



The Power of Music

August 2007

Dear All,

August and the vacation season is upon us, the searing summer heat making us all a little lazier than normal and perhaps at times feeling a little jaded around the edges. The sun is now at its zenith. The long sultry summer nights are wonderful for sitting around doing nothing or having fun with friends at the beach or in the garden. A wonderful time to relax and do nothing, if on vacation and perhaps even if not.

They do say though, that amongst the most stressful experiences in life are family holidays and perhaps some of you are experiencing some of that stress. For the expatriate community, the Summer break often means visits back home to see relatives. However, in this case, we often get no rest ourselves; instead having to rush from town to town to make sure we leave no one out. What is supposed to be a fun, relaxing time, can turn out to be a very stressful experience and not the longed for relaxing holiday. It is often so frustrating as people at home seem to expect you to visit them - after all, you are on holiday for the rest of the year aren't you? Or so they seem to think. They find it hard to understand that, even though you are living overseas, you are really working and that you do need some rest yourself.

It may be good to keep in mind, if you are having a stressful, rather than relaxing time, that one of the keys to success is having a positive mind and learning to accept everything that goes on in our lives as learning experiences – both ups and downs. This can help us avoid getting stressed and keep everything in perspective.

Miscommunication has come up recently and it can cause so much hurt and pain. People reading things into things that are simply not there or which were not meant the way they were taken, especially when written or on email or text. Sometimes those messages and replies to them are written and sent in haste, without thought or consideration or taking time to think about what you are replying to or what was really being said in the first place.

In work, as well as in personal lives, people seem to have forgotten how to speak to each other on the telephone or face to face and this can cause real problems. People these days are simply not bothering to try to speak to other people. They just write things. Perhaps it is quicker or perhaps they can't be bothered to get up and walk across the room to talk to someone, or even just pick up the phone and dial. We, as a society, are starting to lose personal contact and as we do, we lose basic polite communications skills. This is becoming a growing problem. So much so that some companies now resorting to mandatory email free days in the office, just to try to get people to speak and communicate properly with each other.

Miscommunication in any form can really cause problems in every aspect of your life. So, the next time you are answering an email or text message that has made you cross or angry, sit back, re-read it, wonder where the person is coming from, but don't react until you have had time to think, and perhaps call them rather than write back. This will not only help stop potential misunderstanding, it can be so much nicer to actually talk. Try also to remember to do everything you have to do or even say with

love, not anger. You are not able to achieve as much with anger as with love. That includes the works space. Think before you react.

As promised, we have finally started to get our diary sorted out for the year and we now have September dates ready for workshops in Bahrain. They are listed below and the full details are posted on our website at:

<http://www.conscious-connections.com/bahworkshopssep.htm>

We also have potential dates for November and December and these will be confirmed as soon as possible. You may have already received a list by email; we will try not to inundate you with lots of email reminders.

We have listened to all the feedback from clients and friends and have done our best to accommodate as many requests as possible. Dates for the rest of the year and for other parts of the world will also be listed shortly.

We are really looking forward to seeing you at the workshops and also meeting the many new faces who have written to us and requested certain workshops. Please do remember that we are happy to take bookings for private workshops, personal and corporate events. We can adapt workshops to you specific requirements and specifications. We also speak at events and wellbeing shows, so please do keep us in mind and contact us if you want to discuss any of the above.

We really would like any feedback from you and ask you to keep sending in your requests for what you would like to see us doing. We are working on some very new and exciting workshops planned for the next year which we will let you know about as soon as we are able.

Our website is in a constant state of change these days so please remember to take a peek from time to time and see what is new. Amongst other changes, we have finally added a testimonial page. (<http://www.conscious-connections.com/testimonials.htm>) Thank you to all who have contributed to that.

As always, we have met some wonderful people over the last few months and so often people come into our lives just as we need them. Jason Ritchie is one of those people. He is no relation to Steve, but he is a special soul, as is his partner Luis. Together they are doing much for the spiritual movement in the world. Jason believes everyone should get a chance to express what they believe in and he uses his writing skills and talents to great advantage. We will hopefully be working with him directly and indirectly from now on and I am sure this will be a very enlightening experience for us all. Visit his website on <http://healingcircle2007.blogspot.com/> for more information.

We put out to the Angels last month that we needed help and guidance on certain things and almost immediately we were being flooded with offers of help to the extent that we were quite overwhelmed. We should have known what to expect as the angels never let you down and we are now ploughing through all the input so we can prioritise and focus.

It was a timely reminder to us that when you need something you just have to ask the angels for help, then trust and the help comes in.

Last month's newsletter as always brought us many letters, but the fact that we used the words of a song intrigued many. We both love music and it plays a great part in our lives. Music is the soul of life and for many it is their passion.

