



Be The Change You Want To Be **February 2007**

Well we knew that 2007 would be a busy year for us, and it is proving to be more so than we thought. February has arrived we are sure much quicker than normal! Did someone steal some days away from January or did some get missed out ???!!!

As you know we participated in the Dubai Well Being Show; we are still recovering from the awesome success that we achieved. To say that we are humbled and slightly overwhelmed by the response would be an understatement. Those of you who attended will know that we seemed to be meeting people from the moment the show opened until it closed. On the first day the organisers had to come and ask people to leave at closing time. We had queues of people all day and we do apologise to those who never got to the front of the queue to talk with us. We did our very best to keep up with the flow. The Angels were with us, guiding us and we are truly amazed. Our seminars were well attended and in hindsight, we feel it would have been better to run some longer events (we were limited to 30 minutes per session), but feedback has been positive all the same. It was truly wonderful to meet so many of you - new people and old friends alike. It was wonderful to hear your stories of how things have moved on for you since last year. The warmth of our reception has really touched us to our very cores. The Angels were truly working with us.

We shared and had some amazing experiences throughout the three days and I am sure we have all benefited greatly. Thank you to each and every one of you.

We returned back to Bahrain to find our mail box full; some very touching emails, some heart wrenching tales, some eye opening letters -but all in all, tremendous warmth, support and encouragement for us. We truly never expected to receive such wonderful accolades. We apologise if we have not yet answered your email. We did not expect so many and are slowly getting through them all. Photos will soon be posted on the new website.

We launched our second CD - Angelic Connection Volume 2 and following in the footsteps of Angelic Connection Volume 1, we have received some very encouraging feedback. Both are now on sale in several places and will be in many more shortly – full details below. The second CD follows on from the first, taking you into the temples of Archangel Raphael and Archangel Michael for healings as well as helping you send healing out to all those in the world who need it.

While many people have been very happy to buy the new CD a few are already looking ahead and asking what's next! There will be more CDs soon, but it's a question of finding the time to create them. We will certainly keep you posted.

As we mentioned last month, our Website has been relaunched and is currently a living entity. While the bulk of the content is there, we are still adding and changing so please bear with us. Our aim is to make it more user friendly and more interactive for you. Your feedback, as ever, is welcomed.

On the subject of feedback, we have been so taken aback with some of the feedback we received post Dubai that we will be adding a testimonials page to the site very soon. A number of people have already given permission to have their comments featured on there but if you have any feedback or constructive criticism, please feel free to pass it on to us

Comments on the website and the Cd's and of course the newsletter will be appreciated as always. It was wonderful hearing from many of you how you love to receive the newsletter and how you forward it on to many many people. We have been asked by several groups if they can use it on their newsletters and we say yes of course but please give the accreditation to 'conscious connections'.

We do apologise for the fact that we had / have no dates for our next open workshops here or anywhere. To be truthful, we have simply been overtaken by demand. We have many private bookings and commitments to fulfill and a number of other projects on the go. We did hope that the Well Being show would generate a little interest in what we are doing, but never dreamt it would create the buzz it has. We are now actively working on this and will have some dates for you shortly.

In the meantime, please do write and tell us what you would like – group/open workshops, private workshops or corporate workshops – the better we understand the demand, the better we can adjust our priorities and align our time.

We need to thank a few special and dear friends who helped us at the show.

Jack - who managed to keep the stand tidy at all time, keep us in coffee and organise us.

Intisar who on the opening day managed to keep us supplied with (excessive amounts of) food and drinks, and lots of other goodies.

Also **Tootie** who helped us with the queue of people wanting the Angel essences - she even managed to do some feather clearings with us. We want to thank all of you for all the support you gave us; for your trust in us and your friendship.

The community of conscious connections is growing by the day and spreading to all corners of the globe.

The world is changing so quickly every day the news seems to be full of more and more negative and truly awful things. It may be a good idea to stop listening to the news and reading the papers as much as you do. For as we read the negative we fuel the negative for we are giving thought to it. The Angels would like to offer another perspective. We all need to try and keep from dwelling on the worst that can happen and put our whole focus on the best that can happen, thinking of wonderful possibilities. Instead of getting cross and angry at world leaders and politicians and armies for all the wrong doings in the world, lets send them light and loving thoughts, in the knowing that if enough people do the same it will eventually without a doubt start to shift the energy around them in a positive way. Keep your thoughts anchored on positive outcomes.

