

|    | A   | B   | C     |
|----|---|---|-------|
| 1  | Title   | FoH Links   | Time  |
| 2  | <b><i>Listening to the Wisdom of the Body</i></b>               | <a href="https://christinepage.com/2017/10/09/heartspeak-episode-2-listening-to-the-wisdom-of-the-body/">https://christinepage.com/2017/10/09/heartspeak-episode-2-listening-to-the-wisdom-of-the-body/</a>       | 26:27 |
| 3  | <b><i>Vaccinations</i></b>                                      | <a href="https://christinepage.com/2018/01/20/heartspeak-episode-5-do-we-need-all-these-vaccinations/">https://christinepage.com/2018/01/20/heartspeak-episode-5-do-we-need-all-these-vaccinations/</a>           | 28:48 |
| 4  | <b><i>Are Food Fads Healthy</i></b>                             | <a href="https://christinepage.com/2018/06/08/heartspeak-episode-15-are-food-fads-healthy/">https://christinepage.com/2018/06/08/heartspeak-episode-15-are-food-fads-healthy/</a>                                 | 25:59 |
| 5  | <b><i>Gene Genie</i></b>  | <a href="https://christinepage.com/2018/08/03/heartspeak-episode-19-gene-genie/">https://christinepage.com/2018/08/03/heartspeak-episode-19-gene-genie/</a>   | 27:52 |
| 6  | <b><i>Artificial Intelligence: the Good, Bad &amp; Ugly</i></b> | <a href="https://christinepage.com/2019/01/31/heartspeak-episode-32-artificial-intelligence-good-bad-ugly/">https://christinepage.com/2019/01/31/heartspeak-episode-32-artificial-intelligence-good-bad-ugly/</a> | 31:12 |
| 7  | <b><i>The Magic &amp; Myths of Chakras</i></b>                  | <a href="https://christinepage.com/2019/02/15/heartspeak-episode-33-the-magic-myths-of-chakras/">https://christinepage.com/2019/02/15/heartspeak-episode-33-the-magic-myths-of-chakras/</a>                       | 45:50 |
| 8  | <b><i>Immunity for Body &amp; Soul</i></b>                      | <a href="https://christinepage.com/2019/02/28/heartspeak-episode-34-immunity-for-body-soul/">https://christinepage.com/2019/02/28/heartspeak-episode-34-immunity-for-body-soul/</a>                               | 34:03 |
| 9  | <b><i>Having Sex or Making Love</i></b>                         | <a href="https://christinepage.com/2019/03/14/heartspeak-episode-35-having-sex-or-making-love/">https://christinepage.com/2019/03/14/heartspeak-episode-35-having-sex-or-making-love/</a>                         | 32:06 |
| 10 | <b><i>Patient Centered Care</i></b>                             | <a href="https://christinepage.com/2019/05/12/heartspeak-episode-39-patient-centered-care/">https://christinepage.com/2019/05/12/heartspeak-episode-39-patient-centered-care/</a>                                 | 37:32 |
| 11 | <b><i>Feeling is Healing</i></b>                                | <a href="https://christinepage.com/2019/08/29/heartspeak-episode-47-feeling-is-healing/">https://christinepage.com/2019/08/29/heartspeak-episode-47-feeling-is-healing/</a>                                       | 45:36 |
| 12 | <b><i>Chakra Empowerment</i></b>                                | <a href="https://christinepage.com/2020/07/30/episode-95-chakra-empowerment/">https://christinepage.com/2020/07/30/episode-95-chakra-empowerment/</a>   | 47:50 |
| 13 | <b><i>Seeing thru our 3rd Eye</i></b>                           | <a href="https://christinepage.com/2020/08/06/episode-96-seeing-through-our-third-eye/">https://christinepage.com/2020/08/06/episode-96-seeing-through-our-third-eye/</a>   | 25:37 |
| 14 | <b><i>Trusting our Senses</i></b>                               | <a href="https://christinepage.com/2020/08/13/episode-97-trusting-our-senses/">https://christinepage.com/2020/08/13/episode-97-trusting-our-senses/</a>   | 37:26 |
| 15 | <b><i>The Healing Power of Color</i></b>                        | <a href="https://christinepage.com/2020/09/24/episode-103-the-healing-power-of-color/">https://christinepage.com/2020/09/24/episode-103-the-healing-power-of-color/</a>   | 44:18 |
