

Christine-Anne Plâtel Newsletter: BECOMING EMOTIONALLY FREE

August 2007

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FREE MONTHLY COACHING GATHERINGS RETURN!

I really enjoyed giving my Free Monthly Coaching Gatherings, so I decided to do them again in person, and also via the Teleclass format. They were always a lot of fun, and we all learned and grew together. There'll be some **open discussion time followed by On-the-Spot Coaching**. BRING YOUR FRIENDS and A SITUATION THAT YOU WOULD LIKE TO RECEIVE SOME COACHING ON. COME MEET NEW FRIENDS TOO!

Thurs. Aug. 9 in Fernandina Beach, 6:30 pm - 8:00 pm

FLORIDA HOUSE INN CONFERENCE BUILDING - Enter through Main Door on 4th Street - Opposite Espana Restaurant. Kindly [RSVP](#) so I know how many to expect.

OR

Tues. Aug. 14 via Teleclass, 8:30 pm - 9:30 pm

Dial-in Number in USA: 605-772-3045 Access code: 1022297# (Press the # sign too)
Kindly [RSVP](#) so I know how many to expect.

BECOMING EMOTIONALLY FREE AT LAST!

The other day, I shared with you that Dr. Deepak Chopra's IntentBlog site had published an article of mine about RE-INVENTING YOURSELF. (You can also find that article in my Newsletter Archives on my site.) **One of the most important ways that we can re-invent ourselves is by Becoming Emotionally Free.** By nature, we humans tend to be reactionary, so it's hard to stay in the present when certain situations trigger painful memories. More often than not, these memories lie buried in our unconscious, just waiting to trip us up. So we react rather than respond to a situation. In that moment we are not fully in the present, and so it can be difficult to be objective.

Here are some clues that will let you know that you are not yet emotionally free of the past:

- Do you sometimes clam up, instead of speaking up?

- Would you rather not express your feelings or ideas for fear that you will either not be heard, or become engaged in a confrontational encounter?
- Is it hard for you to let go of sadness, anger, fear, dread, anxiety, or depressive feelings?
- Do you feel frustrated or irritable sometimes?
- Is it difficult to get motivated to make the changes you desire?
- Do you sometimes feel lonely in a crowded room?

If you'd like to become emotionally free, then the first thing to do is begin noticing your reactionary process; and the kinds of situations and/or people that trigger them. You'll see that **there is a familiar pattern, and ancient history showing up**. You may begin recalling similar feelings when you were a child, or a teenager. It's a great idea to keep a journal about your feelings and your reactions.

The next step is to do something to intervene on your normal process. In other words, **you need to stop yourself in your tracks, if you want to take a new path in life**. Taking a breather, and literally doing some deep breathing will help; as will a short time-out. Take a walk, even if it's just down the hall, or to the loo (that's the English term for restroom.) But remember to take your time-out politely. i.e. Let the other person know that you just need a moment to gather your thoughts, and understand your emotions, and that you will return soon. It's a good idea to let them know how long you think you'll be gone. Otherwise you may be triggering some more issues for them.

I used to be in a relationship in which my boyfriend left the house whenever we had a disagreement. It took me a while to let him know that when he left, my abandonment issues were triggered. He explained that he left because he felt bad about hurting me, and just **KNEW** that I wouldn't want him around. Nothing could have been farther from the truth. I wanted him to stay and discuss the issues, so that we could come to a place of resolution and healing as quickly as possible, and feel close to each other again.

Of course there were times when he still needed to take a breather, so he'd leave. However, his time away became shorter, and shorter, and he'd always call me from the car a couple of times too. By the time he'd returned we were able to discuss things more rationally.

