



Giving Up Control

July 2005

A client's mother is seriously ill, whilst we discussed this, my client said something very interesting.

She said 'I now realize why it's so important to let go of control and allow others to take on some of the responsibility when it comes to managing our lives'.

My Client's father died several years ago, and her older sister had always managed her elderly mothers care, but her sister had also recently passed away in an accident, she was left to start from scratch. Had her sister shared some of the responsibility with her, she would have gained valuable experience that would make this situation easier for her to handle.

Later in the day, I thought about my own life. Where was I hanging onto control to the detriment of myself or others? Or was I being lazy about learning about the ropes of the finances etc in our house as I leave much of it to Roy. I really have no clue about what our investments mean etc. I need to think about sharing some of that responsibility with Roy so I would be able to easily take over should something happen to him. I myself do all the correspondence, letters, emails, birthdays cards, Christmas cards, anniversaries etc, I need to share some of that with him incase something happen to me and he would at least be able to contact people.

I also thought that should anything happen to both of us together at least we should also have made a prepared list of assets, papers etc, and where to look and find things for any family member to take over and sort out, to help them.

I am positive many of you are in the same situation, and sometimes we just sit back and let the world go on a round us as it seems easier that way, however its actually doing ourselves no favours at all.

When we let go of control and allow someone else to take the reigns, we are helping others. We help them to teach and trust themselves, to become resourceful, and to take greater responsibility for the quality of their lives. It's a great argument for giving up the habit of overdoing things.

You can start with simple things to get use to handing over:

Letting a friend or spouse :) even your child navigate directions to a new location without taking over

Sharing household responsibilities with a teenager (laundry, cooking,etc.)

Letting your young child choose his or her own clothes

Letting your spouse do the Grocery shopping or taking the children out to buy their new shoes or clothes.

Of course you then need to consider more challenging moves:

Turning over the handling of the finances to your spouse for a while or visa versa

Sharing the care of an elderly parent with another sibling (even if he or she lives further away)

Allowing a friend to research vacation options

Sitting back during a meeting and allowing someone else to take a lead role

Letting go of control means surrendering to the reality that there may be mistakes made and yes there will be :) But that's how people learn. Mistakes provide us with an opportunity for growth. After all, think about how you do what you do, so well.

The real challenge is to keep breathing, and staying calm when you're tempted to take back control when the situation is not going according to your plans.

As I think more about my conversation with my client, I realise it's an important issue. One that makes me ask myself: What would others struggle with if I wasn't around to handle it? You might want to consider asking yourself that question, too.

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 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.

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

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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.

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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.

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