

Cristina Whitehawk
Cristina@PoweredByGenius.com
602-252-3249 (land line)
PoweredByGenius.com



FINALIST 2019 INTERNATIONAL BOOK AWARDS

My Ticket to Ride

From Cancer to Flourishing

*I love this book's
commitment to Love
and not fear.*

Powerful message.

-- CM, Bellingham, WA



Available at
www.PoweredByGenius.com

Cristina Whitehawk

Advance Praise for
My Ticket to Ride
From Cancer to Flourishing

Riveting!

Me-Sah, Santa Fe, NM

After reading chapter one, I was drawn in and wanted more.

Barbara Smith, LAc., Jackson, WY

How beautiful is this line in the intro:

**Gift yourself the advantage of
nourishing and strengthening yourself through love!**

Pamela Usher, Avondale, AZ

Thank you! I am hooked... I plan to be another inspiring story like you!

Kelly Cragg Witter, Newark, NY

**Read the chapter “Strengthened By Vulnerability” and find
that it resonates with me.**

I can feel it in my arms. Particularly liked the butterfly analogy.

Coral Malpede, Aptos, CA

Other Books by Cristina Whitehawk

Doorways to Daily Soul Nurturance

Inspirational Perpetual Calendar

Heart of Courage

Solutions for Undoing What Fear Created

My Ticket to Ride Companion Workbook

My Ticket to Ride: From Cancer to Flourishing

My Ticket to Ride From Cancer to Flourishing

Cristina Whitehawk



Powered By Genius Publishing
Phoenix, AZ



Powered By Genius Publishing
PO Box 33216
Phoenix, AZ 85067

<https://www.PoweredByGeniusPublishing.com>

© 2018 Cristina Whitehawk

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial use permitted by copyright law.

For permission requests, write to the publisher at the above address.

ISBN 978-0-9679545-6-1 (Paperback)
ISBN 978-0-9679545-4-7 (ebook)
ISBN 978-0-9679545-3-0 (audiobook)

Library of Congress Control Number: 2018951830

Front cover art: *Heart of Courage*. Cristina Whitehawk ©2017

Book Design and Layout: Debra Gabriel

Editor: Marie Yahner

My Ticket to Ride: From Cancer to Flourishing

Dedication

To those who have been told they have cancer
to their families
to their friends
to their medical teams

It definitely takes a village

Contents

Author Greeting	1
Three Areas of Focus	5
<i>Basking in the Sweetness of the Unknown</i>	9
Chapter 1 – The Power of Change	11
When One Door Closes • How Did I Get Myself to the Point of Cancer? • The Straw That Broke My Camel’s Back • Did My Grief-Based Stress Trigger Cancer?	
<i>I Can Move Mountains</i>	17
Chapter 2 – My Ticket to Ride	19
“She’s Got a Ticket to Ride...” • Fusing and Yoking • Everything Always Works Out All Right for Me • I Find My Ticket to Ride • Deer in the Headlights • Two Weeks of Intensive Scrambling	
<i>Parachutes of Fear</i>	25
Chapter 3 – Down the Before-Cancer-Surgery Rabbit Hole	27
No Room for Guilt • Ages-Ago Question Answered • What’s the Gift in This? • Love Talk • Using Healthy Language • <i>I Was</i> in Shock • The Gift of Anxiety • Loving Cancer is Thousands of Years Old • Loving Cancer Created De-Cluttering • The Future Shows Up	
<i>I Ask</i>	37
Chapter 4 – Sacred Eagle Feathers—Healing Seven Generations	39
Messages Abound! • Setting Priorities • Maintaining My Power • Surgery Day! • Show Me the Gift— <i>Again</i> • Cancer and Genetics • The Message Is—Focus On Love	
<i>I Hear the Joy in My Breath</i>	47
Chapter 5 – Living in Hell—Joshua Shows Up—Power Remission	49
Thomas Alva Edison Visits • Time to Buzz Off My Hair • The Misery of Chemo • Entering Blood Transfusion World • Beginning to Heal • Power Remission	

