



## Expectations and Outcome

October 2004

Our expectations play a significant role in what shows up in our lives. And, when they're fear-based, they're fueled by a tremendous amount of emotional energy that only gives them more power.

As a result, here's what happens:

- If you expect to be disappointed, you probably will be
- If you expect to be "ripped off," there's a good chance you'll attract people who will take advantage of you
- If you expect your interactions with others to be a struggle, your attitude is likely to make this happen

**The good news is that the opposite is also true:**

- If you expect to be met with kindness, you probably will be
- If you expect yourself to handle setbacks with grace and ease, you'll tend to do so
- If you expect that people will do their best, they will usually rise to the occasion

Having positive expectations doesn't mean that you should act foolishly or with blind faith. It's important to do your homework. But, I can assure you that approaching a situation with a positive attitude will make the process a whole lot easier. Since I've changed my behavior, contractors are more relaxed in my company. Now, we're all invested in the same goal -- making each other's job easier and creating the best possible result.

I've also begun to really enjoy the process of creating a soul-nurturing home.

How about you? What are you facing right now that requires a shift in your expectations?

This month, notice the expectations you bring to everyday situations.

For example, do you expect traffic to be slow on your way to work?

Do you expect it to rain on your vacation?

Maybe you expect a meeting with an ex-spouse to be contentious and difficult.

Once you recognize your negative expectations, imagine a best-case scenario. Then, affirm this new expectation over and over in your mind, regardless of whether you believe it's possible.

**It will influence the outcome!**

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 KHALEEJ 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 KHALEEJ 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 area's 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.