



## **Taking Care of Your Financial and Mental Health over the Festive Season**

**December 2005**

As the festive season rapidly approaches, it is a good idea to remind you about taking good care of your financial health during the gift-buying season. While it's scary to read about credit card debt, it is this time of year when it's so easy to pull out the plastic only to find yourself suffering from the "what was I thinking?" blues after the New Year. Since most of us like to give gifts to loved ones, why not get a little creative? Share something homemade. Bake brownies, or something similar. Create a Christmas stocking filled with little, useful, gift-wrapped items. These gifts might include things like a small bottle of great smelling shampoo, a votive candle or a lottery scratch ticket. Make a list before you go shopping of what you want to buy each person, don't just go out and buy lots of things thinking "I will decide who to give that too later". Invariably by the time you get home you will have no idea who is to be given what and you may even find that many of your gifts are really not that appropriate.

Let this be the year when you put the state of your financial health ahead of our consumer driven culture. Respect yourself and your money by making a commitment to be responsible this festive season. Not only will you save money and reduce your debt, you'll start the New Year feeling good about yourself -- a great frame of mind to attract the abundance you deserve!

You could even try to give a gift of your time, or your talents. We all have a project or task hanging over our heads that we keep meaning to get done, but we never seem to get around to doing it. This year, if you know someone who is really struggling with a project or something similar then rather than buy a gift, offer to help them to get the project done once and for all. Of course you should ask them first if this is acceptable to them and if it is, book a date.

There are several benefits to giving this kind of gift. First, you relieve some one of the emotional stress that comes from procrastination. Second, you give this person a daily reminder of how much you care. For example, if you help a friend organize a kitchen closet, he or she will think of you and feel loved every time they open the door. Third, giving the gift of our time adds less "stuff" to the planet. And finally, giving the gift of your talent gives you a chance to spend meaningful time together away from the hustle and bustle of the season.

It's also the time of year when many of us will visit with family and friends for vacation and holiday celebrations. I read an article recently that talked about the pros and cons of holiday gatherings and the reasons why so many people have a tendency to overindulge in food and drink during this time of year. It was suggested that it may be because we're so hungry for soul-nourishing connection and conversation that we attempt to fill the void with a form of pseudo-nourishment through excess food and drink. Either that or we simply use food and alcohol to medicate ourselves against the boredom of superficial chit chat.

Too often we go overboard during the holidays with the intention of making up for it in the New Year. Then, January comes around and we start beating ourselves up for letting

our health go, or spending too much. Here are a few suggestions on how to stay healthy during the next few weeks so that you set yourself up for a strong start in the New Year. Enjoy "soul-nourishing" conversations. When attending social gatherings, spend more time having meaningful discussions. For example, rather than stand around the food table talking to a co-worker about your latest work problem, sit down and have a heartfelt conversation about a favourite memory from 2004 or an important goal for 2005.

Eat protein first. When attending parties, start your meals with some kind of protein (meat, eggs, nuts, cheese, etc.) so you have less room for carbs like cakes, sweets, or cookies. While you'll need to be mindful of how much protein you eat, choosing it as your first food selection will not only help you to feel satisfied and full, it will curb your cravings for sugar.

Drink plenty of water. Bring a bottle of water with you wherever you go and remember that alcohol, soft drinks, coffee, and tea are not hydrating liquids.

Be willing to bow out of the parties that leave you feeling empty inside. Choosing to disappoint someone else may be just what you need to do to make sure that you don't disappoint yourself. Simply tell friends or family members that you need to sit this one out. Your "soul-care" is always a valid excuse.

Most of all relax and have fun over the next couple of weeks. We are making memories during every moment of our lives. Make sure that yours are worth remembering!

### **Take Action**

Decide to make at least one change in your behaviour this holiday season so you can feel better about yourself. You might choose to eat before going to a party or limit your alcohol consumption to one drink. Or you may choose not to use your credit card.

Whatever you decide, good luck and enjoy

### **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 -**

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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 / Practioner, 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.