



Being Bored - The Gateway to Peace

November 2006

Many of us now lead such busy lives that we rarely ever have time to be bored. Some of us are so used to being constantly busy that the moment we have any free time we really become quite restless. Others feel uncomfortable with the very fact we have nothing to do, or simply do not know how to cope with it and start to fiddle around or find things to do. I am one of these people and I am sure many of you recognise that in yourselves.

Most of us wish for a slower pace of life and long to bring balance into our lives between work and play and rest, but we have become so used to always being on the go that when we have time on our hands it's almost as if we have forgotten how to relax.

Many people dream of the day they have nothing to do or the day they retire. Or dream of being on holiday with nothing to do except sleep or sunbathe or read good books. Yet within days of that dream coming true they start to become bored and restless.

For people who have had very busy work lives, particularly those with constant travel, it is often very hard to transition into a slower pace when the opportunity finally presents itself. The slower pace usually feels boring and unsettling at first, like having a body and mind that are somehow out of synch. For others though when they start to feel bored, they know they are getting close to the peace of mind they long for.

I asked several friends and clients about their ability to slow down and do nothing. Clearly, it's not an easy thing for most people to do. Many said that the minute they had extra time on their hands, they felt uncomfortable and immediately began doing something. We laughed at the kind of things we've done. See if you can identify with any of them, I am sure you can.

You know you have a tough time with boredom when:

1. You make a plan of action for the one free day you have had in a month....get up, go for a swim, 10:30 go for a coffee etc
2. You reach for the mobile phone to call or text someone (anyone!) when ever you have a free moment
3. You feel the urge to take everything out of your wardrobe and rehang it in order of type and colour
4. You find yourself engrossed in magazines belonging to friends and partners on subjects in which you have absolutely no interest
5. You start cleaning out your purse, handbag or wallet when you have extra time before an appointment or waiting for someone.
6. You worry that the indexing system you have applied to your CD collection might not be flexible enough and you wonder if you might not be able to automate it on your PC

In our fast paced, adrenaline-fueled society, learning to do nothing can be quite a challenge, but with practice, you can learn to use those feelings of boredom to give

way to a sense of peace and serenity that will start to nourish you in a whole new way. Learning to be bored is like learning to meditate. You need to hang on through a period of restlessness before you can experience the benefits. Once you get used to it though, you not only learn to relax, you learn so much more. You learn to enjoy your own company. You learn to develop self discipline, which will also serve you in other areas of your life. You learn to be less impulsive so you can make better decisions.

These benefits don't happen overnight, and as you begin to practice being bored, you may start to experience the typical fear-based thoughts that will try to pull you back into doing. For example:

- I'm being irresponsible and/or unproductive.
- This is a complete waste of time.
- If I keep this up, I'll become a lazy sloth who never gets anything done.
- Everyone else is getting ahead but me.
- I'm missing out on important opportunities.
- I won't succeed fast enough

These thoughts and feelings are just your mind telling you lies in the hopes of keeping you busy and disconnected from your true self. The truth is, once you get good at being bored or relaxing and are able to maintain a reserve of space in your life, you will engage an inner spiritual power that will draw toward you the people, opportunities, and resources that you need to accomplish your goals quickly and easily. If this sounds a bit far fetched, don't take our word for it, give boredom or relaxation a try. Start making space in your life and see what happens.

Take Action

This month, try and become aware of how you avoid boredom. What do you do to fill up your time? Clean out your desk drawer? Call someone to chat even though you have nothing to say? Send people text messages without any real message? As you notice these behaviors, challenge yourself to stop and be with the discomfort of doing nothing instead.

Next, consciously make time or space in your life. Look over your calendar and make the necessary changes to free up some time. Consider your goals, projects and commitments and let go of some of them to free up your energy. In fact create more space than you feel comfortable with. Then, sit with the space in your life for the next twenty one days (it takes 21 days to change a habit) and pay close attention to how you feel and what shows up in your life as a result. Write your feelings and frustrations in your journal and then in 30 days read it and see just how you have moved on.

Remember "Boredom is the gateway to peace."

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.