



Episode 6 : **No More Pathetic**

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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 questions and tools that allow us to get out of feeling pathetic and overcome worries about what would happen if we let go these points of view.

### **Key messages:**

- feeling pathetic is often tied up with our shyness
- keep using these tools from Access Consciousness® until you see the brilliance you are that others see in you
- when you think someone is judging you, remember it's always about them judging themselves
- there's no space for being pathetic when we're being more us, more aware

## Tools and Questions

*Think of someone who really sees you in your brilliance, admires you, likes you, now look at you through their eyes.*

*Anything that doesn't allow you to see you through the eyes of the person who truly sees you as you be, beyond the lies, beyond your mind, beyond you telling yourself that you're pathetic, will you destroy and uncreate it all?*

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

*What do you love about being pathetic?*

*All the energy that brings up, will you destroy and uncreate it all?*

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*Everything that comes up when you ask yourself what do I love about being pathetic - it's familiar, it keeps me in my comfort zone, if I change, I'll be judged, it keeps me safe - will you destroy and uncreate it all?*

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

*Everything that you're doing to make judgement that you perceive from others about you, everywhere you've bought the lie that it's about you, all of that, will you destroy and uncreate it?*

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

## Resources:

- > [Outshine Your Shy Class](#) (April 2021)
- > [Right Voice For You](#)
- > [Find me](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)