



Episode 60 : **What Are You Willing To Receive?**

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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 talks about her recent travelling experiences that inspired her to choose this topic after realising she had become willing to receive so much more than she had in the past. Her experiences will resonate with a lot of us and we can benefit from the tools she shares that enable us to enjoy receiving from everything in our lives.

### **Key messages:**

- We can contract from the experiences of life - receiving is a space in our lives where we're not blocking things out
- As shy people, constant criticism often puts our barriers up and leads to contracting ourselves, which is the opposite of the space where you can receive what life is gifting you
- We need to be willing to receive more of the gifts of what life can give us

- There's a pleasure in receiving, even from the stuff we think we may not want to receive
- We may need to expand to receive: "barriers down, receive - barrier down, receive"

## Tools and Questions

*In the moment when you realise that you could be receiving more, ask: What am I unwilling to receive here? Everything that brings up, I destroy and uncreate it.*

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

*What am I unwilling to receive here that if I would receive it would change everything? Everything that brings up, I destroy and uncreate it.*

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*What energy, space, consciousness and choice can I be to receive what I'm not suppose to receive with total ease? Anything that doesn't allow that, I 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](#)

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