<i>Windows of My Heart</i>	55
Chapter 6 – Maximizing My Life’s Momentum	57
Evaluating Cancer Outcomes	
<i>Mending</i>	59
Chapter 7 – The Power of Authentic Choice	61
Put Away the Powerless Past—Embrace the Powerful Now • The Power of Authentic Choice—Feelings and Emotions • The Power of Authentic Choice—Belief Systems	
<i>Resurrection</i>	65
Chapter 8 – Forgiveness—Creating My Best Life—Self-Love in Action	67
When We Don’t Forgive • How Forgiveness Worked for Me • Forgiving the Cause • Mirror–Mirror–on-the–Wall • The Power in Forgiveness • Change and Heal the Past Using Forgiveness • Who Is the Hero? Me—or Cancer? • Five Step Forgiveness Approach	
<i>Barnacles of Illusion</i>	75
Chapter 9 – Cancer is a Façade	77
Cancer is the Messenger–Please Don’t Shoot the Messenger • Cancer Patient Profile Characteristics • Redirecting My Life • Thank You Cancer	
<i>I Have Chosen Life</i>	85
Chapter 10 – Cancer as Ally	87
Forging Ahead • Why Did My Body Create Cancer? • Giving up the Need to Know • Living a More Authentic Life	
<i>Embracing the Edge</i>	91
Chapter 11 – Strengthened by Vulnerability	93
Humbleness • Strong and Brave—Really? • <i>Receiving</i> is the Way to Become Strong and Brave	

<i>Standing in the Gateway of the Now Moment</i>	99
Chapter 12 – Loving What Is	101
Living Judgment Free • Loving and Blessing What Is • Gratitude and Appreciation for What Is	
<i>The Symphony of My Heart Song</i>	105
Chapter 13 – What is Healing? What is Cure?	107
Embracing and Trusting vs. Winning or Losing • Healing—An Often Misunderstood Stage in the Journey • The Importance of Intuition When Healing	
<i>Surrounded by Words</i>	115
Chapter 14 – The Language of Healing	117
I Am Not the Disease • Are My Words Creating Wellbeing or Illness? • My Words are a Healing Tool	
<i>Heart Beat of Grace</i>	121
Chapter 15 – Know My Body—Know Myself	123
My Body Was Talking—Was I Listening? • Reacting to Life or Responding to Life? • Stories Direct My Life • Cancer Showed Me Old Stories—What a Gift! • How I Changed My Stories • My Responding Process	
<i>Celebrating the Sweetness Of Life!</i>	131
Chapter 16 – Celebrating the Sweetness of Life	133
My Get Out of Jail Free Card • Thank You for the Thank You Love	
<i>Creating the Frame for a New Way of Being</i>	135
Chapter 17 – Discovering the New Me—Embracing the New Me	137
To Heal is to Re-Create Myself • Conversations with Cristina • Keeping My Focus on Wellbeing • Why “New Me” Expectations Were Important	
<i>Day of Liberation</i>	143
Chapter 18 – Day of Liberation	145

<i>Rebirthing</i>	147
Chapter 19 – Re-Mission—Now the <i>Real</i> Journey Begins	149
Creating My New Life Context • Enjoying Living My New Normal • What I Have Learned	
<i>I Speak—I Know—I Am</i>	155
Chapter 20 – Making Sense of it All	157
Creating Closure	
<i>Ancient Words of Golden Joy</i>	161
Chapter 21 – Celebrating the Mystical Moment Previews	163
Miracles are a Natural Part of Life • Chapter by Chapter List of the Mystical Moment Previews	
<i>The Healing</i>	169
Chapter 22 – Modalities I Used on My Path to Flourishing	171
My Many Paths to Flourishing • Acupuncture and Chinese Herbs • Antidepressant • Blessing and Honoring	
• Brain Gym® • Cat • Embracing • Energy Healers • Essiac Tea • Focus • Forgiveness • Fulvic Acid	
Supplement • Habits • Heart Level Healing • Homeopathy • Intuition—My Trusty Inner Physician •	
Mahikari • Massage • Medical Marijuana • Meditation • Mystical Moment Previews • Physical Therapy • Qi	
Gong and Tai Chi • Reflexology • Reframing Negative Thoughts • Reiki • Self Love • Tibetan Singing Bowls	
• Trager • Trusting My Body’s Wisdom • Visualization and Affirmations • Vitamins and Minerals •	
Whitehawk Process™	
Resources	187
Appreciation	193
Thank You Online Cancer Buddies	195

Quotes Appreciation	196
About Cristina Whitehawk	199
Books by Cristina Whitehawk	200
Stay Connected with Cristina	202
Purchasing	203

Cristina's Greeting to You

Welcome to the Path of Conscious Living
where life is joyous, clear and celebratory

– *Doorways to Daily Soul Nurturance*

What Inspired Me to Write This Book?

I wanted to share with you how love, not hating, guided me through cancer.

