



## **Anxiety, Fears and Overcoming Self Imposed Obstacles**

**April 2005**

I am always talking to people about realising or not realising dreams or goals. Most people have dreams they carry all their lives but never achieve them, either because they don't have the will power, or they don't know how to start, or they see the problems before they even allow themselves to start.

They put obstacles in the way before even starting to achieve their dream or goal. I myself have been guilty of that. Those who are successful have learnt that you have to have some sort of action plan, with simple easy steps, that can be followed and adapted if needed. Many people however never get past the first hurdle they encounter. As you consider the way forward with your dreams and goals or changes to your life, here are some obstacles that you can avoid.

Don't just focus on the end result, focus instead on the first step.

You may want a career change, but end up worrying about whether or not you are able to apply your current skills to a new career. or that you have no skills. Focusing your attention on this potential hurdle will stop you moving any further. You need to focus on a next possible step, like talking to people already working in the field you would like to move into, or perhaps speaking with a job agency to see just what you would be able to adapt your skills too, or looking at possible classes you can take to improve your skills or learn new skills, in other words explore your options.

You'll know you've have already prevented yourself moving on or achieving when you say things such as:

- I'd really love to get a new job, but I'll never be able to make the kind of money I make now, or am am too old for them to consider me, or I am too old to re train for something I would like to do.
- I'd would really like to find a new partner and have a meaningful relationship, but no one will find me attractive at at my age.
- I'd love to start my own business, but I'll never get the bank to loan me the money.
- I would love to own my own home but I would never get a mortgage.
- I would love to be an International trainer but I am not good enough or no one would want to listen to me.

Why not give your dreams a fighting chance! When you make or think self limiting statements, you give your power away to fears and concerns that may not even turn out to be valid.

Remember the old saying - where there's a will there's a way! Do not think that the fears and anxiety that you feel at the start of the dream /goal will stay with you or get worse, and hence allow that fear prevent you going forward. There are many times when we add to our anxiety levels by avoiding some kind of action, even if its action we really know we should do to enable us to move forward or even to put our minds at rest.

As you become more positive and sure of yourself with each positive step you take, then the fear starts to slip away and your courage starts to come into play. Later when you see things really starting to happen then excitement starts to neutralise any left over fears. In the long run, allowing the fear and anxiety you feel, weakens your belief in your ability, making it easier to stay stuck and never achieve your dreams. I myself have allowed this to happen to me many times. I have had to work through many fears, and usually when I make a big decision I feel confident for the first hour or so, then fear starts to creep in, and I often have to sit in the bathroom for an hour or so, I am sure that this happens to many of you.

During that hour or so my confidence slowly slips away and I imagine allsorts of things, but I have learnt to just acknowledge it, then let it go. Then I call a trusted friend and start to talk through it, analysing each self imposed sabotaging thought. Then slowly I get myself back into gear. Many people I have talked to also suffer similar things to this. I used to let it stop me achieving my dreams, but I no longer allow it to happen, but I go at my own comfortable pace and I plan.

As you take action to fulfil your dreams, every success that you experience, big or small, will fuel your enthusiasm to keep going and accomplish even more goals. With this enthusiasm in place, you'll work your way through challenges with more ease.

When you feel frustrated or unsure of your next step, ask for help. This is hard to do for most people and it takes courage. This is a valuable lesson that I have also learnt over the last few years, that it is Ok to ask for help. I use to find it almost impossible to ask for help, I still find it hard to do but I do ask now. People usually are only too willing to help, when they see that you have really been trying to help yourself but are struggling.

Give your fears or self imposed limitations a test by sharing them with someone you trust (preferably not a doom and gloom person but a positive person) If you're not sure where to begin, brainstorm with a few friends.

1. Choose one change that you'd really like to make or one dream you would really love to start to happen.
2. Identify any self imposed obstacles that may get in your way.
3. Put these self imposed obstacles aside while you determine your next step forward.
4. Take action as soon as possible to put your next step in to action

So, this month notice any self imposed obstacles and fears and anxiety that are stopping you from achieving your dreams and goals. Then, take a closer look at what you can do to overcome them and put your plan into action.

Good Luck!

**Angel Blessings**

*Julie and Steve*

x

---

**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."

---

**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.**

---

**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.



CONSCIOUS  
Connections