



Financial and Mental health

December 2006

Dear All,

It hardly seems possible that Christmas is almost upon us, once again. The year seems to have gone by so very fast and so much has happened – though in some ways, very little of any real meaning has happened. In today's fast paced world, we rush from one thing to another all day every day, rarely taking time out for ourselves and quickly forgetting what happened last week as we now need to focus on next week.

Christmas represents a time of goodwill and rebirth. As Christmas approaches and the prospect of a new year is just around the corner, could there really be a better time to say thank you to people in your life and show kindness and appreciation to those around you? Showing kindness causes people to open their hearts and to smile. As we bestow our kindness on those around us, they slowly fill with positive energy and as that energy starts to overflow, they too begin to show kindness towards others. We begin a very positive chain reaction.

As well as those near and dear to you, why not also say thank to those people in your life that often get over looked. Send a thank you card to someone who would least expect it – the old guy on the corner of the street who sells newspapers, the old lady down the road who always smiles and waves from behind her window when you walk past, the security guard at the supermarket who always goes out of his way to help the old and infirm in and out of the shop. All those people who have no real impact on your life but who quietly work all around you, spreading kindness and love every day.

Leave a larger than normal tip hidden under a cup at your favourite restaurant or perhaps even write the words "thank you" on the bills you pay this month.

Whatever you decide to do, unleash your creative spirit, have some fun and send out good tidings to all.

Try not to forget those around who may be lonely or in need of a friend, Christmas can also be a very lonely and agonising time of the year for those who have little love in their lives. Perhaps take a little extra time to notice those people and give them a Christmas card or a few minutes of your time. A few minutes of care or concern or letting them know that there are people who notice them can mean the difference to them having a truly miserable time feeling terrible, unlovable and unworthy, to them feeling that they do have worth. Perhaps you may be estranged from loved ones or apart, it takes very little to text them, call them or email them just to say you're thinking about them.

Be good to those people around you and take time to remember or show them you care and appreciate them. And remember 'You change everything when you change your mind'. That can be both good and bad, and sometimes extremely painful to those affected when you change your mind or equally as wonderful.

Of course, having just bemoaned the fact that the pace of life is every increasing, Conscious Connections has been caught up in the whirlwind that is life too. During the last month, Julie spent a wonderful time in Greece, with Mary and Richard, who run the retreat Stellar House in Saronida. The workshops were very well received and very powerful healing experiences. A fabulous trip to Delphi was also arranged for Mary, Julie and Richard. All three of them had truly amazing meditative experiences in the ruins, which have moved them all to a new vibrational level.

Mary is a wonderful crystal and healing therapist amongst the many other things she does. Mary offers special packages for staying there which include healings everyday, special packages are also available for healers, Mary's aim is to make it a retreat for healers to be healed, we would highly recommend a visit and at least a one week stay, minimum, It is a beautiful place. Mary runs crystal awareness weeks. There are also plans for many other well know people from the holistic world to be holding workshops there in the near future we will be working very closely together and we will keep you regularly informed. In the meantime, we highly recommend a look at the website. It is very informative, shows the retreat and tells you all about Mary www.stellarpathways.com.

We have held some beautiful Christmas Angels workshops and stress management workshops (amongst other things) where everyone had moving experiences and gained wonderful insight.

We have also finally recorded our second CD - Angelic Connections Volume 2 and we hope it will be available before Christmas. We have several more penciled in to record and will produce them as quickly as time allows.

As we write this newsletter, we have just completed a two day leadership programme led by Adrian Gilpin of the Institute of Human Development in the UK. (www.ihd.co.uk) Although primarily aimed at the business world, Adrian's work has a b spiritual feel to it and the Inspired Self programme is something which we would recommend for everyone.

Once again, we have had lots of wonderful feedback and support from you for all that we have done this month. It is most encouraging. Please keep it coming and please also tell us what you would like to see us doing.

Don't forget we will be at the 'Well Being ' show in Dubai January 18th - 20th at the Dubai world trade centre and we will be delivering 3 short seminars there. We will keep you informed of times when we have them.

Frank Ajarva Petter the Reiki Guru will be visiting us in April 20th - 25th in Bahrain. Again, we will keep you posted on that as soon as we have arranged all the details ourselves.

Many of those we speak to worry about the escalating expense of Christmas. We have therefore decided that the topic of this months newsletter will be the same as last years; taking care of your financial and mental health. We hope it helps you put some things into perspective.