I wanted a means for us to connect with regard to the sudden and massive way cancer alters our and our loved one's lives.

I wanted a way in which we could join one another in the preciousness of our living, so we can flourish together in large and small ways—sometimes the smallest being the largest.

I wanted a way for our loving hearts to aid one another in how to be strong stewards of our cancer event.

During my cancer journey, I bumped into places in my life telling me it was time to make significant inner changes. Utilizing the power of forgiveness, which is another way of loving myself, I took steps to end living in any guilt, fear, remorse, or anxiety. Forgiveness served to remind me I couldn't love myself too much, especially when confronting the cancer challenges.

Between the cancer diagnosis and entering the unfamiliar rabbit hole of making major medical choices, I knew I was not to take part in the all too familiar mainstream war-on-cancer verbiage. My conscious choice was to embrace and love the cancer and the journey it created. There was no way for me to become well while using disempowering words or thoughts based on hating, killing, fighting, f@#king, or battling cancer. Conventional cancer approaches encourage us to be warriors. I decided I would be a love warrior.

If you bring forth what
is within you, what you
bring forth will save you.
If you do not bring forth
what is within you, what
you do not bring forth
will destroy you.

– *Gospel of Thomas*

Thinking and speaking about the cancer from a place of love allowed me to remain proactive and calm. This kept the cancer from directing my life.

Was I excited about this new unanticipated life occurrence? *No.*

Was I going to do my best to use the cancer situation as a tool for expanding and growing my life? *Yes.*

Was it easy? *Not at all.*

Why Was I Loving Cancer?

As a strong believer in self-responsibility, I acknowledged the impact of how my intentions, thoughts, words, and actions created my life's outcomes. My confidence in using my strong abilities to take charge of designing my life during the cancer situation was of top priority. This is based on my belief that life does not happen *to* me; life happens *for* me. I centered on the power of love to heal which kept me focused on hope and strength. It was through the power of love I took charge of this new surprising life turn of events. As I recalled how I had generated fear-based events in the past, I chose not to bring them into my present. I made a conscious decision to have no place at my table for fear and its insidious aim to destroy.

My choice to include love in my cancer toolkit offered benefits that fear could not. Love nourished and strengthened me. This one shift in perspective to view life through the eyes of love created opportunities for me to feel in countless ways even greater love. Fear can never do that.

Focusing on the love also supported me in knowing something joyous can come of having cancer even if I should die. Transition from life to death is natural. Even though I wasn't ready to die, death was not my enemy.

While coping with the cancer, I only shared my love tactic with one person. I didn't declare from the rooftops to anyone my approach was to love cancer instead of battling it. Once I was in remission and regaining my strength and vitality, I was then ready to declare from the rooftops how important loving cancer was to my recovery. You now hold this declaration in your hands.

During the throes of the cancer I had many powerful *Mystical Moment Previews*. I share them in this book to encourage you to be ready to meet and welcome the Unknown and its mysteries as you go through your major life circumstances. Operating from love is necessary to benefit from these communications. The more open to love I was, the more I recognized the whispers and shouting the Unknown did to get my attention. Our hearts communicate with the Unknown in endless ways. I allowed It to speak to me. I did my best to keep my focus on love, so I could listen to what my Higher Self /God Self wished for my life.

Included in *My Ticket to Ride: From Cancer to Flourishing* is poetry I have written. May it touch you and heal you even in the places you are not aware wanted or required healing. May it also strengthen and sustain you.

As I write this (summer 2018) I am now in remission three years. (Major gratitude dance!) I note in Chapter 19, “Re-Mission, Now the *Real* Journey Begins” to me it is a *re-mission*. My post cancer focus is on re-missioning my life. My job is to stay centered in love in the now, not to focus on the past and not to create a fear-gripped future. In the creating of this book and its companion workbook, *Heart of Courage: Solutions for Undoing What Fear Created*, I remind myself I am alive. By your reading it, you remind yourself you are alive. Let’s celebrate that together.

This page deliberately left blank

Three Areas of Focus in *My Ticket to Ride*

For every challenge there is a soul-ution.
Listen–Accept–Act

– *Doorways to Daily Soul Nurturance*

Our Powerful Mind and Its Effect on our Physical World

My Ticket to Ride: From Cancer to Flourishing is about how I combined standard cancer treatments with deep spiritual awareness. I kept my heart open as best I could and welcomed the divine memos guiding my way.

