



Spring Cleaning April 2006

Spring cleaning often takes place this time of year as we are driven to open the windows and push out the stale air. Many of us clean the house from top to bottom, sweeping every nook and cranny from ceiling to floor; cleaning out cabinets and drawers, and scrubbing them. Spring Cleaning" is much more than simply physical work, it's a concentrated effort to rid your home of the problems and negativity of the past year and start preparation for the spring and new life and new beginnings and new ideas.

Approach the task of cleaning your home with positive thoughts. This will free the home of any negative feelings brought about by the harshness and drabness of winter especially for those in the cold climes.

One old tradition for spring-cleaning is that all movements that involve scrubbing of stains or hand rubbing the floors should be done in a "clockwise" motion. This custom helps to fill the home with good energy for growth. Many of us in the Gulf are lucky to have house helpers, it is easy for us to ask them to do the cleaning for us, but that should not be the case in this instance. To Spring clean properly it should be done by yourself, as then you are moving the stagnant energy yourself to stimulate the clearing out and moving on in your own life. It is very grounding and rewarding to do this task yourself.

For our life to work well, it is important to have a good flow of clear energy. This same ritual of household cleaning can also be applied to our inner selves. Use this time of the year to clean out all the mental cobwebs and get rid of all the old, negative thought patterns or ways of thinking. Open the doors to your mind, heart, and soul and let the gentle breezes of Spring breathe new hope and the vitality of youth into your changing life.

Spring cleaning and clearing clutter is very effective because while your putting your external world in order, changes will start going on internally as well. Your home environment and everything around you mirrors your inner self. Cleaning and organizing those areas that you frequently use will not only get rid of visual clutter; it will eliminate old, stale energy. When space is freed up, energy is also freed up and, as a result, we feel lighter, and more alive, and this creates more harmony in your life and space for new opportunities.

Remember when you are spring clearing and decluttering really go through those areas of your home that you use every day and create order out of chaos. Areas such as:

- The space where you leave your shoes, car keys, or mail.
- The refrigerator.
- Any cupboards and drawers in the kitchen.
- The wardrobes
- The spare room
- Under the beds
- Your desk
- Magazine Rack

To make the process of cleaning and decluttering more enjoyable, listen to your favourite music as you clean out these areas, you might be surprised by what you find! It is also good advice to tackle one particular area at a time, otherwise the task may become overwhelming and you will easily tire of it and stop the process.

Good luck and remember, each one of us lives within the context of a divine flow of energy.

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 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.