

**Finding Your Holy Grail®
Radio Show
Companion Workbook**



FINDING YOUR HOLY GRAIL
BUILD RESILIENCE - LIVE FEARLESS

Introduction



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Build Resilience - Live Fearless

Welcome to Finding Your Holy Grail; Building your resilience to live without fear.

The Coronavirus has created an uncertain world, everything has changed. We can no longer predict the future with the same certainty as before the pandemic. This is difficult for us to manage, because uncertainty fosters fear. A fear that can be more deadly than the virus itself.

This creates fear in our minds and stresses our bodies. Chemically, the stress in our bodies prompts a release of cortisol which is released in our blood stream and we switch into survival mode. The well-known phenomena of flight or fight.

This survival mode shuts down our creativity. We start to focus on ourselves at the exclusion of others. Our generous nature is eclipsed and we lose sight our full potential as human beings. This is not sustainable. When in hardship, we need to be more caring and generous in our focus, both to ourselves and to others.

Each week we've prepared a show with a guest expert to help you leave behind the fear mongering relayed by the media, and allow you to reconnect with your humanness. It is this reconnection to your core human nature within that lays at the heart of building your own resilience and shedding the fear that has infiltrated your daily lives.

This workbook was created to help you take practical steps forward in reclaiming your lives in a world that has been redefined by the coronavirus pandemic. Each week the featured speaker will have a page added with their emblem on the chalice, where you can add notes for your journey ahead.

Your participation on this journey holds a fundamentally important message that can inspire yourself and others into action. We must live in love, without fear, and embrace the change to create a harmonious and healthier planet and people together.

“Artist in Residence” Ted Meyer

We first met Ted when he joined as a featured expert on our Finding Your Holy Grail 21-day Free Online Video Series in May 2020. Watch our conversation here: <https://www.youtube.com/watch?v=64NSD7yYq5s>

In a continued collaboration, he has graciously created the graphic art logos contained within this Companion Workbook (on Introduction and Guest pages) and designs the emblems each week based on the theme of our guests.

We'd like to express our sincere thanks and gratitude for his contributions to our project.

Ted is an incredible individual that has outlived his projected lifespan thanks to a company creating an enzyme that saved his life. Learn more about Ted by following his work <http://www.tedmeyer.com/>

Here's a bit more about my initial interview with Ted in May 2020

Theme: [Harnessing the Healing Power of Art - Expert Insight Ted Meyer](#)

Just because you can't walk now doesn't mean you have nothing to say! These confrontational words from a scarred woman shook Ted Meyer out of complacency to start exploring art as a vehicle for communication and healing. “Immediately, I felt whole!”

Since that pivotal moment, Ted Meyer's art has been displayed internationally in museums, hospitals, and galleries. Ted has been featured on NPR and in the New York Times, Washington Post, Chicago Tribune, TED and USA Today, and he is a TEDMed speaker.

Currently, Ted Meyer is Artist in Residence at University of Southern California Keck School of Medicine. Medical art introduces humanity into the dialogue between clinician and patient; and we talk about its restorative power in marking the end of the healing process – “There's a defiant finality about displaying your scar, framed, on the wall!”

This honest interview with Ted Meyer prompted us to reflect on the importance of feeling whole. We think you'll find it to be thought-provoking and would love to hear of your experience when listening to it. Please write to us at: FindingYourHolyGrail@gmail.com

Guest: Dr. Ava Eagle Brown

<https://www.themangogirl.com/>



Call To Action: Write Your Celebratory Letter to Yourself!

1. My most important learnings -

2. How the learning will help me build my resilience

3. My action steps
