

Christine-Anne Platel Newsletter: Love Month!

February 2007

Friends please see my Free Coaching Sessions, Free Talk, Free Preview and 4-wk Program below...



"The heart that loves is always young."

- Greek proverb

FEBRUARY...WHEN OUR THOUGHTS TURN TO LOVE...

I want to tell you about my Mending Broken Hearts Project. I created the Project to help people **recognize and start mending their broken hearts**. I believe that many people have **never really healed that part of themselves**. In fact, unless a miracle occurs, trying to "heal" a broken heart can be so difficult that many just give up the process, or never even begin. Instead, they cover up of their feelings, and act as if they are fine. But remember, that burying painful feelings doesn't help either, because when we do that the consequences of being brokenhearted show up in all types of relationships, not just romantic ones. Just ask your best friend, your colleague, your children, or your siblings how you behave when you feel unheard, not cared for, invalidated, etc. These are all trigger points for the original wounding.

Some of these questions can help you bring any potential broken hearted feelings to consciousness:

- Have you ever felt betrayed at any time of your life?
- Is it hard for you to trust others?
- Is it difficult for you to be open with your feelings?
- Do you sometimes feel "invisible?"
- Are you afraid that people won't like you if you speak the truth?
- Do you find it difficult to maintain healthy relationships?
- Have you ever felt let down or disappointed by a parent when you were a child?
- Do you get angry, depressed or irritable?
- Are you just plain tired?
- Were you abused, neglected or felt abandoned as a child?
- Do you often feel guilty?
- Have you ever had a painful breakup of a love relationship?
- Are your boundaries crossed often; or do you cross people's boundaries?
- Have you lost someone dear to you, or a beloved pet, through death, and not dealt fully with your grief?

There are a lot more questions, but if you answered "yes" to even one of these then your heart was probably broken to some degree at a certain point in your life; and not necessarily by only a romantic partner.

You know, I broke my right arm a few years ago, and it was in a cast for several weeks. I also had to have many sessions of physical therapy; and I took homeopathic remedies to ensure that it mended as well as it could. It works great now; but it has never healed completely, and it never will. I still feel a twinge of pain if I twist it unintentionally while lifting, carrying, or pushing something heavy. So I have to be aware of how I use that arm, and not put it under any undue strain. It's the same with our broken hearts. They can mend sufficiently well for us to have a wonderful life, but they will never be completely healed. **So we have to treat our broken hearts CARE-FULLY; and they can only really mend if we do the necessary work.**

An important part of the work is concerned with TRUTH and FORGIVENESS. We make decisions based on our experiences, some of which have caused us to create armor around our broken hearts. It's how we learned to survive when we were perhaps too young and helpless to make autonomous choices. We survived those environments, and we've grown up. Or have we? **Being reactive in any way, and not living fully in the present, is how we operate in life when we still feel like broken-hearted children.**

WHAT CAN YOU DO IF YOU (OR SOMEONE YOU KNOW) STILL FEELS LIKE A BROKEN-HEARTED CHILD?

- Uncover the real source of your grief, sadness, and sorrow.
- Let yourself feel those feelings; and get [professional help](#) if necessary.
- Create conscious, open, mutually-respectful communication with everyone in your life - and I mean EVERYONE!
- Know that MENDING your broken heart will take time - give yourself that gift.
- Catch yourself if you are being reactive, and take a deep breath before you speak.
- Give yourself permission to take a time out, and come back to the issue when you are calmer.
- Begin noticing what kinds of friendships and pastimes make you feel joy and peace, and schedule more time for them.
- Don't let ANYONE cross your boundaries, EVER! And be aware of respecting other people's boundaries too.
- Take regular time to "MULCH" - to just BE, without being busy.
- Practice excellent [SELF-CARE](#): get plenty of rest, [eat healthy foods](#), and find a way to move your body that feels like fun!

Believe me when it comes to being broken hearted, I know what I am talking about.

My heart felt completely broken a few years ago, and I was in serious trouble. **An acupuncturist I was working with could not even find my heart meridian.** She had never experienced that before! Worse, **she couldn't find my heart protector meridian either.** I had a LOT of treatments with her and her colleague. They worked in tandem to get my energy back during a week of daily treatments. It took many more months of all kinds of processes to get me back on track; and several more years before I felt that my heart was really mending.

I've been brokenhearted more than once in my life; and not all of these experiences are related to romantic relationships. Read my [Mending Broken Hearts Project blog](#) and you'll see what I mean. The road to recovery and the mending of my broken heart has been full of great challenges and hardships. I've learned so much, and I've grown by leaps and bounds. I want your journey to be a lot easier, which is why I created the **Mending Broken Hearts Project - it's a gift for me, and for you too!**

EVENTS

SPECIAL EVENT DURING 9TH INTERNATIONAL COACHING WEEK

FEB. 4-10. I'm offering **30-Minute Complimentary Coaching Sessions** to celebrate. Bring an issue or a problem that you would dearly like to change in your life. Let's focus on something in your Personal, Professional, or Spiritual Life; or an issue in your Relationship. Appointments are available at the top of each hour as follows:

Sun. Feb. 4 @ 10am, 11am, noon, 1pm, 2pm

Mon. Feb. 5 @ 1pm, 2pm, 3pm

Thu. Feb. 8 @ 3pm, 4pm, 5pm, 6pm

[Email](#) to reserve your spot.

THE EGO in LOVE (and all) RELATIONSHIPS

Sunday, February 11th @ 6:00 pm - 7:30 pm FREE Talk & Discussion

Valentine's Potluck Supper @ 7:30 pm - Please bring a dish to share

Whose ego is usually in charge in your relationship? Surely, it's the other person's, and not yours. Think again! Using the Principles of the I Ching, an ancient Chinese philosophy, I'll talk about how to **let go of the ego, and love differently.** **This Talk for everyone, whether in or out of a relationship.**

LOCATION: Unitarian Universalist Discussion Group for Spiritual Seekers.

Council on Aging Meeting Room, 1367 S. 18th Street, Fernandina Beach.

Entrance on Lime Street. The building is at the far end of the Hospital Parking Lot.

[Kindly RSVP](#) so that the UU Discussion Group knows how many to expect.

BROKEN-HEARTED NO MORE!

* **FREE PREVIEW: Tuesday, February 20th, 7:00 pm - 8:00 pm**

* **4-wk Program: Tuesdays, February 27th-March 20th 7:00 pm - 9:00 pm**

in Fernandina Beach. [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.**

[E-mail](#) or call 904-491-8676 to register and for more information.

Too far from Fernandina? Join Broken-Hearted No More! Teleclasses

FREE PREVIEW: Thursday, February 22nd, 9:00 pm - 10:00 pm

*** 4-wk Program:** Thursdays, March 1 - March 22nd 9:00 pm - 10:00 pm

Register Early as Space is Limited - Program Fee: \$99.00 and includes one 30-Minute Individual Coaching Session.

[E-mail](#) or call 904-491-8676 to register and for more information.

ONGOING

INTEGRITY BLOGGIN: Being in integrity, means living in integrity no matter how difficult the situation. I've created the [Integrity Bloggin](#) 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.

Please share my Newsletter with those you care about.

Wishing you an incredibly loving Valentine's Month!

Sending Love, Light, and Joy to each of you.

Chris 

Christine-Anne Platel

[CONSCIOUS CONNECTIONS](#)

Life & Relationship Coaching

Emotional Freedom Technique

Mending Broken Hearts Project

Metabolic Typing Diet Advising

Peak Performance Coaching for Athletes and Artists of all genres

(904) 491-8676 or on Yahoo Voice Messenger to chrisplatel

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