

## Christine-Anne Plâtel Newsletter: "I WAS A SPIRITUAL IRRITATION."



June 2007

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### CONFESSION: "I WAS A SPIRITUAL IRRITATION."

I'd always believed that I was a very caring and helpful person. Then one day I found out that I was "a spiritual irritation." You can imagine my surprise - and my feelings of relief!

I came out of the womb helping people in some form or fashion. My whole identity was wrapped up in helping, healing, giving, assisting, mediating, rescuing, understanding, empathizing, guiding, and coaching to make a difference in people's lives. So it was a shock to discover, through the I Ching, that rather than helping I was actually being a spiritual irritation to some people. **I was interfering with their process of learning and growing through adversity, which would eventually lead them to make more healthy choices in their lives.**

Over the years, many personal and professional experiences have forced me to understand the difference between rescuing and just being present for the other person. Yet I still have to consciously shift away from the rescuer mode from time to time. So **it was a relief to know that it's okay not to help so much**, because I certainly don't want to be a spiritual irritation.

This is not to say that I lack compassion and empathy now; or that I turn my back on those who genuinely need help. **I just had to develop a conscious recognition of my own issues around "needing" to help and rescue.** I also had to learn to discern whether and when there is receptive energy from the other person be it client, friend, colleague, or family member. If the door is closed, it's no use struggling to pry it open so that you can help them. That would cause us to become too attached to the outcome of our impact in their lives. In fact, the [I Ching](#) counsels us to **give the person the time and space to learn the errors of their chosen path, and to model strong boundaries and Higher Self behavior ourselves.**

Interestingly, once I consciously stopped being a spiritual irritation certain so-called friends fell by the wayside, as did a long-term romantic relationship. Yes, there were difficult and sometimes heart-breaking times to follow, but overall I am better off because those relationships were pretty one-sided in terms of genuine help flowing in both

directions. And I am happy to say that my **REAL friends still love me, and my newer friends are of a different caliber than the old ones.**

As for not being a spiritual irritation to clients, I used to have more lax boundaries with them as well; which often left me feeling a bit overwhelmed by the ones who had boundary issues in the first place. Once I changed my way of thinking and behavior I found that the ones who are really ready to work on themselves will become paying clients - and working with them is extremely gratifying. Those who are not ready to do the work will either never become clients, or they'll do a few sessions and then split. I never worry about them, because I know that sooner or later, if it is their destiny to make profound changes, they will be ready. At that time their teacher (or coach) will appear; and it may not actually be me! So I can rest easy.

**Ask yourself if you are being a spiritual irritation. It will help you re-evaluate ALL your relationships, whether personal or professional.**

**SPECIAL OFFER:** If you'd like to make some PROFOUND CHANGES IN YOUR LIFE [Email](#) me with some dates and times (in EST) when you are available and I'll gift you with a FREE CONSULTATION.

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**WORKSHOP: STOP BEING A SPIRITUAL IRRITATION!** Sat. June 30, 10 am-5 pm  
I've been studying the I Ching for 10 years, and I can honestly say that WHEN I follow it's guiding principles, my life feels a lot better. As I'd mentioned in my last newsletter, it's not that things shift miraculously into everything always going right in my life; but it is true that no matter what is happening around me and/or to me, following the principles helps me get through even the most stressful and painful experiences with relative calm and peace. So I invite you to join me in learning how to use the Principles of the I Ching to:

\* Stop Being a Spiritual Irritation \* Create More Healthy Boundaries \* Behave Correctly \* Enjoy Feeling More Calm and Peaceful \* Attract More Genuine People... and Much More...

Saturday, June 30 in Fernandina Beach, from 10:00 AM - 5:00 PM **only \$99!**  
MUST PRE-REGISTER AS SPACE IS LIMITED. EMAIL or CALL (904) 491-8676

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**NEW FEATURE METABOLIC MORSELS: Dietary Tips to Balance Your Unique Metabolism**

Dietary Recommendations differ within the various Metabolic Types, but the good news is that with The Advanced Metabolic Typing Diet Program there are only 4 things to say NO to:

\* NO Calorie Counting \* NO Portion Control \* NO Food Cravings \* NO Starving Yourself

Amazing isn't it? But it's true! When you eat from the list of foods for your particular Metabolic Type, you'll feel satiated, and emotionally and physically balanced. Say goodbye to all the yo-yo diets you've tried before, and certainly say *adiós* to the diets that keep you hungry and feeling deprived. It's even easy to eat out, as long as you eat from the long list of allowable foods.

Start noticing how you feel emotionally and physically when you eat more Proteins than Carbs, and vice versa. Note the differences in your energy and mood after each meal or snack, and start shifting the ratios.

Starter percentages for ratios of Carbohydrates, Fats, and Proteins for each Type are:  
CARBO TYPES: 25% Proteins - 15% Fats/Oils - 60% Carbohydrates  
PROTEIN TYPES: 40% Proteins - 30% Fats/Oils - 30% Carbohydrates  
MIXED TYPES: 30% Proteins - 25% Fats/Oils - 45% Carbohydrates

Within the Types above there are 6 Sub-Types, which I will cover in the next Newsletter. Suffice to say that it is very important to Fine-Tune your food choices for optimum biochemical balance. This can be done through The Advanced Metabolic Typing Diet Program - a computerized assessment of Your Unique Metabolic Type, a Results Session, and a Fine-Tuning Follow-Up Session to get you on your way!

**SPECIAL OFFER:** Book and pay for your Advanced Metabolic Typing Diet Program by June 15th and take \$25.00 off. You can read more about the Program [here](#).

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### [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.**

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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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