



Being Judgemental

July 2007

Dear All,

It is hard to believe that it is now July and we are more than half way through the year. The sizzling summer heat is upon us and the holiday atmosphere is here.

As I write, it is early morning in southern Spain and there is already a heat haze across the land and a slight breeze blowing from the surrounding mountains, which occasionally gently blows the wind chimes. It is very peaceful and very calming.

As I look across the olive, almond and orange groves and at the beautiful majestic mountains that surround us and watch the morning and the day come to life, I get a deep sense of the continuity of life that the land teaches you. I realise that no matter what happens in our own lives, we are all so much just a tiny fragment of the big picture. No matter what worries we have, no matter what sadness or problems, life still goes on in the endless circle of renewal. Nothing lasts forever but everything is part of everything else. Nothing stays the same. It has to change, to flow with the ebbs and tides of life as day always follows night and light always follows dark.

Sometimes in the silence of these beautiful mornings and in the wonderful cool of the late evening when the silence wraps around you, the mountains seem to sigh as the moon rises over them. I enjoy that ocean of silence and in it I can sometimes hear the angels saying *"come sit with us and rest, and let all past sorrows and trials go. Sit with us in this silence, so that you can discover the eternal treasures of peace and love and happiness and take this message out to the world."*

In our work with Conscious Connections, this is a message that we are very keen to bring to you – to all who will listen. As Conscious Connections continues to grow, we will reach more and more people, bringing messages of peace, hope and happiness from the angels, helping people everywhere to begin to discover the inner peace within themselves.

As part of the Conscious Connections growth process, we continue to take small steps forward in many areas. The most recent, is a change in email addresses as we develop our web site. We can now be contacted individually as:

julie@conscious-connections.com or

steve@conscious-connections.com or, for both of us

info@conscious-connections.com.

The gmail address will continue to work for a while, but we would ask you to update your address books asap to ensure that we don't lose touch. On the subject of address books, you will, by now, have received a request via Plaxo for updated address details. Plaxo is now a safe and secure system for sharing

address details and we have decided to use it to help us stay up to date. Many of you have confirmed your email address is correct but if you would like to amend the name we have you listed under, add telephone numbers or any other contact details, it would help us to ensure we have a range of options for staying in touch.

Feedback from last month's newsletter was wonderful and we really encourage you to write to us with your comments and with your ideas and opinions. We really do like to hear from you. Please also let us know what you would like to see us do in the way of seminars and workshops. Some of you have already done this and it is a great help to us as we plan our schedule for the remainder of this year and into 2008.

If you visit the website, you may notice one or two tweaks and changes as we take on board the feedback we have had to date. We will soon be adding a testimonial page with comments from clients across the globe. If you have any comment that you would like to see included on that page, please send it to us.

We also need to apologise one more time for the delay in replying to many of the emails we have received. Some we have sadly lost in transit and some we have just not been able to answer. However this should now be a thing of the past as we are back in gear and moving ahead.

As always we were busy last month and some big changes took place within our lives. We participated in the third module of the Inspired Coaching Programme in Kuwait which was once again a positive life changing experience. Many on the course have started to really adapt the learning and put it into practise in their everyday lives.

Personally, I (Julie) have struggled with many of the changes that were taking place – some of which I told myself were being forced upon me. Yet now they have taken place and I am through them, I am glad they did happen. They were nowhere near as bad as I thought they would be once I accepted, let go and just got on with it. I thank those who really supported and helped me as I struggled through (you know who you are).

We have all been in a place where we have resisted change. However, the sooner we let go and force ourselves to work through the change and the healing process, the sooner we are open to new opportunities in which we'll thrive.

When the universe sees holes, they get filled. Holding something to us serves only to block ourselves from better things. Karma, destiny, fate - whatever you wish to call it.

Sometimes, when we relax and go with the flow, we start to see things differently, or are shown by the universe that what we think and what we want, are possibly not what we need or indeed what we are here on the earth to do this lifetime as part of our agreed path.

We are still working very closely with Frank Arjava Petter and trying very hard to get him back to Bahrain soon. This may be before the end of the year, but if not, it will be early 2008. Just watch this space and the website for updates.

We spent a lovely time with him in Kuwait last month and between us we are working on some really good joint events for 2008, which will include Reiki, Family Constellations and Business Constellations.

Frank made such an impact on so many of you, while everyone he met and the Middle East in general made a huge impact on him too.

