

Creative Books and Music

Issue 5

May 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 May newsletter is “be nurturing.” Whether you are caring for yourself or your family, we all need to make time for ourselves and those we love. Sometimes this is easier said than done, especially if you are trying to achieve the ever elusive idea of having balance in your life. Instead, try to do at least one positive thing for yourself, so that you feel renewed and have energy for your family and you.

Communicate your wishes before your frustration level sounds its unwelcome siren. If you are feeling over worked, delegate jobs without micromanaging the results. The goal is that the job just gets done. Whenever we do too much, we need to reflect on the cause. Are we keeping busy to avoid something that is really bothering us? Do we want all the satisfaction of having accomplished so much? When others can help us and we gratefully accept their help, we are giving them an opportunity to feel empowered, build self-confidence in their abilities, and raise their self-esteem. This is especially true for children at any age. We are not serving anyone when we serve too much. We need to make time to take care of ourselves, so that we set healthy examples for others. Delegating jobs, relaxing and having fun, and communicating with respect are all ways to build positive relationships within a family.

We all need to be nurtured and we also need to care for others. This is the type of balance that allows us to grow and be happy. Our family cares more about us than the stuff we do for them. They want us to be happy so that we are more enjoyable to be around. So, don't do so much and you will be more appreciated for what you do choose to do. You are a wonderful human *being* — not a human doing. Nurture and love yourself for who you are and share this love with your family and friends. ~ 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

“Peaceful Walk”

I found a place
not far away,
Where tranquil peace
is here to stay.

My thoughts and
dreams
of yesterday,
Came alive
on my way.

Beauty and comfort
and solitude abound,
Birds are flying
water on the ground,

The river is flowing;
the breeze is cool
And everything is
wonderful,
peaceful and new.



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

Event Review: Avondale Meadows Upper Elementary School

On May 24, 2010, Sandra presented her new program: **"I am a G.I.F.T."** (I am a giving, inspirational friend today!) to the students at Avondale Meadows Upper Elementary School in Rochester Hills, Michigan.

Sandra invited students to join her on stage as they learned about the power of their thoughts, words, and actions. The students saw how positive words would strengthen them and negative words would weaken them.

Sandra explained how to process hurt feelings by using the phrase: "Stop (and breathe), feel (your feelings), and be real (return to your true self.)" The students role-played different scenarios that taught them how to handle challenges using "I" statements. They learned to raise their self-esteem by being a giving and inspirational friend. They used visualization to release negativity and remember they are a wonderful creation.

The program's big finale featured Sandra leading the students as they all sang her original song "Discover Your Power to Succeed!" Sandra created this new program for children of all ages based on the concepts from her book, ***The Real Me: Awakening Your True Self***.

(This presentation was videotaped. Please contact Creative Books and Music to arrange a presentation for your school, library, organization, or business.)



Sandra on stage at Avondale Meadows School.

Endorsements and Testimonials

"Sandra Agazzi Chimenti presented an excellent assembly to the fifth and sixth graders. It was a motivating performance. The students were actively involved. I recommend this program."

~ Dianne Shepich, Principal of the Avondale Meadows Upper Elementary School where the **"I am a G.I.F.T."** program was shared.

"The message ***The Real Me*** book sends is a powerful one. It teaches one to change from within. You can feel the message through Sandra's songs, as well. The music is very beautiful and healing." ~ Elizabeth Scussel, Oakland University Graduate

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

We live. We learn.

We grow.

**Through awareness and
change, we blossom into
our true potential.**

~ Sandra Agazzi Chimenti, M.Ed.

**Author of *The Real Me:
Awakening Your True Self***



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