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Cristina Whitehawk
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Inspire • Motivate • Empower

Events

Conversations with Cristina

Gifted Intuitive • Wise Woman

"Forgiveness"

Small Group Session Series

As we move into October, we will shortly begin dealing with getting ready for holiday situations. For most people, all the shopping and preparation is a joyful time. When it is not so joyful and dealing with challenging family and friend situations, *forgiveness* comes to the rescue!

Recently, in a private session with a client she reminded me how inspiring the conversations in the session are for her personally and for growing her business. With that sweet nudge, I have launched **Conversations with Cristina**. The first topic is *Forgiveness*.

As I wrote in my award winning book *My Ticket to Ride: From Cancer to Flourishing*, forgiveness is a power tool for easily and quickly creating desired life changes. Here a few of its benefits:

- Keeps you in charge of your life instead of life being in charge of you
- Allows you to live more expansively
- Challenging situations can begin to be easily healed

3 Magic Words

Join this 4 session Phoenix group get-together and learn the **3 magic words** which support you in feeling centered and in charge of your life circumstances—even during the holidays.



From a previous workshop participant:

"This was a great gathering of powerful women helping empower themselves and each other by reminding them how important forgiveness is."

- Oct. 9, 16, 23, 30. (Wednesday)
- 7:00 to 8:45 p.m.
- Location: Cristina's Office in the home, near 7th Ave. & I-10. *Directions upon registration.*
- \$95.

To register: Click the link below. Click "Book". **Click only Oct. 9** (not all 4 dates) and you will be directed to Paypal. I will know you are attending all 4 dates when you choose just Oct. 9. However, if you click all 4 dates you will be billed 4 times. Please don't do that!

[Register Now for the 3 Magic Words](#)

Upcoming in 2020

The Power of Self

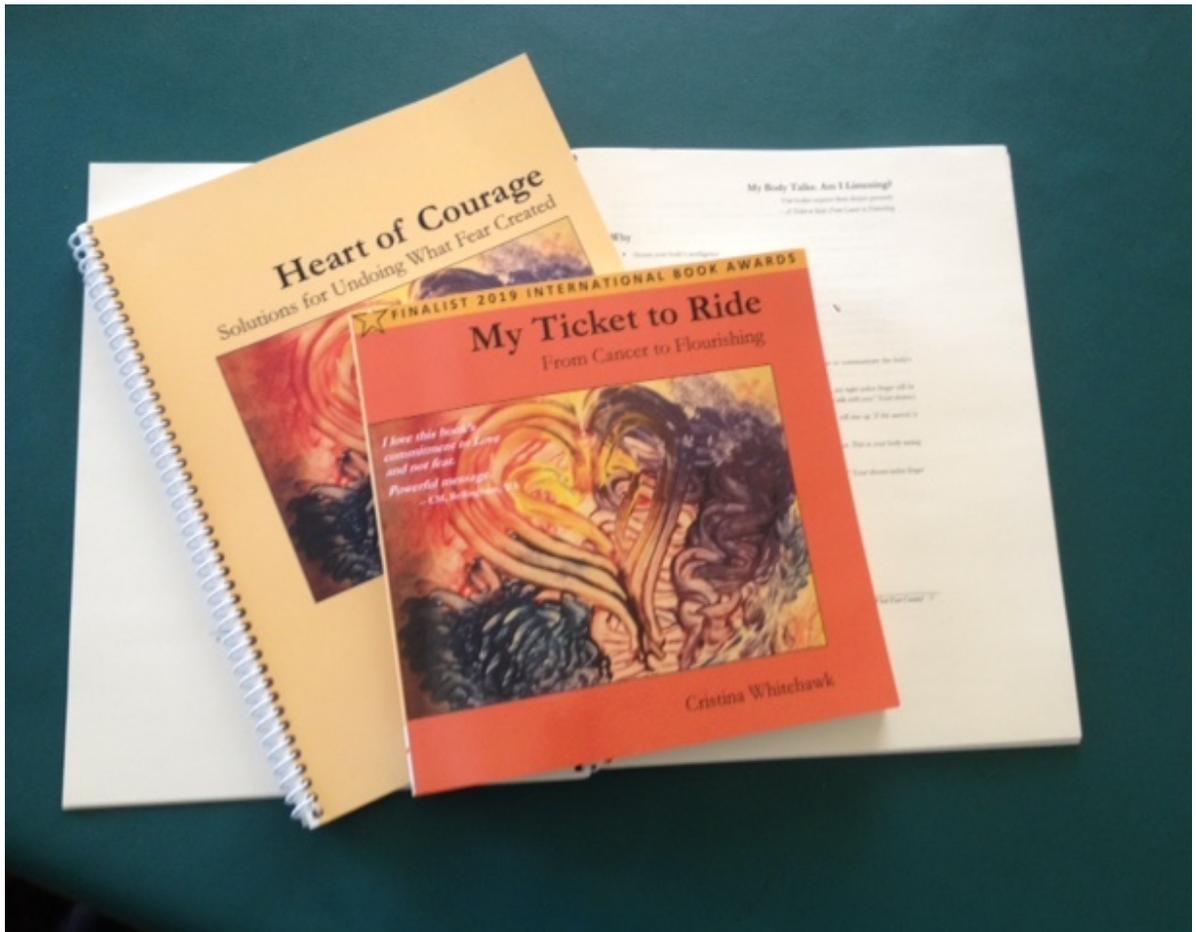
Beginning January 2020 the **Power of Self** 10-session online seminar will be launched. It is based on my workbook, *Heart of Courage: Solutions for Undoing What Fear Created*. Through this series we will cover all 12 chapters. Chapter 3 "Forgiveness is your Power Tool" is part of that series.

