

Chris Platel Newsletter: December 2008 Healing the Core...Becoming Whole



Happy Holidays! and Saying "YES!" more

Hello Friends,

There is a new movie with Jim Carrey called *Yes Man*. It's based on the year-long adventures of a bored freelance British Radio Producer and Comedian called Danny Wallace. A chance meeting with a stranger who advised him to "SAY YES MORE" turned Danny's life around. I first heard about Danny and his book *Yes Man* on an NPR Radio interview a few years ago, and now there's a movie about his life!

Most of you know that I've been saying YES to a lot of new adventures in 2008, that started on January 1st. Actually, they started a few months before that when I put it out to the Universe that I wanted to make some changes in my life and in my practice; but they started manifesting in a concrete form on January 1st, 2008. I'm so glad that I've been saying YES to more; and I'm going to continue my trend in 2009.

How about you?

How would your life change if YOU said "Yes!" to more in 2009?

- * What kinds of things do you need to say YES to, that would shift your life in a positive way? Make a list and check it twice :)
- * Are there some things that you need to say NO to, in order to clear space for the things that you want and need to say YES to?
- * What would your life feel like in 2009 if you didn't say YES more?
- * Would you be happier, or sadder?
- * Do you have a lot of NOs to say first, before you can even think about saying YES to more?
- * Would it help to have a team of people supporting you in saying YES more?
- * Who would those team members be; and what specific kinds of help do you need from each of them?

Think about these questions over the holidays, and get yourself ready to say YES more in 2009.

In January, I'll be offering a Teleclass Series to support you in making your YES transitions. I'll also be giving workshops in Fernandina Beach, FL and elsewhere during 2009, so check my website and your In Box for details coming soon. You may even want to give my services as a Gift to a loved one, or to yourself!

CHANGES IN MY PRACTICE

I have decided to focus on just 3 areas from now on; and they are all extremely powerful in helping one make profound changes. All my services are available via the phone (and Free Calls on SKYPE from anywhere in the world.)

Here's a brief overview to remind you of the benefits:

LIFE and RELATIONSHIP COACHING can help you move forward, and create the life you WANT to live personally, professionally, and spiritually.

VOICE MOVEMENT THERAPY (VMT) uses the voice and your personal life songs to channel emotions creatively, and enhance your wellbeing. And it's a lot of fun to do!

EMOTIONAL FREEDOM TECHNIQUE (EFT) teaches you how to quickly clear energy so you can feel lighter, happier, relaxed, and motivated.

ANOTHER CHANGE IN MY PRACTICE

In 2009, I will have studio space in Fernandina Beach, FL for Voice Movement Therapy. I'll also be available to travel to other locations to give Workshops that combine elements of all my services, and are presented in a VMT framework.

So if you can gather at least 10 people, you can take the workshop for free. Contact me if you would like to set up a workshop in your community ANYWHERE in the USA or the WORLD. We may need more than 10 people, or more than one workshop location, if I have to travel outside the USA, but I know we can make it happen if we just put our energy together :)

Happy Holidays to YOU!

Chris :)

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