hearing about fathers' points of view about maturing daughters' bodies brings up, 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 hearing about the shame of the body, the shyness of the body, lack of the right to enjoy your body, let's destroy and uncreate that.*

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

*What if there can be something completely different available with your body?*

*What's fun for your body?*

*What's your body asking for?*

*What does your body desire?*

*What if you could tune in and be present with what your body is desiring?*

## Resources:

> Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)

> [Find me](#)

> [Access Consciousness®](#)

> [Access Consciousness Clearing Statement®](#)

> [Falling In Love With Your Beautiful Body Class](#)

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