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Subject: Life is a Work in Progress  
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## Inspire • Motivate • Empower

### Breaking the Rules of Imagination Creating Change!

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# Life – A Work-in-Progress

A few months ago I participated in a two hour introductory Japanese Chigire-e torn paper portrait workshop. Over many years I've expressed my creativity using torn paper collage, so I was open to learning something new. The Empowerment Containers I made this summer are a fun example of this. *Click link below.* Each container takes on its own expression with no two of them being alike. Customers enjoy choosing the one that speaks to their hearts or to the heart of the person for which they are purchasing it.

The Chigiri-e project above, a work-in-progress at this point, is to be a creative interpretative portrait of a loved one. Once I finish this portrait, I **won't** do another Chigiri-e as I discovered my arthritic hands coupled with peripheral neuropathy from cancer chemotherapy no longer deal effectively with small bits of paper. Larger pieces yes, which is what you see in this work-in-progress. Yet, using the small paper pieces is what creates detail. Since I am unable to do that, this will be a "big picture" interpretation of my loved one. (A humorous thought I had while working on it, "it's her with a bad make-up job!). The project is starting to grow on me and making me smile.

Yet, doesn't this sound like life? A situation arises. It calls for a new approach. Perhaps it requires a different and/or new structure. This entails

risk taking. A work-in-progress ensues. Results may or may not be as you envisioned. Hopefully you smile through it.

For me, this experience has enriched my life. When I see examples of Chigiri-e, I totally appreciate the skill, the creativity, and the beauty of it. My *primitive* style of Chigiri-e makes me grin. I am so okay with it not being perfect, not exhibiting great detail, or perhaps looking a bit wonky. That's my life- in-progress, it's not perfect, and it can be a bit wonky. I no longer choose to get caught up in irrelevant details that being a perfectionist requires. I embrace, enjoy, and appreciate, the wonkiness of it all. It is quite freeing. In the next newsletter I will post the finished product. In the meantime, I invite you to enjoy your perpetual life-in-progress and celebrate all of its wonkiness.

**Yes, I'll look at the Empowerment Containers**

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## **Executive Focus™** *Transforming the World of Inner Business*

In 2010 and earlier my Powered By Genius business offered private and/or small group **Executive Focus** sessions for women executives. After a six-year hiatus due to my adult son's death, stage IIIc cancer, and my healing, **Executive Focus**, based on the *Whitehawk Focus Mentoring Process* is back for individual women CEOs and small groups. We work with the inner you which guides and empowers your inner CEO.

There is nothing I find as gratifying as working with individuals and groups who are ready to leave their old unconscious ways of perceiving and living and enthusiastically embrace the deep, full changes they can easily make in their lives using the *Whitehawk Focus Mentoring Process*.

Though the **Executive Focus** process is easy and simple to do, it is *deep*. It is not for women who ignore their feelings and look outside themselves for answers. It is for women who are willing to connect with their Highest Self, learn

how to consciously create from that place and manifest outcomes greater than can be imagined! It is time for women to discover, embrace, and express these inner strengths. Our world needs us and are gifts and talents more than ever!

My fee for this service is \$150. per hour or 3 hours for \$425. (completed in 90 days).

To celebrate Executive Focus Renewal the following reduced fees will be available from October 15 through November 29<sup>th</sup>.

\$125 per hour or 3 hours for \$350. (completed in 90 days).

Session are held in person, telephone, or skype.

**Book your appointments now**

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The Foundation for  
Phoenix Institute for Herbal Medicine & Acupuncture  
Research & Education  
and  
National Library of Traditional Medicine  
present  
***Autumn Author Series and Fundraiser***

***"From Cancer to Flourishing"***  
*by Cristina Whitehawk*

"Award winning author Cristina Whitehawk, ovarian cancer IIC survivor, faced her fears and lived to tell the tale. Instead of fighting the disease, she partnered with it; transforming it by using unique approaches that are relevant for both prevention and healing. Cristina has information you won't want to miss!"

**Friday, October 25<sup>th</sup>**

5:30 pm to 8:00 pm  
301 East Bethany Home Road, Suite A-135  
Tickets for the Author's Talk

\$25 includes 1 free copy of *My Ticket to Ride: From Cancer to Flourishing*  
\$30 for 2 people includes 1 free copy of *My Ticket to Ride: From Cancer to Flourishing*

Buy books in advance at [www.poweredbygenius.com/read](http://www.poweredbygenius.com/read) and bring for Free entry to event!

Reserve your seat and register at the link below

Register Now

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## 'Tis the Season is Coming Soon!

Make it easy on yourself . . .

- **Memoir** - for those who enjoy reading inspirational stories. *My Ticket to Ride: From Cancer to Flourishing*
- **Personal Growth** -12 timeless, yet easy to use, activities to support life growth and empowerment. *Heart of Courage: Solutions for Undoing What Fear Created*. Companion workbook to *My Ticket to Ride: From Cancer to Flourishing*.
- **Perpetual Calendar** - for those who have everything! *Doorways to Daily Soul Nurturance*. This is definitely the gift that keeps on giving.

Check out the website for price specials.

Easy Holiday Shopping

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Latest Blog Entry

## Latest Blog Entry

### " You Can't Talk to Dead People"

Beware - contains humor!

I'm ready to read it!

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Cristina Whitehawk, Author

Facebook Page

Daily postings of interesting info and laughs

Please like and follow

Thank you!

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### Book a Cristina Party!

Cristina Parties are always fun. In addition to public speaking, I'm being invited to homes to share and discuss with the hostesses' family and friends about my memoir *My Ticket to Ride: From Cancer to Flourishing*. No two parties are ever the same which makes them so interesting. The discussions are awesome. Contact me and let's plan one together.

I want to plan a Cristina Party



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