

Christine-Anne Platel Newsletter: STOP THE VIOLINS!

mid-March 2007



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STOP THE VIOLINS! VISUALIZE WHIRLED PEAS!

I saw these two bumper stickers several years ago, and I love them because they really make us stop and think. On the fourth anniversary of the start of the war in Iraq, I can't help but feel that nothing has really changed - and I don't just mean with the current U.S. government. Human beings in general have not really changed that much. When my 19-year-old nephew Charlie was 8, he asked: "*Chris, what's the most dangerous animal in the world?*" I tried to guess, but before I could, he exclaimed: "*Humans are the most dangerous animals in the world!*" I had to agree. We are the ONLY animals who kill for pleasure; and wage long wars on others.

Humans will probably never stop killing, because aggression and the capacity to kill are by-products of our evolutionary past. These traits helped us protect or secure territories that contained necessary resources like food, water, and mating opportunities. But enough is enough! **We also have a THINKING brain!**

University of Oxford researcher Irina Bystron and her colleagues recently identified that the very first neurons in the human cerebral cortex (the part of the brain that sets us apart from all other animals) are in place much earlier than previously thought - approximately 31 days after fertilization. The cerebral cortex is concerned with cognition, perception, memory, thought, language, mental ability, intellect, consciousness, and our voluntary actions. Of course there are individual, genetic and biochemical predispositions that shape how we handle aggressive tendencies in our lives; but when you realize that **humans have the building blocks in place for cognitive thought and voluntary action when the embryo is only 4 mm long, and before the development of arms, legs or eyes,** it's pretty mind-blowing!

The song, Let There Be Peace on Earth, begins: "*Let there be Peace on Earth, and let it begin with me*" and I agree. Before we criticize other people (your spouse, relative, colleague, friend), or governments and nations for their aggressive behaviors, we must also examine our own traits. It's important to do all possible to understand the history of our own aggression, even if it is passive aggression, and make concerted efforts to change that kind of energy. Whether engendered from our family of origin experiences, our current circumstances, or from genetic or biochemical predispositions, there is plenty of help available to change the way that we react to the world around us. **So I encourage you to**

examine your heart and your mind and clear any aggressive energy that may be stopping you from walking in peace in your life.

Note: If you need help in clearing this kind of energy please have a look at my work on [Emotional Freedom Technique/Thought Field Therapy](#), which is about **Clearing Core Wounding so that you can Feel More Peaceful, Centered and Present in Your Life.**

UPCOMING EVENTS March 19 & March 25

BROKEN-HEARTED NO MORE!

(This workshop is for **EVERYONE**, whether in or out of a relationship)

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

Southpoint Acupuncture Center, 4348 Southpoint Blvd Jacksonville, FL 32216

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.

FRIENDS' CORNER:

From MoveOn.org: Iraq War Anniversary Vigil, Monday March 19

Thousands of us from organizations across the movement will gather together to observe the fourth anniversary of the war through candlelight vigils. We'll solemnly honor the sacrifice made by more than 3,000 servicemen and women, and we'll contemplate the path ahead of us. **We cannot send tens of thousands of exhausted, under-equipped, and unprepared troops into the middle of an Iraqi civil war.** Join us at a candlelight vigil on Monday, March 19th. Honor the sacrifice. Stop the escalation. Bring the troops home. [Click here](#) to organize your own vigil, or sign up for one near you.

Candlelight Vigil, Prayers, and Songs for Peace

Monday, March 19, 7:00 pm - 8:00 pm

114 North 14th Street, Fernandina Beach, Florida (meet on empty lot on corner)

We'll gather for a Candlelight Vigil, listen to Mahatma Gandhi's Personal Daily Prayers for Peace, and sing some songs about Peace and Hope. Please bring candles in a cup, blankets or chairs to sit on, a guitar and/or percussion instruments if you play. **Let's energize a Consciousness of Peace.** Organized by Chris Platel (904) 491-8676, chrisplatel@consciousconnections.com

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.

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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YOUR Mind Body and Creative Spirit

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