



Episode 73 : **Exploding Head!**

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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.**

Fiona comes to us in this episode with her head exploding. She gets that it's her head making her aware that she's in her head, overthinking, and not in her knowing and it's an invitation to step into her power and potency. Are you willing to get out of thinking and get to the brilliance of you, the magic of you, the being?

### **Key points:**

- Many of us shy people are in our heads a lot
- Sometimes when we are stepping into a new space of being, stepping into more than we have been, the mind will panic and will come up with more shit to stop us (eg, the thinking)
- When we are overusing our heads, living from logic all the time, getting headaches is an invitation to come into being, follow the energy, live from what we know rather than what we think

- When we ask for our knowing, we can get an awareness of something that needs to be done and stop the constant running on the hamster wheel
- Overthinking shuts down the possibilities
- Headaches can be showing us where we're not choosing the change that's possible

## Tools and Questions

When you are in a tizz, just ask, *"What do I know here?"*

*"Universe, show me where I'm overthinking."*

*"What would it take for me to notice when I'm in the thinking?"*

*"What would it take for me to notice when I'm overthinking and interrupt it with a question?"*

*Everything that hearing I'm a being, not just a head on legs brings up, will you destroy and uncreate it?*

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*When overthinking and being compressed and contracted, just ask for your being to be out, round the room you're in, round the country you're in, and out round the Universe.*

*Be space.*

*How much space do I need to be for the mindfuck to give up? Anything that doesn't allow that, will you destroy and uncreate it?*

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*If I weren't thinking now, what else would be possible?*

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*Where are you not choosing to change that's possible for you? Everything that is.*

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*Are you willing to have what the Universe is willing and ready to gift you? Everything that brings up, will you destroy and uncreate it?*

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*Are you willing to be the magical being beyond the mind, beyond the thinking that's actually possible?*

*And if you were that, how different would you be, how much freedom would you have?*

*Everything all 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](#)®

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