

I AM

MY STRONGEST SELF

C₂

A GIFT OF
SANCTUARY



I AM SEEN. I AM HEARD.

That wasn't always the case.

And today, I can tell you it's still a daily practice for me.

To remember that I AM.

I am Christine.

A 55+ wife and mom of two daughters who was diagnosed with cancer on my 25th wedding anniversary.

When you hear the c word, many then rattle off the diagnosis, the stage, the treatments, but I've forgotten all of that— those terms do not define me.

Instead, I wish to share one thought.

I believe with all my being that my healing is the result, and continued result, of augmenting standard care practices with science-based holistic healing for mind and body ... modalities that inspire, nourish, and enliven my soul.

Hope you'll join me on these next journal pages. It's a bit of my journey through healing and my continual quest to redefine through the lens of beauty.

May this story give YOU a little bit of sanctuary along the way.

Always.
All ways.



MY STORY

I feel that my whole life has put me on this path to share this healing framework with YOU. If you are navigating a diagnosis, a challenge, or quite simply, if you are seeking more out of your life, I understand. There is a path forward where you can THRIVE . . . even in the midst of it all.

As mentioned below please consult your medical advisors before beginning any new protocols. My medical team at Emory is always open to conversation in this area. If you are not finding that openness, perhaps you might seek another opinion or referral. I believe there is a way to find that openness. Every woman deserves this.

Speaking of opinions/referrals, I wish to share a little story that—as I look back—is truly the basis for what came next in my healing.

Over 16 years ago I was expecting my second child in October. As the wife of a football coach, I knew I could easily have this baby alone, and as only explained by divine intervention, two different women told me about their hypnobirthing experiences. From there, I was hooked and, not only found a course through Yale University Hospital, but convinced the instructor to come to my house on the dates my husband was in town.



*Always check with your gut, your higher power, and your doctor before starting any new practice. Not intended as medical advice, for educational purposes only.

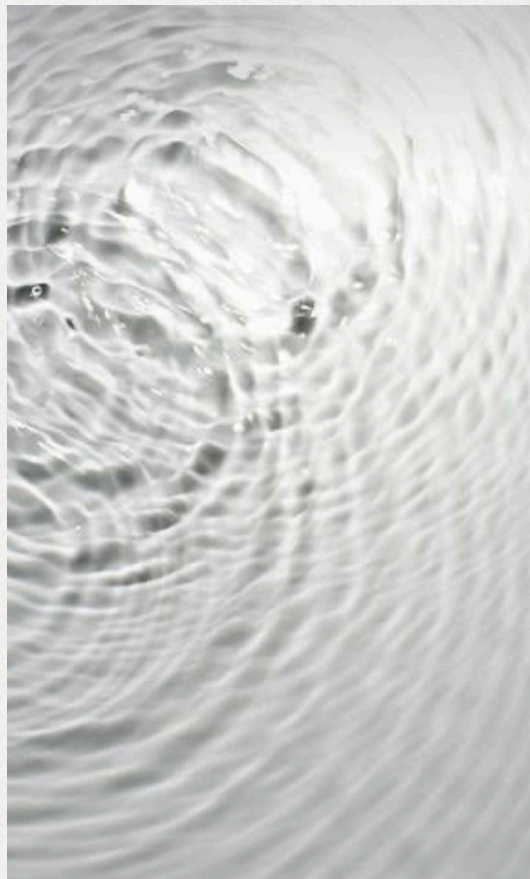
BEGINS HERE

As luck [or manifestation?] would have it, I went into labor on game day, but successfully delivered my baby girl within 15 minutes of my doctor's arrival. Yes, it did involve an ambulance ride and a 2+ hour reckless drive by my husband down I-95. But this same body, same doctor, same hospital, same drug-free experience delivered my second baby in 15 minutes, with complete calm. As opposed to my first baby that was multiple hours of hard labor and two hours of pushing through blood shot eyes. I still have a bit of angst when I see the words PUSH on any door.

So what changed? Simply put, my mind.

With the help of the well-documented, science-based practices of Marie Mongan and Dr. Jonathan Dye, my mind removed my fear of labor and delivery so that my body could do exactly what it was designed to do.

And from this foundational experience, I had the mindset ready to seek more and more importantly, the proof that holistic practices could augment traditional medicine for greater healing, allowing me to thrive—even in the midst of it all.



*Learn more about the Hypnobirthing Institute and founder Marie Mongan [HERE](#).