| 16 | <b><i>Embodying Our Elements</i></b>                            | <a href="https://christinepage.com/2021/02/25/episode-126-embodying-our-elements/">https://christinepage.com/2021/02/25/episode-126-embodying-our-elements/</a>   | 35:31 |
| 17 | <b><i>Crystal Healing</i></b>                                   | <a href="https://christinepage.com/2021/03/18/episode-129-crystal-healing/">https://christinepage.com/2021/03/18/episode-129-crystal-healing/</a>   | 27:33 |
| 18 | <b><i>Body Talk</i></b>   | <a href="https://christinepage.com/2021/04/15/episode-133-body-talk/">https://christinepage.com/2021/04/15/episode-133-body-talk/</a>   | 40:23 |
| 19 | <b><i>The Great Upgrade</i></b>                                 | <a href="https://christinepage.com/2021/07/15/episode-146-the-great-upgrade/">https://christinepage.com/2021/07/15/episode-146-the-great-upgrade/</a>   | 42:22 |
| 20 | <b><i>Fertile Awareness</i></b>                                 | <a href="https://christinepage.com/2021/10/07/episode-158-fertile-awareness/">https://christinepage.com/2021/10/07/episode-158-fertile-awareness/</a>   | 27:40 |
| 21 | <b><i>Eyes in the back of our Head</i></b>                      | <a href="https://christinepage.com/2021/10/14/episode-159-eyes-in-the-back-of-our-head/">https://christinepage.com/2021/10/14/episode-159-eyes-in-the-back-of-our-head/</a>                                       | 31:51 |
| 22 | <b><i>Natural Healing</i></b>                                   | <a href="https://christinepage.com/2021/11/04/episode-162-natural-healing/">https://christinepage.com/2021/11/04/episode-162-natural-healing/</a>   | 27:10 |
| 23 | <b><i>The Healing Power of Sound</i></b>                        | <a href="https://christinepage.com/2022/06/23/episode-195-the-healing-power-of-sound/">https://christinepage.com/2022/06/23/episode-195-the-healing-power-of-sound/</a>   | 33:00 |
| 24 | <b><i>Sparkling Third Eye</i></b>                               | <a href="https://christinepage.com/2022/12/01/episode-218-sparkling-third-eye/">https://christinepage.com/2022/12/01/episode-218-sparkling-third-eye/</a>   | 29:27 |
| 25 | <b><i>Resonant Healing</i></b>                                  | <a href="https://christinepage.com/2023/02/09/episode-228-resonant-healing/">https://christinepage.com/2023/02/09/episode-228-resonant-healing/</a>   | 26:52 |
| 26 | <b><i>Healing with Homeopathy</i></b>                           | <a href="https://christinepage.com/2023/06/29/episode-248-healing-with-homeopathy/">https://christinepage.com/2023/06/29/episode-248-healing-with-homeopathy/</a>   | 34:09 |
| 27 | <b><i>Nurturing Our Gut</i></b>                                 | <a href="https://christinepage.com/2023/08/10/episode-254-nurturing-our-gut/">https://christinepage.com/2023/08/10/episode-254-nurturing-our-gut/</a>   | 29:13 |
| 28 | <b><i>Our Amazing Bodies of Light</i></b>                       | <a href="https://christinepage.com/2023/09/07/episode-258-our-amazing-bodies-of-light/">https://christinepage.com/2023/09/07/episode-258-our-amazing-bodies-of-light/</a>   | 28:32 |
| 29 | <b><i>How to Enhance Waters Healing Benefits</i></b>            | <a href="https://christinepage.com/2024/01/11/episode-276-how-to-enhance-waters-healing-benefits/">https://christinepage.com/2024/01/11/episode-276-how-to-enhance-waters-healing-benefits/</a>                   | 28:34 |
| 30 | <b><i>The Healing Power of Focused Imagination</i></b>          | <a href="https://christinepage.com/2024/03/14/episode-285-the-healing-power-of-focused-imagination/">https://christinepage.com/2024/03/14/episode-285-the-healing-power-of-focused-imagination/</a>               | 32:44 |
| 31 | <b><i>Focused Creativity Optimizing Our Energy</i></b>          | <a href="https://christinepage.com/2025/03/13/focused-creativity-optimizing-our-energy/">https://christinepage.com/2025/03/13/focused-creativity-optimizing-our-energy/</a>                                       | 36:27 |