

Christine-Anne Plâtel Newsletter: THINGS TO REALLY FEAR

September 2007 IN THIS ISSUE



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FREE COACHING GATHERING - Bring your friends and meet new ones. Thu.Sep.13 in Fernandina Beach, 7:00 PM - 8:30 PM

In this 6th Anniversary week of 9/11, we'll talk about TRUTH and INTEGRITY in our lives, on both a personal and a global level. I'll also do some On-the-Spot Coaching, if you have a dream, an unfulfilled goal, a problem, or something you'd like clarification on in your life.

Kindly [email](#) me for the meeting place address.

THINGS TO REALLY FEAR...A Heart that is Never Moved...

It was hard to choose what to write about in this newsletter, coming as it does on the anniversary of 9/11; and knowing that there seems to be no end in sight for the Iraq War. So I will share with you some ideas to ponder...

*Having eyes but not seeing beauty
Having ears but not hearing music
Having a mind but not perceiving truth
Having a heart that is never moved, and
therefore never set on fire*

These are things to fear

Sosaku Kobayashi, Headmaster - Tomoe Gakuen School, Tokyo, 1937-1945
(The school was bombed during World War II, and was never rebuilt.)

MORE THINGS TO FEAR...Spying...

Recently, several U.S. Senators have blown the whistle on a mystery spy satellite program. The debate is now open regarding the need for such a program to secure national safety, and its potential misuse in the invasion of privacy for ordinary citizens.

If you are unsure about which side of the argument you lean towards, run out and rent the DVD, *The Lives of Others (Das Leben der Anderen)*, 2006. The story begins in East Berlin in 1984, when the Berlin wall was still in place. It's a haunting account of what life was like for a group of writers and an actress, and also the members of the Stasi (East German Secret Police) who spied on them.

The film won the 2006 Academy Award for Best Foreign Language Film; and it is absolutely brilliant! Film critic and commentator John Podhoretz said it is *"one of the greatest movies ever made, and certainly the best film of this decade."* William F. Buckley Jr., in his syndicated column revealed that after the film was over, he turned to his companion and said, *"I think that is the best movie I ever saw."*

Director, Florian Henckel Von Donnersmarck was inspired to write the screenplay after reading Russian writer Maxime Gorky's account of a conversation he'd had with Vladimir Lenin about how Beethoven's *Appassionata* affected him:

"I know of nothing better than the Appassionata, and could listen to it every day. What astonishing, superhuman music! It always makes me proud, perhaps naively so, to think that people can work such miracles!" Wrinkling up his eyes, Lenin smiled rather sadly, adding: *"But I can't listen to music very often. It affects my nerves. I want to say sweet, silly things and pat the heads of people who, living in a filthy hell, can create such beauty. One can't pat anyone on the head nowadays, they might bite your hand off. They ought to be beaten on the head, beaten mercilessly, although ideally we are against doing any violence to people. Hm — what a hellishly difficult job!"*

There is no overt violence in this film, yet the tension builds as we look through the window on the lives of the characters who are caught in a web of spying. This is a masterful work of art in every detail from the direction, to the script, the sets, the music and the actors themselves, who coincidentally happen to be East German. The film will move you and give you much to think about. Do also look at the Special Features segments for interviews with the Director and the Actors. It will deepen your understanding and appreciation of this brilliant work.

METABOLIC MORSELS: HEALTHY GOALS

- 1. Using Food For Energy (not storing it as fat)**
- 2. Becoming Emotionally Balanced by eating the RIGHT Foods**

You can meet these goals by eating the correct ratios of macronutrients (proteins, fats, and carbohydrates) for your Metabolic Type. Once you eat not only the correct ratios of macronutrients, but also the right categories of foods within those ratios, you'll begin using food for energy, and not storing it as fat. **THE GOAL IS TO BURN THE MAJORITY OF YOUR FOOD INTAKE FOR ENERGY, and STORE THE LEAST AMOUNT AS FAT.**

Eating this way can also help you **ACHIEVE EMOTIONAL BALANCE**. For instance, if you are feeling nervous, irritable, hyperactive or anxious, you may need to eat more veggies and grains than meats or fats if you are one particular Metabolic Type. However, the same symptoms in another Metabolic Type would need the opposite kind of dietary changes to achieve balance, i.e. they need to increase their consumption of meats and fats. **So Fine-Tuning The Advanced Metabolic Typing Diet Program for Your Particular Metabolic Type is of paramount importance; and it's easy to do once you've had an Assessment.**

During September I am offering Free Metabolic Typing Consultations, and \$25 off the Introductory Package. [Email](#) to book your FREE CONSULTATION now!

FRIENDS' CORNER

BELLY DANCE CLASSES! [Island Tribe Belly Dance Studio](#) offers classes in entry level, beginning, intermediate, and advanced American Tribal Fusion Belly Dance. Women of all ages and physical fitness levels are welcome to join the fun, meet other wonderful women, and experience this ancient art form while getting in shape.

[LOCK AND KEY EVENTS](#) - There's a Party somewhere in the USA every week! Lock and Key Events are the new, interactive and FUN way to network, meet your match, make new friends....or just to have a great time! USE CODE: CAP7 and you'll get \$5 OFF the registration fee. Reserve your space at their [site](#).

Wishing you Happiness and Peace!

Chris :)

Christine-Anne Plâtel

* Life and Relationship Coach & Mender of Broken Hearts!

* Energy/Meridian Therapies Practitioner * Advanced Metabolic Typing Adviser

[CONSCIOUSCONNECTIONS.COM](#) (904) 491-8676 or [SKYPE Prime Services](#)

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