

	A	B	C
1	Title	FoH Links	Time
2	<i>Empathy versus Compassion</i>	https://christinepage.com/2018/03/16/heartspeak-episode-9-empathy-versus-compassion/	29:35
3	<i>Are You an Emotional Prostitute</i>	https://christinepage.com/2018/05/25/heartspeak-episode-14-are-you-an-emotional-prostitute/	27:38
4	<i>What's Love got to do with it</i>	https://christinepage.com/2018/06/26/heartspeak-episode-16-whats-love-got-to-do-with-it/	27:00
5	<i>All I ask is for a little Respect</i>	https://christinepage.com/2018/08/30/heartspeak-episode-21-all-i-ask-for-is-a-little-respect/	27:28
6	<i>Expect the Unexpected</i>	https://christinepage.com/2018/10/16/heartspeak-episode-24-expect-the-unexpected/	29:23
7	<i>The Magic of Caring</i>	https://christinepage.com/2019/01/17/heartspeak-episode-31-the-magic-of-caring/	35:14
8	<i>Compassionate Service not Sacrifice</i>	https://christinepage.com/2019/05/22/heartspeak-episode-40-compassionate-service-not-sacrifice/	35:28
9	<i>Forgive Me My Expectations</i>	https://christinepage.com/2019/07/04/heartspeak-episode-43-forgive-me-my-expectations/	29:22
10	<i>Don't Believe Everything You Think!</i>	https://christinepage.com/2020/01/19/heartspeak-episode-057-dont-believe-everything-you-think/	35:46
11	<i>The Art of Healthy Responsibility</i>	https://christinepage.com/2020/02/27/episode-060-the-art-of-healthy-responsibility/	34:32
12	<i>Watching Out for Magicians and Puppeteers</i>	https://christinepage.com/2020/06/04/episode-85-watching-out-for-magicians-puppeteers/	27:13
13	<i>Let's Talk & Listen</i>	https://christinepage.com/2020/06/07/episode-86-lets-talk-listen/	32:11
14	<i>Procrastination, Let me think about it</i>	https://christinepage.com/2020/07/09/episode-92-procrastination-let-me-think-about-it/	48:26
15	<i>Freeing our Mind</i>	https://christinepage.com/2020/10/01/episode-104-freeing-our-mind/	36:22
16	<i>Ending and Beginnings</i>	https://christinepage.com/2020/10/15/episode-106-endings-and-beginnings/	34:08
17	<i>I See in You What I See in Me</i>	https://christinepage.com/2021/01/08/episode-118-i-see-in-you-what-i-see-in-me/	40:39
18	<i>Whose Agenda Are We Following</i>	https://christinepage.com/2021/02/11/episode-124-whose-agenda-are-we-following/	30:08
19	<i>Healing Wounded Hearts</i>	https://christinepage.com/2021/03/25/episode-130-healing-wounded-hearts/	29:09
20	<i>Simple Pleasures</i>	https://christinepage.com/2021/05/13/episode-137-simple-pleasures/	31:59
21	<i>Truth or Consequences</i>	https://christinepage.com/2021/06/24/episode-143-truth-or-consequences/	27:14
22	<i>Coming Home</i>	https://christinepage.com/2021/07/08/episode-145-coming-home/	36:11
23	<i>Spirals of Love</i>	https://christinepage.com/2021/09/09/episode-154-spirals-of-love/	38:46
24	<i>Standing Strong on the Edge of Chaos</i>	https://christinepage.com/2021/10/28/episode-161-standing-strong-on-the-edge-of-chaos/	24:37
25	<i>Protecting Our Energy</i>	https://christinepage.com/2021/12/09/episode-167-protecting-our-energy/	29:56
26	<i>History Completing not Repeating</i>	https://christinepage.com/2021/12/16/episode-168-history-completing-not-repeating/	24:32
27	<i>Precious Gifts of Kindness</i>	https://christinepage.com/2021/12/23/episode-169-precious-gifts-of-kindness/	21:25
