



## Episode 81 : **Kindnessissimo**

~~~~~

**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 shares her continuing dental journey as she has been going deeper into awareness of her vulnerability and getting clarity on what's true for her. Included in that clarity of what's true for her, is becoming aware of what actually is kindness for her. What kindnessissimo can we be for us and our sweet bodies?

### **Key points:**

- Kindness is a moment by moment awareness
- We can choose to get clarity of what is kindness for ourselves
- What is kindness for us and our bodies can differ from day to day
- It can be kindness to us when we don't care what others think about us
- We can be grateful for not caring what others think about us

- We can be a great unkindness to ourselves if we don't create the money to support our bodies
- We can ask to have ease with money

## **Tools and Questions**

*Check in with your awareness in 10 second intervals: what's the kindness here?*

*Everything that talking about creating the money to be kind to our bodies and everything that doesn't allow us to do that, let's destroy and uncreate it.*

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

*What if you can be the kindness to us that creates the ease, joy and glory and the life you'd love to be living?*

*Anything that doesn't allow that, will you 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®](#)

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