Those of you who have not yet picked up your certificates of attendance for the workshops that you attended with Frank, may collect them from Terri Harwood in Bahrain, her number to call her is 36067134, she lives in Budayia by Janussan roundabout. She is however away until 22nd July but if you call her after that and arrange to pick them up from her she will be happy to oblige.

We both feel and know that we are being very strongly guided by the angels at the moment, as we always are. Both of us have had some wonderful experiences with angels recently reconfirming our already strong belief that we really are not alone, that we really are being taken care of and that when we need help, all we have to do is ask.

The Angels have amazing ways of getting our attention and helping us and keeping us on track. They certainly have done that recently, in more ways than one and great with synchronicity!!!

They have shown us that holding on to what we think we want, what we have and even what we love and enjoy is not always the best thing. Accepting what the universe is offering us in its greater wisdom helps us to broaden our horizons and moves us along our path with yet another lesson learnt and keeps us on track. Sometimes it is also a bit of a wake up call - which can be very enlightening and awesome at the same time - but when we learn to stop the struggle and stop going against the tide well, things sure do get easier.

Always remember that the Angels are there for all of you and all you have to do is welcome them into your lives and ask them for the help you need.

One change we feel need to make relates to the list of therapists that we recommend on our newsletter list. All the therapists we have listed are either trained by us or have trained with us and adopt the same very high and professional standards that we advocate and follow ourselves at Conscious Connections. We have provided this list as a service to you to help you find a therapist when you need one.

However as our reach extends, we find we are receiving many requests to be included in the listings each week, many from people we do not know. To exclude these people is potentially unfair, for although we do not know them, they may be more than worthy of our support. However, without knowing them, we feel we cannot include them. Until we find a better solution to this problem, we have decided that from next month onwards we will be removing the entire listing from our newsletter. We will however be keeping a list of recommended therapists ourselves and all you need to do is contact us in order to reach them. We do hope you understand.

Conscious Connections will only ever recommend those that we know are truly professional and fully qualified and we have worked with in some way and have the correct qualifications for their professions.

On another note, we would like bring your attention to an event which will take place on July 17, 2007, when we, as humanity, are being presented with a Cosmic Opportunity that is unprecedented in our lifetime. Because of the myriad activities of Light that have taken place over the past several decades, humanity is finally in a position to fire the grid that will unite the Divinity within every man, woman and child on this earth. This grid will also reconnect humanity directly with our Source -All That Is.

The Beings of Light have an expression, "Cosmic Moments come and Cosmic Moments go." They say that if humanity misses these Cosmic Moments, it may be thousands of years before the opportunity will be presented again.

July 17, 2007, is a Cosmic Moment. On this sacred and holy day, there will be a surge of Creation Energy from the very Heart of our Omniscient, Omnipotent and Omnipresent Father-Mother God that will blaze through the whole of Creation. This All-Powerful Light will raise the energy, vibration and consciousness of every facet of Life that was ever breathed forth from the Heart of God. For more information please look at the website

<http://www.eraofpeace.org>.

We would also like to remind you that Hazel Raven is now running correspondence course versions of her Crystals and Archangel Enlightenment courses. These are all fully accredited and highly recommended. Hazel, as so many of you will know, is a leading figure and world renowned author and practitioner in crystals and angels as well as several kinds of alternative therapies. She has taught and lectured for over 30 years. Many of you have asked us about the courses so we hope you will act on your intentions and sign up for them.

And finally, although Julie and Steve are spending more time out of Bahrain these days, we wanted to let you know that the Conscious Connections office is still based there. We will be there regularly and we will keep you posted of when we will be there well in advance. We are very busy sorting out our diaries and will be publicising a diary of events of our workshops and seminars in Bahrain, the Middle East as a whole and other countries.

Once again please keep all feedback 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 is on Being Judgemental – we hope you enjoy it.

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 – Being Judgemental

*If I could be you
and you could be me
for just one hour,*

If we could find a way to get inside each other's minds.

*If you could see you
through my eyes,
instead of your ego,*

I believe you'd be surprised to see that you've been blind.

These are the opening lines from a song called "Walk a mile in my shoes"

Powerful lyrics and very appropriate to the world we live in today. They go on to suggest that "Before you abuse, criticise and accuse, walk a mile in my shoes"

Imagine what a wonderful place the world would be if we all lived by that tenet. How often do we judge people by the way they dress, the way they look or how they speak, without really taking the time or effort to get to know who they really are, or what is going on in their life? We cast people aside with sweeping generalisations based on their colour, creed, religion, gender, and lots more besides. And its not just strangers that we treat in this way. We do the same thing with our family and friends – people that we really should know quite well, but we chose to dismiss them or their ideas because they do not fit our view of how things should be.

