

*Heart of Courage: Solutions for Undoing What Fear Created*, birthed itself while Whitehawk was writing *My Ticket to Ride: From Cancer to Flourishing*. She soon realized all the healing modalities she had used to return to health from peritoneal/ovarian stage IIIC cancer, in addition to the standard bio-medical approaches, were too numerous to include in *My Ticket to Ride*.

Contained in this workbook are timeless and simple activities offering a way to access our powerful inner resources and live a fuller and richer life.

- Your body talks—are you listening?
- The appreciation connection—increase your life joy
- Forgiveness—your power tool
- Health Prosperity—your first wealth
- Embracing your dragons—enjoy their gifts
- Create your New Me
- Loving What Is—eliminate judgement
- Your language has power—it creates your life expectations
- Getting acquainted with your Receiving Self—replenish your well
- Maintain a Positive Attitude

A workbook dedicated to making friends with our dragons

<https://www.PoweredByGenius.com>



# Heart of Courage

## Solutions for Undoing What Fear Created



Cristina Whitehawk

# *Heart of Courage*

## *Solutions for Undoing What Fear Created*

Cristina Whitehawk



Powered By Genius Publishing Phoenix, AZ

2019

Powered By Genius Publishing  
P. O. Box 33216  
Phoenix, AZ 85067  
[www.poweredbygeniuspublishing.com](http://www.poweredbygeniuspublishing.com)

© 2018  
Cristina Whitehawk

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher at the above address.

ISBN. 978-0-9679545-7-8

Library of Congress Control Number: 2018908365

Front cover art: *Heat of Courage*. Cristina Whitehawk ©2017

Book Design and Layout: Deb Gabriel

Editor: Marie Yahner

## Dedication

This workbook is dedicated to making friends with our dragons

*Our deepest fears are like dragons guarding our deepest treasure.*

— Ranier Maria Rilke

## Contents

Introduction .....	1
Suggestions for Using <i>Heart of Courage</i> .....	2
1 Conversing With Your Body’s Wisdom.....	3
My Body Talks. Am I Listening?.....	5
2 Art Of Appreciation .....	7
The Appreciation Connection .....	9
3 Forgiveness—Your Power Tool .....	13
Claim Your Gifts Of Forgiveness.....	15
4 Health Prosperity .....	19
Living In Health Prosperity .....	21
5 Embracing Our Dragons .....	25
Getting to Know the Hidden You .....	27
6 Why a New Me? .....	29
Creating The New Me .....	30
7 Living Judgment Free .....	33
Loving What Is.....	35
8 Integrating What Is with What Can Be .....	37
What It Is .....	39
9 My Language Creates My Life Expectations .....	41
My Words Empower Me .....	43
10 Love Yourself—Receive! .....	49
Making the Acquaintance of Your Receiving Self .....	51
11 Keeping a Positive Attitude .....	53
Positive Points .....	55
12 Changing The Story .....	57
What’s Your Story?_ _.....	59
About Cristina Whitehawk .....	63

## Introduction

This workbook, *Heart of Courage: Solutions for Undoing What Fear Created*, birthed itself while I was writing *My Ticket to Ride: From Cancer to Flourishing*. During the writing of *My Ticket to Ride*, I realized all the healing modalities I had used to return to health from peritoneal/ovarian stage IIIc cancer were too numerous to include in the book. These modalities, in addition to traditional, biomedical cancer protocols I followed, required a book of their own.

As I was progressing through the cancer experience, I kept my focus on what I *wanted* in my life, not on what I didn't want. In other words, I used the various methods you will find in this workbook to move *toward* a life of vibrant wellbeing. Each activity offers a way for you to access the inner resources you have forgotten you have, didn't know you have, or that are deeply hidden and have been unavailable to you.

During the cancer experience, I chose not to expend my energy hating fighting, and killing cancer. My focus was on using love to regenerate my health. It was important to me to be in charge of my life as I dealt with the cancer. The techniques presented in this workbook supported me in accomplishing just that.

These activities are timeless, simple, and powerful. They weave one into the other, creating a circle of solutions so you, too, can strengthen and move *toward* what you want in your life. Use them repeatedly— now, and in the years ahead. They are beneficial for anyone ready to create the desired changes in their lives that will allow them to live a life of physical, emotional, and spiritual wellbeing.