



Moving Forward May 2006

Through many conversations and emails I've received, many of you are anxious to make changes. You feel you are being pushed to make changes in and around your lives. The new year and the Spring cleaning seem to have really made people aware.

Many of you have great ideas, big dreams, and exciting goals for the future, but it also seems that many of you feel stuck and unable to get motivated into action. As I listen and observe these things and from personal experience and circumstances, I've noticed a few themes that seem to hold a clue as to what prevents us from moving forward.

So, based on this, I thought I'd share a few strategies for getting unstuck that seem to work.

We need to remember that the thing we need to do most in preparation for getting unstuck is the opposite of what most of us do - stop beating yourself up and instead, give yourself a break. Does that sound familiar to you? How many of you, me included, beat yourselves up when we just can't seem to get on or sort things out etc etc.?

So yes it means you need to be kind to yourself in spite of your frustration at yourself. It means accepting your feelings of hopelessness so you can stop using so much precious energy trying to push these feelings away. Getting unstuck means embracing the whole you, the you with the good intentions, the one who takes action now and then, and the one who keeps tripping you up.

The message is simple, don't beat yourself up as it only keeps you stuck !

The trick to getting unstuck then lies in three behaviour changes:

1. Take back your power. One of the biggest mistakes we make when feeling stuck is telling ourselves that our inability to move forward is due to outside circumstances, that is, a lack of money, too many problems, or the influence of other people. All of us at some point in our lives are faced with real-life challenges, this is a natural part of life. Our place of power however is in recognising that we have choices. They may be tough choices like selling a home or a business to relieve financial pressure or walking away from an abusive relationship to reclaim our self-esteem. Do not mistake tough choices with having no choice at all. You always have choices.

We often find comfort in a place of helplessness because it provides an excuse for why things are the way they are, almost like a comfort zone. However, holding this position or mental attitude will ultimately be what takes you down. To turn this habit or tendency around, stop and consider one area you really want to change. Then ask yourself the following question: "What choices do I have in this situation?" Then pick one and do something about it.

2. Manage your mind set. Feeling stuck is always fuelled by our state of mind, which means the thoughts we think from moment to moment. When we feel unmotivated, it's because we're thinking unmotivated and usually negative thoughts. When we feel trapped, it's because we constantly tell ourselves that there are no options. When we feel hopeless, there's a good chance that the mantra running through our mind is something like: 'Why bother?' or 'Its not possible'

The key to turning this self-defeating habit around is to take control of your thoughts. Of course, this is much easier said than done, I know that well, so rather than me offer you a complicated process for doing so, try this simple technique.

For one week, why not make yourself your own mantra and repeat the phrase I CAN DO ANYTHING! Say it with real belief and conviction throughout the day.

So, whether or not you believe it or whether it seems rational, do it anyway. Say it to yourself when you first wake up, repeat it in your mind while brushing your teeth, sing it to yourself while driving to work or getting the kids ready for school. Say it all day to yourself at work, keep at it through lunch and dinner, all the way up to when you go to sleep. Just keep telling yourself that you can do anything and notice how your mood and perspective shifts. Take note and see what happens and see how your mind set changes.

Remember that ' When you always do what you have always done you will always get what you always got!

So make the change and start right now! Become unstuck! And move forward.

3. Keep good company. Every successful person I've ever met or spent time with or read about has emphasized the importance of having highly motivated people around them. So "Surround yourself with motivated people who are just as committed as you." Don't surround yourself with people who are negative, self destructive, jealous of anyone who is successful, or just plain boring or lazy people. Find the motivated ones and stick with them, learn from them and move forward.

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."

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.