

## Christine-Anne Platel Newsletter: UNTIL DEATH US DO PART...

March, 2007

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### UNTIL DEATH US DO PART...a friend dies...

Dear Friends, as I contemplated what to share with you in this issue, a friend passed away on February 28. I hung out with him and his wife now and then, when we all lived in Los Angeles several years ago. I can't say that I knew them intimately, but I knew them to be good, kind, and caring people. He was a larger-than-life character, who was a rock n' roll singer, songwriter, and an all around highly creative individual. She is more introverted, but has her own thoughts and ideas, and a quiet strength about her. They have two lovely girls, who are both creative in different ways. The whole family has great senses of humor, which is how I connect with others - so it was fun hanging out with them.

Billy and Lynne had been married for 38 years, and that's all I've been able to think about for the past few days, since I learned about his death. When two people have been bonded for so long, how does one go on without the other? Of course, people do go on. They have to - for their children, and for themselves. Eventually, they find meaning in life in a new way. But in the beginning, their most important work is to grieve their loss, take good care of themselves, and find comfort in their friends and family.

In thinking about how Lynne must be feeling, I was compelled to write a song - as if Billy was singing it to Lynne. So here are the lyrics (I'm sorry that I do not yet have an audio recording to share the melody with you as well)...

### YOU'RE THE WOMAN - a song for Lynne

You're the woman I see  
in my dreams at night  
The only woman I want  
to hold me real tight

You're the woman who touches  
my heart, my soul  
The woman who's not afraid  
to love, and be bold

#### CHORUS

You're the rainbow that shines  
through all my rainy days

You're the breeze that chases  
my dark clouds away  
You're the woman I need  
forever baby, and a day

You're the woman who'll be  
with me until the end  
When my life is done  
with no sins to defend

You're the woman who shows me  
me right from wrong  
The only woman to whom  
I've always belonged

CHORUS

BRIDGE

You're my sun, my moon  
my stars, my sky  
The only woman who  
can make my heart fly

CHORUS

Reprise

You're the woman I need  
forever baby, and a day

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[Goodbye dear Billy...](#)

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**UPCOMING CLASSES: March 9, March 17 & March 25**

**💔 BROKEN-HEARTED NO MORE! 💔**

**Sunday, March 25th, 9:00 am - 4:00 pm**

**Southpoint Acupuncture Center, 4348 Southpoint Blvd Jacksonville, FL**

**Register Early as Space is Limited - Program Fee: \$99.00.**

If your heart has ever been broken (no matter how long ago) you may still be carrying residual sadness, grief, or even deep sorrow. Perhaps you've never experienced heartbreak, but you have a pervasive feeling that something seems to be missing in your life. In this case the reason for being brokenhearted is usually out of consciousness. Some people are in a seemingly happy relationship, yet still hold on to fears that can stop the flow of real intimacy. **Betrayal in early life can also be the cause of a broken heart. Come explore the many ways in which a broken heart can affect our lives.** Learn how to Mend Your Broken Heart and Feel Lighter and Freer in Your Spirit.

PRE-REGISTRATION REQUIRED. [E-mail](#) or call 904-491-8676 to reserve your space.

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## FRIENDS' CORNER:

*Life is motion, Dance for your life ...* **TRANCE DANCE**  
with Trance Dance Movement Facilitator **LEYLA CASTRO**

Trance Dance is a unique blend of healing sounds, percussive rhythms, transformational breathing techniques and the innovative use of sensory deprivation - all together stimulating a 'trance' state that promotes **spiritual awakening, mental clarity, physical stamina and emotional well-being.**

**When: Friday, March 9th from 7:30 pm - 9:30 pm**

**Where: Kinder Studios, 528 8th Street, Fernandina Beach**

**What to Bring:** \* A blindfold or cloth band \* Any article(s)/power object(s) that have spiritual significance for you \* Writing materials if you wish to take notes \* Water for yourself

**What to Wear:** Loose, comfortable clothing. We'll be dancing barefoot.

**Prerequisites: None.** Trance Dance is not a dance form, so no previous dance experience is necessary; and there are no steps to learn. All fitness levels welcome.

Space is limited in this class so that we'll all have plenty of room to move freely.

Fee: \$20 - Bring a friend and each of you can take \$5 off!

To Reserve Your Space [email](#) or call Chris Plâtel (904) 491-8676

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## ***FREE DRUMMING CLASS with Percussionist Sandie Lythgoe***

**Saturday March 17'th at 6:30 in Yulee.** Here's what Sandie says about the class:

**Basics, methods and techniques** - get started with learning the foundational skills you will **NEED** to take your drumming to what ever level you desire.

**The mind body spirit connection in drumming** - why it is important in elevating your skills as a drummer, getting in touch with your inner metronome, and how it works in your body as a healing modality.

**We will learn drum songs to understand how drum parts fit together to make music.** This will help greatly in developing your ability to focus on what your are doing and listening to others at the same time. It also trains you to stay rooted in your integrity as a

*drummer in relationship to timing, respecting musical space, and experiencing a group consciousness.*

**I will teach you a drum therapy technique that automatically centers you and gives you answers to problems.**

**There will also be a teach me what you want to learn session.** *Tell me what you individually want to learn and we will try to cover it.*

**And of COURSE, we will have a drum and dance jam at the end.** *Play around with some other kinds of drums or toys that you haven't experienced yet (congas, djun-djuns, bongos, etc) - get creative, experiment, go crazy!*

*Bring a folding chair with no arms, and anything you would like to drink or snack on.*

[Email](#) for directions and to let Sandie know that you will be attending.

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## ONGOING

**INTEGRITY BLOGIN:** Being in integrity, means living in integrity no matter how difficult the situation. I've created the [Integrity Blogin](#) to help us all stay on the path of integrity.

**MENDING BROKEN HEARTS PROJECT BLOG:** Like limbs, hearts that get broken also never heal. But they do mend sufficiently well to have a happy and fulfilling life. Read my [MBHP Blog](#) and share your experiences.

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Friends, please share this Newsletter and Classes info with those you care about; and feel free to contact me with your comments or for more information.

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

**Chris : )**

Christine-Anne Platel

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Coaching and Classes to Empower and Enhance

YOUR Mind Body and Creative Spirit

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