



Start Taking Action!

January 2005

Those of you who know me know I like simplicity. I really like to learn about small behavior changes that can reap big rewards. This is one I am going to use from now on and perhaps you would like to try as well.

In the morning when we start our day, we will ask our selves: **"WHAT ACTION DO I MOST WANT TO AVOID DOING TODAY?"** (Those of you who know me well will now be laughing, as I am very good at avoiding what I don't want to do)

So once you have an answer, you can do two things.

1. Identify the cause of your resistance. For example, does the task feel too tedious or difficult to complete? Is it related to a goal that no longer serves you? Or, am I simply afraid?
2. Then, if you're convinced that it is, in fact, important, take some action right away.

Now, some of you may have used a variation of this before. You may have learned to "tackle difficult tasks first."

It may be, though, that looking at what you most want to 'avoid' is a more beneficial tactic. First, it will challenge you to consider whether or not the items on your "to-do" list are truly designed to move you toward a worthy goal. and it will save you time and energy by keeping you focused on the actions you really need to take rather than the "busy work" we tend to get caught up in when trying to avoid something that feels uncomfortable or risky or not pleasant. And finally, once you've determined that this task is indeed important, by doing it first, you accelerate your progress, even toward the achievement of other important goals, but it always gives you some sense of relief within, that you have done whatever it is that you have been trying to avoid.

Many of us (especially myself) dance around things because of the anxiety they cause. Which is understandable, and by using this method it will mean on some occasion you may experience disappointment, but, what's the alternative? Would you rather waste time doing things that really don't make that much of a difference? Are you willing to put off your dreams for instance? Since there's a good chance that you'll live through disappointment, why not face your fears head on? You probably have far more to gain than you "think" you have to lose!

Good luck and start taking action now it's the beginning of a New Year!

THE TSUNAMI DISASTER – AN EXTRACT FROM CAROLINE MYSS

"Consider that prior to the tsunami, as a global community we were building up a warehouse of negative energy. The rage created by wars and all the pain that goes with the injustice of innocent deaths brought about through bombs and missile attacks (after

all, missiles don't kill only "insurgents"), along with all the negative energy that has been building in our global community through numerous other political crises may have ultimately created this same nightmare of a disaster through manmade means. The deaths and destruction to the homes of hundreds of thousands of people could have been brought about by human beings and their war games, which would have been a real tragedy. Nature is nature. At least in this case, the situation is a largely blameless one; who can hate nature for an earthquake? That would be preposterous. Although many thousands have lost their lives, and thousands more may lose their lives from the aftermath, at least no nation is to blame, and for that we can all be grateful. The nations most affected are now budgeting money for a tsunami warning system to prevent future tragedies. We can also be grateful that this event has drawn the entire world together, proving that we can work as a global village when we have to. Under blameless conditions of tragedy, we can unite and come to the aid of fellow humans who are suffering, not as the result of political crisis or war, but because of a random act of nature that could have happened anywhere.

But I am saying that global events – even natural ones – are created through a complex of energies. And included in that mixture of energies are the psychic forces generated by the collective consciousness of the global soul of humanity. We are a part of the earth and its consciousness. The energy we generate as individuals and as a collective body filters into the earth as surely as the cream you put on your skin filters into the organs of your body. The earth does not exist separate and apart from our psychic energy. How could that be? The energy of nature influences our psychic field as surely as we influence the health of Mother Nature. As a Soul Being with her own rhythm and her own schedule of events that will unfold as they are meant to, although in some cosmic way, Mother Earth is involved in the evolution of the human species. Global warming is occurring and we have been continually tampering with the balance of nature in an ever-increasing momentum. That may well be creating a psychic stress for Mother Earth that we have no way of measuring; but Mother Earth could be feeling the pain of the human condition as much as humanity is – including the pain generated by a build-up of anger and rage in our collective spirit.

On December 26th, a tsunami struck in Indonesia, but an earthquake or a volcano or tornadoes could have struck in any country – and indeed, they all will at some time. Mother Earth doesn't discriminate. She isn't a political being. She will bring other storms, floods, fires, and hurricanes to other lands and other people continually, as she always has. And people will die as a result of acts of Mother Nature. Some of these events, like this tsunami, may be enormous in proportion to others. But let's look at the good that is coming from this crisis. What other event could possibly have drawn the world together and caused humanity to act as a global community, transcending political differences? What other force could possibly cause so much destruction yet leave no traces of hatred in its wake? While grief abounds and will for years to come, so does compassion. The bonds of care, gratitude, friendship, and new beginnings that will be formed as a result of pulling together to overcome disaster may have consequences on behalf of peace that will save who knows how many lives in years to come.

From another perspective, think about the long-term consequences to the global psyche of this tsunami. The earthquake that caused this wave was so enormous that (and I'm not sure I'm going to phrase this properly) it knocked the earth off its axis slightly and altered time by a fraction of a second. Those two facts of the physical realm have to have an impact on the physical plane, but, considering that we've never encountered this before, who knows what it will be? And how will a slight shift in the orbital field and our relationship to time affect us? Because it will – how can it not?

Who knows what lies ahead for the world in this new year?"

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 KHALEEJ CENTRE BUR DUBAI

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

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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 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.

