***My Ticket To Ride: From Cancer To Flourishing***

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***My Ticket To Ride’s* Three Areas Of Focus**

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 creates blaming. You will often hear or read a statement similar to this: “The (authority) is attempting to find out who or what is to *blame* for this incident.” Pay attention. It will be an eye opener.) 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 be below the ". 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?

If you would like to be notified when *My Ticket To Ride: From Cancer To Flourishing* is available, please add your name to my mailing list. Thanks and smiles . . . Cristina