



Christine-Anne Platel Newsletter: Re-Imagine Your Life

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RE-IMAGINE YOUR LIFE - IT WON'T FEEL 'NATURAL'

Before we can re-invent ourselves we have to learn how to RE-IMAGINE our lives. We must change the way we envision or imagine our lives, so that we can begin experiencing it differently not only in the future, but right now!

How do you RE-IMAGINE Your Life? Begin by looking at the areas of your life that are out of balance in any way, and re-imagine those experiences. Let's get started! Drink a glass of water to clear your energy, then take a moment in a quiet place to close your eyes and re-imagine each scene. Remove all the elements that keep you from experiencing peace and love, and let the space be empty for a while.

You may be tempted to replace disruptive elements with those that you imagine may be better for you, but be patient. Sit in the empty space, and breathe deeply and evenly. Allow yourself to notice how you feel in your body. Which areas are tense, and which feel more relaxed as the disruptive elements leave the scene; and also as more space becomes clear. Sometimes our lives are so busy and cluttered, that we have no room for the elements that could really nurture our spirits. So the first task is to just clear space.

What is a Disruptive Element? Any situation, environment, or person (including yourself) that causes you to feel less peaceful and loving than you can, is a Disruptive Element. It may be a situation at work or at home; or the physical environment that you are in; but it can also be the way that YOU react to life. So it's important to make a note of all the Disruptive Elements in your life.

How to Re-Imagine in REAL TIME. If any area of your life has a disruptive element, and is therefore out of balance, you can start changing it immediately by making different behavior choices. "Behaving correctly," as advised by the I Ching, keeps us in integrity, and having integrity as a guiding principle in life changes ALL our interactions and our outcomes.

Life does not necessarily become easier right away; and it won't feel 'natural.' In fact, it can seem more stressful for a while as people are getting used to the new you - the re-imagined you. It's also hard to constantly check your own thoughts and behaviors. It won't feel natural, because humans want to stay with what is familiar, even when doing so is not what's best for their highest good. Nevertheless, I encourage you to look at areas of your life whether personal, professional, or spiritual, and see where you may be out of integrity. That's where you will also be out of balance.

You do not have to do the work of creating and maintaining balance alone. Ask a friend, relative, or colleague to help you stay in integrity; or join a support group. Studying

The I Ching has been really helpful to me, and you can find those book recommendations on my [website](#). There is also plenty of professional help available. As a Life and Relationship Coach & Mender of Broken Hearts too, my goal is to assist my clients in reconnecting with their Path of Destiny. That path requires them to to BE in integrity, always, no matter what is going on around them. Only then can they be truly happy and at peace within, because they really have RE-IMAGINED themselves!

FAITH'S OWNER'S RE-IMAGINED HER LIFE

Faith was born without front legs, yet she gets around in a unique way. Her owner's re-imagined her life and taught her how to walk upright, and Faith rose to the challenge (pun intended!) You'll be amazed at how wonderful Faith's re-imagined life has turned out to be. I hope that she will give you the faith and inspiration to Re-Imagine Your SELF! See Faith's [video here](#).

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

One way that I have RE-IMAGINED my coaching practice is to bring you 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.

Happy Re-Imagining!

Chris

Christine-Anne Platel

* 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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