



## **Self Belief - The Power of Me**

**March 2007**

Dear All,

Another month has gone by and another newsletter is hitting your mailbox. Spring is in the air, though it would be hard to know that from the weather we are seeing around the world. One day Summer temperatures, the next back to Winter. It makes you wonder what is really going on out there – a lot more than most of us realize, I am sure.

Its been another busy month for Conscious Connections, but it seems that this is now the norm and so we are getting used to it. Those of you who know Steve's background may be interested to know that he has finally managed to extricate himself from his full time job in banking and technology in order to concentrate on his healing path. However, he's still searching for a bit of free time to relax, catch up and make sure his family still recognize him.

Julie also has a few moves and changes to deal with over the next few months and so will also continue to have a full plate for a while, so we wont be hitting overdrive just yet.

We continue to be humbled and amazed at the feedback we have been getting. It is truly wonderful to know that we have such strong support and we are determined to live up to everyone's expectations. To do that, we need to have a clear plan for ourselves or we will end up over committing and achieving nothing, so please continue to bear with us till we get our act fully together.

During late February our friend Heather Henderson was in Bahrain and Dubai running a number of very well attended workshops. She then joined us in Kuwait in early March where we were running a Violet Flame workshop and Heather ran her Sensual Woman and Manifesting your Desires workshops – all were very well received and good fun.

Saying that a healing workshop was "good fun" may stick in the throats of some, but we feel very strongly that although the healing work we participate in should be treated with great respect, its also essential that we enjoy it too, especially workshops such as the Violet Flame which is all about transmutation of negative energy into joy.

While in Kuwait, we were also participating in the inaugural Inspired Coach workshops being run by our friends and partners at the Institute of Human Development. Although the Inspired events have a strong business focus running through them, they are also perfectly applicable to every aspect of our individual lives.

In fact, there is a significant overlap between the purely holistic messages we bring and the messages contained within Inspired. In fact, the similarity of underlying messages within the Violet Flame and Inspired struck us so much that topic of this month's newsletter will draw heavily on both.

Looking forward, the requests are pouring in and the diary is rapidly filling up. We have received requests for CDs and Angel Essences from all over the world and are desperately searching for an economical way to get them to you.

We have received declarations of interest from the UK and Saudi and continue to receive emails from Dubai and elsewhere, asking for updates on our workshop schedules. We are working on it, but I guess we have to accept that there is a place for everything and everything has its place, so when the time is right, the right things will happen.

In the meantime, we do have what can only be described as a major coup taking place in April, with Frank Arjava Petter making his first ever trip to the Middle East and choosing to work with us in Bahrain. Full details have been sent by email but please get in touch if you would like to know more and it is listed on our web site.

Many of you will be interested in the Correspondence Courses that Hazel Raven is now running on Crystals and Archangel Enlightenment that are accredited courses. Julie will be the tutor of the two day assessment for the Crystals please look at the web site. [www.raven.org.uk](http://www.raven.org.uk). All courses highly recommended.

Before we dive into our topic of the month, we would like to say a very big thank you to all our very special friends in Kuwait who have done and are doing so much to help us in every possible way. They have shown that they believe in us but more importantly, they believe in themselves with absolute conviction.

We would also like to say a big "well done" to our friend Willy who has just completed his first year of full time reiki training in Japan – a major undertaking for anyone, but an especially big undertaking for Willy who needed to call on all his reserves of self-belief in order to take the first step. And finally, a wish for success and good luck to our friends Bryan and Darlene who are off to South America on the first major step of their pathway to making the world a better place. Their self-belief has also been severely tested along the way, but they chose to believe in themselves and are better people for having done so.

We would also like to add that Joanne at The Good Life Gallery in Budayia has opened a lovely cafe above the gallery well worth a visit. She is always such good support to us and to the community and we wish her well.

Thoughts are more powerful than actions because they are the creators of actions. You have to keep in mind that the thought-waves of your good wishes and pure feelings, your vibrations of peace and love, can once again bring harmony in nature and happiness in the world.

We hope you enjoy our topic for this month, which by some strange coincidence is all about self-belief.

Please keep all feed back 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.

**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."

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## Topic of the Month – Self Belief - The Power of Me

We recently ran a Violet Flame workshop in Kuwait. We have run similar workshops before and during them, have concentrated on the power of the Violet Flame to transmutate negativity into positive energy and joy. However, what really seemed to come to the surface much more strongly this time around was the power of the message "I AM"

Think about it. Are you? Might you be? Could you be?

