



Dealing With Betrayal April 2007

Dear All,

Spring is really here now. Spring is really a time for renewal and rejuvenation and moving forward and that's what we are encouraging you all to do all times. The good weather makes you feel better. You can get out side and connect with the earth and just 'be'. Happy Easter and Happy Spring to you all, and perhaps we should say Happy Autumn to those in the Southern Hemisphere.

As always these days it has been a busy month for Conscious Connections, but in a good way and we like it that way as things are moving in such wonderful directions- its just a little fast for us sometimes. We continue to be humbled and amazed at the feedback we have been getting. It is truly wonderful to know that we have such strong support and as we have said before, we are determined to live up to everyone's expectations. We just need to have a clear plan for ourselves so we don't over commit and achieve nothing, so please continue to bear with us we are slowly getting there and dates are starting to be made for workshops as you will see.

Julie spent a few weeks in Greece at Mary and Richards Healing Center, Stellarhouse. She held a few Angelic workshops, met some wonderful people and will be back in Greece before the end of the year.

One of the reasons for going to Athens at the time was to attend the Athens 'Reiki Festival', which was really quite amazing. Even though I do not speak Greek I still sat in many of the lectures etc and it really did not matter as I was able to absorb the energy and love that is Reiki and I could still understand and feel the Reiki message being put across, language was no barrier.

The Reiki organization there have managed at last to become an officially recognized body, even with a Tax Number apparently very important in Greece, as every where else. What this now means is they are accepted by the government, but what is also wonderful is that all other therapies can now work under the Reiki Umbrella and start to be officially recognized as well. A lot of work still to be done, but a really wonderful thing to happen and it would be wonderful if we in the Middle East could do the same.

The Guest Speaker at the Event was Reiki Master / Guru -Frank Arjava Petter who I am sure I do not have to remind you is coming to Bahrain this month. I spent a lot of time with this wonderfully enlightened and gentle man and I am so pleased that we in Bahrain are being given this wonderful opportunity for him to be with us and to teach us so much more about Reiki.

He held the audience during his lecture in complete silence and awe, and the breathing techniques and meditations he took us through were so truly powerful.

We are in for a real treat in Bahrain.

One reason he titled his first book 'Reiki Fire' is that Reiki, has spread like a wild fire across the Earth. He also explains that Reiki burns all separation. In all continents, Reiki is practiced regardless of the practitioners religion, creed, race or social status. The development of Reiki is so far unprecedented in the history of mankind and the power of this enormous energy can be used creatively to raise the level of consciousness on our lovely planet.

What he writes is so true. We have been asked many times about Reiki since it has been known that he is coming to Bahrain. What we are reminding people over and over again, due to the questions being asked and the misconceptions of Reiki being sent out by many who do not know, is that Reiki is **not** a Religion it is **not** a cult, it is a beautiful 'universal life force energy' that is available to everyone and is for everyone. It heals you on all levels.

Frank Arjava, besides running the Reiki workshop and seminar will also be running a one day workshop on 'Family Constellations' again a much desperately needed therapy here as well as in the world.

Please check out his website for more details. www.reikidharma.com

or email us at consciousconnections@gmail.com

It is a major coup for us to have him come to Bahrain so please book as soon as possible for his workshops and lets really show him what a wonderful place Bahrain and the Middle East is and give him the support he truly deserves.

A lovely reminder too to check out Mary and Richards retreat in Saronida, not too far from Athens, they have many interesting workshops / events there and it is a lovely place to book yourself for a little treat and receive a healing every day from Mary.

www.stellarpathways.com

Many of you have been experiencing energy adjustments and great changes in your lives recently just as we have. If something is going on in your life right now, a break-up, a problem at work, the slow growth of your business, or the chronic stress of trying to find time for your life, may be something is attempting to prepare you for what's next, and to start to make changes. If you think about it, what if your current challenge is a call to action? The kind of action that is preparing you for the next phase of your life. Take a little time and look at what you are being invited to hear. What qualities of character are trying to be strengthened or developed?

