



LIONHEARTED™

*The Courage to Perform Well*

**The Well-Being Specialists**

*Self-mastery at the heart of your life  
Setting the foundations for your continued  
success and happiness*

## *Happiness is: The enjoyment of a conscious life, through relaxation.*

### *happiness*

“learn to be secretly happy within your heart in spite of all circumstances” – Paramahansa Yogananda

Your lifestyle is stretching your physical, mental and emotional capacity beyond safe or sustainable limits and the personal *strategies* that have helped you *cope* in the past now need an overhaul. If you could very quickly refresh your ability to feel more confident and composed in your-self would that be worth it?

### *strategies*

“You are not stuck, you are just committed to certain patterns of behaviour because they have helped you in the past. Now those behaviours have become more harmful than helpful. The reason why you can’t move forward is because you keep applying an old formula to a new level of life” – Emily Maroutian

### *cope*

“Life is not the way it is supposed to be, it’s the way it is. How you cope with it is what makes the difference!”  
- *Virginia Satir*

At *Lionhearted* we will help you take surprisingly simple steps which, when fully appreciated, will transform your ability to avoid the heightened levels of stress, anxiety and self-doubt you may currently be suffering.

stress

“it’s not the stress that kills us, it is our reaction to it” -  
Hans Selye

anxiety

“be a warrior, not a worrier” Anon.

self-doubt

“The worst enemy to creativity is self-doubt!” – *Sylvia Plath*

Be prepared to find the courage and capacity to perform well. Meet or surpass your expectations to be able to deeply relax in any situation, to be self-reliant and improve your resilience. Always have something left for yourself and those you love. Remain clear and capable under the pressure and complexity of your task; whilst recovering to optimal personal levels of health and well-being.

### expectations

“When suffering from overthinking, do you think that more mindfulness will help?” -Andrew Harry

### relax

“Ego says, “Once everything falls into place, I'll feel peace.”

Spirit says, “Find your peace, and then everything will fall into place.”

— Marianne Williamson

When you are calm, composed and centred you will know what you want.

calm

“One of the best lessons you can learn in life is to master how to remain calm” - Bruce Lee

composed

“where-ever you stand, be the soul of that place.” - Rumi

want

“The Bushmen in the Kalahari Desert talk about the two “hungers”. There is the Great Hunger and there is the Little Hunger. The Little Hunger wants food for the belly; but the Great Hunger, the greatest hunger of all, is the hunger for meaning...There is ultimately only one thing that makes human beings deeply and profoundly bitter, and that is to have thrust upon them a life without meaning. There is nothing wrong in searching for happiness. But of far more comfort to the soul is something greater than happiness or unhappiness, and that is meaning. Because meaning transfigures all. Once what you are doing has for you meaning, it is irrelevant whether you're happy or unhappy. You are content – you are not alone in your Spirit – you belong.”  
- Laurens van der Post

At *Lionhearted* we get to the root of the most vital question you can ask your-*self* and we will help you set the foundations for you to fill in the rest. It is not about content, but it is all about who you really are.

*Lionhearted*

A strength in approach, connected to a spaceless environment where equanimity is the essentiality that makes activity a joy and not just a pastime.

- Graham D Whiteman Author, philosopher.

*self*

“If you know yourself...no fear can permeate you”

“Once you shed the fear, nothing is impossible for you!”

- Krishan Kumar Dham



LIONHEARTED™

Use our simple and precise model to enable you to find yourself and truly operate fearlessly and at a whole new level. You will operate more creatively and with greater personal congruence. You will also understand why it is that you have not yet thought of it yourself.

find

“someday we will find what we are looking for, or maybe not. Maybe we will find something much greater than that?” – unknown

fearlessly

“When thought realizes that it cannot possibly do anything about fear, because it creates fear, then there is silence” - J D Krishnamurti

level

“We cannot solve our problems with the same level of thinking that created them” - Albert Einstein

congruence

“Your vision will become clearer only when you look into your heart. Who looks outside merely dreams; who looks inside, awakens” - Carl Jung Swiss psychiatrist and psychoanalyst 1875 – 1961

thought

“We do not need to search in order to find our true being. We already are it and the mind which searches for it is the very reason we cannot find it”

- Nisargadatta Maharaj

Our core model will introduce you to simple and precise techniques of:

- Bodywork
- Mindfulness
- Meditation,

... the consequences of which will lead to you experiencing deep relaxation. This experience of deep relaxation will enable you to feel better and perform well...

### Consequences

*Consciously develop: calmness, clarity, comfort, contentment, connection, confidence, capability, consistency, composure, creativity, certainty, courage, coherence, congruence, common-sense, compassion, collaboration, clair-cognizance.*



... whilst safely journeying on a conscious voyage of self-discovery that will transform your sense of self-worth, no matter your situation, background or circumstances.

safely

“This is how magic is done, by hurling yourself into the abyss and discovering it is a feather bed”

- Terence McKenna

self-discovery

“Step into the fire of self-discovery. This fire will not burn you. It will only burn what you are not” -Mooji

transform

“This may not change your world, but it will transform your life”

- Lyn Whiteman

self-worth

“you are the honoured guest. Do not weep like a beggar for pieces of the world” - Rumi

Would you be happy to improve your performance, and better sustain it? Then your search is over.

happy

“happiness doesn’t depend on what we have, but it does depend on how we feel toward what we have. We can be happy with little and miserable with much” – @MindsetofGreatness

search

“I looked for a master my entire life, until I realized I am the master that has to Master self”

After all, Happiness is: the enjoyment of conscious life, through relaxation.

happiness

“happiness is something ‘you’ exude from within you, to share with others, feel it in your Heart.” - Graham D Whiteman Author, philosopher.

So, if you really want to operate on a different level, feel better and perform well?

... then contact us and join “The Pride”

Graham, Lyn and Andrew  
The Lionhearted team

[www.lionhearted.org.uk](http://www.lionhearted.org.uk)