



New Beginnings **January 2007**

Dear All,

Happy New Year! Every year at this time, we are reminded of how precious life is when we find ourselves wondering how we got to the end of another year so quickly. Time is our most valuable asset and our intention for this year is to do all we can to support you in using it wisely.

The years seem to get shorter, or are it that life is just busier and we don't give ourselves time to sit down and relax, take a breather and enjoy what is around us?

Part of the reason for this is that so few of us are masters of our own lives any more. We have families, friends and employers. We spend our lives compromising on what we really want in order to satisfy the needs and wants of those around us. Sometimes we chose to forgo our needs and wants in favour of others, sometimes we feel obliged to do so.

This year's message is: Take control – or perhaps, better still, take ownership. Instead of letting life wash over you, give your life a wash and brush up. Take stock, set yourself a vision for the future and take active steps to make the vision a reality.

Its great to give to others, but don't forget to nourish your own soul too. Stop being so good and well behaved and staid. Take a little time for yourself. Give your soul a chance to sing, paint, cry, rant, rave dance or love more passionately.

Take stock of your debts – emotional and financial. Don't let them run your life. Take control and work out a plan which lets you service your debts without becoming a slave to them. Find a balance. Maybe you have an old friend who has fallen on bad times. You feel an emotional debt to support them. Instead of being a crutch, work with them to help them get back on their own two feet and take back control of their own life.

Take time to reflect on all you manifested in 2006. It was a big manifesting year so look back on all the success, joy and situations you have attracted in your life. Don't let the negative colour your memories, try to be grateful for all the good that has come into your life.

Then it's time to start manifesting what you want in 2007. Be very clear about what you truly want and be specific. Write your list clearly. It's your intention that's important, so don't worry about grammar or spelling, just write it down as it comes into your head. For example, if you want a new, better paying job be specific and write down what you want it to be like, look like and feel like.

After you feel you've been as specific as possible for all your goals and dreams, give it over to the Divine. Don't get all caught up in the how, when, where, who, etc. Just let it go and surrender. Don't focus and obsess and, most importantly, don't be impatient. Know you deserve what you desire and surrender to the Divine to take care of the details. Take the actions you need to but patience and faith are needed for goals and

dreams to manifest. Keep the intention that you are responsible for what you manifest in your life and remember that most of our dreams and goals will take some effort, especially if the Divine suddenly drops what you want in your lap. Focus on how powerful and wonderful you are!!! Miracles can and do happen every day!!

2006 was quite a momentous year for Conscious Connections and we are still in awe of all the wonderful things happening to us and for us. It really all started with our official launch at the Dubai wellbeing show in February and the launch of our first Meditation CD. We were very definitely being guided by angels to achieve what we did at the event. Although we only produced 100 copies of the CD, they sold very quickly and unfortunately we were unable to find the time to produce more or to produce the subsequent volumes we had originally planned to make – the price of success, it would seem as all the time we had was taken up running workshops in Bahrain as well as in Greece and Kuwait. Our range of workshops has also expanded, particularly with the introduction of basic meditation workshops, basic chakra workshops and holistic stress management. All have been well received and the diary for 2007 is already filling up.

We once again have a stand at the Dubai well being show this year 18th - 20th January. We will be launching our second CD - Angelic Connections 2, featuring meditations with Archangels Michael and Raphael as well as a couple of additional guided meditations. Further copies of volume 1 are now also available.

We will also be relaunching our website at the show. The new site is more user friendly and will contain some useful additional functionality too.

This year we are also presenting on stage once a day, as follows

Thursday 18th January	12:00	Connecting & Working with Angelic Beings
Friday 19th January	12:15	Holistic Stress Management
Saturday 20th January	11:00	In Harmony with Chakras

Please come and join us if you can. We look forward to meeting many of you there and many new people.

We are really looking forward to 2007 which promises to be an equally momentous year for us with our calendar already fairly full and moving into new countries and new fields. We are being very positively 'Divinely Guided' it would seem.

Please keep all your wonderful feed back coming as we really love to hear from you and we take on board as much of it as we can.

2006 saw so many changes for many of you around us, which have been scary but equally exciting. The world itself is also going through tremendous change and the more light we can bring through to help this process the better for us all. For many, plans that have been made for many a year have suddenly changed unexpectedly, people going off in directions than they had never dreamed possible or indeed never even dreamed about. The universe has such wonderful ways of throwing us new challenges and throwing up the unexpected with no notice.