Enjoy the festive season.

May we wish all of you a Merry Christmas and a very Happy New Year

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."

Topic of the Month – Financial & Mental Health

As the festive season rapidly approaches, it is easy to forget the real meaning of Christmas and instead, be pulled into a spiral of uncontrolled spending. Christmas, like so many other times of the year, has become such a commercial enterprise that we often forget the real meaning of Christmas and are consumed by the need to live up to the expectations of others.

At this time of the year, it is so easy to pull out the plastic only to find yourself suffering from the "what was I thinking?" blues after the New Year. The original message of Christmas was about spreading love, peace and forgiveness for all mankind. These days, its more common to be expected to demonstrate your love for someone by spending a lot of money. Most of us like to give gifts to loved ones, but why do the gifts have to be measured in terms of pure monetary value? Why not get a little creative? Share something homemade. Bake a beautiful cake. If baking is not your strength, then make something else. Remember those TV programs you watched as a kid? The ones that had you making advent candle holders out of two coat hangers, a bit of tinsel and a bit of sticky backed plastic? While these creations might not have been good enough to sit on the shelf in a Gucci store, you can be sure that those things you made as a kid are amongst your parents most cherished possessions.

Why do you think that would be? Maybe it was because your energy and love went into creating them. And why should that be any different now? What do you think your loved ones would treasure most? An expensive gift that left you with a big debt to service for the next 11 months, or a hand crafted gift that cost next to nothing, but was made with love?

So, instead of heading off to Tiffany, create a Christmas stocking filled with little, useful, gift-wrapped items. These gifts might include things like a small bottle of great smelling shampoo, a votive candle or a lottery scratch ticket.

Make a list before you go shopping of what you want to buy each person, don't just go out and buy lots of things thinking "I will decide who to give that too later". Invariably by the time you get home you will have no idea who is to be given what and you may even find that many of your gifts are really not that appropriate.

Let this be the year when you put the state of your financial health ahead of our consumer driven culture. More importantly, let this be the time of year when you put all your love into your gift buying. Respect yourself and your money by making a

commitment to be responsible this festive season. Not only will you save money and reduce your debt, you'll start the New Year feeling good about yourself - a great frame of mind to attract the abundance you deserve!

You could even try to give a gift of your time, or your talents. We all have a project or task hanging over our heads that we keep meaning to get done, but we never seem to get around to doing it. This year, if you know someone who is really struggling with a project or something similar then rather than buy a gift, offer to help them to get the project done once and for all. Of course you should ask them first if this is acceptable to them and if it is book a date.

Of course, this isn't just the time of year when we overstretch ourselves financially. Too often we go overboard with food and drink during the holidays with the intention of making up for it in the New Year. Then, January comes around and we start beating ourselves up – not only for spending too much but for letting our health go too. So, here are a few suggestions on how to stay healthy during the next few weeks so that you set yourself up for a b start in the New Year.

- Enjoy "soul-nourishing" conversations. When attending social gatherings spend more time having meaningful discussions. For example, rather than stand around the food table talking to a co-worker about your latest work problem, sit down and have a heartfelt conversation about a favourite memory from 2006 or an important goal for 2007.
- Eat protein first. When attending parties, start your meals with some kind of protein (meat, eggs, nuts, cheese, etc.) so you have less room for carbs like cakes, sweets, or cookies. While you'll need to be mindful of how much protein you eat, choosing it as your first food selection will not only help you to feel satisfied and full, it will curb your cravings for sugar.
- Drink plenty of water. Bring a bottle of water with you wherever you go and remember that alcohol, soft drinks, coffee, and tea are not hydrating liquids.
- Be willing to bow out of the parties that leave you feeling empty inside. Choosing to disappoint someone else may be just what you need to do to make sure that you don't disappoint yourself. Simply tell friends or family members that you need to sit this one out. Your "soul-care" is always a valid excuse.
- Most of all relax and have fun over the next couple of weeks. We are making memories during every moment of our lives. Make sure that yours are worth remembering!

Take Action!

Decide to make at least one change in your behaviour this holiday season so you can feel better about yourself. You might choose to eat before going to a party or limit your alcohol consumption to one drink. Or you may choose not to use your credit card and buy from your heart instead. Whatever you decide, good luck and enjoy.

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.