Many of you have talked about how you struggle the fact that despite doing all you can to make things better for yourselves or create a dream or lifestyle for you and your loved ones, things just do not seem to work out.

The truth is that sometimes when you want something so badly that you try and try to make it happen, you unwittingly block yourself. The universe responds to the fear imprinted into the energy of struggle. This underlying fear is: maybe it will not happen. This fear is mirrored back to you in the form of blocks, delays, and unsatisfactory

manifestations.

That is why surrendering and letting go results in immediate manifestations. When you surrender your wish to the universe, you also release the fears which previously blocked you. Letting go is a statement that says: I know my wish is manifesting in the best possible way; even if I do not know exactly how it will happen. This faith is akin to opening your front door and welcoming your wish into your home.

Take it easy today and allow the universe to do the work in creating your manifestations. Your work was done once you made the wish. Surrender the wish to God and enjoy the creative way that your prayers are answered. Sometimes when you think about your desires or the future, you allow your imagination to dwell on the worst case scenario. You allow this fear to stop you from making positive life changes. With each step that you take in the direction of your dream, continuously expect the best. Your positive expectations shine a bright light upon the step that is before you. Your illuminated steps then take on a magical quality, which helps you to attract and manifest the very best possibilities.

Finally, just a reminder that we do have Frank Arjava Petter, the Reiki Guru, coming to visit us in Bahrain in April. All details will be sent to you later this week. This is the first time someone of his stature in the Reiki world has visited the Gulf region and interest is huge so be sure to book early. We are doing everything possible to keep the costs as low as possible.

We would like to share with you a verse that popped into our mailbox as anon, but feel it is worth passing on to you as it says so much.

Look to this day
For it is Life, the very life of life...
For yesterday is already a dream
And tomorrow is only a vision
But today, well lived, makes every
yesterday a dream of happiness
and tomorrow a vision of hope.

Please keep all feed back coming 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 is about Change - enjoy.

Angel Blessings

Julie and Steve

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Not to believe in the angels is to believe in a mindless, meaningless, and soulless universe

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 - Be the Change you Want to Be

The only thing constant is change – or is it?

Change – we all want it. We know this for a fact because so many people we talk to tell us just how anxious they are to make changes in their lives and circumstances. People who contact us by email or chat with us at workshops and other events often ask how they can move on, or focus, or start doing what they really want in life. People have so many great ideas, big dreams, and exciting goals for the future. They want change. Yet, while many of us talk about change and our desire for change and even or need for change, many of us do nothing more than that. We never get beyond talking about it.

If this sounds familiar, don't worry, you are not alone. Psychologists the world over have spent many years studying what seems to be a natural resistance to change – even when we initiate the change ourselves.

Change, by its very nature, means moving out of your comfort zone into new, unmapped territory. You think you know what the terrain is like on the other side, but you have never been there, so you are not totally sure. It can be a little scary taking that first step. But that is really all that is needed – one step. One small step in the right direction will set you on your path to change and will help you to tear yourself away from the imaginary glue that has been sticking you down where you are today.

It is obviously easier said than done. Whether in personal life or business, most people can clearly articulate any number of reasons why they can't take that first step. Others might see them as excuses, but to you, they are hard and fast reasons. If you put enough energy into giving life to these reasons, you can rely on them to hold you where you are for ever.

However, if you were to put the same amount of energy into beating down these reasons, you would soon find that you were well on your way to a new you.

Our good friend and associate, Adrian Gilpin, talks about this on his Inspired Self course. He uses the example of an elastic band. If you stretch out an elastic band in front of you, you will feel the tension (or energy) in the elastic band trying to pull your hands back together. If you let go of end of the band, it will immediately snap across to the other hand as the stored energy is released. Strangely enough, no matter which end you let go of, the result is the same – the band immediately snaps across to the other hand.

Now, imagine that one hand is where you are today (the here and now) and the other hand is the future (where you want to be). If you simply let go of the here and now, the tension between where you are and where you want to be will shoot you towards where you want to be.

Of course, you could just as easily let go of where you want to be and ensure that you remain firmly rooted in here and now.

