



## Being True to Yourself

June 2006

Over the years that I have been practicing complimentary therapies, holding regular workshops and listening to people and their problems and their anxiousness over their children, I think I have learnt quite a lot about what makes life great and about things that seem to get in the way of success or achieving or indeed honouring who you are. As many parents are anxious at this time of the year about the exam results of their offspring and what the future holds for them, so the students themselves are anxious about what life holds and in what direction they are going to go. Many have clear vision and are focused, many really have no idea and many go the way their parents expect them to go, often not what they want to do themselves and often become very unhappy.

This of course can also be said of many other adults, they grow up, they get married, they have children. They lose their individual identities, they lose their way, they do what society expects of them - never what they really wanted to do.

Some of the things I've learned or observed and may be useful for the graduating students, their parents and to all people who are about to undergo or major change or are contemplating major change I would like to share with you in the hope it may help in some way.

1. Follow your heart. Pay far more attention to what YOU think than what everyone else thinks. The most important relationship you'll ever have is with yourself. One of the biggest regrets I often hear from people, and this includes myself, is the regret of listening to everyone else but themselves. So starting now make your own rules and follow them. At the end of your life, the most important person you'll have to please is you.
2. Spend more time on the who than what. What you do will always be less important than the person you become. Knowledge is wonderful but it will never take you as far as your courage, your integrity, your reputation for someone who keeps his or her word, or your commitment to be of service to others in some way. As you go through life, you will face challenges and obstacles and hard times, life is not an easy path, so when you do, perhaps ask yourself similar questions to the following ones:
  - How can I grow from this experience and challenge?
  - What lesson can I learn from it ?
  - What do I need to learn from it ?
  - What character building quality am I being called to develop?  
How can I use this challenge, to make me a better person?
3. Be willing to bend the rules. Learn how to disappoint others in a kind gracious way. Get comfortable with people not liking you. Understand and accept that not everyone will like you, just as you yourself will not like everyone. Always aim to be an original thinker, don't be afraid of going against the grain, and not

conforming to others expectations of what they think you should be or should do.

4. Allow yourself to be the individual spirit that you were meant to be. When I was growing up and even probably to a certain extent now, people used to think I was a little strange or weird or odd, so I hid my abilities and tried to conform and be "normal". It was not until I started to accept that we are all different and unique and that we all have individual gifts to offer, that I started to slowly become me. Many of you tell me the same thing. I still struggle with confidence, but I am getting better all the time, and I have recently been pushed and encouraged out of my comfort zone and because of it I have done things I would never have thought I would do, I thank those who have encouraged me. Your willingness to rock the boat will set you apart from 95% of the people you meet throughout your life. It can be very tough at times, and easier to back down and conform, but at the end of the day you need to do what you are here to do. It may mean you rock the boat many times. It takes courage, but you will always be happier for it. Nothing can ever stay the same, everything changes all the time, so be part of those changes, those new ideas, these new way of thinking about things, be the instigator of breaking down barriers and bringing out new ideas and concepts.
5. Don't quit when things get hard and frustrating keep going and believing.
6. Build your courage. Try practicing or doing one small thing a day or at least in a week that frightens you. It could be something like, asking someone out on a date, going for that promotion you keep hoping for, or learning to dance or ski or sing, or change your hairstyle or hair colour. Small acts of courage strengthen your ability to take even bigger steps later on like deciding to write your own book or recording your first CD or running the marathon. Courage builds confidence and confident people rarely settle for less!
7. When you're excited about doing something or trying to make an important decision, make sure you turn to people who will encourage you to take a chance, the ones who believe in you rather than those who will tell you why something won't work. Surround yourself with positive people, the kind of people who challenge you to reach beyond your fear rather than play it safe. There will always be people telling you why an idea is risky, or why you can't do something. That advice is usually based on the mistakes they've made or the chances they didn't take because they were afraid. Always remember this, 'someone else's past does not equal your future'.

Stick with positive people who believe in you and encourage you.

And remember, because its true, you 'do' become who you hang around with, so choose carefully.

8. Stay connected with those you love and those who love you. Do then pick up the phone and call a friend or visit a loved one rather than send an email or text message. When we come to the end of our lives, it's who we loved and who loved us that matters most. Make time for those you love and love you. Email or text messaging are very valuable tools for staying in touch with people but real connection is far more important and makes people much happier and felt cared for.
9. Remember your life is a canvas and you are the artist, you alone are responsible for your life and the picture you paint, if you remember that, your life will become a work of art.

10. Also remember, "where there's a will, there's a way". Don't give up when things get hard and don't ever let anyone or anything put restraints or shackles on you. Don't give up when your heart tells you something is right, no matter what others say, just hold that dream/vision whatever it is in focus and believe and it will eventually come to be.

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."

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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 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.



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