We are sure many of you had your faith, and beliefs and trust tested, We did ! and its still going on in more ways than one!!!

We have been tested to our limits many times and there have been times (and I am sure there will be more times) when we have almost wanted to give up, roll over and go to sleep for the rest of time. But we haven't and we won't, for each time we are tested we pick ourselves up brush ourselves down and off we go again ready to write another

letter to you each and every month and take the message of light to the world, stronger each time.

As the new year starts we thought an appropriate topic for this month's newsletter would be New Beginnings – enjoy!

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 - New Beginnings

As we think about the New Year and making resolutions, there things we all may want or are thinking about changing or doing for 2007. We wanted to offer you a few slightly different suggestions.

This year, you might resolve to:

1. Care more about what your soul longs for than what other people think. This is a biggie for many. We know several of our clients are unhappy consciously and subconsciously. They seem to be happy on the surface but underneath there is a hidden sadness, a hidden loneliness, a hidden longing that can't be shown, or acknowledged, or even listened to, because its too painful to listen to or dealt with. So it is just suppressed and hidden away, put into a box, for the simple fact that society would not accept it, or they think it wouldn't, or for other reasons. They go through life, conforming, confused, following morals that are expected of them, as that's what society expects. They often know that their not happy but they don't really know why, and the ones that do seek help will then often block it because well, it's scary, it's not right, and many actually believe they do not have the right to be happy. It doesn't matter that the issue being denied is then born out in some other way like, illness, emotional distress or weight gain and issues and so on, just making it all the more complicated and sad. Sometimes people start to follow their dreams and start the adventure, and embrace it and are happy, then realise that things in their lives start to change, it starts to cause distress or unease at home or in relationships. They start to worry about the family. As the others around are not moving on or are stuck in the old mould and don't want to move on, it gets scary, so instead of then carrying on, following their path/dream they go backwards, back into their comfort zones. Sometimes they then try to put things back how they were before they started to follow their dream, thinking that their dream, needs, or wants were not really fair to others. But that status quo can't last for long as the soul starts to cry out for what it

wants. Their world will change eventually anyway. Hanging on to the status quo just makes the journey harder and longer. The soul cries out for love and nourishment, eventually it can't be denied. So, 2007 being the year of change, this is something to be seriously listened to and looked at. To hear a soul in distress is totally heartbreaking. We know. We work with it often.

2. Make your health a priority, not just because you want to look and feel good, but because it stops the self-defeating "inner critic" that runs in your head telling you how awful you are. Oh, we are so good at this aren't we? Beating ourselves up all the time. Now is the time to stop! Eat healthily, take regular walks or exercise, sleep early and take time to relax.
3. Spend more quality time with loved ones. A quick chat over the phone doesn't build soul-nurturing relationships like a good, long evening spent talking about the deeper issues of life, or the things you love to talk about. Even a coffee break or lunch is better than nothing. Invest your time and energy in the people who matter. Don't waste it on people who don't matter or don't care about you, or have hidden agenda's for their own needs and not really to be with you as a friend or loved one. Spend quality time with those friends who love you, be kind to them and to your self. You don't know when they may no longer be there. And remember that a text message or short telephone call to tell some one you care about them, or are thinking about the. Just calling to say hello, can make a lot of difference to a persons day and well being - if you cant see them its better than nothing at all.
4. Embrace a desire that keeps pulling at you and do something about it. For example, for those of you who really no longer want to live in the deserts of the Middle East and whose heart is screaming for greener pastures, get someone to help you create a plan to finally make a move to pastures new. Don't try to cram yourself into one more year of the 9 to 5 corporate mould, when your soul craves self-employment or project-oriented work or spiritual work. Resolve to get out of the corporate world.
5. Dream big! Rather than keep your most important dreams secret, have the courage to step out and give something big a try. Continue to pursue your dreams in spite of the discouragement you may receive from others. Always remember the following when seeking support for a dream: Don't go to the hardware store for milk get help if you need it from real friends and support groups, thank them for that. There will be times (and we know this to be true as we regularly go through them) when we want to give up when the going gets tough or the doubts creep in.

This year, make your resolution simple and easy. Rather than create another long list of things to do, pick one resolution - one change that you know would really make a difference to your life and resolve to focus 2007 on just that one change. Then, enjoy the effect of making that one important change that hopefully will overflow into every area of your life.

Happy New Year!

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.