Heart of Courage

Solutions for Undoing What Fear Created



Cristina Whitehawk



FUNdraiser!

Autumn Author Series

I am honored to be the chosen author for the non-profit
Foundation for Phoenix Institute of Herbal Medicine & Acupuncture
(PIHMA) Research & Education

and their
National Library of Traditional Medicine
Autumn 2019 FUNdraiser!

The Library of Traditional Medicine's FUNdraiser includes
Book signing • Reading • Discussion
also
Silent Auction • Raffle • Free Auricular Acupuncture • Healing Teas

Friday, October 25, 2019
5:00pm to 8:00pm
My presentation begins 6:00 p.m.
301 E. Bethany Home Road, A135
Phoenix, AZ

Purpose of the FUNdraiser
PIHMA and The Library of Traditional Medicine are at the forefront of bringing greater awareness of acupuncture, herbal medicine, and homeopathy's health benefits into the mainstream health arena. These effective healing modalities cost much less than biomedical methods. In order to successfully accomplish this, further research is necessary.
50% of my book sales for this FUNdraiser will support the **Traditional Medicine Library** databases for online research to validate traditional medicines for use in hospitals and U.S. healthcare

Your participation on Oct. 25th supports that happening.
Thank you!

\$25 for 1 person (includes 1 free copy of book)

\$30 for 2 people (includes 1 free copy of book)

Books will be available for purchase

Already purchased the book? Bring for free entry into the event

When registering below - disregard their 5:30 starting time - it is 5:00

[Purchase Tickets & Support a Great Cause](#)

Private Conversations with Cristina [Book an Appointment!](#)

\$150. per hour

-or-

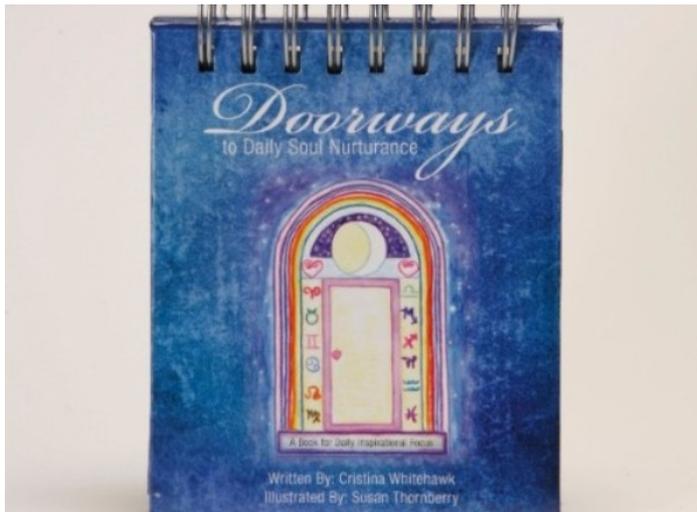
\$425. for 3 sessions
(Completed in 90 days)

In person • Telephone • Skype

"I always discover a deeper layer of myself that is ready to be revealed when I work with Cristina." - Marcia Richards, Phoenix, AZ.

[Email me your telephone/text to set up an appointment](#)

Speaking of Holidays Coming Soon!



Doorways to Daily Soul Nurturance

Perpetual Calendar

This is definitely the gift that keeps on giving!

- for -
Birthdays
New Year
Weddings

**Anniversaries
Graduations
New Home
The Person Who Has Everything**

I love this calendar! I go through it one day at a time, year after year, and it still inspires me.

– Julie Newendorp, Santa Barbara, CA.

\$24.95 + tax, s/h

[Click here for the gift that keeps on giving!](#)

Blog on Over!

Here are my latest 2-minute read

blog posts . . .

Cancer is the Messenger—Please Don't Shoot the Messenger

Accessing the Golden Nuggets Within Fear

Parachutes of Fear

The next one will be titled *I Won the Lottery*

Check them out - leave a comment - tell me what you think!

[Blog](#)

**Thank you for
forwarding this newsletter . . .**
and thank you for reading it.

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