



Episode 74 : **Being Space**

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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 comes to us from Croatia, where she has been dealing with officialdom, something she usually does not enjoy at all. She allowed herself to be space, and something changed in the worlds of the officials and they became incredibly friendly and helpful! What if you could actually be space and see what that creates?

### **Key points:**

- Shy people often function from a space of contraction because we are wondering what others are thinking about, how are we going to be in this situation, trying to figure it all out, and getting caught up in this loop
- Being space is the opposite of that contracted place and people don't have to resist and react to us to get in

- When we are the space of us, it allows the people around us to have their own realities without losing ours
- Often when people are being aggressive, it's about what they believe they are lacking

## **Tools and Questions**

*What space can I be here? Everything that doesn't allow that, will you destroy and uncreate it all?*

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®](#)

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