

## **Cristina Whitehawk**

Facilitating Personal Development  
through

*The Whitehawk Wisdom Way*

INSPIRE • MOTIVATE • EMPOWER

*Breaking the Rules of Imagination*

Creating Change!



© 2019 Cristina Whitehawk

---

**August 9, 2022**

- **Whitehawk Wisdom Way** is Coming into Being
- Art of Appreciation
- Upping My Game
- Complementary Daily Art of Appreciation. Register now.
- **Whitehawk Wisdom Way** Mystery Birds (keep scrolling)

---

As the **Whitehawk Wisdom Way** shows itself, in one respect, I'm indeterminate as to exactly what the Whitehawk Wisdom Way is becoming, yet, because I choose to allow it to materialize instead of making it happen, I am confident in its showing me the way in perfect timing.

The **Whitehawk Wisdom Way** became public in 2009 when I published the daily inspirational perpetual calendar *Doorways to Daily Soul Nurturance*. Nine years later, a two-time award winning memoir, *My Ticket to Ride: From Cancer to Flourishing*, was published, then in 2022 another award winning memoir, *Conscious Dying — Conscious Grieving: Creating the Change Necessary to Heal* was published. So, the Whitehawk Wisdom Way has been quietly coming into being for well over 13 years or longer.

**These three publications have one thing in common.** They are all about personal development, becoming more, while discovering the amazing and magnificent unknown within us all through stories and examples. Did I consciously know in 2009 there would be a Whitehawk Wisdom Way? No. Yet, the seeds were within and the processes took place to nourish the seeds so they could grow.

**Cancer and death can be nourishers of seeds?** Most certainly they are and were. We all have those *growth opportunities* only at the time we are in the middle of them, personal growth is rarely given thought, as the issues around the situation and survival take precedence. Thus the **Whitehawk Wisdom Way's** contribution to the nurturing of seeds is about how we learn from another's experiences which quickens our personal learning curve, keeping us from reinventing the wheel. And, that's a good thing!

[More info on the 3 Publications](#)

So, with all that said (thanks for reading this far), and with a resounding drum roll, I'm introducing . . .



For the last three months, I've been posting daily on Facebook my 5 appreciations for the day. This practice is something I teach in the **Whitehawk Wisdom Way Art of Appreciation** workshop. It has also been a many-years personal daily focus practice. Why? *Through the action of appreciation I maintain myself in a state of gratitude.* Creating what we desire materializes easily and easier from a space and place of appreciation and gratitude instead of from fear and lack thinking.

I am pleasantly surprised each evening about what appears. By sharing this process it serves as a connecting point among those who read the post. Hearts are opened, perceptions widen, and we gift one another with powerful insights.

Here is one example of a recent Facebook post:

*Through the action of appreciation I maintain myself in a state of gratitude*



Today's key word: Apply

**Appreciating:**

- the change of focus from yesterday's use of the word pathfinding to path-unfolding. I'm the one creating the path, allowing it to unfold. There is nothing to find. It's all within me as I allow it to unfold
- conscious constructive use of my time
- conscious constructive use of my energy
- my energy holding itself in quietude to ready itself for its new birthing
- having the awareness I was allowing certain stories to be in charge of my life. Self-forgiveness changed the dynamic

PoweredByGenius.com

Here are a few comments from readers of the Art of Appreciation posts:

- *Much love to you. You are such a model for going forward into love!*
- *Wow. Embracing what I perceive as deficiencies! You change them so they are no longer deficiencies.*
- *I love your spirit. You are such an inspiration*

(keep scrolling)

---

The **Whitehawk Wisdom Way** is telling me it is time to *Up My Game*  
Beginning around August 15, the Art of Appreciation posts will be available  
directly to your email inbox.

This is a daily **complementary** personal development service; my gift to you.  
To benefit from this daily mailing, [please click the button below](#).

And . . . should you have comments or insights when you received the daily Art  
of Appreciations your insights are always welcome.

### **Please Share**

If someone you know could enjoy and benefit from this, please share this  
newsletter. Help spread the Art of Appreciation world wide.

All I need is an email address and it's on its way!

And . . . down the road I have and inkling, these posts will become a book.

**Big Appreciative Thank You!**

[Please send me the Daily Appreciation Notification](#)

---

The **Whitehawk Wisdom Way** Birds are flying about. I wonder what their  
purpose is; what their message is? *(keep scrolling)*



© 2022 Cristina Whitehawk





---

*Copyright © 2022 Powered By Genius™, All rights reserved.*

You are receiving this email because you were either on my Brain Gym® mailing list or attended my personal growth workshops like "Focus Your Intention for the New Year," "Phenomenal Women are Abundant Receivers," or through networking, travel, volunteering and/or the co-creation of community service groups. Thank you!

**Our mailing address is:**

Powered By Genius™  
1307 W. Culver St. A-100  
Phoenix, AZ 85007

[Add us to your address book](#)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).



