

Creative Books and Music

Issue 3

March 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 March newsletter is "releasing challenges." Our lives are very precious. Life is meant to be enjoyed and treasured. Instead of wasting time stuck in our struggles, we need to move past our pain and embrace all that brings us peace and joy.

When we face problems, we have a choice to grow and learn the lesson of the situation, or constantly complain and repeat the pain. If we discover the theme or message in the moment, we will learn more about who we are and our purpose in life. Pain is a chance to see what we need to change within ourselves and where we need to grow. If life was always nice and predictable, then it would become rather boring. The problems we face give us a chance to fine tune ourselves and grow in our relationship with ourselves and our Creator.

Instead of skipping past a problem, I stop and reflect on how I am feeling about the situation or person. If I am feeling sad, then the theme of sadness is present. If I am feeling angry, then the theme of anger is present. I feel the pain in my body on a physical level and place my hands or thoughts there. I do the "Awakening Process" and visualization exercises from my book. I ask myself: "How have you been sad or angry with yourself?" The person or situation is just a character who is playing a role to help me heal. As I observe and feel what I don't like, I consciously choose what I want to let go, change, and create in my life. Then, I say a positive affirmation to replace the negativity: "I love who I am; I love being me; I live my life the way I see." I also release others to learn their lessons in their own time.

We are all special and have come here to share the gift of who we are every day. Let each moment of your life guide you to return to your inner peace and true happiness. ~ 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

"Reflection"

Throughout our days,
throughout our nights,
We hope for happiness
to end all fights.

Peace is precious
so few will know
A kind word to one
before we go.

A look back
on our days,
Will we see
sun or haze?

How we live
is who we'll be
To forgive and love
will set us free.



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

Book Review by Tracy Paauwe

We all have heard the phrase, "Every new day is a new opportunity," but sometimes those opportunities seem unreachable. With the help of Sandra Agazzi Chimenti's book, *The Real Me: Awakening Your True Self*, I have realized that I must open myself to new opportunities if I want to experience them in my life.

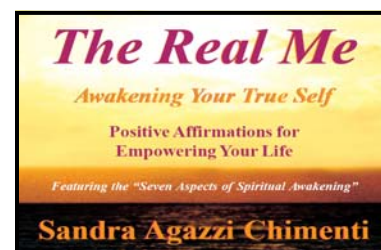
Sandra's interactive book includes instructional guidance, inspirational affirmations and personal exercises to inspire you to be the best possible version of yourself. One of the affirmations states, "I am open to myself,

my life, and all that is present in this moment." For me, this serves as a reminder to embrace every new opportunity that presents itself.

The interactive features within the book provide you with the opportunity to create your own affirmations at the end of each section to inspire yourself. It also includes space that allows you to journal your own thoughts and responses to the material presented. Through the exercises, you can learn Sandra's unique "awakening process" to embrace your true self.

The Real Me has something for everyone. It is more

than a typical self-help book aimed at those who are experiencing a particular hardship. It is a practical guidebook full of useful advice that can be applied to everyday life. *The Real Me* guides you to navigate through challenges and become empowered to be your best. [Print this](#)



The Real Me: Awakening Your True Self
by Sandra Agazzi Chimenti
Available in Borders, stores, online, and at
www.CreativeBooksAndMusic.com

Special Event News and Endorsement

Sandra A. Chimenti, M.Ed., presented "**The Real Teacher: Guiding Students to Succeed!**" for Dr. Andrew S. Gunsberg and his Theories in Education master's class at Oakland University in Rochester, MI on March 23, 2010. Sandra was invited to share this special presentation for his class. (The event was videotaped.) For more information, please call **1-866-58-CREATE**.

"Sandra, your presentation for my EC 540 class, entitled "**The Real Teacher: Guiding Students to Succeed!**" was informative and enjoyable. Of particular value were your comments concerning how a teacher's emotional state influences the effectiveness of any intervention or management technique employed in the classroom. Your ideas on this matter stimulated an interesting discussion at our next class meeting. I thank you once again for your energetic and effective presentation."

~ Dr. Andy S. Gunsberg, Professor of Oakland University's School of Education and Human Services

Affirmation of the Month

Letting go allows
miracles to occur.

~ Sandra Agazzi Chimenti, M.Ed., Author of
The Real Me: Awakening Your True Self



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