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January 2020
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Gratitude for the New Year & New Decade

Get in the G Zone Podcast!

I've begun a new year in a large variety of different ways in all my many years. This year's was a first for me - a **podcast** Laura Orsiini of Get in the G Zone recorded New Year's morning. So much fun!

Get in the G Zone is about *Gratitude*. Laura has a Club G Zone Facebook page I recommend you connect with. Uplift your day with some gratitude at: <https://www.facebook.com/groups/ClubGee/>

Also, after listening to the podcast join in to receive notification about each day's gratitude focus.

Here's Laura's intro to the podcast:

"The January 2nd episode of the Get in the G Zone Podcast features an interview with the amazing author, speaker, and soul nurturer, [Cristina Whitehawk](#). The topics are self-forgiveness and the perhaps radical idea of loving cancer, rather than fighting it. Cristina knows it works because she is one of the 25% of women who is still alive more than 5 years following a diagnosis of Stage 3C ovarian cancer. This conversation may challenge you, but if you stick around till the end, it may also lift your spirits."

[Listen to the podcast](#)

2020 Intention Setting Workshop



Conversation With Your Future Self Saying Yes to the Unknown

Uncover and fulfill your Future Self's priority 2020 desires.

Combining the powerful information about the Seven Rays of Light with the breath discovery exercise from my workbook *Heart of Courage: Solutions for Undoing What Fear Created*, we will connect with our 2020 Future Self, align with its focus, and bring into manifestation its desires.

This powerful technique, once learned gifts you with a process for quickly going within to obtain life guidance answers.

Here are a few snippets of participant's testimonials: *I discovered and removed blockages I had no idea were there. . . . a wonderful process for focusing and manifesting change. It was so simple. . . . the blockages are gone! Now I can take action.*

Get in touch with your Future Self and embrace what's in store for you!

Details

10 People - *maximum enrollment*. Only those willing to make the unknown known need apply.

Honor System – The first 10 people who RSVP by return email affirming their attendance can pay at the door. Saying you will attend and not showing up is a no-no!

When: January 26, 2020 (Sunday)

Time: 2-4:30 p.m.

Cost: \$95.

Where: Cristina's Home Office in Phoenix (Location given upon registration).

RSVP by return email. Questions: 602-252-3249

I'll be at the workshop Cristina!

Marie Kondo-ing My Inner Life Changed How I *Perceived* My Outer Life



Does It Spark Joy?

From my reading about Marie Kondo's Konmari method of organization, *does it spark joy* is the question addressed to items during the organizational/reorganizational process. If an item doesn't spark joy, according to Ms. Kondo, it is time to move it to its next place of being. It is time for it to no longer take up space in your home and in your life.

Hmmm. as I read this, I wondered, "What would happen if I applied this concept to my *inner* life?"

To find out . . .

[Find out what happened - click here](#)

Executive Focus

Individual and Small Group Sessions



Based on the *Whitehawk Focus Mentoring Process*, *Executive Focus* is for individual women and small groups. We work with the inner executive within you which guides and empowers your outer accomplishments. Though the **Executive Focus** process is easy, it is *deep*, delivering significant breakthroughs.

The 2020 Intention Setting Workshop mentioned above is a mini example of this compelling process.

Who is it for?

- + women who are willing to connect with their Highest Self, learn how to consciously create from that place in order to manifest outcomes far greater than can be imagined.
- + women ready to discover, embrace, and express their hidden inner strengths.
- + women willing to share their gifts and talents with the world
- + women ready to relinquish old unconscious ways of perception and easily and effortlessly embrace deep, rich life changes using the *Whitehawk Focus Mentoring* Process.

My fee for this service is \$150. per hour or 3 hours for \$425. (completed in 90 days). Sessions are held in person, telephone, or skype.

