



## **If I Could Hold Back Time** **December 2007**

Dear All,

It hardly seems possible that Christmas is almost upon us, once again. The year seems to have gone by so very fast and so much has happened in the last 12 months.

2007 was a good year at Conscious Connections and we have been so overwhelmed and humbled at the continued support and wonderful responses that we have received from you all. We have come a long way in a short time and it is due, in large part, to the support we have and the Angels pushing us along in a very guided and almost assertive way.

We launched our third meditation CD - Angelic Connections Volume 3 - at the Mind Body & Spirit show in Nicosia, Cyprus, in November. It was well received and is now available from both of us. It will also be available at all the usual outlets very soon. It includes meditations with Archangel Uriel and Archangel Gabriel, as well as a meditation to grow your own wings.

We also launched ourselves in Cyprus, running our first workshops there during the week after the MBS show. We are delighted and relieved to report that they were very well received; lots of fun, great insight and very inspirational. The angels made us work quite hard - in the most delightful and loving way. We have lots more planned for 2008 and will continue to focus on the Angels as it seems that is what is needed at the moment.

We met some very wonderful and very inspiring people and we look forward to reconnecting soon. In that regard, we would like say a special "thank you" to:

- *Francesca and Anette for pointing us in the right direction and helping us wherever possible*
- *Andy at Therapolis in Limassol and*
- *Klitos, Natassa and Charalambos at the well being centre in Nicosia*

We will be returning to Cyprus in April for the Limassol Mind Body & Spirit show as well as to run some more workshops.

December sees us in Bahrain, Abu Dhabi, (another new destination) and Kuwait, with our Christmas Angels workshops and Reiki Level 2. Please book early as these are very popular workshops and space is limited. Details are on the website. We had hoped to also run some workshops in Dubai during December but unfortunately logistics became a problem and we have been forced to postpone them. We do apologise to all of you that had wanted to attend. Perhaps we could work together to get a few of you down to Abu Dhabi or Bahrain instead?

In January and February, Frank Arjava Petter, the world famous Reiki Guru and accredited author will be joining us in Bahrain and Spain. Dates have been sent to everyone on our mailing list and we suggest that you do book soon as places are limited. For more details please look on the websites.

In between all of this, we have Christmas just around the corner. Christmas represents a time of goodwill and rebirth. As Christmas approaches and the prospect of a new year looms behind it, could there really be a better time to say thank you to people in your life or to show kindness and appreciation to those around you? Showing kindness causes people to open their hearts and to smile. As we bestow our kindness on those around us, they slowly fill with positive energy and as that energy starts to overflow, they too begin to show kindness towards others. We begin a very positive chain reaction

As well as those near and dear to you, why not also say thank to those people in your life that often get over looked. Send a thank you card to someone who would least expect it – the old guy on the corner of the street who sells newspapers; the old lady down the road who always smiles and waves from behind her window when you walk past; the security guard at the supermarket who always goes out of his way to help the old and infirm in and out of the shop. All those people who have no direct involvement in your life but who quietly work all around you, spreading kindness and love every day.

Instead of spending huge amounts of money on gifts that no one ever really uses or even really wants, why not donate at least some of the money you would spend to a worthwhile cause or to a charity, where the money is much needed and would be well spent. Ask yourself does my child really need all those gifts, and toy? How many can they play with or use? What will they do with them after they have opened them? Why not buy just a few really needed or really wanted gifts and then donate some money in their name to a charity or concern. Perhaps we as parents and grandparents need to start to teach the children and teenagers of today that there really is a deeper meaning

to life. A meaning which goes much deeper than the material things which surround us and that happiness does not come from ownership. Instead of buying gifts for the sake of it, ask yourself "would this gift bring a really positive change into the person's life I am buying it for, do they really need it?"

Whatever you decide to do, unleash your creative spirit, have some fun and send out good tidings to all. There are many budding artists and authors amongst our families and friends. Sometimes the most meaningful gift we can give is that one thing that will breathe life into the artist that resides within that loved one.

