

## Christine-Anne Plâtel Newsletter: EMPOWERING WORDS

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### Exciting News! I'M NOW A TOPIC LEADER ON [PeopleJam.com](http://PeopleJam.com)

Some of you know that I recently became 1 of 100 Founding Member Coaches on a new and exciting Social Networking site called [PeopleJam.com](http://PeopleJam.com)

Now, *PeopleJam* has selected me to be 1 of 30 TOPIC LEADERS on the site. You'll find me in the *FAITH* section under *PeopleBelieve*. You can also read my Blogs, Stories, Comments, and Advice all through the site by clicking on my Photo which will take you to my Profile.

Here's some more information from *PeopleJam*:

*PeopleJam* social media content categories include *PeopleLive* (Health and Fitness), *PeopleLove* (Relationships), *PeopleEarn* (Finance and Careers), *PeopleBelieve* (Inspiration and Spirituality), and *PeoplePlay* (Creativity and Fun). Each *PeopleJam* visitor can access social networking and interactive features to create a personal profile, blog about challenges they are facing, comment on someone else's stories, view and upload videos, and read articles. They can also start a dialog with one of *PeopleJam*'s resident experts who consistently provide content for the site, and are available for questions and intensive one-on-one Life Coaching sessions to guide them through their lives.

Come visit me at [PeopleJam.com](http://PeopleJam.com)

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## USING EMPOWERING WORDS TO SHIFT YOUR ENERGY

In an effort to increase efficiency, Alexander Kuzmin, the 33-year-old mayor of Megion, a small Siberian oil town, has banned the use of statements like "I don't know" and "I can't" along with 25 other phrases. He believes that officials should work out ways to "...solve and remove problems, not avoid them." And those who can't change their language risk losing their jobs. So now, before reporting to the Mayor the staff creates several proposals for how each problem can be solved. These practices also empower the staff because they stop feeling and believing that they are helpless.

In his ground-breaking book, *Power vs Force: The Hidden Determinants of Human Behavior*, David Hawkins, MD, created a list of contrasting word pairs, that he and his team of researchers have calibrated as having positive or weak energy influences. In the list the words on the left are powerful and positive; and those on the right have a negative impact on our energy. **Hawkins says that just reading through the list of positive words will help raise the energy vibration and consciousness of the reader.**

Here are a few examples. Read both negative and positive words, and compare how you feel with each:

Abundant - Excessive

Allowing - Controlling

Honest - Legal

Carefree - Frivolous

Concerned - Judgmental

Gifted - Lucky

Helpful - Meddling

Impartial - Righteous

Ingenious - Scheming

Praising - Flattering

Honoring - Enshrining

Spontaneous - Impulsive

Experiment with not only reading the list but also using the positive words to describe yourself and others in your verbal and written communications. Notice how your own behavior changes, how your personal and professional relationships shift, and how you feel in your body, mind and spirit.

**Let me know what you discover about yourself!**

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## **METABOLIC MORSELS: THE "SUPER-GRAIN" THAT'S REALLY A PROTEIN**

Many people are intolerant to grains for various reasons, and for them Quinoa could be a

more healthy alternative. I find that I feel much better when I eat Quinoa instead of rice and other grains, including millet. My blood sugar remains balanced, and I don't get the energy drops that come with eating all other grains.

Follow the link below for lots of great info about Quinoa. Did you know that Quinoa contains L-lysine, which is missing from grains? That's why Quinoa is a complete protein. That, and the fact that it's really a seed and not a grain. It also has a ton of calcium so it's great for bone health. Read more here: <http://www.vegparadise.com/highestperch36.html>

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## MY EVENTS

**FREE COACHING GATHERING: Bring your friend and meet new ones.**

**Thu.Oct.11 in Fernandina Beach, 7:00 PM - 8:30 PM**

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.

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## FRIENDS' CORNER

**SONGWRITERS' GROUP: WED. OCT. 10<sup>TH</sup>, 2007 from 6:30 PM - 8:15 PM**

Florida House Inn Conference Room, South 4<sup>th</sup> Street  
(Opposite Espana Restaurant), Fernandina Beach, FL.

I started a Monthly Songwriters' Group in November, 2006; and we are now an official NSAI Regional Workshop for the Jacksonville/Fernandina Beach and the surrounding area. Songwriters of ALL GENRES and levels of experience are welcome, from those who are just beginning, to pros, and the curious. We have a Lesson (formulated by a Professional Songwriter) plus Song Critiques and a chance to get to know other songwriters in the area. Contact Chris Plâtel (904) 491-8676 or [nsaijaxfern@bellsouth.net](mailto:nsaijaxfern@bellsouth.net) for more info.

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**COMMUNITY DRUM CIRCLE, SATURDAY, NOVEMBER 3rd from 7PM - 10 PM**

**Main Beach Gazebo, Fernandina Beach, FL**

Sandie Lythgoe leads this circle on the 1st Saturday of each month. You don't have to be a drummer to attend and have fun, and all ages are welcome. Please join in with your hand drums, rattles, shakers, soda pop cans filled with dry beans, or whatever percussion instruments you have. If you don't have any, Sandie and her Drummer Friends from Jacksonville usually bring extra drums to share.

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**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](#).

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Wishing you Happiness and Peace!

Chris : )

Christine-Anne Plâtel

\* 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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