EMOTIONAL FREEDOM TECHNIQUE: There are many techniques that can help bring you into the present. Some are short, and some can take as long as an hour or more before the benefits can be felt. But there is one method called **Emotional Freedom Technique (EFT)**, that helps shift energy very quickly - even within a few seconds, once you have

practiced it. I have worked with EFT for the past 10 years and I've seen amazing results. Here are some experiences that recent clients of mine have shared with me:

*"I'm really clearing a lot. Actually more is surfacing - its like the beginning of the clearing. The technique is like the cherry on top that I needed to be able to follow, and persuade my energy flow. I'm very in touch with my energy anyway, but **now I have a sense of the dots being connected** instead of random (places where energy flows.) Thank you!"*

A.E., Bodywork Therapist

*"Thank you for the wonderful work that you taught me yesterday! The feeling continued on through the day and there were some interesting physical aspects that I felt such as my upper back. It had felt like it had fallen into place. I must have been holding a lot of stress there! **I could not imagine being the old way again.**" (NOTE: This client's husband actually came on phone at the end of our session to thank me for facilitating positive changes for his wife.)*

W.S., Business Owner

In a session just this morning, the client above had more to share:

*"You helped me get out of the dark, unhappy place that I've been in for 40+ years. Since our work together I've have had one epiphany and release after another. I know that other things will come up and I'll be able to release them. I've been a hostage to those deep, dark feelings for so long. The ugliness is gone and been replaced by beauty. The technique helps me to keep going forward. **This is a life-changing experience for me. I treasure this work.**"*

You can see that change IS possible, and it's a beautiful way to experience the shifts. I always tell my clients that **with this Technique one can go to the scarier places without fear of staying there, and release the energy.** So if you are ready to BECOME EMOTIONALLY FREE AT LAST [contact me](#) for your Free Consultation and let's get started. [There's a whole new world out there for you to ENJOY!](#)

EVENTS

Sat. Aug. 4, 12:45 pm - 2:00 pm FREE PRESENTATION ABOUT **YOUR METABOLIC TYPE** and **THE ADVANCED METABOLIC TYPING DIET** @ CORE FITNESS FOR WOMEN, 9802-05 Baymeadows Road, Jacksonville, FL 32256
For Directions please use Mapquest or Google Maps, or call the Gym (904) 997-9577

Everyone's metabolism responds differently to cravings, hunger, energy, mood swings, mental focus, etc? This Highly Individualized Program analyzes metabolism in 3 areas: *Physical, Diet-Related, and Psychological.* **Come learn about which Metabolic Type you are, and how you can enjoy optimum health and wellbeing by eating the categories of foods that balance your Individual Metabolic Type.** All those who attend will RECEIVE A

DISCOUNT COUPON to use for any one of my services, plus a chance to ENTER A DRAWING TO WIN A FREE COMPUTERIZED METABOLIC ASSESSMENT. Kindly [RSVP](#) so I know how many to expect.

FRIENDS' CORNER

COMMUNITY DRUM CIRCLE, AUGUST 4th from 7PM - 10 PM

Main Beach Gazebo, Fernandina Beach, FL

Sandie Lythgoe leads this circle on the 1st Saturday of each month. You don't have to be a drummer to attend and have fun, and all ages are welcome.

Please join in with your hand drums, rattles, shakers, soda pop cans filled with dry beans, or whatever percussion instruments you have. If you don't have any, Sandie and her Drummer Friends from Jacksonville usually bring extra drums to share.

[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](#).

How It Works

Every woman gets a padlock. Every man gets a key. Your goal is to match the right key with the right padlock. Every time you unlock you get a ticket that enters you into the drawing to win great prizes from our party sponsors. Prizes such as cold hard cash, hotel stays, dinners, tickets to popular things to do and more. Lock and Key Events are a great alternative to the club scene and traditional socials since the fun and unique ice-breaker format ensures you meet tons of new people!

CANOPY MOON CAFE opened recently in Fernandina Beach. It's on South Third in the Courtyard of Bright Mornings. **We needed a place to eat that stays open late and is also affordable, and Canopy Moon offers both.** Tasty light meals, snacks, scrumptious desserts, and smoothies. Open daily, 6:00 PM - Midnight.

[JUST-IN-TIME COACHING via SKYPE Prime Services](#)

From the Skype Link [here](#), or at anytime from my [website](#) pages, you can now contact me for on-the-spot coaching without having to make an appointment. Skype will bill you directly. So if you need some coaching in a hurry, or you have some ideas/issues that you'd like to sound out with me, you can now have instant access. Of course it is still more cost-effective to book a series of sessions with me by [E-mailing](#) rather than using SKYPE Prime Services.

Wishing you Happiness and Peace!

Chris

Christine-Anne Plâtel

* Life and Relationship Coach & Mender of Broken Hearts!

* Coaching and Classes to Empower and Enhance Your Mind Body and Creative Spirit

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