28	<i>Shifting Boundaries</i>	https://christinepage.com/2022/03/10/episode-180-shifting-boundaries/	29:28
29	<i>Time to Heal</i>	https://christinepage.com/2022/03/31/episode-183-time-to-heal/	22:56
30	<i>Compliments Empower</i>	https://christinepage.com/2022/04/14/episode-185-compliments-empower/	35:55
31	<i>Digging up the Roots</i>	https://christinepage.com/2022/05/12/episode-189-digging-up-the-roots/	29:42
32	<i>Expanding Home and Family</i>	https://christinepage.com/2022/06/30/episode-196-expanding-home-and-family/	31:34
33	<i>Changing Up in this Changing World</i>	https://christinepage.com/2022/07/14/episode-198-changing-up-in-this-changing-world/	31:52
34	<i>Securing Our Inheritance</i>	https://christinepage.com/2022/08/25/episode-204-securing-our-inheritance/	32:53
35	<i>Milk of Human Kindness</i>	https://christinepage.com/2022/09/22/episode-208-milk-of-human-kindness/	21:02
36	<i>Reveal, Feel, Heal</i>	https://christinepage.com/2022/10/06/episode-210-reveal-feel-heal/	32:04
37	<i>Healing Disappointment</i>	https://christinepage.com/2022/12/15/episode-220-healing-disappointment/	25:10
38	<i>The Power of Illusion and the Illusion of Power</i>	https://christinepage.com/2022/12/22/episode-221-the-power-of-illusion-and-the-illusion-of-power/	27:43
39	<i>Shifting Alliances</i>	https://christinepage.com/2023/01/05/episode-223-shifting-alliances/	23:10
40	<i>Freedom to Love</i>	https://christinepage.com/2023/03/23/episode-234-freedom-to-love/	16:26
41	<i>Do Not Make Drama out of Crisis</i>	https://christinepage.com/2023/03/30/episode-235-dont-make-a-drama-out-of-a-crisis/	26:19
42	<i>Fertilizing Healthy Relationships</i>	https://christinepage.com/2023/04/27/episode-239-fertilizing-healthy-relationships/	23:27
43	<i>Right Relationships</i>	https://christinepage.com/2023/06/01/episode-244-right-relationships/	25:42
44	<i>Trickster Energy</i>	https://christinepage.com/2023/06/08/episode-245-trickster-energy/	28:14
45	<i>Managing our Stress Levels</i>	https://christinepage.com/2023/08/24/episode-256-managing-our-stress-levels/	31:04
46	<i>Facing Dissolution, Dissolving to Evolve</i>	https://christinepage.com/2023/08/31/episode-257-facing-dissolution-dissolving-to-evolve/	22:29
47	<i>Gratitude Taking nothing for Granted</i>	https://christinepage.com/2023/09/28/episode-261-gratitude-taking-nothing-for-granted/	17:59
48	<i>Sovereignty of the Mind</i>	https://christinepage.com/2023/10/05/episode-262-sovereignty-of-the-mind/	27:44
49	<i>With Chaos Comes Opportunities</i>	https://christinepage.com/2023/11/09/episode-267-with-chaos-comes-opportunities/	25:36
50	<i>Radiating Tenderness</i>	https://christinepage.com/2023/12/28/episode-274-radiating-tenderness/	29:06
51	<i>Curiosity Thinking and Acting Outside the Box</i>	https://christinepage.com/2024/01/18/episode-277-curiosity-thinking-and-acting-outside-the-box/	24:40
52	<i>Ethical Dilemmas Rules Values Beliefs</i>	https://christinepage.com/2024/01/25/episode-278-ethical-dilemmas-rules-values-beliefs/	28:35
53	<i>Meeting and Reassigning Our Protectors</i>	https://christinepage.com/2024/02/08/episode-280-meeting-and-reassigning-our-protectors/	25:27
54	<i>Who will Fight for You Trusting True Love</i>	https://christinepage.com/2024/03/28/episode-287-who-will-fight-for-you-trusting-true-love/	24:40