



## Episode 33 : **Laughter**

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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 speaks with us about the fun and out of control laughter she has been having as she participates in an Access Consciousness class and the delightful awareness that she has been investing way too much seriousness in her 'problems' and invites us to create the lightness and fun that we, too, can have in our lives using tools she shares with us.

### **Key messages:**

- Being shy can seem so deadly serious that we feel like we can't really live our lives
- So many things seem overwhelmingly difficult for us - from going out for coffee with a friend and wondering what we are going to say to knowing that we have to give a presentation for work
- What if shifting our perspective to one where we allow in humour, we allow in lightness, we even allow in laughter, can be such a total gift?

## Tools and Questions

*What's funny about this that I'm not getting?*

*What's funny about my shyness that I'm not getting?*

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

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

*It's funny that I keep creating the same 'problems' again and again.*

*What's funny about me that I'm just not getting?*

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

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](#)
- > [Symphony of Possibilities](#)
- > [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.