



Episode 66 : **You Should Rest... You Should Work...**



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 a very unpleasant experience that she was told she just had to endure for the bigger picture that she was now choosing to create. As she waited in an unmoving queue, she became aware that she was just not willing to put up with the system and how by changing the energy and being willing to do something different, an alternative presented itself. What are you just not willing to put up? Fiona shares with us tools and questions to help us be and do something different when we are just not willing to put up with a situation!

Key messages:

- As shy people we tend to be willing to put up with a lot because we think we can take a different action to change it
- We need to take action when we are not willing to be treated in a way that doesn't work for us
- We may think shyness is unchangeable, yet we can choose different

Tools and Questions

Everything that hearing that you should rest brings up in your world, will you destroy and uncreate it?

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

Everything that hearing the mixed messages of you should rest, you should work brings up in you, will you destroy and uncreate that?

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Everything you're doing to keep people living on in your head, whether they're alive or dead, will you destroy and uncreate that?

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Everything that you're doing to hold onto those voices, to listen to those voices, will you destroy and uncreate that?

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Everywhere I'm not being me, I destroy and uncreate it. Everywhere I'm being my dad, I destroy and uncreate it.

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What energy, space, consciousness, choice, magic, miracles, mysteries and possibilities can me and my body be to be the relaxation we truly be? Anything that doesn't allow that, let's destroy and uncreate it.

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Everything that hearing you won't have a life if you don't get your money flows right brings up, will you destroy and uncreate that?

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All the energy that hearing 'you should be resting... you should be working' brings up, will you destroy and uncreate that?

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Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)