Try not to forget those around who may be lonely or in need of a friend. Christmas can also be a very lonely and agonising time of the year for those who have little love in their lives. Perhaps take a little extra time to notice those people and give them a Christmas card or a few minutes of your time. A few minutes of care or concern, letting them know that there are people who notice them, can mean the difference between them having a truly miserable time, feeling terrible, unlovable and unworthy and them feeling that they do have worth. Perhaps you may be estranged from loved ones or apart. It takes very little to text them, call them or email them just to say you're thinking about them. A few minutes of your time can mean so much to someone. Be good to those people around you and take time to remember or show them you care and appreciate them.

In today's fast paced world, we rush from one thing to another all day every day, rarely taking time out for ourselves and quickly forgetting what happened last week as we now need to focus on next week. So, this month's topic is about time. What is time? Why do we never have enough time, even though we all have the same amount of time?

Merry Christmas and goodwill to you all.

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."

## Topic of the Month – If I Could hold Back Time

The one thing in the world that never cannot be stopped is the flow of time. Time never stops passing, time shows up only to pass by.

Time waits for no man; if I only had time; if I could save time in a bottle; sorry I would love to stop but I haven't the time.

How often have you heard those words? How often have you used those words yourself?

In most parts of the world there seems to be a famine or shortage of time. You can tell people are starved of time when they keep saying, "I don't have enough time" or "I have too much to do" or "I'm just too busy". "

Time pressure comes when we perceive there is too much to do in a given time. But it's just a perception. The feeling of time pressure is always entirely the result of our own perception and thoughts. When we say we haven't time, then sure enough we cause ourselves to not have time; we manifest it. Yet we all have time, 24 hours a day. The same amount of time that everyone on the planet has and has had since the creation of the planet. Time is always there it just keeps flowing by it never stops or goes away.

This 'time shortage' seems to mostly happen in the so called 'developed' countries or the 'western' world, where speed is now the new God. Everything has to be done in double fast time, working against the clock. Nature does not work against the clock, it goes on at a regular steady. Nature still manages to complete everything it needs to in a year – every year! The seasons change, they come and go, seedlings spring into life, grow into fine plants that die and return to the earth to help contribute to the next cycle, which will certainly come along. Watch your pets, do you see them hurry? (Except at feeding time).

However, we "educated souls" of this planet don't seem to get it. We push ourselves to do more and more in the time we have available. We can't get it all done in our waking hours, so we cut down on our sleep. We spend longer and longer in the office, trying to do more and more. Having done so, we have less time for our family, our friends and for ourselves. So we try to work harder and make up time, but it doesn't work. We get tired, we make mistakes (wasting precious time) and we get frustrated. Instead of making the situation better we make it worse. It all becomes too much and we begin to crumble.

And that is why the most popular workshops, courses and seminars in the developed world are all about Time Management! How would you guess? But few realise that time management is a perception. Time cannot be managed. Time shows up only to pass by, it never stops passing by, it is always passing by, you can't miss time, for time is time it is always there!

Every time we think about time we tend to look at a clock or at a watch somewhere. It may be on our wrist or on the wall or on the computer but somewhere there will be a clock of sorts. We organise our life around periods and moments in clock time.

We don't realise or really comprehend that we are only looking at a machine. A clock is a machine and so we are surrendering to a false concept of time. The clock is not time, it is simply our way of attempting to measure our experience of the space between two events. Events are the punctuation marks that give meaning to our life, which is like a long sentence 'in time'.

Clock time is simply something we use as a guide, to estimate the space between here and then, between then and now. In reality, the "time" is always "now". Now for me may be 11:30 at night but if you live on the other side of the planet, now may be 11:30

in the morning for you. Now is the time that the current event in your life is taking place, but to make it easier for us all to relate to those events, we invented some labels to put on them so we could create some order in our minds. Those labels are days, hours, minutes, months, years and so on. However, those labels are not time. They are just labels for time.

