

Creative Books and Music

Issue 1

January 2010

Welcome to the Creative Books and Music newsletter!



Our newsletters will empower and inspire you with monthly features such as articles, book reviews, events, poetry, inspirational quotes, and news from Creative Books and Music, L.L.C.

The theme of this January newsletter is "new beginnings." Every New Year is an opportunity to reflect on our goals and decide what we want to create in our life.

Sometimes we may look at the past as a barometer of what we might repeat in the future. Instead, see the past as just another experience with lessons to learn. If you didn't like what occurred, you can consciously make a new choice and decide what you want to create in this moment. Rewrite the past with a new perspective, seeing the lessons as part of your spiritual growth. See challenges as moments when you became stronger in remembering who you are. The future is also just a thought in your mind. If you are worrying about what is to come, then most likely you are going to see this vision unfold. Instead, envision what you want to experience with a positive intention. Then say, "I pray for this or something better." Be grateful for all your experiences and see each one as a chance to grow and to be your best.

A new beginning isn't just when the New Year occurs. Each day and every moment is a new beginning. When something happens that is upsetting, just stop and take a deep breath. Pause to feel your feelings and let them guide you to respond. Notice what you don't want and then focus on what you do want instead. As you make a loving choice, decide that you are wonderful and worthy of all that you create. Together with your Creator, you are more powerful than you realize. By letting go of the past and not fearing the future, you maintain all your energy in this moment to share the best gift — the gift of your real self! ~ *Sandra Agazzi Chimenti, M.Ed., Author of [The Real Me: Awakening Your True Self](#)*

"Discover Your Power to Succeed!"

Our new cable show is airing throughout Michigan.

Poem of the Month

"Live in the Moment"

Live in the moment —
and when you look
to the past,
think of fond memories
to make time last.

Live in the moment —
and when you look
beyond here,
nothing is certain;
nothing is clear.

Live in the moment —
'Now' is all that
you know.
Ride life when it's high
sink down when
it's low.

Live in the moment —
What else can
be done?
At the end of it all,
we return to the One.



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From *Inspirational
Passages to the Heart*
(Book coming soon!)

Event Review: The Unity Church of Lake Orion

On January 10, 2010, Sandra presented "**A New Year for the Real Me!**" at the Unity Church of Lake Orion in Michigan.

Sandra spoke on the "Seven Aspects of Spiritual Awakening" and the "Awakening Process" from her book, *The Real Me: Awakening Your True Self*. She taught the audience how to navigate through challenges by discovering the answers for their own life.

"Sandra brings a wealth of information to all whom she touches," said Rev. Guice, Senior Minister at the Unity Church of Lake Orion. "All those she encounters are truly blessed as she impacts their spiritual growth and development."

Two of Sandra's original songs were featured at the event: "Discover Your Power to Succeed!" and "I am Enough!"

(The presentation was videotaped. Please contact Creative Books and Music, L.L.C., for more information.)

Visit: www.UnityLakeOrion.org for information on the church.



Sandra and her Oakland University interns after the event.

Endorsements and Testimonials

"Sandra Chimenti has a wonderful way of presenting how to empower yourself. Wherever you are in your life, Sandra will empower you to be the best you can be."

~ Linda LaCroix, Unity Church of Lake Orion

"I was given a great deal of information that can be useful for a lifetime!" ~ Marie Troy

"Your songs are wonderfully creative. Thank you for empowering yourself and inspiring me." ~ Linda Kopp

The Real Me

Awakening Your True Self

Positive Affirmations for
Empowering Your Life

Featuring the "Seven Aspects of Spiritual Awakening"

Sandra Agazzi Chimenti

Affirmation of the Month

**Awareness
and choice
precede change.
My apology creates
new beginnings.**

~ Sandra A. Chimenti, M.Ed.
Author of *The Real Me:
Awakening Your True Self —
Positive Affirmations for
Empowering Your Life*



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