

Christine-Anne Platel Newsletter : HOLIDAY SEASON GRATITUDE

December 2007 IN THIS ISSUE



HOLIDAY SEASON GRATITUDE



METABOLIC MORSELS: COCONUT OIL - The Healthy Fat



WHAT ARE YOU WILLING TO CHANGE - NOW?!! Jan. Classes

SEASON'S GREETINGS TO MY FRIENDS ALL OVER THE WORLD - WISHING YOU PEACE, JOY, AND LOVE NOW AND ALWAYS. I APPRECIATE OUR CONNECTION. Please feel free to share my Newsletters with your Family, Friends and Co-Workers, and let's see how many degrees of connections we can make in 2008 :)

HOLIDAY SEASON GRATITUDE: During the Holiday Season, when there is so much attention on material things, I wanted to tell you what happened at my Coaching Gathering last Wednesday. We talked about receiving gifts of a very different nature.

I asked everyone to close their eyes and think about all the gifts that they had received during this past year - but my request had a special twist. I wanted us to re-frame even difficult experiences by looking for the silver lining in each challenging situation.

The result was quite amazing! Those who had experienced perhaps the toughest year of their lives, were able to see just how much they had learned and grown this year. Disrupted households, injuries, loss of so-called friends, changes in jobs, loss of relationships - all were re-framed as gifts.

One person revealed that until that very moment she had not been able to view the stresses she'd been facing as gifts. **What a blessing to feel the relief of knowing that all is just as it should be. Everything really is in DIVINE ORDER!**

Remember my last Newsletter article about creating Happiness? 90% comes from our attitude. **So when we re-frame our challenges as gifts and opportunities to learn and grow, we automatically start feeling better, and more empowered.**

So close your eyes for a moment, and think back about the past year of your life.

Notice the gifts that you've received, including those that might have come in a shocking package - the ones that knocked you off your feet emotionally, physically and even financially. I know that if you allow yourself to be open to the idea, you'll begin to see the gifts that you were given. **As you learn and grow from the difficult experiences, YOUR SPIRIT WILL SHINE, and you'll start accepting the healing that comes with the process.**

Next, think about what you would like to welcome into your life in 2008; and Create Statements of Fact. TIP: Use language that is in the present tense. Here are some cool examples:

I am in love.
I am financially secure.
I am strong and healthy.
I am resourceful.
I have wonderful friends.
I enjoy my career.
I am spiritually centered.
My life is in balance.

I like to spread my arms out wide when I say these kinds of statements. It helps me feel like I am WELCOMING what I want into my life.

So enjoy the exercises, and practice them on a regular basis to create a different experience of life.

METABOLIC MORSELS:

COCONUT OIL - The Healthy SATURATED Fat: Before you say that the words "healthy" and "saturated fats" used together are an oxymoron, let me explain. Coconut Oil contains Medium Chain Fatty Acids (MCFAs), as opposed to the Long Chain Fatty Acids (LCFAs) that are found in meats and other fats and oils.

MCFAs are processed and digested differently in the body than are LCFAs. According to Bruce Fife, ND, in his book, [*The Coconut Oil Miracle*](#), MCFAs do not circulate in the bloodstream, and then get stored as fat as is the case with other fats. Instead **they go directly to the liver where they are immediately used for energy.**

Using Coconut Oil as the foundation for a healthy diet can offer you many other health benefits:

- Controlling weight to be in balance for your height and age.
- Fighting infections because it is naturally anti-bacterial, anti-viral, anti-fungal, and anti-parasitic.
- Lowering bad cholesterol, and protecting the heart from infections.
- Preventing osteoporosis due to its ability to enhance absorption and retention of minerals such as calcium.
- Regulating blood sugar, so it can be helpful for Diabetics... and much more.

So add Virgin Cold-Pressed Coconut Oil to your diet along with Fresh Coconut and you'll reap healthy rewards. Order [Nutiva Organic Virgin Coconut oil here and Save almost \\$10!](#)

MY EVENTS

FREE COACHING GATHERING: Bring your friends and meet new ones.

