



## Episode 8 : Demand

~~~~~

**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 her experiences of demanding more from herself and gives us tools to create the life we would like to be living beyond shyness.

### **Key messages:**

- there's nothing wrong with giving ourselves space but we need to be aware of when we are using our shyness as an excuse to avoid creating what we truly desire in our lives and future
- when we find ourselves in resistance, we can make the demand of ourselves to step out of shyness and become us, and express us through our voices, through our bodies, through our lives and make the request to the Universe to show us the way to creating more
- the capacity to demand more of ourselves increases as we step out of shyness

- the energy of demand is quite potent and we can ask for it to show up in our own way

## **Tools and Questions**

*What more demand would I need to have in my world to overcome the resistance I have?*

*All the energy that this question brings up, I destroy and uncreate it all.*

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

*What demand of me am I not making, that if I did demand it of me, would create and actualise a totally different future?*

*All the energy that this question brings up, I destroy and uncreate it all.*

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

*When we make the demand to do something, no matter what, ask the Universe: 'Hey Universe what would it take? What would it be to have way more?'*

*All the energy that this question brings up, I destroy and uncreate it all.*

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

## **Resources:**

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