

Creative Books and Music

Issue 7

July 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 July newsletter is "freedom." As divine creations, our true nature is being free. We are very blessed when we remember this innate aspect of who we are. Celebrating our freedom reminds us of this gift.

Many of us enjoy the freedom we have by living in the United States of America. We are grateful for all that comes with this gift. However, there are many people in our world who do not share this experience of freedom. On the surface, it may seem that freedom has a limited definition where some people are free and others are not. Yet, on a spiritual level, the true meaning of freedom is that it is available to everyone. Even people living in the USA may experience levels of imprisonment in a "free" country. Just as people in other countries that are not "free," may have learned to feel free in different ways.

True freedom lies within our mind, our heart, and our spiritual being. When we believe we are the only ones who decide how we will feel about life's experiences, then we create freedom. When we say "no" to others' demands on our time and energy, we create freedom. When we make choices that lead to our true happiness, we create freedom. People who choose negative words and actions may make others feel imprisoned by being around them. They are demonstrating their wounded self. If their negativity is affecting your happiness, limit your time with them and encourage them to seek some assistance. Be aware of your own negative self-talk and beliefs. Choose positive statements about who you are and about life to set a positive example with your own words and actions.

Freedom is a feeling, a state of mind, an aspect of our being, and much more. We must not limit its definition. We are always free to choose love vs. fear. Even when you feel you have no choice in the matter, telling yourself that God created you to be free will remind you that you always have a choice. Pray for loving guidance and be open to a loving answer. When you create real freedom in your life through your thoughts, words, and actions, you inspire others to do the same. You are a divine and loving creation with spiritual freedom to be who you are. ~ 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

"Free to Be Me"

Mountains so high
Rivers so wide
Forests grow full
Dreams to abide

Days become years
Visions to make real
Struggles to hurdle
Passing through steel

Wait for a moment
Slow steady pace
Refusal to rush
Or join in the race

New goals to focus
New ways to live
My life to lead
To me, I now give

Breathe in the day
With rhythm, move well
All is provided
Time waits to tell

Peace in the process
Listen to "Love"
Guidance and knowing
Moving above

Passages open
New ways to see
Follow my heart
Free to be me.



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

Book Review by The Think Club Publication

Life does not come with a user's manual. Chimenti, however, has attempted to compile one based on her own thought, education and life experiences. Her book, *The Real Me: Awakening Your True Self -- Positive Affirmation for Empowering Your Life*, is a guide for awakening and empowering ourselves. For years, Chimenti has been giving classes on the subject of spiritual awakening and, thus, has shared her wisdom with others. *The Real Me* is an attempt to reach those who could not learn from her in person.

It is true that our thoughts create our reality, nevertheless, the only thing that remains constant in life is God's love (not our thoughts) because His love is unconditional and all pervasive. Once we accept our creator and let Him guide us on the path of life, we can rejuvenate ourselves and breathe in healing energy (exhaling all negativity). Having estab-

lished that trust, Chimenti takes us to the "Seven Aspects of Spiritual Awakening" consisting of Divine Creation, Communication, Apology and Forgiveness, Gratitude and Praise, Loving Choices, Flowing in Life and Sharing Gifts and Talents.

Her intellectual and divine energy creates very effective positive affirmation statements. These are some of my favorites: "God loves me just the way I am. Life is a process, not a product. When points of view are in conflict, I am willing to listen to others without trying to solve the problem. Thoughts have power. I am a human; mistakes may happen; forgiveness is my 'reset button.' I take responsibility for myself. I accept who I am. I see the best in me; I see the best in others. Today, I choose to live in love vs. fear." It is so inspiring that I could narrate the whole book.

The entire manual is adorned with

Chimenti's love for the humanity with her personalized messages such as, "I encourage you to awaken to the infinite love that is already present in each of us and in each moment to create a more peaceful, and happy life..." Chimenti has also listed "Resources and Services" towards the end. The most noticeable are "Some Signals of Inappropriate Behavior" and "Index of Positive Affirmations and Statements." I recommend this book as a quick behavioral therapy for busy individuals of all ages. [Print this](#)

Visit: www.TheThinkClub.com



The Real Me:
Awakening Your True Self
by Sandra Agazzi Chimenti

Available in Borders, stores, online, and at www.CreativeBooksAndMusic.com

Endorsements and Testimonials

"Sandra Agazzi Chimenti has a beautiful way to connect with my listeners. Her heart centered communication is a wonderful way to help people 'Wake Up' to feeling joy in their lives." ~ *Kimmie Rose Zapf, Host of CBS Radio's "InnerViews with Kimmie Rose Zapf" and Author of Wake Up Your Intuition*

"Sandra, I enjoyed your self-healing and letting go exercise (from *The Real Me* book) and your thoughts on positive thinking. It was an excellent conference and a privilege to meet you. Thank you." ~ *Christine Kepich, 2008 Rochester Writer's Conference Attendee*

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

**I am FREE
from unhealthy
anger and fear.**

**I make positive
and loving choices
that empower me.**

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



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Publisher of Books, Music, and More
"Creating with You in Life!"

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