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powered by genius

doorways to genius books & programs
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Championing the Personal Growth & Empowerment of Women

Life Reinvented Powered By Genius & Cristina Whitehawk

Welcome Back!

It's been almost 3 years since I sent a newsletter. Written below is the why. This newsletter will be a bit long, however, I wanted to share my story with you. I'm a believer we all learn, grow and heal through each other's stories.

Also, see the **gifts** offered to you at the end of the newsletter.

The OLD Cristina Whitehawk - The OLD Powered By Genius

Many of you receiving this newsletter knew me as a Brain Gym[®] instructor, took Brain Gym classes from me, scheduled private Brain Gym sessions or invited me to present in your schools and workplaces. For this I am grateful.

Some of you knew me as a personal growth facilitator and attended my annual *Focus Your Intention For the New Year* workshops. Or perhaps you attended other of my workshops like *The Inner Business of You*, *The Power of Self* or *Phenomenal Women are Abundant Receivers*, to name a few.

Others of you I have met through networking, travel and the co-creation of community service groups.

The Why of the Reinvention

2 Major Events

- My 39-year old son became ill and died at home.
- 6 months after my son's death I was diagnosed with stage 3C ovarian cancer

The Reinvention Created Gifts

- I am in my 3rd year of remission from cancer – yayyy!
- My priorities are now **Author • Speaker • Empowerment Facilitator**
- I am publishing a new book: *My Ticket To Ride: From Cancer to Flourishing*. The cover is being designed right now. I'm so excited! Below is the cover artwork I created for it.
- I will also be publishing a book about grieving and its healing process. Grieving is an individual process. Hopefully my stories can be of support and encouragement

A Few of the New Powered By Genius' Plans

- **Blog**

Here's the title of one of the posts coming up:

My Whole Chicken Identity Crisis

A humorous bit when I recently discovered I was still subconsciously living a role that was long gone 25 years ago. What roles are you living that are no longer who you are?

- **Website**

My son handled all my business techie jobs and had created my previous Brain Gym based website. It took me four years of personal growth and healing to get to the place of dismantling the old website and re-create the new website. It's still growing. Please enjoy what is up.

- **Irregular Newsletter** (your are reading #1)

I will be sending out my irregular newsletter. Maybe once a month, maybe once every two months - not sure. It will be much shorter than this one.

My 2 Gifts For You

- A weekly inspirational message from *Doorways to Daily Soul Nurturance: A Perpetual Calendar for Daily Inspiration* via email or Facebook. Welcome aboard if you'd like to participate.
- A PDF of the first chapter of *My Ticket To Ride: From Cancer to Flourishing*. It includes the Author Greeting, Introduction, The Three Areas of Focus, Table of Contents and a list of the 23 Mystical Moment Previews showing me I would be well.

This PDF is an informative read for anyone personally dealing with cancer or has a family member, friend, neighbor or coworker experiencing cancer.

My initial readers who went over the first draft said even though the book was about cancer, learning what I did to heal myself can be applied to any disease process. They're right!

Thank You! Thank You! Thank You!

I so appreciate your taking the time to read this newsletter.

Since **The New Me** is reaching out in **new ways** perhaps you know someone or ones that would benefit from this newsletter, if so, I would appreciate your forwarding it or mentioning it on social media.

Many blessings as you move forward in your life. After you recover from their initial shock, may the potholes and speed bumps of your life enrich and gift you like they have me.