

**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.

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.

