



## Episode 58 : Honouring Your Body

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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.**

Fiona has been visiting countries in the Middle East where she had been loving the warmth until the temperature skyrocketed. Moving onto Kuwait, where the temperature was much more comfortable, brought awareness to Fiona about not only what her body enjoys but also ways she can honour her body. Fiona's invitation to us is to start really tuning in to what our beautiful, sweet bodies actually require, to what is actually an honouring of our bodies and see what changes in our lives because EVERYTHING can change!

### **Key messages:**

- Letting go of inherited points of view about what is worth spending money on can create an honouring of our bodies AND can help to create more money for us
- We have to be present and pay attention to what our bodies are telling us and follow the energy that is light to truly honour our bodies

- Wearing what is fun for us to wear is a great way to honour our bodies
- Be willing to be up-to-date with the current version of our bodies is a way to honour our bodies
- When we're really shy, we can be so concerned with just surviving, just getting through, that we don't even think about honouring anything, including our bodies

**Resources:**

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Access Bars®](#)
- > [Access Consciousness®](#)

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