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TEETH HURT? ASK A DENTIST.
FOUR-YEAR OLD STRIPPING IN PUBLIC?

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MichiganMoms.com

Hills author traces path to empowerment

By Gary Winkelman
STAFF WRITER

Sandra Agazzi Chimenti is on a mission to help people lead lives of happiness and fulfillment.

The Rochester Hills resident is reaching people through workshops, a new book and soon, a cable television show.



Her message is multifaceted, metaphysical and unmistakably positive. Filled with upbeat affirmations and motivational advice on finding one's right balance of body, mind and spirit, Chimenti says her book, *The Real Me: Awakening Your True Self*, is a blueprint for creating success, joy and inner peace.

Drawing on her background as an educator and musician, Chimenti, married and the mother of a 10-year-old son, writes about finding new levels of awareness and what she calls the "seven aspects of spiritual awakening."

Chimenti, 40, says her teachings can help lead people to their "natural state" - a place of comfort and empowerment.

"Not (their) normal state but their natural state," she says. "And they just have this feeling of divine presence around them - love - and they just look at me and go, 'This is so much better.'"

Chimenti doesn't claim that her book and presentations are a solution for everyone's problems, but rather provide an emotional and spiritual framework for responding to situations.

"The problem hasn't been solved, but what has happened is they have a new perspective," she says. "They've let go. They're now open to divine guidance."

For Chimenti, the idea is looking inward to overcome obstacles and achieve understanding.

"It's being responsible for your own feelings," she says. "It's acknowledging, being conscious. It's ... this whole idea that you awaken."

She says her writing includes this "missing step" not found in other self-help books.

"There's no secret. This is within you," Chimenti says. "I'm reminding you of what you already know as a spiritual being. I'm not saying anything so different - I mean I'm packaging it differently - but you already know this. On some level you feel it."

DESIRE TO HELP



Rochester Hills resident Sandra Agazzi Chimenti outlines a path to personal empowerment in her new book, 'The Real Me.'

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Chimenti says her motivation as an author and teacher traces back to childhood.

"Ever since I was younger I've always had this desire to help," she says, noting that her sensitive and intuitive persona makes her a good healer.

"I found that I just didn't like to see people suffer."

Chimenti says she's not bothered by skeptics of her ideas and feels great satisfaction when people benefit from her presentations or book.

"If it brings you joy, that's the biggest reward," she says. "And when I'm teaching these classes I tell (people) 'you're giving me as much as I'm giving you.'"

Chimenti has previously presented in enrichment programs through Rochester, Troy and Lake Orion school districts, as well as at St. Andrew Church in Rochester and Oakland University, where she is an alumna.

Upcoming events include a talk on how to "Empower Your Life with Real Love" for Rochester Parents Without Partners on Feb. 14 at the River Crest banquet hall in Rochester Hills.

She also will be host of a new cable TV show, Discover Your Power to Succeed, which tapes its first episode at 2 p.m. Saturday, Jan. 26 at the Community Media Network studio in Troy.

The show will air in March and Chimenti is encouraging folks to be part of the audience. Free tickets and more information is available at www.creativebooksandmusic.com or call (586) 996-8660.

Chimenti says the show will feature guests and focus on success in business, relationships, parenting and more.

"People are looking for real success and happiness while discovering a way to share their talents and find fulfillment in life," she says. "This is an incredible opportunity for people to discover how to succeed at achieving their dreams."

For more information about Chimenti, visit her Web site, www.creativebooksandmusic.com

STORYCHAT 

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