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Welcome

Welcome to The Chiron Whine & Shine Workbook! It's not just anyone who is interested in looking at the painful parts of their lives and figuring out how to turn them into gifts, so let us first commend you for your courage! Give yourself grace as you make your way through the information. It can take some time and self-reflection to recognize your own Chiron and how it shows up in your life.

After you read *The Chiron Whine & Shine*, you should have a pretty good idea of where in your life to look for your own Chiron Whine and then begin the work of turning it into a Chiron Shine opportunity, instead! When you take on the task of healing your own wound, you will notice in real time, in your daily life, you automatically heal others (if by no other faculty than relieving them of the burden of being your projected wounder). It can be a subtle, yet potent energy shift in even the most mundane situations, like: sending someone an email, taking the lead on a project, or making sure that you are heard (perhaps, ironically, by being a good listener). These are just a few examples of Chiron in action.

Everyone's Chiron is unique. So, while you might be able to learn something from reading this book or by witnessing someone else's Chirotic self-healing, your own expression and manifestation of healing and working with Chiron will be unique to you and your unfolding. If you want to get even more specific about your own chart, book a reading with one of us.

Good luck in your journey. There are resources for further inspiration and information at the end of this workbook. We always love hearing from people, so if you'd like to share your questions and observations, feel free to reach out!

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