



Vulnerability

October 2006

When holding any of our workshops, whether they be Angelic, Crystal, Meditation, Stress Management or Reiki, as well as during private healing sessions, we are so often deeply touched by the bravery each person demonstrates when sharing his or her experiences, emotions, hopes and fears. It takes a tremendous amount of courage to share our inner most thoughts and feelings with others.

People talk about many things during these workshops; sharing their wonderful spiritual experiences and lives, talking about their dreams, their fears, their lack of self worth, their lack of belief and much more. It is a profound act of vulnerability to step into the light and share but it is often at these times that some of the greatest healings take place within.

It is good to remember that some of our creative contributions in life are born from our deep sensitivity to people, circumstances, our surroundings, or life in general. Sadly, much of this is often drained out of us as we fight our way through life and we would all do well to take on board the following very important thoughts:

1. We are far more talented than we give ourselves credit for.
2. We all need a safe place to be open and get positive feedback about our gifts. People have been betrayed in this area so many times.
3. When we are willing to expose our vulnerability (in a safe environment), we open the door for others to do the same. This often helps great and deep healings start to take place. We have seen this many times.
4. We get inspiration and motivation from being in the company of others who share our fears, our insecurities, our beliefs and indeed our talents.
5. We all have inner fears and insecurities and negative beliefs about ourselves.
6. We often feel stuck when pursuing a dream, but often, this is related to a lack of information, a lack of self belief or under appreciation of our own worth, rather than a "real" issue.

We all need both the objective and supportive feedback of others to help break down our self-imposed barriers. Working in healing groups such as the Angel workshops we can help ourselves as well as others in this way. Those of you who have attended any of our workshops will know how the group - however large or small - bonds together during a session and really helps each other.

If there is something in your life you need to talk about or if there is a dream you're struggling to fulfil, spend a little time thinking about the areas above to see how they apply to you before you decide how to deal with your issue.

Of course, identifying the problem and even identifying contributing factors, may still leave you some way away from solving the problem itself. For this, you will need to step out of your comfort zone and take a risk – become vulnerable, even if it's only for a short time.

Before doing this, try to make sure you have a support network in place – people who share your hopes, fears, ideas, talents and insecurities. Maybe one of our workshops can help you find some like minded people or allow to you let yourself become vulnerable in a safe environment for a while? However, you go about it, it's never easy, but you can rest assured that those who do step out and take the risk of healing or dealing with a situation are very grateful they did and often see their lives changes for the positive very quickly once they have done so.

Always remember this: You can retreat from the world and play it safe or you can move forward toward the fulfillment of your dreams in spite of your fear.

The only thing to fear is fear itself.

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.

