



Self Respect June 2007

Dear All,

Welcome to the June newsletter. We are approaching the middle of the year and one of the two annual solstices – the Summer solstice in the northern hemisphere and the Winter solstice in the southern hemisphere. For those of us up here in the northern half of the world, June is the month when the days really get much longer and the nights much shorter. With nature now in full bloom and temperatures rising, our natural reaction is to slow down, relax and enjoy all that is around us. What better time could there be to spend some time outdoors with family and friends, reconnecting with nature and with yourself? Why not take a picnic to a park or river bank and watch the world roll by in front of you? Listen to the birds signing and soak up the smells of nature.

In London recently, turf was laid over Trafalgar square. It was only there for a couple of days, but what a difference it made. The square was transformed from a simple tourist attraction to a relaxing oasis in the centre of town. People flocked there with their picnic hampers, books and newspapers. They sat on the grass and relaxed. The air was filled with laughter and joy. All because of a little bit of grass.

This is the power of nature. Without even realising it, people were reconnecting with nature, with themselves, with each other. Why don't you take the opportunity of the warmer weather that June is bringing to get outside and reconnect too?

Of course, the days only get longer for so long. Midsummer occurs towards the end of June and beyond that date, the process is reversed and the days gradually begin to get shorter once more. During the Summer solstice, the sun can appear to rise and set in exactly the same position for three days in a row. In times past, such a major change demanded attention in a big way and many festivals occurred around the Summer solstice, with structures such as Stonehenge being built as monuments to the event. Even today, many people place great importance on the day which marks the swing from growth to decline.

During May, Julie ran a couple of very successful workshops in Dubai. Most of those attending were relatively new to Conscious Connections, having first met us at this years Wellbeing show in Dubai. Of course, like everything we try to do these days, Julie added a little twist to one of the workshops which made it even more enlightening and perhaps even a little explosive! Everyone was asked to list their top 10 values and then discard and burn all but 2. Not as easy as it may sound and a real eye opener for all that tried.

Eventually, the penny dropped as one by one the participants realised that what they had written were not so much personal values and more "things they placed value upon". The truth is that many of the things we are hold as "valuable" in our lives are really worth very little compared to basic values such as being loved and respected. As the wave of realisation swept across the room an air of calm, joy and serenity filled the hearts of all involved (especially our friend Lisa, who had struggled more than many to begin with!)

Our good friend Noraini, who runs Brain Gym and Touch for Health, will be spending part of her summer doing charity training in Aceh, Indonesia...remember the Tsunami? The world may have forgotten about the Tsunami but the people, the survivors, are still struggling, especially with emotional trauma. Noraini has colleagues in Indonesia and Singapore who have been training the psychologists and helpers there so they can to carry on the work to help the people. She has now decided she would like to devote some of her time to be there and help. She openly admits that it is going to be a big challenge for her to be there for the first time (especially battling with unclean water and mosquitoes!!), but she knows she has to do it.

This is not the first time Noraini has been involved with aid for the Tsunami. She has already raised a lot of funds for them and is hoping to raise even more funds as part of this effort. She will be looking for support to fund the expenses such as airfare (from Singapore), other transportation costs and accommodation, as well as costs of training and other needful things for the people. She is also planning to do Brain Gym & Touch For Health introductions for public or private groups for a donation of BD30 to BD50 to the Aceh fund.

This is a great cause and we are proud to be associated with Noraini. If you would like to get involved as an individual or with any kind of corporate sponsorship, please contact Noraini on +973 39246544.

Giving something back in this way will not only help others but will surely make Noraini feel good about herself. Even though this is not her prime intention, helping others and giving something back helps us to feel good about ourselves. It feeds our self-esteem and gives us a feeling of self-respect. It also generates respect for us in those who observe what we are doing.

Our topic of the month this month is self-respect and while the initial inspiration for this did not come from Noraini, she has provided a great example of how we can boost our self-respect (and the respect that others have for us) in a humble, non boastful manner.

Before moving on, a small apology.

Many of you have written to us recently but are still awaiting a reply. Due to a combination of unfortunate circumstances we have not been able to reply to everyone as quickly as we would have liked. For this, we apologise. If you are still awaiting a reply, please feel free to nudge us with another email and we will respond as quickly as possible.