My body responds to my thoughts, taking orders from my mind. My actions and feelings also influence my body in this mind-over-matter process. Much of the time this takes place below my conscious awareness. For instance, when I had a *down* day, my thoughts were not uplifting, my body felt lethargic, and I focused on numerous aches and pains. Not looking for more uplifting thoughts, my day became dismal. When I experienced an *up* day, I was happy and energetic, noticing how everything that day seemed to fall into place like magic.

Because I recognized my thoughts influenced how my body would respond, I did my best to pay attention to them. I was the one to decide if the next thought or next action would create new healthy possibilities or serve as a repeat of my past. It was important for me to harness the power of my mind and to direct my body's ability to focus on wellbeing. I accomplished this by monitoring my thoughts and turning negative thoughts into more positive ones.

There were days when I could not put thoughts together. Other days between chemotherapy treatments I could be more aware of my thoughts and be able to monitor them. I did the best I could. What mattered the most was my intention.

Personal Self Mastery is Important

It is my belief that taking responsibility for all areas of my life leads to personal self-mastery. It was important in my healing to make sure I was in charge of my life as much as possible. I wanted to identify the ways I could take conscious responsibility for my health situation. This entailed my being mindful of how I had created everything that was my life. I concluded I had two choices. I could take responsibility, avoid believing I was a victim of the cancer, and live empowered, or I could blame someone or something for my troubles, which then gave my power away and placed me in the grip of fear.

In our culture, setting up victim/blaming patterns is common. (As an example, notice how the news media is set up to create blaming. You will often hear or read a statement similar to this: “The _____ is attempting to find out who or what is to *blame* for this incident.” Pay attention. It will be an eye opener. This is a pattern of someone has to be right and someone has to be wrong. Patterns such as these become part of our belief system.

When I noticed myself wanting to blame, I saw it as a gift. It was an immediate signal that I was in fear about something; often not knowing what it was since a lot of feelings can take place below the radar. When this happened, I would take a breath and ask to see what it was about me that created the desire to blame someone or something else. Regardless of whether I perceived the reason behind the need to blame or not, I always said to myself, “I forgive myself for wanting to blame.” This cleared the desire to find fault and stopped any perpetuation of further blame and feeling I was a victim. I then felt more relaxed and in charge of my life.

Often our societal view of cancer (and other diseases) focuses on blame, giving the *why* for the language of “killing” cancer. Since I wanted no part of that (it would make me a victim of cancer), I loved the cancer instead of “lashing out” by blaming. This required focused diligence on my part to be aware enough to confront how the cancer blame-and-kill messages could impact my wellbeing. *Love* instead of *kill* was my operative word of choice.

How Divine Intelligence is Always Speaking and Guiding Us

After the cancer diagnosis, compelling “synchronistic” events took place in my life. Chronicled in this book as *Mystical Moment Previews* they were the promise I would be well. They served as guideposts along the way, reassuring me I would be all the better for this experience. Were there times when I doubted this? Oh yeah!

I did my best to have the “ears to hear” and the “eyes to see” so I could stay tuned to the *Mystical Moment Previews*. Doing this helped me to achieve my goal of living a life of vibrant health. Over thirty *Mystical Moment Previews* provided supportive guidance as I embraced my unknown journey.

But... isn't every journey unknown?

This page deliberately left blank.

Basking in the Sweetness of the Unknown

Basking in the sweetness of the Unknown

calming my heart

calming my thoughts

calming my ever inquisitive self who needs answers

I discover this indulgent self who needs answers is fearful of the Unknown

I welcome this self into the holy chamber of my heart

enveloping it with love

Love of the Unknown

enveloping it with comfort

Comfort of the Unknown

enveloping it with surety

Surety of the Unknown

In great joy I discover that the Great Unknown is where the answers originate

I sit in the Unknown

I be in the Unknown

I create from the Unknown

This page deliberately left blank.

1 The Power of Change

Set your well-focused intent
to approach your next gate of change
effortlessly. gracefully. step through it

– *Doorways to Daily Soul Nurturance*

When One Door Closes...

“Your CT scan results show a mass. We think it is cancer.” It is Wednesday, November 13, 2013, almost midnight. Six hours of waiting in the hospital emergency department and I *finally* had an answer.

Upon hearing the doctor’s words, immediately a strong torrent of energy rushed out of my body. It began on the right at my waist, flying across my midsection and exiting out the left side of my body. This took less than a second. Its color was orange. I felt calm as I thought to myself, “There goes Brain Gym®,” (My profession I loved for the last 25 years.) A huge, soothing sigh of relief washed through me. I felt free.