THREADS OF GOLD

I'm confident saying my journey toward healing began long before my diagnosis. I think it is ever evolving as I move through the decades of my life and the challenges that appear. And when you examine your life, I believe, you too, may begin to see a thread that has carried you through.

And the day I started down the path of my diagnosis, so many of these threads of gold were there, fully helping me, holding space for all the twists and turns ahead. As I look back these guiding lights—gifts during some of my darkest of days—have been a divinely given lifeline. I am forever grateful for this awareness of God as my life continues to unfold.

I AM: MY STRONGEST SELF™ are the SIX guiding principles that emerged after self reflection of my own healing journey. However this has expanded since my cancer diagnosis as my life continues to twist and turn in ways unimaginable. These guiding principles are my constant source of sanctuary.

Let's dig a little deeper, shall we?

And perhaps let these guiding principles be a source of inspiration and a path for bringing more into your life . . .for YOU are on an incredible, transformative journey of healing.



*Download our free
I AM MY STRONGEST
SELF mantra and
recording to help
redefine what it means
to thrive in the midst
of any challenge HERE.



THE SIX

Your body is meant to heal.

And I feel this with my whole being.

As Thich Naht Hang said “When we give ourselves the chance to let go of all our tension, the body’s natural capacity to heal itself can begin to work.”

Over the past months and years, I reflected on my journey through cancer and as mentioned earlier, I recognized a few ideals and practices that were guiding me. Mind you, I had a lot of time for reflection as my journey began right on the cusp of 2020.

I know 2020 was a painful time in our world, yet I can’t ignore the coincidences of stillness and surrender this time period afforded me. In one of my journals—I had so many—I actually wrote the word PAUSE so big it took up the entire page. That was December 2019.

So pause I did, because for months I felt like I was drowning in a sea of fear, trauma, and despair. The only thing I could think to do was to be still. To try and float as best I could.

And as I floated, I learned to listen to the whispers on my heart and surrender over my power. No longer capable of having the answers or controlling the outcomes, I let others take the wheel. My loved ones, my higher power and a variety of holistic healing modalities all carried me through the darkest of times and continue today.

What emerged years later was the recognition of this set of guiding principles that I believe were part of and continue to be part of my healing path. I call them The SIX. And for me, it really has become a gift of sanctuary. A daily practice, if you will. One that I don’t always get right, because life is ever-changing, evolving. And I am evolving. But I vow to no longer sit in that victimhood of ‘life is happening to me’, and instead strive for LIFE AS ME*.

So let me start from the beginning and share The SIX with you now.

“You can look at your own body for the evidence that it has a natural capacity for healing. A broken bone heals itself naturally. A cut heals naturally. But don’t take my word for it—look at the National Institutes of Health, Duke Health, The Temecula Center for Integrative Medicine, and more. Numerous studies have shown that the human body has a tremendous capacity to heal. - Lisa Roche

*This life-changing sentence comes from the work I did with thought leader, Wynn Godbold. She’s an incredible resource for bringing purpose and possibility to your life. Learn more [HERE](#).



These are THE SIX guiding principles
that helped me thrive not only through
cancer but continue my healing
journey through life.

Because let's face it life is both
good and hard all at once.
Always. In all ways.

NO. 1 Stillness

NO. 2 Surrender

NO. 3 Nourishment

NO. 4 Radical Self Care

NO. 5 Community

NO. 6 Intentional Beauty

A GIFT OF SANCTUARY

STILLNESS

NO.1

In 2019 I was shaken to my core, drowning in the diagnosis of fear and the practices mentioned below allowed me to find stillness so I could listen to the whispers on my heart.

I sought cranial sacral massage, sound baths both in person and found free online, guided meditations and visualizations plus I was already subscribed to the Calm app—these modalities were everything to me.

The sound healings were especially helpful as no effort was needed. During a time when everything felt overwhelming the sound healings were a gift. So I sought to go deeper and through C2 collaborated with EEG expert Nicole Gibbs—she studies brain waves—to curate a series of free sound healings aligned with THE SIX guiding principles.

And when trauma entered my life in 2024 through an unimaginable home invasion and attempted assault in the middle of the night, these sound healings were my lifeline, and continue to provide the stillness I seek. They are truly a gift of sanctuary.



image | MINDFUL PHOTOGRAPHER COACH

*You can experience our free C2 custom sound healings anytime you need them [HERE](#). And for more detailed info about the science behind sound healing listen to our podcast [HERE](#).

SURRENDER

NO.2

In that stillness I then literally gave in and gave up control.

