

Christine-Anne Platel Newsletter - HAPPY VALENTINE'S DAY!

February 14, 2008



Hello Friends,

I hope that you are doing something wonderful for yourself today. If not, please take a moment to ask yourself what would make you feel fabulous, and do that.

At the very least, stop for a few minutes - take some deep breaths, and SMILE. If you can LAUGH too, all the better!

I was re-organizing some files the other day, and I came across something I'd written in July, 2004. I entitled it "Freedom" because that's what I felt when I'd finished writing. I'd like to share it with you for Valentine's:

FREEDOM

I am here now, so what does it matter

where or who I am?

Where and who only serve categories;

and I am not a thing

to be neatly shelved, sorted, defined, slotted

into someone else's fears.

I am free to BE - just that

- with no explanations or excuses.

I am giving up my fears -

my need to be understood.

There is no reason.

To BE is reason enough.

It is freedom.

More than that is unnecessary.

Enjoy the freedom of BEING your TRUE and BEST SELF!

Contact me for your FREE Consultation if you need help with this, or any other CHANGE you wish to make in your personal, professional, or spiritual life.

Sending Love and Light

Chris

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