It reminded me of a time earlier in the year when I was in Athens. We went to the park under the Parthenon, one Sunday afternoon. It was a beautiful spring day and people were just lying around in the sun so peacefully. There was one man sitting alone on a rock surrounded by the wild flowers basking in the sunlight. He was totally lost in himself, playing his flute. He wasn't a busker or street performer, he was just him. He

was in his own place. He was not the best player in the world, in fact sometimes he was quite awful, yet it was still wonderful as he was so at peace with himself and so enjoying his music, lost in space and time. It was beautiful. I watched and listened to him for a good hour. It was his meditation and I felt peaceful around him, as he was exuding peace and love and calm. No one bothered him and it was so wonderful under the Parthenon, with all that beautiful history and legend and energy around and the beauty of that park. I have thought about him almost everyday since then. That day, I was almost envious of him, to be so totally absorbed and lost and at peace doing something he so obviously loved. How I wished I could play a musical instrument, tried as I have so many times.

We often get messages in songs and so often it is the only way the Angels can actually get your attention. So this month we decided that our topic for the month is the power of music. We hope you enjoy it and maybe share some of your anecdotes about messages in music with us.

Note:

We are still requesting stories that you may wish to share, regarding Divine intervention, Angel stories, stories to do with fairies or elementals and other beings that have happened to you; stories of unexplained sightings or visions; stories about messages or things that have changed your lives for the positive. We have received a few already but do please keep sending them in.

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 – The Power of Music

For centuries, music has sustained the very fabric of human existence. We use music to calm us, inspire us, motivate us and comfort us. We use it to help move us forward when we have been beset by pain, suffering or sadness. Music can be a powerful tool when need motivation or inspiration to move us forward, to move us on and help us through our darkest hours and moments. When we find ourselves frozen with fears, music can remind us of better times and help ease us on our way.

For many people, music will have been a constant and welcome companion - a true and trusted friend. Sometimes, a particular tune or specific lyrics will strike a chord deep inside of us, ringing out a message so powerful, that we believe it must have been written specifically for us. Often, we will have music playing in the background; just background noise to fill the silence – or is it? If it is only background noise, why are we so particular about the radio station we tune in to or the type of music we play? That background music, although quiet and sometimes hardly audible, is still seeping into the

fibres of our bodies and the essence of our minds. It is still making a connection with us in a way that only music can. It connects in a way, so subtle, that we don't even know it is happening.

Consider the music used in movies or TV programmes. You could almost certainly watch any movie or TV show with your eyes closed and still have a pretty good idea about what is going on from the soundtrack alone. The deep, dark melodramatic tones when the bad guy is about to appear. The light, airy overtures signalling rescue or relief. The romantic swirls that accompany the love scenes. From the days of the so called "silent movies", music has been used to powerful effect to create the mood and set the tone.

More recently, music has been used to achieve what governments have failed to achieve, in uniting people around the world to raise money for needy causes. The first and most impressive of these was the Band Aid Christmas single in 1984 in which international pop stars gave their time and talent for free in order to raise money for famine stricken children in Ethiopia. The music touched the hearts of millions, compelling them to sit up and listen and give, even just a little to those who needed it more.

Music is all around us these days. Most of the time, it just seems to wash over us without making an impact. Then, for no real reason at all, you find that you are humming a particular song. Quite often, that is because some clever marketing person has used that song to sell a product and as the song pops into your head, so too does the product in question. If we need any proof at all of the power of music, surely this is it? Although you did not really notice the song at the time, not only has it stuck in your head, it has also created a link to a specific product, brand or movie.

Those of us who were growing up in the late sixties and early seventies will surely remember the New Seekers singing "I'd like to teach the world to sing in perfect harmony". A song which was cleverly adapted and used by Coca Cola in 1971 to become "I'd like to buy the world a Coke and keep it company". It did not really matter which lyrics you were singing, chances are Coca Cola popped into your head every time you sang it.

Those clever corporate marketing executives really know a thing or two about how to get their message across. But they are not the only ones who have cottoned on to the power of music. The angels know all about how to use music to get messages to you too. In fact, they can usually do an even better job than the marketing executives as they know all about you specifically. They know how you are feeling. They know what is making you feel that way. They know what you want and what you need. They know exactly what music you like and what you dislike. They can use this information to target you, as an audience of one, with exactly the song you need to hear at that time.

When you turn on the radio, find a song playing that you have heard a thousand times before and for the first time, you actually hear the lyrics ringing in your head, that is not just a coincidence. That is a message from above.

When you feel the urge to dig out some old CD (or older still, a vinyl record!) and play track 3, it is not just a fluke. That is you responding to prompting from above to listen to that song.

Sometimes, we do not even need to listen to the lyrics. The music or the overall feeling of the song itself will carry us off to a special place. A place where we feel safe, or happy, or strong. The place that we need to be at that particular time. Almost all of us have at least one special song or piece of music. It may be a song from our childhood, a hymn, a pop song, a piece of classical music. Whatever it is, it is something that can bring us clarity of mind, ground us and make us strong, simply by listening to it or playing it in our heads.

As you read this, I am sure there will be any number of meaningful tunes or lyrics popping into your head, reminding you of good times, of bad times, or happy times and sad times. Reminding you of friends and family. Songs which inspired you in the past. Songs which are your "anthem" today.

If music can do this for us when we are not even paying attention, imagine how powerful it could be if we actively listened.