I was already working with a life coach before my diagnosis so we just pivoted and my coach met me where I was each week. My husband stepped up as an advocate in all ways so I wasn't constantly recounting my diagnosis, chasing doctors or googling my prognosis.

Insurance provided me with the standard of care, but it wasn't enough. I was tired of talking to therapists. I felt like I needed strategies so I pivoted and worked with the genius of Lisa Roche. I also had calls with a friend who was a coach/survivor/thriver and she introduced me to GNM [German New Medicine]. All of these science-based practices opened my mindset allowing me space to surrender. I also wrote a ton and burned many of those pages ceremoniously at the fire pit. Boy did that feel like surrendering.

Let's be real, giving up control is and continues to be a hurdle for me, it's something I have to practice every damn day.

Surrendering to the flow of life, into faith, into God's plan is a daily practice for me, one I don't always get right, but I am committed to leaning into faith always, in all ways.



image | MINDFUL PHOTOGRAPHER COACH

*You can experience Lisa Roche's guided meditations infused with Reiki anytime you wish [HERE](#).

NOURISHMENT

NO.3

When my oldest daughter was two, I made a commitment to healthy eating and over 20 years ago hosted a nutritionist at my house with my mom friends, so that seed was planted early, but there was so much more I could learn.

About three years prior to my diagnosis, another friend helped me with supplements and who [lo and behold] was part of a nutritionist team specializing in helping cancer patients. How incredible was that? They have since retired, but they were pivotal in my journey to thrive.

Again here are those golden threads carrying me through life's twists and turns—helping me turn what initially felt like lack into abundance.

I also consulted with the free nutritionist program at Piedmont Hospital to double check that everything I was doing aligned with science and my treatment plan. I modified my diet to remove refined sugars, dairy and meat. Another friend of mine was a vegan chef and generously made meals for me. We would meet every Monday even during COVID. We even did a cooking class with friends once we could gather again—every one of those meals was always so joy filled, reminding me to celebrate always.

Over time my mindset began to shift. I learned how to accept help, even RECEIVE a compliment—not just give one—humbled by the grace I was being shown. Receivership was a big part of nourishment for myself as well—nourishing every part of my mind, body and soul.



image | MINDFUL PHOTOGRAPHER COACH

*Interested in the vegan lifestyle? Follow Jennifer Horton's online vegan guides [HERE](#).

NO.4

This is where remote Reiki, physical therapy [my therapist at Emory was everything to me], and a simple yoga practice sometimes in bed, plus walking [thanks COVID] helped give me strength. I also guarded what I listened to and what I watched—asking friends to send me anything funny. When I could, I treated myself to evening baths. I created and wrote out a daily mantra that became my lifeline. And today I continue to recite that daily mantra and my gratitude, along with simple practices I hold dear.

Every morning I drink a glass of water before I step foot on the floor. I'm intentional with that glass, pouring it from a beautiful carafe so the practice itself is meditative and the glass vessel is actually restorative. I also try to listen to one of our C2 curated sound healings. I remain committed to some form of movement each day, but have to say that doesn't always happen especially in winter. My yoga practice has taught me compassion and grace, an awareness that I am exactly as I should be.

I also try to hold one afternoon during the week for dream days—no work, no tech allowed, which is so hard for me to remain consistent. So I often make a trade of a 20 minute nap instead [I set a timer] or a MAP session which helps my subconscious work through limiting beliefs. Much like the hypnobirthing modality I learned over 16 years ago, this practice became my lifeline when my family experienced multiple job losses and more recently, a home invasion. These neuroscience-based sessions have allowed me to feel safe in a new home and move forward with more clarity and vision than I thought possible.

Putting myself first on my list has been a game-changer for me.



image | MINDFULPHOTOGRAPHERCOACH

*Colette Streicher, the founder of MAP, explains how this method and neuroscience are utilized to create lasting change for many HERE.

COMMUNITY

NO.5

At the time of my diagnosis I was in a virtual book study group ['Hope Heals/Suffer Strong' by Katherine and Jay Wolf] which was pivotal in my growth. I have so many synchronicities with those books. This book study group, started two years prior to my diagnosis, carried me through and helped hone my spiritual soundness. I was able to feel the hand of God, the golden thread if you will, that appears in the midst of it all.

