



"Staying Focused and Achieving Your Full Potential"

August 2006

There's an old joke about a couple driving round the countryside looking for a village but who find themselves totally lost. When they stop to ask a local for directions he says "oh well, if I was trying to get there I certainly wouldn't start from here"

Not the funniest joke in the world, perhaps, but it has a message which is relevant to us all.

Most of us go through life trying to improve ourselves; to be the best we can; to fulfil our destiny. Some of us are more successful at this than others and when faced with failure, most of us will review what we have done so far in order to identify what we did wrong and then try again. And again. And again.

But maybe we aren't doing anything wrong along the way. Maybe we are just not starting from the right place.

Consider a potter. He takes a lump of raw clay and moulds it into a pot. With time, practice and effort his skills improve. His pots may become smoother, more symmetrical, more sturdy - but they are still just pots. There is a limit to how far he can take his skill.

But who said he has to be a potter? Who said he could only work with clay?

Instead of simply trying simply doing a better job of what you already do, why not turn the process on its head? We all have a unique set of gifts and talents – the key is to discover them and in doing so, discover your unique purpose in life. Having discovered your true purpose, you need to focus your mind and all of your energy on achieving your purpose. So how do we do this?

Well, to begin with, you must clear your mind of all the thoughts that don't help you achieve your goals. Your mind can be your greatest friend, but it can also be your greatest enemy. The average person will think around 60,000 thoughts each day but your mind can only hold one thought at a time. What's more, about 57,000 of the thoughts you had today were the same thoughts you had yesterday, and the day before. Many of those thoughts are about things we should have done, or should not have done, or should have said, or should not have said – negative thoughts that do nothing but weigh us down. They serve no use and with practice, you can learn to quickly dismiss the negative thoughts and only hold on to the positive thoughts instead.

In order to train your mind, use a flower or the flame of a candle. Look into the centre of the flower or flame and concentrate on nothing else but what you see in front of you. At first, your mind will wander. As it does, catch your thoughts and bring them back to the flower or flame. Look deep inside the image in front of you and focus. With a little practice, you will soon learn to focus your mind on a single thought. Having done so, you can now begin to visualise your future. It is essential to understand where you are going so that you know when you have arrived.

As you visualise your future begin to create a plan to achieve it.

- Set some goals – these will alert your mind to the positive thoughts you need to focus on along the way. Write them down and look at them often.
- Examine yourself – what are you really good at? What really makes you happy? What skills and attributes you need to become that person and achieve that future? What skills and attributes do you already have?
- Set some timelines to achieve your goals and tell people around you about your goals and time lines – this creates a little positive pressure and encourages you to actually keep on the path and achieve your goals.
- Keep focussed on the future – don't worry about the past or failures or things you cannot change. Focus only on your goals and the things you can change

Try to set aside 10 minutes each day to take stock of where you are – what have you achieved? Are you on track? What else do you need to do? Praise yourself for each small step you take towards your vision, but don't fret over "failures" – see everything as nothing more than an experience; a lesson you can learn from. As you learn your lessons and put your positive thoughts into action you will be amazed at the results. Perhaps you will discover that you do not want to be a potter after all. Perhaps you will discover a whole new set of skills hidden inside of you which will give you the happiness and fulfilment you have been looking for. If nothing else, then perhaps you will at least feel a little happier.

In the words of Robin Sharma, author of *The Monk Who Sold His Ferrari*, "*The secret of happiness is simple. Find out what you truly love doing and then direct all of your energy towards doing it. Once you do this, abundance flows into your life and all your desires are filled with ease and grace*"

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 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.