



## **New Beginnings**

### **January 2006**

As we think about the New Year and making resolutions, there things we all may want or are thinking about changing or doing for 2006. I wanted to offer you a few slightly different suggestions.

This year, you might resolve to:

1. Care more about what your soul longs for than what other people think. This is a biggie for many. I know several of my clients are unhappy consciously and subconsciously. They seem to be happy on the surface but underneath there is a hidden sadness, a hidden loneliness, a hidden longing that can't be shown, or acknowledged, or even listened to, because its too painful to listen to or dealt with. So it is just suppressed and hidden away, put into a box, for the simple fact that society would not accept it, or they think it wouldn't, or for other reasons. They go through life, conforming, confused, following morals that are expected of them, as that's what society expects. They often know that their not happy but they don't really know why, and the ones that do seek help will then often block it because well, its scary, its not right, and many actually believe they do not have the right to be happy. It doesn't matter that the issue being denied is then born out in some other way like, illness, emotional distress or even weight gain and issues and so on. Just making it all the more complicated and sad. The soul cries out for love and nourishment, eventually it cant be denied. So, 2006 being the year of change, this is something to be seriously listened to and looked at.

To hear a soul in distress is totally heartbreaking. I know, I work with it often.

2. Make your health a priority, not just because you want to look and feel good, but because it stops the self-defeating "inner critic" that runs in your head telling you how awful you are. Oh, we are so good at this aren't we? Beating ourselves up all the time. Now is the time to stop! Eat healthily, take regular walks or exercise, sleep early and take time to relax.
3. Spend more quality time with loved ones. A quick chat over the phone doesn't build soul-nurturing relationships like a good, long evening spent talking about the deeper issues of life, or the things you love to talk about. Even a coffee break or lunch is better than nothing. Invest your time and energy in the people who matter. Don't waste it on people who don't matter or don't care about you. Spend quality time with those friends who love you, be kind to them and to your self. You don't know when they may no longer be there. And remember that a text message or short telephone call to tell some one you care about them, or are thinking about the. Just calling to say hello, can make a lot of difference to a persons day and well being - if you cant see them its better than nothing at all.
4. Embrace a desire that keeps pulling at you and do something about it. For example, for those of you who really no longer want to live in the deserts of the Middle East and whose heart is screaming for greener pastures, get someone to help you create a plan to finally make a move to pastures new. Don't try to cram

yourself into one more year of the 9 to 5 corporate mold, when your soul craves self-employment or project-oriented work or spiritual work.  
Resolve to get out of the corporate world.

5. Dream big! Rather than keep your most important dreams secret, have the courage to step out and give something big a try. Continue to pursue your dreams in spite of the discouragement you may receive from others. Always remember the following when seeking support for a dream: Don't go to the hardware store for milk :-)

I have a dream that I am following, I have a big dream that I am trying to make possible -with help from my friends; I thank them for that. Yet I still, at times, want to give up when the going gets tough or the doubts creep in.

This year, make your resolution simple and easy. Rather than create another long list of things to do, pick one resolution - one change that you know would really make a difference to your life and resolve to focus 2006 on just that one change. Then, enjoy the effect of making that one important change that, hopefully, will overflow into every area of your life.

**Happy New Year!**

**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."

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**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 area's 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.