



Episode 69 : **Avoiding And Defending**

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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 shares with us tools and questions from an Access Consciousness class she has just attended that can help us with releasing the hidden avoiding and defending we are doing around our shyness. Are you willing to use the tools to bring you freedom from your shyness?

### **Key points:**

- When we are shy we often decide things about ourselves that lead us to shutting ourselves down and not create much in our lives
- When we are in this contracted space, choosing to be shy, there's stuff we are avoiding such as our potency and our power
- We also tend to defend things around our shyness such as our right to be shy and so we can refuse requests from others
- We can be defending and avoiding the same thing and these can be hidden
- The thing with defending is that it can be a real 'don't go there energy'

- Making ourselves wrong never creates more

## Tools and Questions

*What are you avoiding with the shyness you are choosing? All the energy that comes up with that question, will you destroy and uncreate it? Thank you.*

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

*Truth, what are you defending with the shyness you are choosing? Everything that brings up, will you destroy and uncreate it?*

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*Everything Fiona naming what you are defending with your shyness brings up, will you destroy and uncreate it?*

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*Truth, what are you avoiding and defending with the shyness you are choosing? All the energy on that, will you destroy and uncreate it?*

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*If asking these questions brings up a wrongness in you, run “Truth, what am I avoiding and defending with the wrongness of me that I am choosing.” Everything that is, will you destroy and uncreate it?*

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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®](#)
- > [Being You. Changing the World](#)

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