And last, but not least. The plight of Madeline McCann, the young girl who was abducted last month, whilst on holiday with her parents in Portugal. Madeline's case has attracted huge publicity around the world and rightly so. We should direct as much light energy as we can to her safe return. At the same time, Maddy's case should serve as a reminder of all the children of the world who are lost, stolen, alone, hurt or suffering in any way. We should all try to do everything in our powers to assist the safe return of Madeline and to lift the suffering from all the children of the world.

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 – Self Respect

The inspiration for this month's topic came from a Jet Li movie, Fearless. In it, after a young Chinese boy is beaten in a fight, he resolves to become strong and fearless so that everyone will fear and respect him. His mother tries to explain that fear and respect are two very different things. She tells him, wisely, that in order to respect yourself, you must first learn to respect others.

This theme of respect runs strongly throughout the movie and it is a theme that should also feature strongly in all of our lives.

Our own self-respect, or feeling of self-worth is closely tied to our ego. In holistic terms, our ego is firmly linked to our solar plexus chakra. Is it any wonder, then, that many of us find it difficult to separate the concept of "commanding respect" from that of "earning respect"? As our ego comes into play, there is a tendency to dominate and rule over others. As we plump our own feathers and tell ourselves how important we are, we generate an aura around ourselves that says "challenge me if you dare, respect me and have no fear".

This can be very effective. As we have discussed before, the human psyche is very powerful and every event occurs twice – first in your head and then in reality. So, by telling yourself that you are respected you will generate an air of importance which others will notice. They will see this as evidence, in their minds, that you are a person who must be respected. This, in turn, will feed your own notion of self-importance. However, respect generated in this way is more aligned to fear than respect, which as has already been pointed out, are two very different things. Respect gained in this manner is very hollow indeed.

Similarly, those who make themselves totally subservient to others in order to gain favour or respect are equally unlikely to find what they are looking for. What respect would you have for someone who has no opinion of his or her own? Someone whose only beliefs are those that you espouse? Someone who will never point out the error of your ways, even though it is plain for all to see?

Those who operate in this way have misguidedly given up all self-respect in the hope of gaining acceptance. Not only have they lost their self-respect, they are unlikely ever to gain the respect of those around them.

As with almost everything we discuss in our newsletters, the key to finding self-respect is balance. We must find a way to recognize our own self-worth in an honest, positive and non-confrontational manner, whilst recognising the skills, competencies and attributes of those around us.

We must not be afraid to recognise and acknowledge the things at which we are good. These might include physical skills and attributes (I am an excellent tennis player), emotional skills and attributes (I am a very good listener), numerical skills (I can do long division in my head) or even "whole life" attributes (I am generally, a good, honest, caring person). These feelings of confidence, achievement and ability are essential feeds into our self-esteem, which is a significant part of our self-respect.

Of course, the danger arises when we stop making statements of fact and replace them with statements of a bragging or confrontational nature (I am a much better tennis player than you, for example). As soon as we begin to measure our success or self-worth against the successes and failures of those around us, we have begun, unwittingly, to erode our own self-respect.

Instead of measuring ourselves against others, we must learn to see, accept and appreciate the skills, attributes, strengths and weaknesses of others in isolation from our own feelings of self-worth. Learning to recognise, accept and appreciate others for who they are will do as much to generate feelings of self-respect in them as it will to encourage them to respect you.

In some of our workshops, we discuss the seven basic human rights. These are simple rights to which we are all entitled:

- The right to be here, to exist
- The right to feel & express needs
- The right to act, be innovative, free
- The right to love & be loved
- The right to speak & hear the truth
- The right to see
- The right to know the truth

Understanding and remembering that you have these entitlements will help prevent your self-esteem and self-respect from being taken away. However, it is equally important to remember that everyone else is just as entitled to these same rights. By actively granting these rights to everyone you meet, you will demonstrate your respect for them. In doing so, you will not only generate respect from them, but also build your own sense of self-respect as a result.

At the end of the day, it really is very simple:

- You must respect yourself, or others will not respect you
- In order to respect yourself, you must first learn to respect others

Keep these thoughts in mind with everyone you meet over the next few days and see how your self-respect, your respect for others and their respect for you all grow.

Good luck.

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

Bahrain Julie & Steve and Bookcase (other outlets to be announced soon).

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Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

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

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About Us

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.