Whoa! I just received a knock-your-socks-off cancer diagnosis and I felt free and relieved? This response to the diagnosis marked the beginning of many signs pointing the way to my becoming well. Yes, the *Mystical Moment Previews*, mentioned in “Three Areas of Focus,” had begun. I encountered them throughout the entire cancer process. They ushered me through the many forthcoming uncomfortable days and months. I welcomed them as way-showers, pointing me beyond cancer, beyond survival to wellbeing.

Although I didn’t know that night what type of cancer it was, the diagnosis didn’t frighten me. Unsettling? Definitely! Yet, I did not believe it to be a death sentence. I knew more people survived cancer than died from it.

David Servan-Schreiber, MD. PhD writes in *Anticancer: A New Way of Life*. “Cancer lies dormant in all of us. Like all living organisms our bodies are making defective cells all the time. That’s how tumors are born. But our bodies are also equipped with a number of mechanisms that detect and keep such cells in check. In the West, one person in four will die of cancer but three in four will not.”

To me, the cancer diagnosis served as an immediate notice to change the direction of my life. As I laid on the gurney, I embraced the change, whatever it was, and said yes to it.

How Did I Get Myself to the Point of Cancer?

For more than twenty-five years, I taught Educational Kinesiology’s Brain Gym® 101, Vision Circles® and Switched-On Selling™ courses. I loved every minute of it. Then something changed. About a year and a half before the cancer diagnosis, I began to feel burned out. I began noticing my teaching business was not like it had been in the past. Successful class enrollment lowered, the number of private clients became fewer, and sustaining my decreasing business momentum took greater effort. It became wearying and frustrating. Deep down, I knew it was a sign to move on from Brain Gym and take my life in new directions. Change pounded on my door. I chose to turn a deaf ear to it all and barred the door shut.

Whenever I did think about making new life choices, I wondered, “What would I do?” Instead of addressing the question and allowing the answer to surface, I became fearful and chose to ignore it. I did not want to acknowledge the nagging feelings and thoughts bubbling beneath the surface, so I continued on with my life as it was, turning a blind eye and a deaf ear to this insistent call for change. I pressed on doing the same thing that no longer worked for me. I doubled up and put forth even more effort. As cognizant as I was that I was resisting needed change, my action choice was to bury my head in the sand.

Did the cancer diagnosis surprise me? Yes and no. It had never been anything I gave thought to. I had family and friends who died of cancer. I had my physical health challenges over the years, yet cancer never occupied my mind. In that way, it did surprise me.

The way in which it didn't surprise me was how in my personal life I chose to be oblivious to living with elevated stress. It didn't seem at the time that the stress level was high. In retrospect I wasn't taking enough time for me. Besides, wasn't it normal to live with stress when you lived a busy life? I fulfilled many roles; wife, mother of adult children, grandmother, friend, facilitator, counselor, and businesswoman. I came across as wise, loving, compassionate, and laid back. And I was all that. I led an engaging, full, and rewarding life doing what I loved to do. Why change that?

I had re-invented myself numerous times before. In fact, Brain Gym had been my last re-inventing. As I have mentioned, I adored Brain Gym. I loved teaching it. I loved all the people I knew worldwide because of it. I loved my private clients and the amazing changes Brain Gym brought about in their lives. I loved how it helped me grow and expand as a human being.

I could not bear to look at the energy I imagined was necessary to make whatever the needed change would entail. Initiating alterations to my life felt like an overwhelming tsunami threatening to pull me under. After almost a year of denying this knock on the door to change my life's focus my life took a radical turn. There was a much bigger family concern that took precedence. Making the changes necessary to reinvent myself? They now had to wait.

The Straw That Broke My Camel's Back

My son Joshua had a liver transplant in 2007 at age 33. In March 2013, Joshua admitted himself to the hospital under emergency conditions. Doctors told him the duct that moved the bile from his liver to his small intestine had become blocked. He underwent surgery and a stent was placed into the duct. All was well. Several days after the surgery I entered his hospital room to find him prepped for kidney dialysis. The stent no longer worked. His kidneys began to shut down. For six weeks from the middle of March to the end of April I drove to the hospital two or more times each day. Constant unexpected medical situations cropped up. Joshua, with input from his family, had to make immediate decisions about procedures that involved crucial timing. These urgent nerve-racking days were continuous. Most nights I dozed in a chair next to him. During all this, I was doing my best to keep my diminishing business running.

On May 4, 2013, at age 39, Joshua died.