I also joined cancer support classes at Piedmont Hospital which were amazing [and free to any cancer patient regardless of hospital affiliation]. They offered many workshops but once COVID hit that went silent. I also invested in an online class from a thought leader I met when I lived in South Carolina years prior [see page six] . . . it was transformative and I credit Wynn and her class for bringing my vision of STAY127 to light. We also studied line by line 'The Science of Getting Rich' written in 1910 and I believe this mindset is what guides the C2 purpose-driven mission.

Probably the single biggest community connection was a dear friend's support call I joined during COVID. Then in 2023 I created the weekly C2 Community Call modeled after this call. It is such a lifeforce. Three years ago I actually flew to Florida to meet a group of those strangers on the call . . . it was absolutely magical.

Everything around that call is pure beauty. It's the thread I carry always.



image | MINDFUL PHOTOGRAPHER COACH

*I strive to create the same level of support and thriving message in our free weekly C2 call that we host every Tuesday morning. Please join the C2 community [HERE](#).

INTENTIONAL BEAUTY

NO.6

Beauty for me is about digging deeper and seeing myself as art—LIFE AS ART where nothing is broken and instead, the pieces are so much more beautiful gilded back together. I literally used the art of Kintsugi via Youtube to physically put pieces of broken pottery back together as a metaphor for myself. Artful. Cathartic. Transformative.

During my diagnosis I also created a new sight line the moment I woke up —no more piles of heaping clothes and medical stuff in my view. I pinned inspiring magazine swipes on a board then shopped my house and moved a sculpture to a pedestal front and center. I was also intentional with what I wore to my doctor appointments, how I packed for all the hospital visits, even down to the water bottle I carried around.

From a practical side, I started to detox all my makeup/skincare at a mom/daughter Beautycounter event years prior. I did that slowly over time because clean beauty is expensive. And in December of 2020 I set an intention to connect the beautiful world of Bella Cucina to my new business—which fast forward to 2023 we collaborated with Bella Cucina during the first season of our C2 Community Call. More threads of gold.

And probably the most significant and divinely given turning point for me was when I reread the book 'The Tree that Survived the Winter'. . .it was a gift 25 years prior from the author. I felt drawn to reread that book when I learned of her sudden passing six months after my diagnosis. As I reflect, it was at the lowest point in my life and her beautiful words gave me such hope, faith and filled my heart with so much love. . .it was everything for me. It was where I began to shift my mindset to one of intentional beauty.



image | MINDFUL PHOTOGRAPHER COACH

*The original hardcover 'The Tree that Survived the Winter' is out of print, but you can find the softcover [HERE](#). It is one of my favorite gifts to share and I believe a metaphor for a woman's profound faith in God's love.

I AM SEEN. I AM HEARD.

And I hope you feel those words.

To remember the simple I AM.

I also wish to leave you with one final passage.

The thoughts and ideas shared here, are just that—one person's continued journey through healing and nothing more. So please take what you like and leave the rest.

I seek to honor the daily practice of thriving in the midst of it all, and I am ever grateful for the lessons I am learning. There are days I may not get it right. I am not perfect, nor do I need to be.

My simple wish is for C2 to become a sacred gift wrapped in beauty for YOU to open, fully receive and discover YOUR version of what it means to thrive.

With gratitude,

always,
all ways,



800 394 0175

C2CARE-REDEFINED.COM



THE GIFTS OF C2

What is C2care—redefined?

Born from personal challenge, C2care—redefined exists to empower women to reconnect with their brilliance and inner beauty. It's a sanctuary for healing, built on the belief that life is art-capable of transformation through beauty.

Our three-part healing blueprint

part no. 1 C2 COMMUNITY CALL

Tuesdays @ 10:30AM ET - Free

A one-hour phone call where you're seen and supported—without needing to say a word. Each session begins with a gentle weekly theme that can be used as a mantra or journal prompt to guide your week.

[JOIN THE CALL](#)

part no. 2 C2 SOUND HEALINGS

Free Audio Library

Sound journeys created with binaural beats and solfeggio frequencies by C2 with EEG expert Nicole Gibbs. Designed to restore calm, enhance creativity, and improve sleep and focus.

[DOWNLOAD THE RECORDINGS](#)

part no. 3 I AM: MY STRONGEST SELF™

The 6 Guiding Principles

A free mantra to help redefine what it means to thrive—even in the midst of challenge.

[DOWNLOAD THE MANTRA](#)



Experience Transformation Through the Lens of Beauty

Because healing isn't just about surviving—it's about restoring, receiving and redefining.

800 394 0175

C2CARE-REDEFINED.COM

copyright ©2025 | C2 redefined LLC

