



## Episode 32 : **No More Losing You**

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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.**

Ever walk into a room full of people and immediately feel like you've lost yourself? Or do you start out being ok and then go into other people's thoughts, feelings and emotions and feel you're not able to maintain yourself? In this episode, Fiona shares with us the tools she has used that have given her so much freedom to be who she truly is and invites us to have a play with them to see if we, too, find them helpful.

### **Key messages:**

- We often twist our awareness of other peoples' thoughts, feelings and emotions into thinking they are ours and then solidify them into our bodies and so become them
- Fighting to maintain ourselves or losing ourselves in other people's realities or being affected by them can be a choice

## Tools and Questions

*Everywhere you're trying to maintain you, will you destroy and uncreate that?*  
Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

*Have a conversation with your body: "Hey body, thank you for giving me all this awareness about all these people around me. Thank you for giving me this awareness. I'm very grateful for the awareness and I'm going to let it go. I'm not going to solidify it into my body anymore."*

*Everything you've done to solidify your awareness and made it something difficult for you, something that means that you lose you, will you destroy and uncreate that?*  
*Thank you.*

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

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Right Voice for You](#)
- > [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.