

Chris Plâtel Newsletter - Are you having FUN this Summer?

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Seven Questions that Can Change YOUR Life

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Are you having FUN this Summer? Or is life just the same? It's not too late. What ideas do you have to make the rest of the summer fun?

These questions may sound a bit strange to people who have children, and live in North America, because kids have already gone back to school in most areas. However, in England, where I've been since May 24, school doesn't start for several more weeks. Frankly, the weather has been so cold and overcast here that it feels like we haven't actually had a summer. Perhaps that's why I am asking you (and me) the above questions.

Here are 7 questions that can help you re-evaluate your summer, and indeed your life. TIP: What you enjoyed doesn't have to be something Big. It could be a moment in time when you felt completely YOURSELF; perfectly SATISFIED; really EMPOWERED; highly CREATIVE; wonderfully CALM and PEACEFUL. Maybe you've had an important insight or experience that has helped - or could help - you GROW:

1. Which experience felt like the most fun?
2. How easy would it be to re-experience what you enjoyed?
3. How often could you do that on a regular basis?
4. When can you allow yourself to enjoy that again?
5. What would change in your life if you could enjoy that more often?
6. What would change in your life if you didn't allow yourself to do that on a regular basis?
7. Are you ready to make that change now?

Here are some experiences that I have enjoyed over the summer:

A. Spending more time with my family. Really, even working through some of the difficult moments have ultimately brought more joy to my life because they have allowed me to see my strengths, and also my challenges. So I can be happy about validating my strengths, and I have more clarity about my challenges.

B. Floating in a pool; relaxing in a jacuzzi, and also a steam room at my brother's sports club. I sang a LOT while floating in the pool, and it felt great!

C. Mastering the art of using public transportation - trains, buses, the tube (subway), trams, and of course walking from one to the other - all over the Greater London.

D. Doing Voice Movement Therapy (VMT) on a weekly basis at a MIND Drop-in Centre for the mentally ill. This has been a most amazing experience for me, as I have learned and played and grown along with the Clients. The Director of the Centre has been very supportive of my work. In fact she is trying very hard to keep me in England, so that I can continue doing VMT at the Centre. If only I could be in 2 places, but I have to return to Florida on August 27th.

E. Giving a VMT Class at Shepherd's Bush Library, London, on Aug. 14, as part of a national Festival of Singing called: "The Nation Sings." That was very exciting and a whole lot of FUN! The Festival culminates on Aug. 24 with the Handover of the Olympic Torch and Live Feed Singing Events that will be telecast on giant outdoor screens up and down the whole of the UK.

F. Stretching myself by spending 3 months in the UK, and knowing that all I have to do is remain in integrity and stay alert to opportunities, and the right ones will present themselves both personally and professionally.

G. Letting go of fear, and realizing that one is ALWAYS in the right place at the right time.

TELL ME WHAT YOU'VE BEEN EXPERIENCING THIS SUMMER; and also WHAT YOU'D LIKE TO CHANGE IN YOUR LIFE. Contact me for your FREE CONSULTATION

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UPCOMING EVENTS:

Wednesday, September 10: My Monthly COACHING GATHERING is back on track. We meet from 7:00 PM - 8:30 PM on the 2nd Wednesday of each month at:

The Florida House Inn Conference Room (opposite Espana Restaurant) 31 South 4th Street, Fernandina Beach, FL 32034

Topics of Discussion change every month and are always uplifting and thought-provoking. I do some on-the-spot coaching for those who would like help thinking through a challenging situation; or need coaching on how to manifest a dream.

This month I'm going to change the format and offer a FREE Class in SOUNDING, MOVING, SINGING: A Voice Movement Experience

We'll sound, move, and sing to ground the voice in the body, and channel emotions into creative process. The songs of your life become the focus. Expressing them can be profoundly healing, and lots of FUN!

RESERVE YOUR SPACE here. Tell me how many friends you want to bring.

NOTE: This is a PREVIEW to an upcoming WEEKLY VOICE MOVEMENT THERAPY GROUP and a WEEKEND WORKSHOP on AMELIA ISLAND. Workshops in other places in the world are planned, so if you would like me to come to where you live in the world please let me know immediately and I can put the wheels in motion.

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FRIENDS' CORNER

August 27 -31: The first ever Amelia Island Songwriters Festival. See the Event Calendar Award-winning Songwriters will be performing; there are Songwriting Contests every night; and my favorite Songwriting Teacher, Jason Blume is giving some workshops. See you at the Festival!

LOCK AND KEY EVENTS - There's a Party somewhere in the USA every week! Lock and Key Events are the new, interactive and FUN way to network, meet your match, make new friends....or just to have a great time! USE CODE: CAP7 and you'll get \$5 OFF the registration fee. Reserve your space at their site.

Tuesday, September 9: The monthly NSAI (Nashville Songwriters Association International) Regional Workshop Jacksonville/Fernandina Beach is back on track. We meet from 7:00 PM - 10:00 PM on the 2nd Tuesday of each month at:

The Florida House Inn Conference Room (opposite Espana Restaurant)31 South 4th Street, Fernandina Beach, FL 32034

The Program follows the NSAI format for all Chapters and includes a Pro-Songwriter Lesson; Song Critiques (Bring a song to sing, or play your CD, plus 4 copies of your lyrics). This is a place for education on the art, craft, and business of songwriting; where you will also receive support and have an opportunity to network. Email Chris Platel to let me know if you are coming.

Friends, please feel free to contact me with your questions and comments.

I also hope to see you in a Live Event, or speak with you on a Teleclass soon. And remember that I offer FREE Consultations for all my services.

I would appreciate you sharing my Newsletter with those on your list; and you may do so provided it is forwarded in it's entirety.

Sending Love, Light, and Joy to each of you.

See you soon!

Chris :)

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Healing the CORE... Becoming WHOLE

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to a class of mine and you need directions.

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