Grief! It was deep and heart numbing; so raw, so fathomless. It immobilized me. I wanted the feelings of brokenness and desolation to make sense, which was not possible. Homeostasis didn't exist. I stumbled and groped my way through deep and dark times.

Our bodies respond to the stories we tell them. When Joshua died, I told my body (unconsciously) that I didn't want to live anymore. My body heard this and proceeded to make the story become true. It is my belief the sorrow from Joshua's passing was the straw that broke my camel's back.

He was my baby, my cherished son. He was my business' "right arm." He also handled all the techie aspects of my company. I plummeted into extreme overwhelm as I attempted to get myself, and my business back on track.

I didn't know how to make beautiful flyers when I needed them. I didn't know how to deal with making changes to my website. Every day I lived the grief, missing our day-to-day contact. Our daily touching base to discuss business details—gone. Our daily joking and loving light-hearted banter—gone. The feelings of being adrift were massive, crushing, and overwhelming. A large piece of my life was missing.

As I lived with the strong emotions of his death, I was willing to feel them, yet did not want them to overtake my life. The grief from his death inflamed my stress to even higher levels. It created congestion. There was emotional congestion, mental congestion, physical congestion, and spiritual congestion. I spent my days crying while feeling lost and hopeless. The grief had capsized me.

I sent mixed signals to myself. It was joyous for me to celebrate my son's new place of being as he was no longer ill and suffering. Yet, my missing his physical presence was tremendous. In much the same way as I focused on loving the cancer, as you will read in further chapters, I embraced the grief with love, so it could begin to teach and heal me.

The startling abruptness of the cancer wake-up call signaled to me the life I was living continued to be out of balance. In retrospect, besides living in grief, I was attempting to keep a business going in a direction in which I was to no longer involve myself, thus adding unneeded stress to my life. My adrenal system became over-extended and it felt as if it was having a "nervous breakdown." This was also true for my mental and emotional states.

Did My Grief-Based Stress Trigger Cancer?

In the weeks after receiving the cancer diagnosis, I reflected. Did the dormant cancer cells detect the stress-related hormones rampaging through my body? If so, did that signal the cells to begin their aggressive multiplying process? Were those powerful stress-related hormones the food on which the cancer cells fed? I can't say for sure. At deep inner levels, I knew for me, the grief and stress were the major precipitants.

David Bennett, author of *Cancer for Two: Conquering a Cancer Together* quotes Gabriel Kune, MD Emeritus Professor of Surgery, University of Melbourne: “The stress does not cause the cancer, but it can trigger something, perhaps through change in the immunity, that results in the multiplication of a few cancer cells in a situation that is more than the body can cope with. Alternatively, it might cause a pre-malignant tumour to change into a malignant tumour.”

My physically, mentally, and emotionally depleted body had nothing more to give. That night in the hospital, my body, my mind, and my spirit said, “Enough!” My son, and now, my beloved profession were gone. It was time for me to create new life-affirming stories.

After the emergency department doctor’s cancer pronouncement, I telephoned my husband and daughter who were waiting to hear about the scan outcome. It was challenging and painful for me to be the bearer of such news. With a saddened heart, I listened to their shocked responses.

Still on the gurney, the hospital’s cancer floor beckoned me for two days of further testing. Rolling through the hospital’s labyrinthine corridors, many unknowns grabbed for my attention.

No question about it, learning I had cancer yanked my head out of the deep sands of denial. A drastic life turning point had now developed.

Next: My Ticket to Ride

Cristina Whitehawk
Cristina@PoweredbyGenius.com
602-252-3249 (land line)
PoweredByGenius.com

Health
Inspirational
Memoir
Mind–Body–Spirit
Personal Growth

A Stage IIIC Peritoneal/Ovarian Cancer diagnosis propelled Whitehawk on an intense journey of walking her talk, and walking her walk of her 40+ years of personal growth work.

Hope

30+ *Mystical Moment Previews* guided the author to remission.

Power Perspective

Why Whitehawk chose to love the cancer instead of hating, fighting, or killing it.

Inspiring

Self-forgiveness was her most powerful healing tool.

Enlightening

How Whitehawk incorporated a body-mind-spirit approach with bio-medical approaches to bring about recovery and wellness.

Poetry

Each chapter is preceded by Whitehawk's inspirational poetry.



Finding the beauty in a difficult journey

-- Kayla Danae Ortiz
Las Cruces, NM



My Ticket to Ride

Cristina Whitehawk