If it helps, I've dealt with my own challenges over the last several months. For me, the belief that "the disappointment or suffering" is preparation, is something I hold onto as a reminder that we are never alone, that there is a purpose to our suffering and pain and hurts, and that when we get to the other side, a great opportunity to use what we've learned in service to ourselves and others awaits. Take heart. Every day, in some way, we're all being prepared for our wonderful life ahead.

As a therapist or light worker, friend or family member, sometimes we also have others lessons. There are times when you so desperately want to 'help' people understand that you 'can' help, through training, through experience, through your own life lessons. Yet you can't as the help is not wanted or those concerned are so wrapped up in the trauma of their life they can't see the help for what it genuinely is, or do not want it as they feel they know better. It becomes hard to sit back and watch with your arms tied. Being on the outside, you can see through things and you can see the traumas and stress being played out on a bigger picture. You see mistakes being made and knee jerk reactions to incidents and happenings, but all you can do as a therapist and so often as a friend and

family member, is just let it happen and let the people involved learn their own lessons as it is part of their process of learning and growing. It is also part of your lesson and growth, the art of letting go so to speak, as painful as it can be.

Just as a reminder many of you will be interested in the Correspondence Courses that Hazel Raven is now running on Crystals and Archangel Enlightenment that are accredited courses. Julie will be the tutor of the two day assessments. Please look at the website. www.raven.org.uk. All courses highly recommended. Hazel as so many of you will know is a Leading Figure and world renown Author and Practitioner in Crystals and Angels and several kinds of alternative therapies, she has taught and lectured for over 30 years.

Please keep all feed back coming please let us know what you would like to see us doing in regards to workshops / seminars and please stay in touch with us, please accept our advance apologies if we do not reply immediately but we will do as soon as we can.

This months topic of the month on 'Dealing with Betrayal' has been requested by several people - We hope you enjoy it.

Angel Blessings

Julie and Steve

x

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."

Topic of the Month - Dealing with Betrayal

It's an odd thing, betrayal. What is it really? The loss of faith? The loss of trust? The shattering of a sacred bond tying one person to another? A sacred contract broken.

We have all at sometime suffered the dreadful all consuming pain of betrayal or of being let down by those we love and trust and of loss or abuse. Some days you hurt so intensely, you could only visit the truth for short periods of time. Your body may have mirrored the emotional suffering by some sort of illness. If you are struggling with a feeling of having been betrayed or let down or abused you will rotate through many feelings including:

- shock
- denial
- anger/rage
- extreme hurt/sadness
- anxiety

- emotional lethargy
- social lethargy
- changes in daily living activities
- self doubt
- insomnia
- loss
- and disbelief

In other words, many of the symptoms of depression. This is quite normal.

Betrayal is hurt that comes in many forms - a promise broken, a confidence violated, a boundary crossed, a lie exposed, dismissed commitments personal or business wise. Being hurt by anyone is painful, but when we are hurt by someone we love and trust, the pain seems more intense because it takes us by surprise.

We are hurt when we least expect it by those we rely on to be on our side. Myself when so badly hurt I have been sick in body and spirit, I, and I am sure many of you have rolled up in blankets on the couch or the bed, not letting even God or the Angels comfort you. "Why didn't you warn me?" you ask in anger, unwilling to listen to the answer. Betrayal or being badly let down or abused is a form of death that can reach down and shake our hold on reality.

We often respond to these things as we do to the death of a loved one, with shock and disbelief, tears and grieving, anger and despair. Questions fill our minds: Why didn't I see this coming? What did I do to deserve this? How can I face the loss? Why didn't God or the Angels protect me?

Why don't we see it coming? The answer is simple, we aren't looking. It is only dangerous people who arouse our suspicion, with these people we keep our vulnerabilities covered, our radar alert for warning signs, and make sure we know the location of the nearest exit door. But we do none of these things with someone we trust. That is the great thing about trusting someone - we don't have to be on our guard. So there we are, relaxed, at ease, and unprotected when the horrible surprise occurs. A wife finds a receipt in her husband's coat pocket and realizes he's having an affair; a business partner reviews the accounting and finds funds missing; a business partner makes a decision with huge consequences for the company and yourself with out discussing with you first, a young woman excitedly says yes to a date with a man she admires, only having the evening end in rape, a husband finds out his wife has a secret life in shady quarters, a friend shares or violates a deep confidence etc etc.