So, the first step towards making positive changes in your life is to take back your own personal power. Our place of power always lies in the recognition that we have choices. All of us will be faced with real-life challenges, but at the same time we always have a choice. Exercise your right to choose and choose to move forward.

This may involve some really tough choices like selling a home to relieve financial burdens or debtor walking away from an abusive relationship to reclaim our self-esteem, but never mistake tough choices with having no choice at all. You always have choices. Put your energy into making positive choices and positive outcomes rather than negative ones. You will soon discover that it takes no more effort to move forward than it did to stick in your comfortable little rut!

Ask yourself the following question: "What choices do I have in this situation?" Then pick one of those choices and do something about it.

Having taken back your personal power, made some positive choices and put your energy into creating positive outcomes, you are ready to master the second step towards positive life change - managing your mind and thoughts. Feeling stuck is nothing more than a state of mind. When we feel unmotivated, lethargic or overwhelmed it's because we're thinking unmotivated thoughts. When we feel trapped, it's because we consistently tell ourselves that there are no options.

So, the key to turning this self-defeating habit around is to take control of your thoughts. Easier said than done, we know. Rather than offer an elaborate process for doing so, try this simple technique. Take the word can't out of your vocabulary and replace it with can.

Keep telling yourself "I CAN DO ANYTHING!"

Regardless of whether or not you believe it or whether it seems rational, do it anyway. Say it to yourself when you first wake up, repeat it in your mind while brushing your teeth, sing it to yourself while driving to work or getting the kids ready for school. Then, keep saying it all day right up until you fall asleep. Just keep telling yourself that you can do anything and notice how your mood and perspective shifts. As it does, start making a point of telling yourself positive stories. When you think about your future, think only about the most positive outcomes. When you daydream about getting promoted, don't dwell on the challenges that lie between where you are today and the future you want to create. Instead, go straight to that future – dream about how wonderful your life is in that future. Don't imagine that it could be so, imagine it IS so. Before long you will begin to believe it is so. Soon, others around you will also begin to believe it too, which will do nothing but encourage you.

The third step towards making positive changes and achieving what you know you can achieve is to keep good company. Every successful person will emphasize the importance of having highly motivated people around them. Surround yourself with motivated people who are just as committed as you. Spend more time with positive people and less with negative people.

As the old saying goes, birds of a feather flock together – and it is so true. People who feel stuck tend to associate with people who like to commiserate about the unfairness of the world. We all know them – the Moaning Minnies, the Whining Walters, those people in your life with the fittest faces on the planet. Why are their faces so fit? Because it takes more muscles to frown than it does to smile.

Stay well away from these people. Being with them is a recipe for disaster as you all stay stuck together.

Find people who are up to something big and feel excited about life, and spend your time with them. Find people who are making or who have made similar changes to you. Spend time with people who inspire you to achieve the changes you want to be part of. Hang out with people whose imagination is bigger than the planet, for whom nothing is impossible and everything is an opportunity. If you can't find those people, then be one yourself – and they will soon find you.

And remember, Rome was not built in a day and nor will you change your life overnight. Be patient, be passionate and persevere. In the words of Lao-tzu, "A journey of a thousand miles begins with a single step."

Here are a few ways that you too can take your first step:

1. Choose one area of your life that you'd like to change and identify three choices you that have available to you at this time. If you can't come up with any, ask a friend or someone that you really can trust for help.
2. Create a new screensaver that flashes and moves the words "I CAN DO ANYTHING!" across your screen. If you do not know how to do this then let your first active step be requesting help from someone who knows how :)
3. Pick up the phone and schedule lunch, dinner, tea, or a telephone conversation with a highly motivated friend who will support you quest for positive change. Ask him or her for help in creating a simple action plan.

Good luck.

Conscious Connection CD's can be bought from :

Bahrain - Julie and Steve, and Book Case (other outlets shortly will be announced).

Dubai - Jack Montgomery, Tel - 00971504585860 Or
Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

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

Angel Essences -

Bahrain - Julie and Steve

Dubai - Jack Montgomery Tel 00971504585860 Elements Fuengshui AL KHALEEJ CENTRE
BUR UBAI

Art & Picture Framing Lamcy Plaza, Ground Floor

Soon in Greece, Kuwait, at Stellarhouse, Saronida Athens.

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.