I might be. I would like to be. I could be. I should be. I will be. I am.

Which of those statements conveys the strongest feeling? Might you be a beautiful person? Would you like to be a beautiful person? Could you be a beautiful person? Should you be a beautiful person? Will you be a beautiful person?

How about if you stand up, look in the mirror and say "I AM a beautiful person"? How much stronger does that statement sound than all the other statements above put together? Why is this so? Because it is definitive – no ifs, or buts or maybes. I AM, period. The statement conveys total self-belief.

When you say the words 'I am' the words that follow are summoning creation with a mighty force.

One of the reasons that this message may have slapped us so hard in the face this time around is that we had just completed a 3 day workshop on Inspired Coaching. Many of the messages in that workshop, although wrapped in slightly different language are also advocating the power of self-belief. Call it the power of positive thinking, call it the self-fulfilling prophecy, call it what you may, but the truth is that if you really believe you are going to succeed, there is a very good chance you will. Sadly, the inverse is also true – if you believe you are going to fail, you probably will.

As we go through life, the stories we tell ourselves shape our lives in very dramatic ways. If we tell ourselves we are strong, capable, beautiful people, we will develop an air of confidence around us. Others will notice this and will conclude themselves that we are strong, capable, beautiful people. We, in turn, will notice their reaction to us which will fuel our feelings of self-belief. In the same way, if we tell ourselves that we are weak, incapable and ugly, our self-belief will be fuelled with those negative thoughts.

How many times have you said to yourself "I would really love to..... but..." Why not just say "I am never going to try....." It amounts to the same thing. Your belief is that you can't – there is a reason (the but) which is stopping you and so because you believe you can't you won't. What if that was just a story? What if you change the story and instead said "I can and I will"? People will often tell you to focus your energy into the positive but the truth is that most of us simply focus all our energy into our beliefs.

If we believe we can't we focus our energy into making sure we cant.

If we believe we can, we focus our energy into making sure we do.

As Henry Ford said, 'Whether you think you can or think you can't, either way you are right.'

Towards the end of last Summer I was at a water park with my daughter who was about four and a half years old at the time. The weather was cooling down and there were very few people at the park. As a result, the staff were kindly bending the rules a little and allowing her on to some of the things normally reserved for slightly older kids. One of these, was a set of floating stepping stones that you had to cross without falling in to the water. An older child would have simply run across, stepping from stone to stone. For my daughter, the gap was too large to step and she needed to summon all her strength to leap from one to another. However, as they were floating, gaining and keeping her balance was a major issue as she went from one to another. I suggested that maybe we should try something else but she had seen the older children playing on this and was determined to have a go.

I stood in the water at the side of the stones as she attempted to cross and was amazed to hear her mumbling under her breath before she attempted each leap "I can do it, I can do it, I can do it". And guess what? She did!

It wasn't easy, but her self-belief carried her across. Imagine what you could do if you applied the same principle to your own life?

We all have self-belief, its just that many of our beliefs hold us back instead of moving us forward. We need to eliminate the negative beliefs and replace them with positive ones. Be the person you want to be instead of wanting to be that person. Try the following simple steps to bring some positive self-belief into your life:

### **Take Action**

- Make a list of something you would like to be – thin, clever, a managing director – whatever features strongly in your life
- Stand in front of the mirror and look yourself in the eyes and say out loud "I AM.....(slim, clever, a managing director)"
- Say it again and again until you really feel it. Say it loud, say it proud and BELIEVE it
- Repeat this every morning when you wake up and every evening before you go to sleep
- Notice how uncomfortable this feels at first but notice how it gets easier every time you do it until you get to the point where you really do believe it. As this happens, notice how those around you seem to believe it too.
- You are now ready to repeat the process with the next self-limiting belief in your mind

In the movie Star Wars, there is a wonderful scene where Yoda uses "the force" to lift Luke Skywalker's ship out of a pool of water. Totally amazed, Luke turns to Yoda and exclaims "I don't believe it!".

"That", says Yoda "is why you fail".

Believe in yourself. Be the person you really are and fulfill your true potential.

You can achieve and do anything you want. You are a genius beyond description, so start telling yourself that and become aware of who you really are.

Good luck

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**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

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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 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.