What Did I Do to Deserve This? When we're hurt, it is natural to look for someone to blame. If you're like me, my first response is to blame myself. I say things to myself like, "If I were stronger, I wouldn't get hurt" or "See what a failure I am? I get what I deserve. I then pound myself to a pulp. Others will do the same and then also swing to the other extreme and blame the person who hurt them. "She is insensitive. It's all her fault" or "He's cruel and self-centered. He is totally to blame for this mess."

Betrayal by another does not have to mean that you have to betray yourself. It does not mean that you are unworthy and unfit. It does not mean that you deserved the treatment you received, nor is it a guarantee that you will be treated the same way again. If you feel betrayed by yourself - you may have to work with someone professionally or in a support group to understand the feelings of betrayal and how you can heal.

Blaming ourselves or others is a trap which keeps us from healing by consuming our energy in ill-defined accusations and overstating the negative. Blame makes reconciliation impossible. However, when we hold ourselves and others accountable for specific behavior, we can be clear about the hurtful actions, recognize what can be learned from the situation, and identify what steps can be taken to make amends. When

we hold others responsible for what they have done, rather than blame them for all of our self-doubting feelings, we re-instate confidence in ourselves. We can begin to heal our damaged self-esteem and our trust in others.

When you are betrayed by someone, it is highly likely that you will not easily trust them again. Trust is fragile and can be lost instantly or there is a hysteresis whereby a long-earned trust may be eroded and then suddenly lost.

The rage and despair often associated with betrayal comes only when the experience is one of a profound, wrenching violation of your faith in another.

The establishment of trust is a tremendous commitment you make. It only makes sense that when the commitment is dismissed, both personal and in business – the magnitude of that dismissal can feel overwhelming. Whether the betrayal is experienced at the hands of another or is perceived to be experienced at the hands of self – the initial shock and anger can be quite draining, sometimes frightening.

In many cases, it is when you can not get an answer from them, why they did it, why they have not talked things through with you, or if you get an answer it is not the truth, and you know it. When what they are saying does not make sense and there does not seem a real reason, or you feel that other people are making them make the problems for you, or forcing them into situations they don't really want to be in. Betrayal of a friend's feelings, whether intentional or not, can rip friendship apart, and leave both feeling empty.

The sense of betrayal can be accompanied by a self-anger, a new/renewed distrust of self, a new/renewed fear of self, and the decision-making skills you possess. With the feeling of betrayal can come the feeling of a psychic implosion. At the moment, you do not feel whole. Many begin to fear they will never feel whole again.

How Can I Face the Loss?

Betrayal signifies loss - loss of trust, loss of safety, loss of predictability, and maybe or often the loss even loss of a relationship. The grief can seem overwhelming. I've found that grieving the losses of betrayal are often compounded by the reactions of friends and families. Angry on your behalf, many well-intentioned friends try to keep you from feeling sad by pressing you to "not care" anymore. People will say things like, "Who needs someone like that in your life? Just forget about it and go on" or "Are you still sad about this situation? Why don't you go out and meet someone new?" While the intention is kind, these statements further alienate the person who grieves. Whether the betrayal happened yesterday or in childhood, loss is involved and grieving is a necessary part of healing. Recovery from betrayal can not be rushed by pretending it doesn't hurt or by diminishing the importance of the person you once trusted. Grief takes time and sets its own pace. It's important to take all the time you need to let the healing be complete.

As you begin to understand the nature of your feelings and look for ways to heal and you will be on the road to recovery. In doing this, many may discover that the betrayal, the loss, the anger, and all the other feelings involved were not only from the immediate betrayal but any other betrayals experienced over your lifetime. Previous experiences of betrayal – whether from infancy / childhood or from adulthood last week can complicate the way in which you experience the betrayal and heal from the betrayal.

Why Didn't God or the Angels or anyone warn me?

Perhaps the most disconcerting consequence of betrayal is the spiritual wound that can result. The affects of Betrayal also are very similar to those of Spiritual Abuse. In betrayal, it is the quality of the perceived connection between the parties that

determines whether the injustice feels like a betrayal or simply an unpleasant event or behavior.

