

Christine-Anne Platel Newsletter: HAVING A GO!

April 2007

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HAVING A GO! WHAT WILL YOU MANIFEST?!

This is the time of year when our thoughts turn to renewal and rebirth; and perhaps re-energizing something that we never finished. Maybe we never even started. What is there in your life that could do with a re-commitment of energy and focus? Think about something that you've wanted to do, and not done for fear of failing. Perhaps you started the project, or a shift in your behavior and thinking, and then lost the courage to continue. Whatever it is, **I encourage you to "have a go,"** as we say in England, at manifesting what you want, now!

I'm having a go at doing a lot of things again, or for the first time, after many years of thinking and dreaming about them. I've re-committed to giving workshops, classes, and talks again after taking a break from giving them for a few years. This time, I am spreading my wings and planning to fly to other places, including international locations. I'm excited about that! So if you know of an organization, spa, or church that has a healthy mailing list, and would like to sponsor me to come to your community, please let me know.

I'm also having a go at songwriting, which means that I have to have a go at singing and playing an instrument too. I've had a lifelong dream of being able to play an instrument, and singing without feeling embarrassed or uncomfortable. Who knew that both those dreams would come to fruition through my newly found passion, which is songwriting! In January 2006, I spontaneously began writing songs. I started writing melodies and lyrics all without knowing how to play an instrument. This continued until I went to Nashville last September, to take two songwriting workshops. Upon my return in mid-October, I started a local songwriters group that meets monthly. I also sang several times at a weekly song contest here. I had a go at singing acapella the first time, because I still didn't know how to play the guitar. Oh, I've had a guitar for 25 years, and I knew a few chords, but I just didn't know how to put them together in a song. At least that's what I 'd told myself for 25 years. (There is some family history around this belief, which I won't bore you with.)

Another time, a fellow songwriter volunteered to play guitar while I sang. Finally, I realized that if I wanted to continue songwriting I would just have to have a go at learning to play the guitar. So I accompanied myself in my third appearance at the weekly contest, and you know what - **I had a go, and I didn't die!**

One time, I sang in the contest with just a little black egg shaker as percussion to accompany me. Well, **I've been having a go at playing and singing**, and while I didn't look for it, I have my first paid gig coming up on April 26th. Along with two other songwriters we will each perform two of our original songs; and we'll talk about our individual songwriting process. Yes, I'm a little nervous, but I'm rehearsing my songs every day, and I'm sure that it will be a blast on the day! **Most importantly, I know that I'll be happy for having had a go!**

The next thing that I've decided to have a go at is entering one of my songs in the upcoming American Idol Song Contest. Wish me luck!

So what are YOU going to HAVE A GO at doing? If you need help with **LETTING GO OF YOUR FEARS, AND GETTING MOTIVATED TO HAVE A GO**, contact me for a [FREE Coaching Session](#).

UPCOMING EVENTS: April 6, 8, 18, 25

 **BROKEN-HEARTED NO MORE! Changing YOUR Language**

* **FREE Teleclass Wed. April 18, 8:00 pm - 9:00 pm**

* **2-Week Teleclass begins Wed. April 25, 8:00 pm - 9:30 pm - Fee: \$49.00**

Register Early as Space is Limited - Phone # given upon Registration.

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 **PRACTICAL TECHNIQUES** to help you **Mend Your Broken Heart and Feel Lighter and Freer in Your Spirit.** Led by [Christine-Anne Platel, Life and Relationship Coach](#).

FRIENDS' CORNER events Fri. Apr. 6 & Sun. Apr. 8:

FREE every FRIDAY NIGHT the MARTINI LATIN DANCE CLUB

hosted by Kinderstudios @ The Florida House inn, 22 South Third Street, Fernandina Beach. **For only the best Salsa, Merengue, Cha cha, Bachata music, and social dancing, with DJs from Jacksonville's Latin Radio Station 105.7 FM spinning exciting Latin music!**

FREE Beginners and Intermediate Class 9:00 pm - 10:00 pm followed by social dancing. Full Bar available.

We will have a Latin Rhythm Band on the last Friday of every month, and a fee will be charged only on those nights.

Bring your friends and family or forward this email to anyone you know who Loves to Dance, and/or would love to learn to dance.

See you on the Dance Floor!

Alexandra Carroll, Dance Instructor and Owner, www.kinderstudios.com
(904) 415- 0954

COMMUNITY DRUM CIRCLE @ MAIN BEACH, FERNANDINA BEACH

EASTER SUNDAY, APRIL 8TH from 6:00 pm - 9:00 pm

We will meet at Main Beach- at the Northern most gazebo
- the one closest to the picnic tables.

Please bring:

DRUMS and other PERCUSSION INSTRUMENTS
YOUR FRIENDS and FAMILY
FINGER FOOD TO SHARE (NO ALCOHOL AS THIS IS A PUBLIC PARK)

Remember to bring a jacket in case its breezy.

See you there!

Julie Ferreira (904) 583-4388 & Sandie Lythgoe sandiell@adelphia.net
P.S. Future Community Drum Circles will be scheduled for the 1st Sunday of each month.

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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Coaching and Events to Empower and Enhance

YOUR Mind Body and Creative Spirit

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