



## Life Changes and Challenges

November 2004

Once again, last month's newsletter generated a lot of mail from readers who are going through a transition and could use a little Divine support.

I have such admiration for those who face difficult challenges with courage and inner strength. It's a testament to the power of the human spirit.

Any kind of change, whether it be positive or negative, can be stressful. The loss of a job, getting married, dealing with illness, or becoming a new parent, all require an enormous amount of physical and emotional energy. What makes it even more challenging is that often one life change, sparks others.

For example, one woman decided to leave her job and a week later, found out that she needed to move. Another sent her last child off to college, and soon discovered that her husband wanted a divorce.

As I wrote to one community member this week, there is something important to remember while in the middle of chaos: "When all is breaking up, something new is breaking through." I found this quote many years ago on a sign in front of a church in my home town. I was going through a very difficult period in my life -- a time when it felt like the Divine had pulled the tablecloth out from under my "well set" life. When I saw this quote, I felt like I was being sent a comforting message. I held on to it for dear life.

You can too. Major life changes are a "call to consciousness" -- a challenge to live a more authentic, soul-directed life. Regardless of how scary or uncomfortable the changes may be, I can assure you that, with the help of others, you can withstand any storm.

"Botanists say that trees need the powerful March winds to flex their trunks and main branches, so that the sap is drawn up to nourish the budding leaves. Perhaps we need the gales of life in the same way, though we dislike enduring them. A blustery period in our fortunes is often the prelude to a new spring of life and health, success and happiness, when we keep steadfast in faith and look to the good in spite of appearances."

**Angel Blessings**

*Julie and Steve*

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**From the Angels:**

Your angels are standing by waiting for you to ask for their assistance Don't worry that any request is too large or too small If we can help, we will do so immediately and you will soon see results of our assistance."

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**Julie and Steve's Meditation CD's and Angel Essences can be bought from:**

**Bahrain** - Julie and Steve, and Book Case (other outlets to be announced soon).

**Dubai** - Jack Montgomery, Tel - 00971504585860 Or  
Elements Fuengshui AL KHALEEEJ CENTRE BUR DUBAI

**Will soon be available in Greece, Kuwait, USA, Australia, UK**

**Angel Essences -**

**Bahrain** - Julie and Steve

**Dubai** - Jack Montgomery Tel 00971504585860 Elements Fuengshui AL KHALEEEJ CENTRE  
BUR UBAI

Art & Picture Framing Lamcy Plaza, Ground Floor

**Soon in Greece, Kuwait, at Stellarhouse, Saronida Athens.**

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**Julie Lomas M.I.A.C.H.T.**

Julie is a Usui Reiki Ryoho Master / Teacher, Angel Therapist, Crystal Healing Therapist, Physic Reader, Past Life Regressionist

Julie holds a Bachelor of Arts Degree in Education and is the founder member and Managing Director of Conscious Connections.

She is a member of the International Association of Crystal Healing Therapists and has been practicing and teaching these holistic therapies for 14 years.

She has been conducting regular International workshops and seminars on Reiki, Angel Therapy, Crystals, stress and relaxation in the Middle East Gulf Countries, USA, Greece, Europe, and UK for 12 years.

Her life focus is now to bring spiritual healing into the mainstream business world and helping people from all sectors of the world community to empower themselves.

Julie also writes for several magazines and publications

**Steve Ritchie**

Steve is a Usui Reiki Ryoho Master / Teacher /Practitioner, Angel Therapist and Crystal Therapist (in professional training). Steve holds an MBA in General Management and is Managing Director of Conscious Connections.

Steve spent over 25 years in international corporate business. His life focus now is on bringing spiritual healing into the mainstream business world, addressing areas such as personal confidence, leadership and stress management, through the use of meditation, chakra breathing, Reiki, Angelic Therapy and Crystal Healing.

Steve has been conducting Reiki, Angel Therapy, stress and relaxation workshops for several years.