My relationship with God and the Angels has suffered serious blows in the past from the experience of being so badly let down. I was angry that they hadn't warned me or given me additional insight so that the ordeal could be avoided. I not only felt betrayed by a trusted friend, but also totally alone and totally worthless. I am sure many of you have done too.

The only sure-fire way to avoid betrayal is to refuse to care about or trust anyone ever again. This path may seem wise when the pain is the most intense, but it is not a long term solution, and certainly not one we would recommend. God's love for us is the foundation upon which we can rebuild what is lost through betrayal - a sense of safety, the ability to trust, a willingness to risk, and vulnerability to life's important, though sometimes painful, lessons. Regardless of the risks, love draws us back to try again.

Distress

The most immediate effect of the betrayal of trust is in the emotional impact on the person betrayed. Generally speaking, the greater the trust that you had put in the other person and the greater the impact their betrayal has on you, then the greater the distress you will feel. A number of different emotions may be felt upon realizing or feeling you have been betrayed. The most common is anger although, depending on the situation, you might fear the loss of the relationship and repulsion and shock at the lack of integrity of the other person, and wondering what you have done to deserve this treatment.

When someone betrays you, whether they really do whatever you're blaming them for or not, you lose trust in them; you lose a part of yourself, of your security, your shield. It doesn't matter if the person really did what you're accusing them of or not. If you imagine someone betrayed you, it's every bit as bitter, every bit as emotionally true as if they had done what you imagine them doing. You need to take time and serious thought about what you now want from the relationship, from the situation. You need time to start to heal your self, and think about your feelings and yourself before that of the betrayers, you have at the end of the day both lost something and it takes time to heal and fill that dreadful void and space. Then learn from the lesson and go forward, at your pace and you will eventually come out the stronger for it, as painful as it maybe or have been.

A little note to think about - If you betray someone, it is often best to come clean. Accept responsibility for personal failure and personally apologize. Demonstrate how you will try to fix the situation, if you can, but be honest it helps both parties concerned.

- Taking action - Tips for starting the healing process
- Surround yourself with supportive friends/family.
- Create a positive affirmation for yourself.
- If you are choosing to end the relationship, writing a letter to allow your own release will be important for you. (This is a letter that you will very probably not send.)
- If you are choosing to continue the relationship, make sure you set clear and specific limits for future interactions. Setting boundaries is essential.
- Make sure to interact with at least one positive force in your life every day.

- Allow yourself time to heal and learn.
- Forgiveness frees YOU from YOUR pain.
- Forgiveness frees YOU from YOUR pain.
- Your trust has been abused. This is a very big deal. Recovery will take time.
- You are NOT responsible for the betrayer's decisions. (If you see self as the betrayer of self- recognize that your choices were propelled by choices you felt were reasonable at the time.)
- You CAN heal. - You are NOT alone. - You are NOT "stupid."- YOU did not create the betrayal.
- You do NOT need to understand the betrayer's actions in order to heal. You DO need to get lots more information if you are going to remain in the relationship.
- You may never understand the betrayer's motivations - you do not have to in order to heal. You DO have to if you choose to resume/continue the connection.
- If you choose to continue the relationship, you MUST see ACTIVE change in the betrayer towards a new, healthy, HONEST communications style.
- You do have CHOICE POWER. - You CAN choose to allow healing. - Healing takes time.
- History is NOT a guarantee of the future. The future CAN be different.
- You CAN and WILL learn to trust again. as soon as you relearn to trust you.

Good luck!

Julie and Steve's Meditation CD's and Angel Essences can be bought from:

Bahrain

Julie and Steve, Book Case and Noriani (other outlets will be announced soon)

Dubai

Jack Montgomery - Tel 00971504585860

Elements Fuengshui - Al Khaleej Centre Bur Dubai

Bernadette King Turner - Art & Picture Framing, Lamcy Plaza, Ground Floor.

Lisa Kennedy - Tel 00971504731875

Kuwait

Tootie Al Sabah - Telephone 00965 7226699

Greece

Mary Evans - maryevans@stellarpathways.com

They will also soon be available in the USA, Australia, Oman, UK and Cyprus

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.