



## Letting Go of Little Things When Feeling Overwhelmed

May 2005

Many of you have been talking to me about being overwhelmed by all they have to do in their lives. Many of you are even more upset because you have maids or house boys to help you here in Bahrain but still feel tremendously overwhelmed and because you do have the help available and still feel like this, there is the added guilt trip as well. I myself get very overwhelmed at things I have to do and I often meet myself going backwards. Email, mobile phones etc etc have made us much more at everyone's call as well.

I received a call from a lady who said she felt so overwhelmed by all she has to do during her day and was feeling very tired and very low as she couldn't seem to get on top of everything. She had the best of intentions to get certain things done, but at the end of the day things kept popping up.

She'd promise herself that she'd go to bed early, then remember an email that needed to be sent, or find a video that should be returned that day etc etc. She'd end up taking care of these tasks instead of honouring her priority of going to bed early. She said she felt "run over by life" and wanted advice on how to handle life more efficiently and a crystal session or two to help her unwind and de-stress. She did find the time to come to me for a few healings and she benefited from the de-stressing greatly, she actually felt like a tight coil waiting to spring when we started. More and more people are coming to me in this state of stress.

Many of you often tell me you feel life is "running us," and this is in its self, a good indication that we've forgotten who's in charge. We start reacting to life, frantically trying to get everything done, and running around in circles.

Life has become much more complicated over the last few years. Technology has grown so fast, while our ability to stay focused, set limits, and manage our time more effectively, has not.

Now, because of voicemail, email, and faxes, we're left with the burden of responding to others and, without the ability to say no, we end up trying to do it all, feeling obligated and overburdened. People tend to get very irritated with you if you don't respond straight away, and want to know why you didn't answer their email /telephone call immediately, even when your on holiday!

To try to reclaim control over your time and your life, you have to learn to manage yourself better. Start by getting good at letting things go. When you notice the DVD needs returning, or e-mail needs answering, try to make a different choice. They are not life threatening so let them go. Decide that your self-care and rest is more important. After a while, as you train yourself to let go of the little things, and you will realize that life didn't fall apart but you felt better for the rest you needed and its ok not to be super person.

Often friends and clients say things like "I'll let myself relax, once I have cleared my desk, or cleaned up the kitchen / house, or finished all the chores." But if we waited for

all of life's tasks to be completed before we allowed ourselves to relax, we'd be waiting a very long time. Always remember: the in-box of life never empties.

Many of us need to learn to slow down in order to make better choices for ourselves. We need to learn, to stop, breathe and ask ourself what's really important. Do we really need to send that e-mail right now? Is it critical to get the laundry done before you go out to dinner? A body that's used to running on high levels of adrenaline is like a car engine that's revved too high.

It will take time to retrain your mind and body to slow down, but once you learn you will feel better.

When faced with a stressful situation, put things into perspective. As soon as you start feeling over whelmed or burdened, stop and ask yourself , "What's really at stake here?" Unless someone will die because of your inability to complete something, take a breath, walk away, get some fresh air, and reconsider your priorities. After all, the quality of your life will always be far more important than any task or obligation. when you start to feel stressed or overwhelmed, look for one thing to let go of immediately. It could be something as small as not answering email before you go to out with the family, or not answering the telephone when your eating your dinner.

Perhaps even switch off your mobile phone and your voice mail. People can then call you back instead of you feeling obligated to call them immediatley back.

Its perfectly OK to not be at everyones beck and call all the time, its perfectly ok to take time out, to rest , to enjoy some time with your freinds, family, to have a massage or even a crystal healing, or go to bed early.

Letting go off little things can make your life a lot more enjoyable.

Good luck!

**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 KHALEEL 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 KHALEEL CENTRE  
BUR DUBAI

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 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.

A large, stylized graphic of the letters 'S' and 'C' in a vibrant pink color. The 'S' is positioned above the 'C', and they are both rendered with thick, flowing, ribbon-like strokes that give them a three-dimensional appearance. The 'S' starts with a small dot at the top right, and the 'C' starts with a small dot at the top right. The graphic is positioned on the left side of the page, partially overlapping the text.

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