



Making Space

October 2005

As we are now approaching Autumn or the 'Fall' as it is called in America and I think such a lovely expression I thought it might be a great time to encourage a little "space making." Especially as it's also Ramadan in the Muslim world and a time for spiritual reflection and cleansing. A perfect time of year to do a little house cleaning both physically, mentally and emotionally, so you can enjoy having more physical space in your life.

Here are some examples of what I mean:

Those of you in the cooler climates could start to exchange your summer and winter clothes and when you do, pull out the items that you don't love or have not worn this year and donate them to a charity, or give to someone in need. Even those of us in these hotter climates can start to do this now.

Create space in your bedroom. You could remove the pile of books next to your bed (you know, the ones that scream "READ ME!") but you never seem to do. (I have a nice pile of them by my bed.)

Tidy up the dressing table, throw away old make up that you no longer use. Put the piles of clothes away that are piled on the chair. The idea is to clear out anything that pulls at you for attention and prevents you from resting your busy mind or getting a good night's sleep.

Go through any piles of unread mail and throw out every catalog or magazine or newspaper or every single piece of junk mail without thinking about what you "might" be missing. Once the mail piles are gone, try to go through your mail every day, that way you'll get in the habit of throwing junk out right away and will be able to deal with bills etc on time.

Remove all the books and magazines piled on the coffee table or the floor again wanting to be read, but never will be causing you an energy drain every time you look at them.

Eliminate one or two social activities that you'd really rather not do and give yourself the gift of some free time. Free time to do something you really want to do, watch a movie, meditate, read a book, learn something new. We all have a tendency to say yes to invitations we think we should accept when the truth is our heart's not in it. Do yourself and others a big favour and make your social choices out of love, not out of guilt or obligation or what is expected of you. How many times have you attended a party or function just because you were invited, not because you really wanted to go? How many times have you regretted going to a party or function, when you were just too tired, not really interested or really did not even like the company of most of the people attending? All wasting your precious time and energy and really no good for your well being at all. So often the following day totally wasted as you were too tired or too hungover or too irritable to do anything except lie in bed or on the sofa or sleep.

Get rid of some projects that sounded like a good idea at the time, but have been collecting dust for the last several months and make us feel guilty because we haven't

taken any action on it. I am a prime example with my Cross Stitch projects that just never seem to get done, and I look at them everyday and get upset with myself everyday as I dont get around to finishing them. I am sure many of you are the same. So clear out and make the space, and trust that the Divine will then be able to bring you what your highest good needs.

I found this mantra many years ago "**when in doubt, throw it out.**" make it a mantra for yourself. This is the perfect time of year to start using it.

Remember, a high quality life has far more to do with what you remove from your life than what you add to it.

Clutter, undone projects and tasks, socialising just because your invited etc, (things that that constantly pull at us for attention) drain away too much energy from our physical, emotional and spiritual selves.

Fill those drains! Use your precious energy for far better things like spending quality time with loved ones, learning things you want to learn, meditating, reading, walking in nature, listening to your favourite music, enjoying holidays with "presence", or better yet, giving yourself the gift of silence -- the gift that pays the greatest dividend of all.

Take Action

Make a list of five simple things you could clean up this week. Choose one and do it today. Then, each morning this week, choose another item on your list and finish it by the end of the day. Limit yourself to one item per day so you'll stay motivated. Also, look for ways to make cleaning up fun.

Listen to your favorite music, plan a way to reward yourself once you're done.

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 KHALEEL CENTRE BUR DUBAI

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

Angel Essences -

Bahrain - Julie and Steve

Dubai - Jack Montgomery Tel 00971 504585860 Elements Fuengshui AL KHALEEJ CENTRE
BUR UBAI

Art & Picture Framing Lamcy Plaza, Ground Floor

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.