

# Creative Books and Music

Issue 4

April 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 April newsletter is “spiritual awakening.” As springtime arrives, we welcome the wonders of nature and all of its beauty. Just as we have been under our own sleepy blankets of snow, now is the time to awaken to all the gifts of life.

Sometimes we may feel like we are on automatic pilot, just existing and surviving without any time to appreciate our blessings. We need to *make* time to reflect on our day and on ourselves. What do you like and what would you like to change? By making small changes each day, you will gently redirect yourself toward a path that is happier, healthier, and more peaceful.

When life feels challenging, ask yourself what you believe about life. Do you feel that it is unfair? Do you believe that you are meant to suffer? Is life about surviving or thriving? By looking at some of your core beliefs about the different areas of your life, you may discover the root cause of your suffering. If you believe life is difficult, then life will prove you right. If you want life to be easy and enjoyable, then make choices that match your new beliefs. Life tends to be neutral and we are given what we focus on. Observe what you think and say because your actions and experiences will reflect your thinking. If you want a better experience, try a better thought first. If the experience is painful, practice the “Awakening Process” from my book to feel the theme and then release the lesson to create what you prefer instead.

As you awaken to your beliefs and thoughts, you will begin to choose healthier words and actions to reflect your new beliefs. With practice, you will navigate through challenges faster, avoiding the negativity of problems. Your new happiness will inspire you to share your wonderful gifts and talents. You are a special part of our world. We need your help in healing our world, so that it reflects all the true beauty, peace, and love found in each one of us. ~ 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

### “Peace I Find”

Snowy pain,  
Snowy pain;  
Coming down,  
Raining rain.

Windy gusts,  
Blowing air;  
Protective shield,  
Suddenly appears.

Seems so ...  
Real;  
So cold,  
So much.

Yet, shielded  
In love  
From the  
Icy touch;

Walking through  
Cold surrounds;  
Warmth inside  
Love abounds.

Strength  
My torch;  
Love  
My guide;

Light  
My way;  
Peace  
I find.



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

### Book Review by Elizabeth Scussel

Sandra Agazzi Chimenti's book *The Real Me* is a must-have workbook for life. The message that the book sends is a powerful one.

Through her steps entitled "The Seven Aspects of Spiritual Awakening," she walks the reader through the different facets of our lives that we must conquer to help live a self-fulfilling, blissful existence.

Divine Creation, Communication, Apology and Forgiveness, Gratitude and Praise, Loving Choices, Flowing in Life, and Sharing Gifts and Talents are the seven aspects Chimenti elaborates on in her book.

Chimenti's book is much more than a reference filled with guidelines for self-help. It teaches one to change from within and put faith in the belief that even seemingly unimportant, small events in our lives are, in fact,

small stones constructing a path to greater things.

The book teaches one to put belief in the unknown and the unseen. You do not need to be religious to comprehend the message Chimenti is conveying.

Included in the book are worksheets, some empty pages to be filled with your personal prayers and beliefs, and positive affirmations.

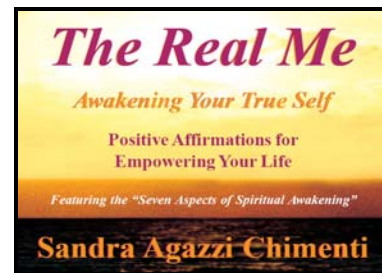
Chimenti also includes a Peaceful Prayer Meditation to calm the mind, body and soothe the soul.

I suffered from health problems three years ago and wish that I had this book to help me through those hard times.

However, it's not just the hard times that this book teaches you to overcome. *The Real Me* helps with the hardships we encounter on a daily

basis. It also illustrates how to achieve dreams that seem impossible or out-of-reach.

The encouraging words of Chimenti are captivating and stay with you long after you've finished reading it. [Print this](#)



***The Real Me:***  
***Awakening Your True Self***  
by Sandra Agazzi Chimenti  
Available in Borders, stores, online, and at  
[www.CreativeBooksAndMusic.com](http://www.CreativeBooksAndMusic.com)

### Endorsements and Testimonials

"This is a great book to learn to let go and let God! If you are struggling with things in life, it is great to help you let go and let God take it from there. *The Real Me* book has everything you want to know in a nutshell!"  
~ Trudy Szoztak, Sales Associate / Book Reviewer for Maria's Catholic Supply House

"If you are feeling down in the dumps or need a boost, Chimenti's book, *The Real Me: Awakening Your True Self*, is perfect. Read through the whole thing or simply read the positive affirmations or do the exercises and you will feel your mood change for the better." ~ Lauren Stewart

"We were so inspired by Sandra's presentation that we purchased two of her books. I try to read several pages of *The Real Me* before I go to bed each night to end the day on a positive 'note.' Sandra is a very effective communicator and we recommend her seminars." ~ Sarah Tierney, 2008 Rochester Writer's Conference Attendee

### Affirmation of the Month

Focusing on all the blessings present in my life reminds me of what really matters and returns me to peace and love.

**I AM BLESSED.**

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



### Creative Books and Music, L.L.C.

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