Although, from time to time, the message in the music will be so powerful that it slaps you on the face, whether you are paying attention or not, imagine how many other subtle messages we allow to slip by unnoticed. Imagine if every piece of music you heard today had a message in it for you. How much better off would you be now, if you had listened and heard every one of those messages? Instead of getting little messages of reassurance and support from the angels, perhaps you would be getting the whole story – chapter and verse. How wonderful could that be?

Why not try? Maybe, just for one day, instead of just letting the music play, listen to the songs you are hearing. Really try to *hear* the words. Let them soak into your mind and swirl around for a while. If you cannot put aside a whole day to try this, then start with just an hour or two. Tune in to a radio station that you do not normally listen to or pick a few CDs at random and play them. Close your eyes and relax. Really *listen* to the music and see if you notice anything different. See if any particular song or songs jump out at you. See whether a verse or phrase in any particular song strikes a chord with you. If it does ring true for some reason, listen to it again and contemplate why that could be.

If you cannot do this, then at least try to be more aware of the messages you pick up inadvertently. The next time you find yourself singing a particular song again and again, reflect on the lyrics – is there a message within them? Think about where you were and what you were doing the first time you heard that song – is there some significance?

Allow your favourite songs to heal you, to move you, to restore your belief and your sanity. Let your favourite music take you to the place you long to be, let it bring you to your inner peaceful self, let it be your meditation, use music to change your moods and your life.

To quote John Miles,

"Music was my first love and it will be my last, music of the future and music of the past. To live without my music would be impossible do, in this world of troubles my music pulls me through"

Engage in your own love affair with music and you will be amazed at the messages you receive and the comfort it can bring you.

Good luck!

Forth coming workshops and events

The following workshops will take place in Bahrain at the Brain Body Dynamics center, Budayia. Full details may be found on our website at:

<http://www.conscious-connections.com/bahworkshopssep.htm>

Wed. 5th September

Connecting with and using Angelic Energy in your Whole Life

Evening workshop - 7.15pm - 10.15pm

This workshop is for everyone, whether experienced in working with angels or not

Thu. 6th September

Understanding Chakras - an Introduction

Evening workshop - 7.15pm - 10.15pm

This is the starting point for understanding chakras and will lead you to our much deeper and intense 2 day course's on chakras to be held later in the year.

Fri 7th and Sat 8th September

Reiki Level 1 (Shoden) Usui Reiki Rhyo system of Reiki

2 full days

This is a weekend workshop during which you will be introduced to Usui Reiki Ryoho and attuned as a Level 1 (Shoden) practitioner.

Sun 9th September

An Introduction to Holistic Stress Management

Evening workshop - 7.15pm - 10.15pm

A workshop designed to really help people manage stress in all aspects of their lives especially in the work place.

Fri 14th September

Violet Flame of Freedom Workshop (Full Day Workshop)

Full day- 10am - 5pm

During this workshop you will work with Archangel Zadkiel who is the Guardian of the Violet Flame of Freedom, Transmutation, Transformation and Joy.

For more information and details of how to book please see

<http://www.conscious-connections.com/bahworkshopssep.htm>

or email us at info@conscious-connections.com

~~~~~

**Discounts apply** if you book two or more workshops please see our website or contact us for details

**Group discounts also available** please contact us for details

***We do take bookings for private workshops and can adapt them to your requirements. Please contact us if you wish to discuss or arrange any.***

---

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

**Bahrain** Julie & Steve and Bookcase

Noraini at Touch for Health Tel: +973 39246544

**Dubai** Jack Montgomery Tel: +971504585860

Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

**Greece** Mary Evans, [maryevans@stellarpathways.com](mailto:maryevans@stellarpathways.com)

**Kuwait** Tootie Al Sabah, Tel: +965 7226699

**Will soon be available in USA, Australia & UK**

## Angel Essences

**Bahrain** Julie and Steve

**Dubai** Jack Montgomery, Tel: +971 504585860

Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

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

Lisa Kennedy, Tel: +971 504731875

**Greece** Mary Evans, [maryevans@stellarpathways.com](mailto:maryevans@stellarpathways.com)

**Kuwait** Tootie Al Sabah, Tel: +965 7226699

---

This is a monthly newsletter about spiritual and positive life changing or thought provoking subjects, a sort of life makeover based on spiritual values and relevant topics. Any comments or suggestions are welcome.

We apologise if you have received this newsletter by accident, just email back with 'remove' and we will remove you from our distribution list.

Julie Lomas Tel Bahrain: +973 39606712 / +97336727405 / +973 17593807  
Tel Spain: +34 951043249  
Email: [julie@conscious-connections.com](mailto:julie@conscious-connections.com)

Steve Ritchie Tel Bahrain: +973 39606712 / +97336727405 / +973 17593807  
Tel Cyprus: +357 99009411  
Email: [steve@conscious-connections.com](mailto:steve@conscious-connections.com)

[info@conscious-connections.com](mailto:info@conscious-connections.com)

[www.conscious-connections.com](http://www.conscious-connections.com)

---

### 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.

