

Chris Plâtel Newsletter: Freedom of Speech and Freedom of Belief

Freedom of Speech and Freedom of Belief

NEW Location for FREE Coaching Gathering Oct. 8

Reminder: Workshop Oct. 11-12

Hello Friends,

There are LOTS of changes happening in the world, and some of them can feel quite scary.

The scariest circumstances of all for me are experiences where I have felt a threat to my **Freedom of Speech, and Freedom of Belief.**

I've had several experiences this year in which these ideals were challenged. Attempts were made to shame me, and scare me. But you know what, they only served to make me feel stronger, and even more resolved in my personal and professional work - which is to **ALWAYS put truth on the table.** And above all, to **remain in integrity no matter how difficult it seems at the time.** This aspect can be VERY challenging.

What about you? Have you ever been in situations where you couldn't express your ideas and beliefs for fear of being shamed or ridiculed? And how did it feel?

Perhaps you were lucky; and you were encouraged you to speak openly about your feelings, especially when you were growing up?

Did the important people in your life listen without judgments? Or were there repercussions for your forthrightness? Do they listen now?

I ask because many people have hidden agendas. i.e. They might encourage you to be open about your ideas and feelings, and then use that information in ways that might be detrimental to your well-being. When this happens it's a good idea to take a step back to re-evaluate the relationship, do some damage control, and over time, do some healing too.

HIDDEN AGENDAS

It's a good idea to take a look at your own hidden agendas too. I know that if I don't feel good about an interaction I've had it might be because I had a hidden agenda. Okay, so it was out of consciousness at the time, but my body doesn't lie. And it won't feel good again until my hidden agenda is brought to consciousness,

and I do something to repair or re-frame the experience.

Sometimes this involves direct communication with the person(s) concerned. At other times one has to wait in non-action until the energy shifts. This is not a passive act. Remember that even non-action is a choice.

I can promise you that once you are aware of, and confront your own hidden agenda, life starts to feel different.

So try it out and let me know what changes in your life as a result of bringing your own hidden agendas into consciousness.

We'll discuss this and more at the next Coaching Gathering on Wednesday, Oct.8 @ 7:00 PM. Please join me:

NEW LOCATION FOR COACHING GATHERINGS

JACK AND DIANE'S CAFE

708 Centre Street (Corner of 8th Street)
(904) 321-1444 if you need directions

Those of you who participated in my 2007 Class Series, **Broken-Hearted No More!** will LOVE the:

Sing Your HeART Out! Workshop in Fernandina Beach, Florida

Saturday and Sunday, October 11 & 12 from 9:00 AM - 5:00 PM each day.

In 2007, you got a taste of what is possible in healing, and you learned some valuable tools to help you get there more easily and quickly. In the ***Sing Your Heart Out!*** workshop you'll go deeper into the process, and work with your feelings from a CREATIVE perspective. It is a great stress-reliever, and it's also a LOT of FUN!

We can feel terribly heartbroken because of losses and changes in our lives: losing a loved one through death, divorce or a break-up; a beloved pet dying; losing a job; having a health crisis; being estranged from a family member or a friend; feeling insecure about where we live, how much money we earn, or what the future will hold. All these kinds of experiences can make us feel heartbroken at the deepest level.

Some of you may even be heartbroken about the economic and political state of the USA, and the world in general today.

Through sounding, moving, singing, writing, drama, and art work you'll learn how to channel your emotions into creative process, and release any pain or stuck-ness you may still have. *We'll use the voice and vocal sounds in particular, to quickly take you into a deep state of remembering, and then releasing anything that may be stopping you from being authentic.*

Don't worry you don't have to be a singer. Just be ready to reduce your stress, increase your joy, and start making different choices in your life... ..especially in the area of romance and intimacy.

WHAT OTHERS HAVE EXPERIENCED in my Sing Your HeART Out! Program:

"Chris, Thank you so much for a wonderfully healing workshop."

- Shauna M.

"I hope you continue spreading joy!"

- Barbara S.

"My grief was unbearable, but when I started singing with you my energy changed completely. I can't believe how different I feel now."

- Sally R.

"Thank you again for giving such an enjoyable workshop. Everyone in the group seemed to enjoy it, and it brought the Library to life."

- Elin Jones, Librarian
London Borough of Hammersmith & Fulham

"Dear Chris Thank you for the time you gave us. You were an excellent guide. The energy came from you. From me, at first bewilderment, shyness, and then a 'Hey, I'm a boy again!' feeling."

- Raficq A.

"Chris I just wanted to tell you I heard such wonderful feedback about your event from people who attended. They seemed to get a tremendous amount out of it."

- Colette Hiller, Actress
Founder and Executive Director

www.singlondon.org/singthenation

For more information and to reserve your space please contact me today.

Workshop Fee: \$199.00 Bring a Friend and each of you can take 10% off!

PayPal payments accepted. RESERVE YOUR SPACES NOW.

WE'LL BE USING THE SAME LOVELY HOME IN THE HISTORIC DISTRICT THAT WE USED IN 2007. Address given upon Registration.

COMING THIS WEEK: Information on NATIONAL FUNDRAISER EVENT A Nationwide Sing-In: Sing Your Heart Out for Obama!

Chris :)

Christine-Anne Plâtel

Life and Relationship Coaching

Voice Movement Therapy

Energy/Meridian Clearing

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