



Episode 77 : **Beyond Avoiding And Defending**

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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, the second since Fiona had full-on dental surgery, Fiona shares with us the tools she has used to get over what she had been dynamically defending and avoiding and COVID had given her the perfect excuse to hide away from. What are you avoiding and defending? What can you surrender to to create the most consciousness and be kind to you?

### **Key points:**

- Judgements about ourselves can get stuck in our bodies and create problems for us

## Tools and Questions

*What's true for you makes you feel happy, lighter.*

*What's a lie for you makes you shut down and feel contracted.*

*Everything that you being and doing the kind of energy Fiona describes, truth will you destroy and uncreate it? Thank you.*

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

*Anywhere you are in that space of avoiding stuff truth, will you destroy and uncreate it? Thank you.*

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

*What am I avoiding here with eg, your body, your business, etc? Everything that is, I destroy and uncreate it.*

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

*What am I defending here with eg, your body, your business, etc? Everything that is, I destroy and uncreate it.*

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

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)
- > Podcast ep.69: [Avoiding and Defending](#)

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