



Episode 75 : **Being The JOY That Melts Your Problems**

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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 from Croatia, Fiona's Air BnB is not actually the quiet it is advertised to be. And she realised she had a choice: to go into familiar negativity or to choose to acknowledge all the great things she has created for her life in Croatia and not allow the noise to ruin her enjoyment. Why would we allow problems to stop the enjoyment we are having in our lives?

### **Key points:**

- As shy people, we often have quite a negative view on life
- All the problems of not wanting to talk to others, not wanting to be seen, can get into our heads and we go round and round in circles, and things deteriorate and we end up being only negative
- We can choose to not go to the drama and trauma related to what is going on with and around us
- We can choose to be joy and experience it melting the difficulties

## Tools and Questions

*What joy are you that can melt the problems around you? Anything that doesn't allow that, to choose that, will you destroy and uncreate it?*

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

*What joy are you that you don't even want to know that you are, that you are pretending that you're not, that if you allowed yourself to be would change everything? All the energy, all the points of view in the way of that, will you destroy and uncreate them?*

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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](#)®

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