



## Episode 71 : **Creating or Decaying?**

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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.**

This episode is chock full of tools and questions that Fiona has successfully used and continues to use which help her be present with choosing for a generative life and future. What choice can you make today that will create the future that you desire to be living?

### **Key points:**

- When we are shy, we have a lot of stuff that holds us back
- Shyness itself means we are not totally present because we have to hide ourselves
- We're making choices all the time - they can be expansive and create joy in our lives in the moment and help create a generative future or they can be choices that decay our lives, to not be present and zone out

- Using tools that help us change, make us more aware, which makes us more present in our lives, and the more present we are in our lives we are, the more we become aware of what we are choosing moment by moment, the more aware we are of choosing moment by moment, the more we are able we are to choose the generative stuff that leads to the futures we desire and be living rather than choosing the messed up stuff that decays our lives in the moment and decays our future

## **Tools and Questions**

*How does it get better than this?*

*What else is possible?*

*What else is possible that I haven't even considered yet?*

*All the energy, all the stuff that hearing about creating or decaying choices brings up in your world, will you destroy and uncreate it?*

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

*Everything that hearing shyness means you're not being present brings up, will you destroy and uncreate it?*

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*Everything that hearing how your choices can create or decay your future or life, will you destroy and uncreate it?*

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*What if there is nothing wrong with what you've chosen so far?*

*What if there's nothing wrong with the choices you've chosen so far that have messed up your future?*

*What if there's nothing wrong with that?*

*What if you were able to say, "Oh, okay, I've made some choices that have been pretty messed up. I've made some choices that have decayed my future. I've made some choices that have led to some of the stuff that's showing up in my life in the moment that is bringing decay."*

*Everything the word 'decay' brings up in my world, I destroy and uncreate it?*

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*What if you were able to be present with the fact that some of the choices you've made are creating the decayed present and the decayed future that isn't your best choice. Everything that brings up, will you destroy and uncreate it?*

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*Ask in the moment, "what choice can I make today that will create the future that I desire to be living?" Everything that is, everything that allows you to be, know, perceive and receive it, will you destroy and uncreate it?*

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*When deciding what to choose between two things, ask: "What will my life be like in five years' time if I choose 'A', if I choose choice 'B', what will my life be like in five years' time?"*

*Will choice 'A' create my financial future or will choice 'A' decay my financial future?*

*Will choice 'B' create my financial future or will choice 'B' decay my financial future?*

*Everything you're telling yourself about not getting energy, will you destroy and uncreate it?*

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*What are you avoiding with the decayed future you are choosing? Everything that brings up, will you destroy and uncreate it?*

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*What are you defending with the decayed future you are choosing? Everything that brings up, will you destroy and uncreate it?*

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## **Resources:**

> Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)

> [Find me](#)

> [Access Consciousness®](#)

> [Access Consciousness Clearing Statement®](#)

> [Access Bars®](#)

> Podcast ep.69: [Avoiding and Defending](#)

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