Time has no independent existence apart from the order of events by which we measure it. Everything that exists 'in time' is an event, so surely that means Time Management is really 'Event Management'.

So we think we are short on time and off we go on our Event Management workshop disguised as a Time Management workshop, and because 'management' implies control the first question is how do we control events?

It's not long before the realisation dawns that you don't! In fact you cannot control anything other than what is immediately around you. We begin to realise that most events are other people! And that is the one thing you can never control, even if you like to think you can or could. Unfortunately many, if not most, people beg to differ and live most of their lives believing, albeit subconsciously, that they can control other people. Little do they realise, that is where most of their stress comes from.

When you do realise that your stress is coming from your attempts to control what you cannot control, you realise that Event Management is really Stress Management. Whenever you are stressed you are not managing anything, the stress is managing you. Neither time, nor the shortage of it, is managing you, it is stress. When you encounter a good stress management teacher you will learn that all of your stress is entirely self-created. Which means Stress Management is really Self Management. It's not the other person or the event or self perceived lack of time that causes your stress, it's your response that contains the stress. This can be a life changing insight for most people, as it appears that around 99% of us have been taught the opposite i.e. that we are victims of other people and the circumstances we find ourselves in.

Slowly, if not suddenly, it dawns on you that prevention and freedom from stress requires changes to the way you respond to life as it happens around you. That means Self Management then really becomes Change Management. Not changing anyone else, or anything else, except yourself. And that means challenging your beliefs so that you can choose different perceptions in order to change your thinking.

Begin by changing your belief and your perception of having no time, for there is always time, it never stops passing by remember? And remember we all have the choice in everything we do, so we can choose to change or choose not to change. All stress at a mental level is just negative thinking. Which means the workshop is not something that you attend 'out there in the world' but something that you create and attend almost entirely within your own consciousness. You create your stress and you create the perception of no time.

However, once you realise the need to change your responses, and thought pattern and uncover the inner work you need to do on yourself, there will be one final and sometimes fatal barrier preventing you from attending your own inner workshop. That is that voice inside you. Sometimes faint, sometimes loud, it says, "But I just don't have the time!"

This is of course the voice of 'urgent avoidance'. Behind that voice is the fear of facing what is most important. And so we are back at the beginning, or the circle of time.

Time Management is Event Management is Stress Management is Self Management is Change Management.

And it will always take some time! But time is always there and never stops passing by - unless of course, you learn to live outside of time and then you don't need to change anything at all, but that is a whole other subject and while we love to write about it.....well perhaps we could say "we don't have time!" :-)

Perhaps we have made this all sound far too easy or too complicated or too strange to think about. Whatever you think of it all, why not just go and enjoy the passage of time for a little while? Take time. Enjoy time. 'Be' in time.

### Action challenge

Time is life and life is time and you have a lifetime. But are you having the time of your life or is someone else having the time of YOUR life?

- Write down the ten most important things in your life.
- Sit and reflect each day, take 'time out' and just be
- Write down what really needs to be done and what doesn't
- Only do what needs to be done
- Do not think I haven't time, as this will only cause you to believe you haven't time when in fact you have all the time in the world.
- Stop clock watching, remove your clock
- Try to live a whole day without looking at the clock
- Attend one of our workshops

Use an Angel spray and meditate with it, taking time out.

Good luck.

Conscious Connections run courses on Meditation and Visualisation as well as Holistic Stress Management for both the corporate and personal sectors of society. We are willing to do private sessions for groups of friends or acquaintances to match your requirements. For more information on these workshops and courses please contact us on: [info@conscious-connections.com](mailto:info@conscious-connections.com)

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## Forth coming workshops and events

### 11 and 12 December – Abu Dhabi

Steve and Julie will be running the following workshop at a private venue in Abu Dhabi. Please contact us for more details.