In Western society, people are considered innocent until they have been proven guilty beyond reasonable doubt and found guilty by a jury of their peers. We value and respect this system as it allows all parties a chance to present the facts from their point of view and allows a full picture of the issue to be created before a judgement is made. Yet in our day to day lives we act as judge, jury and executioner all day, every day, making instant judgements on everything that appears before her eyes.

Many years ago, I worked for a computer company. While on a visit to the US offices, I was taken to lunch in the staff cafeteria by a few colleagues. Ahead of me in the line was a man who weighed 300 pounds or more, was dressed in clothes that looked like they had been found in a dumpster and who shuffled along like a tramp on a city street. I was aghast. I assumed he was part of the cleaning staff. An assumption that was reinforced as I got closer and inhaled the full aroma of his body odour! Imagine my surprise then, as one of the people who had taken me to lunch went out of their way to take me over to meet him.

It turns out that this smelly tramp was a genius. He was one of the best software developers in the company. He had personally written huge chunks of the operating system and other components from which this company was making its profits and I was earning my income. He often spent days on end at his desk, working on a bug. All that was important to him was the need to fix the problem. He would catch a few minutes sleep at his desk, eat in the

cafeteria when he was too weak to think straight and work on the problem. When he finally cracked it, he would go home, shower, sleep and come back to work. In a way, I owed my job to him and others like him, yet I had made my judgement and written him off before I had the full picture.

When we judge others it is because we are seeing the world in the way that we want to see it, rather than how it really is. At some level of our being, what we are seeing is causing us pain and discomfort. In judging someone, we are trying to make them fit our view of the world so that we can ease the pain that we feel. We are subconsciously trying to change the other person, to make them more like us (because we know we are right) and in effect are trying to control the other person. In short, being judgemental gives us feelings of power, control and superiority.

Every second of the day, we are given opportunities to pass judgement, on issues large and small - the weather, the way someone is dressed, the service you are given in a shop or café, a television program, the views of those around us and so on. When those opportunities are presented to us, we take them – often without even realising we are doing so, and almost always without a thought for the consequences.

We feel good, having made our judgement, for we know we are right. We have considered, judged and decided. Of course we are right. But what have we achieved? Have we changed the situation? Have we made the weather “better”? Have we changed the other person’s sense of dress? Have we changed the other person’s views at all? No. Not even a little. All we have done is create a little pain and suffering for ourselves

The message in the song may be powerful, but it is also very simple. All it suggests is that before you make a judgment on a person or situation, pause, step back and try to imagine you are looking at the issue from the other person’s viewpoint.

The answer to the question “is it day or is it night?” depends on which side of the world you are standing at the time. Whether something looks attractive or unattractive depends on who is looking at it and from which angle. In life, there are very few “single answers” or single versions of the truth. Every decision we make is coloured by the mood we are in, our background, the things we have been taught in our lives and much more. Only you see the world the way you see it. Only I see the world the way I see it. Our views may be similar but they are never exactly the same. They may well be poles apart. Before we judge each other, we must take the time to get to know the full picture. We must put ourselves in the others shoes and see how things look from there. We must learn to be more tolerant and less judgemental of others.

I cannot imagine that the world will ever be a judgement free place but if we could at least learn to postpone judgement until we have all the facts, then at least it would be a step in the right direction.

Why not begin that journey towards being less judgemental today?

- The next time you meet someone who does not fit into your norms, take a little extra time to get to know them. Try to discover what makes them they way they are.

- The next time you speak to someone or read about someone who is passionate about a cause that you do not believe in, postpone judgement. Do some research; find out more about the cause and the arguments which drive their beliefs.
- Look within yourself and try to identify why their point of view is causing you pain or discomfort. You do not have to switch your beliefs but if you can allow yourself to consider things from their point of view, it may make you a little more tolerant. If you can go as far as actually healing the root cause of your pain, you will not only make yourself a better person but you will help make the world a better place.

As the song says, before you abuse, criticise and accuse, walk a mile in my shoes. The rest of the lyrics are well worth reading too, so if you have a minute to spare, search for it on you-tube and see if it carries as much meaning for you as it does for us.

Good luck.

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

Kuwait Tootie Al Sabah, Tel: +965 7226699

Will soon be available in Greece, 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

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Soon in Stellarhouse, Saronida Athens.

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.

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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.