



## Episode 72 : **Easy or EASE?**

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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 talks about her trip from Zagreb to the coast in Croatia (just because she could) via the translation office, which was far from easy yet accomplished with fun and EASE! Are you willing to choose ease in your life?

### **Key points:**

- We can make a choice based on the energy and then our heads come in make us doubt it
- We can have ease with things that are not necessarily easy
- When we choose coming out our shyness and stepping out of judging ourselves, this creates space required to have everything with ease

## Tools and Questions

Say 10 times in the morning and 10 times in the evening (or even 100 times twice a day!): *“All of life comes to me with ease and joy and glory.”*

*Everything that hearing choosing to come out of shyness creates everything with ease brings up, will you destroy and uncreate it?*

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

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Access Consciousness](#)®
- > [Access Consciousness Clearing Statement](#)®
- > [FB EJGx100](#): “All of life comes to us with ease and joy and glory.”

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