**Topic:** Christmas Angels  
**Location:** **To Be Advised**  
**Date / Time:** Tuesday 11 Dec, 19:30 to 22:30 - **Sorry sold out**  
**Also:** Wednesday 12 Dec, 09:30 to 12:30  
**Cost:** AED350 (Non-refundable deposit of AED150 required at time of booking)

We will work with the Archangel Seraphiel and the Angels of Light (who are known as 'brilliance'), to introduce their pure, cosmic, Iridescent Rainbow Light. We will also work with Ascended Master Serapis Bey who's teaches miracles, joy, self discipline and the path of ascension.

### During the workshop you will

- Clear and cleanse you aura
- Open your Heart Chakra
- Open your own wings
- Connect and work with your Guardian Angel and Ascended Master Serapis Bey

- Visit the Angels of Light and Archangel Seraphiel in their healing temple to experience love, light, joy and peace these beings instil within you
- Using a special web of crystals, experience the powerful and deep healing energy of the Iridescent Rainbow Light of the Angels of Light

You do not have to be adept in meditation or have any prior experience of working with Angels. You will find the workshop to be profound, enlightening and moving.

For reservations please contact Houry Pappin [pappins@eim.ae](mailto:pappins@eim.ae) or Julie / Steve on [Info@conscious-connections.com](mailto:Info@conscious-connections.com)

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### 13 December – Bahrain

**Topic:** Christmas Angels  
**Location:** To Be Advised  
**Date / Time:** Thursday 13 Dec, 19:30 to 20:30  
**Also:**  
**Cost:** BD30 (Non-refundable deposit of BD15 required at time of booking)

We will work with the Archangel Seraphiel and the Angels of Light (who are known as 'brilliance'), to introduce their pure, cosmic, Iridescent Rainbow Light. We will also work with Ascended Master Serapis Bey who's teaches miracles, joy, self discipline and the path of ascension.

#### During the workshop you will

- Clear and cleanse you aura
- Open your Heart Chakra
- Open your own wings
- Connect and work with your own Guardian Angel and Ascended Master Serapis Bey
- Visit the Angels of Light and Archangel Seraphiel in their healing temple to experience love, light, joy and peace these beings instil within you
- Using a special web of crystals, experience the powerful and deep healing energy of the Iridescent Rainbow Light of the Angels of Light

You do not have to be adept in meditation or have any prior experience of working with Angels. You will find the workshop to be profound, enlightening and moving.

For reservations please contact Houry Pappin [pappins@eim.ae](mailto:pappins@eim.ae) or Julie or Steve on [Info@conscious-connections.com](mailto:Info@conscious-connections.com)

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### 14 and 15 December – Bahrain

**Topic:** Reiki Level 2 - Okuden (2 day course)  
**Location:** To Be Advised  
**Date / Time:** Friday 14 Dec, 10:00 to 17:30  
**Also:** Saturday 15 Dec, 10:00 to 16:00  
**Cost:** BD150 (Non-refundable deposit of BD50 required at time of booking)  
 Cost includes manuals and a private evening with Reiki Guru Frank Arjava Petter in January 2008 date to be confirmed.

Okuden is the next step forward.

To take this class you must have been attuned to Reiki level 1 for at least 6 months and be able to demonstrate that you have practiced Reiki since your first attunement.

You will have already have started to see the benefits and positive life changes taking place. At level 2 you will be able to treat yourself and your family friends and use it every way in your life. Once proficient you will also be able to treat others.

Reiki when taught properly always brings positive life change and helps you to develop your own healing abilities.

Reiki is very good for stress reduction and relaxation and allows you to tap into the unlimited supply of life force energy, to improve health and enhance the quality of life.

#### During the class

- You will learn more techniques and the power of Reiki
- You will learn 3 sacred symbols to enhance the power of Reiki
- You will learn how to use the symbols
- You will learn how to send distance and absent healing
- You will receive 3 attunements
- You will learn how to run a safe Reiki practise

If you are interested in joining this class please email us or call us as soon as possible, as seats are limited.