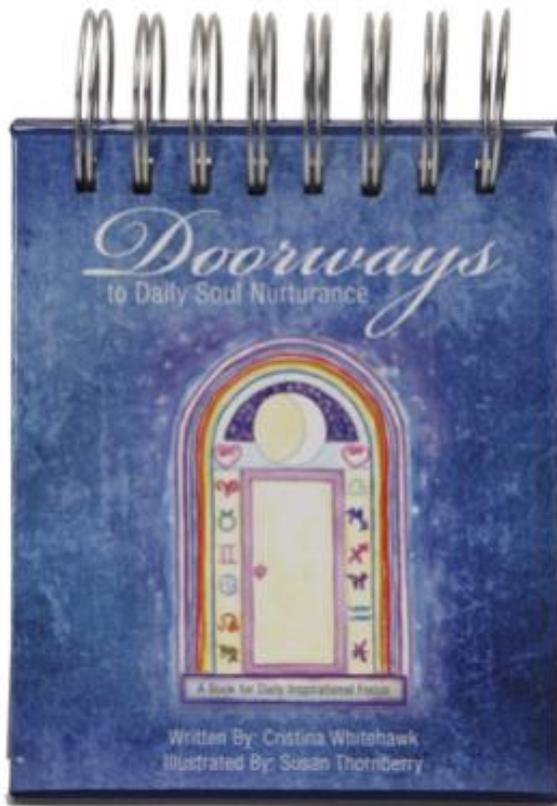
Valentine Day Special

\$125 per hour or 3 hours for \$350. when scheduled between February 7 - 21, 2020.

Gift yourself, friends, family, groups this insightful process for creating greater life expansion

[Schedule Executive Focus session\(s\)](#)

Always A Perfect Valentine's Day Gift!
Doorways to Daily Soul Nurturance
Perpetual Calendar

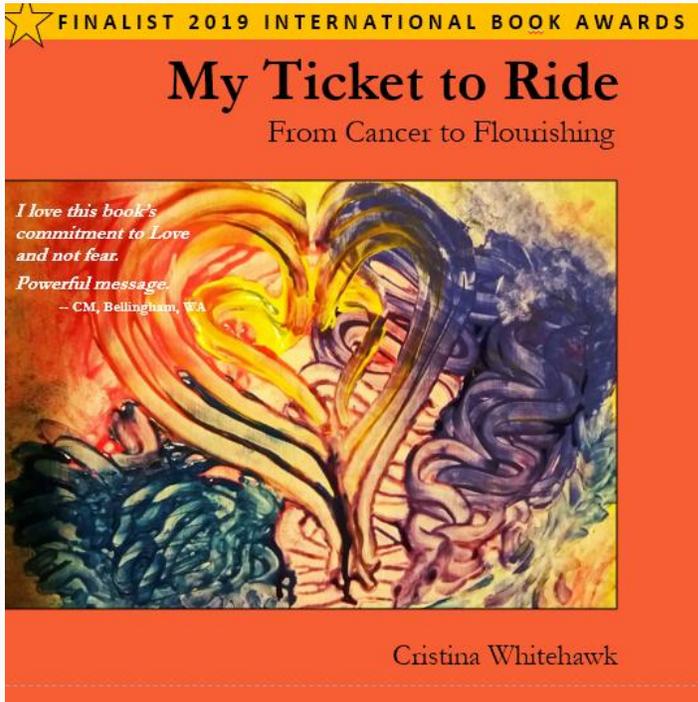


timeless, A-frame perpetual calendar sits on a desk top or night stand, offering a daily uplifting message. It's a great gift for the person who has everything, the person you are not sure what they need or want, and the person who will enjoy a small yet powerful Spiritually based/not religious. *I love this calendar! I go through it one page at a time, year after year, and it always inspires me.* – Julie N. Santa Barbara, CA. \$24.95 + S&H

February 14 message

All
 confusion and doubt
 can
 be
 eased
 by
 tuning into
 and
 listening
 to your heart

Buy Now



A remarkable award winning memoir filled with inspiration, helpful ideas, and supportive guidance for meeting life's demands even if you haven't experienced cancer. On her second reading of *My Ticket to Ride*, JoAnne R. of Scottsdale, Az. said, *It serves as a blue print for being in charge of how to live my life.* **\$24.95** + S&H

Purchase Memoir My Ticket to Ride

Heart of Courage

Solutions for Undoing What Fear Created



Cristina Whitehawk

This spiral-bound workbook offers 12 timeless and simple activities for accessing our powerful inner resources to support our lives in growth and expansion.

Wonderful! Fantastic! Transforming!

– K-lee Starland, Smithville, TX.

Award winning author of *The Audacious Ladies of La Gran Sorellanza*

\$19.95. + S&H

[Purchase Heart of Courage](#)



These fun collaged containers offer inspirational messages and visuals on all 4 sides. Created by Cristina Whitehawk. No two are alike. Fill them with **Valentine Day Delights and Surprises**. \$24.95 + S&H

Inspirational Empowerment Containers

Order Books • Save on Shipping • Let's Have Coffee! Phoenix Valley Area

Let's get together for a cup of "coffee," fill your book order, your empowerment canister order, have books signed by me, the author, and enjoy each other's company. And . . . you avoid the \$8.00+ shipping costs.

Call me at **602-252-3249** and we can set up the date.





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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!

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