



Raising Your Spirit November 2005

Many people have mentioned that they have been feeling down-in-the-dumps recently. I can relate to you very well as I have felt the same at many times this year. So, I thought I'd share a few things that might help.

The first step in welcoming change is to accept and embrace where you are. Resistance not only gives painful emotions power, it causes us to suffer needlessly. As you settle into acceptance, (which is not easy to do, I admit) here are some other things you might do:

1. **Find a good listener.** Unfortunately, this is the last thing we think of doing when we're feeling blue but, it can be enormously helpful to get your feelings out of your body. It's important to choose someone who will simply listen without judging or trying to fix you and of course its very important that the person you choose is someone you know you can trust. Ask for what you need by saying something like: "I'm having a tough time right now and I need to talk for a little while. I really want someone to listen without giving advice or trying to fix my situation. Are you up for it?"

Of course the situation causing you concern or hurt or bothering you, may be so personal you are notable to talk about it. I would then suggest that you write all your feelings down in a journal or just a note book. You could even write it to your angels, really pouring your heart out. I do this myself and find that as I write things down I start to release some of the pent up emotions and begin to see things more clearly.

2. **Let the power of nature heal you.** Whenever I feel sad, lonely, frustrated or upset in some way I try to get out into nature. This is hard for us in Bahrain, I know, but if you can, go to the beach and walk for a while. There's something about looking out over the sea that can shift your perspective and it often allows me to see my present situation in a more manageable way.

If you are outside Bahrain, you could take a walk in the woods, (I love this one the best of all when I am in UK) or have lunch in a park near your home, or even open your front door and sit on the step, or in the garden, the fresh air, change in temperature, and beauty of the outdoors will help heal you.

3. **Try to neutralize your negative thoughts.** When we are upset, our low mood is fuelled by our thoughts. For example, most people who feel depressed usually think things like: "This is the beginning of the end," or, "I'm afraid this feeling will last forever," and "There's nothing good in my life." talking to ourselves in this way aggravates the problem.

Myself, I also begin to doubt everything that I 'know", my capabilities, my beliefs and so on. I am sure many of you are the same.

I know it can be difficult to shift your thinking when you're feeling upset. I myself really struggle with this at times. If this is the case, try using a tool of some sort. For example, choose an object, a talisman of sorts, to remind you to shift your thinking. Let's imagine that you're feeling frightened about your financial situation or emotional relationship. Put a small, smooth rock or even a programmed clear quartz crystal in your pocket or something that you really love to hold and throughout the day, each time you touch the rock, remind yourself: "I am attracting abundance to me right now." In this way, the rock or crystal becomes a trigger to remind you to neutralize your negative thoughts with positive ones.

I always remember something a friend once said: "When we pray, we plant new thoughts in the fertile ground of our minds and these seeds will eventually give bloom to new life."

Sometimes the most powerful action we can take during times of distress is to surrender. We simply need to sit still, hold ourselves tight, and wait for the Divine to reveal what's next. In that way our greatest challenge gives us an opportunity to develop our greatest skill-- the ability to have faith in a larger purpose for our lives.

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."

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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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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