As mentioned above, in order to attend this class you must provide a copy of your Reiki lineage, prove to us that you have been attuned to level one for 6 months or more and that you are competent and confident in using Reiki.

For reservations please email [info@conscious-connections.com](mailto:info@conscious-connections.com)  
or call Terri on +973 36067134

You must have a confirmed reservation to attend.

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#### January / February 2008 – Bahrain & Dubai

Julie and Steve will be running the following workshops in partnership with Frank Arjava Petter during January / February 2008:

**Advance booking is essential, so please contact us ASAP if you are interested in any of the workshops.**

Please email us on [info@conscious-connections.com](mailto:info@conscious-connections.com) or contact Terri on +973 36067134

**Topic:** Introduction to Conscious Connections & Frank Arjava Petter  
**Location:** Bahrain  
**Date / Time:** Wednesday 16 January, 19:30 to 22:30  
**Cost:** TBC

**Topic:** Jikiden Reiki – 5 Day Japanese Reiki Course  
**Location:** Bahrain  
**Date / Time:** Thursday 17 January to Monday 21 January  
**Cost:** TBC

**Topic:** Family Constellations Workshop (3 Day Workshop)  
**Location:** Bahrain  
**Date / Time:** Tuesday 22 to Thursday 24 January  
**Cost:** TBC

**Topic:** Meditation Retreat (1 + 1 Day Workshop)  
**Location:** Bahrain  
**Date / Time:** Friday 25 and Saturday 26 January  
**Cost:** TBC

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**Topic:** Introduction to Conscious Connections & Frank Arjava Petter  
**Location:** Dubai  
**Date / Time:** Tuesday 29 January, 19:30 to 22:30  
**Cost:** TBC

**Topic:** The Legacy of Dr Usui  
**Location:** Dubai  
**Date / Time:** Wednesday 30 January, 19:30 to 22:30  
**Cost:** TBC

**Topic:** Japanese Reiki Techniques (2 Day Workshop)  
**Location:** Dubai  
**Date / Time:** Friday 1 and Saturday 2 February  
**Cost:** TBC

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#### February 2008 – Spain

Julie and Steve will be running the following workshops in partnership with Frank Arjava Petter during February 2008:

**Advance booking is essential, so please contact us ASAP if you are interested in any of the workshops.**

**Please email us on [info@conscious-connections.com](mailto:info@conscious-connections.com) or contact Terri on +973 36067134**

**Topic:** Introduction to Conscious Connections & Frank Arjava Petter  
**Location:** Andalucia, Spain  
**Date / Time:** Friday 8 February, 19:30 to 22:30  
**Cost:** TBC

**Topic:** Meditation Retreat (1 + 1 Day Workshop)  
**Location:** Andalucia, Spain  
**Date / Time:** Saturday 9 & Sunday 10 February  
**Cost:** TBC

**Topic:** The Legacy of Dr Usui  
**Location:** Andalucia, Spain  
**Date / Time:** Friday 15 February  
**Cost:** TBC

**Topic:** Japanese Reiki Techniques (2 Day Workshop)  
**Location:** Andalucia, Spain  
**Date / Time:** Saturday 16 & Sunday 17 February  
**Cost:** TBC

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

**Bahrain** Julie & Steve and Bookcase

Noraini at Touch for Health Tel: +973 39246544

**Cyprus** Steve

**Dubai** Jack Montgomery Tel: +971504585860

Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

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

**Spain** Julie

Will soon be available in Greece, USA, Australia, UK

**Angel Essences**

**Bahrain** Julie and Steve

**Cyprus** 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

**Spain** Julie

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**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 14 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.

**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.

A large, stylized pink logo consisting of three overlapping, flowing shapes that resemble the letters 'S', 'C', and 'C' intertwined. The top shape is a thick, curved line that loops back down. The middle shape is a similar curve, slightly offset. The bottom shape is a thick, curved line that loops back up. The overall effect is a sense of movement and connection.

# Conscious Connections