We'll talk about WELCOMING YOUR NEW LIFE and BEING OPEN TO CHANGE in 2008. This Gathering will be a PREVIEW to the 4-week Class described below.

Wednesday, January 9th, 7:00 PM - 8:30 PM (Every 2nd Wed. of Month)
Florida House in Conference Room, 31 South 4th Street, Fernandina Beach, FL 32034
Kindly [email](#) to let me know if your and your friends are planning on attending.

OR

FREE COACHING TELECLASSES

Thursday, January 10th, 7:00 PM - 8:00 PM EST or
Saturday, January 12th, 11:00 AM - noon EST
[Contact me to register](#) and receive the Telephone Conference # to call.

We'll talk about WELCOMING YOUR NEW LIFE and BEING OPEN TO CHANGE in 2008. This Gathering will be a PREVIEW to the 4-week Class described below.

WHAT ARE YOU WILLING TO CHANGE - NOW?!!

Many of us want things to change in our lives, and we believe that we are ready for change, but we get stuck somewhere along the way. The Free Preview above, and the 4-Week Class will help you:

- Identify what's holding you back from achieving Personal and Professional Success
- Give you some strategic ways of Breaking Through the Old Patterns
- Help you Manifest Your Dreams personally and/or professionally
- Get Ready to Welcome and Honor YOUR Essential Inner Self

JOIN ME with OTHER KINDRED SPIRITS and WATCH YOURSELF CHANGE!

Total Fee: \$99 (PayPal accepted)

4 Wednesdays, January 16th - February 6th - 7:00 PM - 8:30 PM @
Florida House in Conference Room, 31 South 4th Street, Fernandina Beach, FL 32034

OR VIA TELECLASSES:

4 Thursdays, January 17th - February 7th - 7:00 PM - 8:30 PM or

4 Saturdays, January 19th - February 9th - 11:00 AM - 12:30 PM

[Contact me to register](#) and receive the Telephone Conference # to call.

FRIENDS' CORNER

Robert Coulson is a gifted Vedic Astrologer with 20+ years of experience. This is the perfect time of year to have him look at what's coming up for you and your loved ones in 2008 and beyond. Contact Robert at robert_coulson@comcast.net

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DRUM CIRCLE, 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. Contact Sandie at sandiell@comcast.net

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SONGWRITERS' GROUP: Every 2nd Tuesday of the Month, 7:00 PM – 10:00 PM

Florida House Inn Conference Room, 31 South 4th Street, Fernandina Beach, FL.

This is the NSAI (Nashville Songwriters' Association International) Regional Workshop for Jacksonville/Fernandina Beach and the surrounding area. Songwriters of ALL GENRES and levels of experience are welcome, from those who are just beginning, to pros, and the curious. We have a Lesson (formulated by a Professional Songwriter) plus Song Critiques and a chance to get to know other songwriters in the area. Contact Chris Plâtel (904) 491-8676 or nsajjaxfern@bellsouth.net for more info.

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STEVE SESKIN is coming to Fernandina to do a weekend Songwriting Workshop at the end of April, 2008.

Steve has written seven number one songs, including Grammy-nominated "Grown Men Don't Cry," recorded by Tim McGraw, and "Don't Laugh at Me," winning NSAI Song of the Year, and Music Row Magazine Song

of the Year in 1999 as recorded by Mark Wills. Steve enjoys teaching, and is an insightful, helpful and charismatic teacher. I know, because I took a class with him at NSAI's SongCamp in Nashville in September 2006. I can't wait for him to come here! More details to follow, but the class will be VERY affordable as a special favor from Steve. I hope you can join us.

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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](#).

Wishing you Happiness and Peace Always

Chris :)

Christine-Anne Plâtel

LIFE COACH

Healing the CORE...Becoming WHOLE

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