



## Clearing Out and Moving On May 2007

Dear All,

Welcome to the merry month of May. Lovely weather and summer just around the corner. May is the only month in 2007 to have two full moons. This is a rare event, that takes place only every two or three years and you may experience extra sensitive, powerful, lunar effect emotions at the time of the moons. Just accept and just "be" - the feelings will soon pass. (More on this below)

It is hard to believe it is time for another newsletter. Where did April go? We also realise that we are a little late delivering this newsletter, that is due to the fact that April was once again very busy month for us. While you are probably getting fed up with us telling you so, the fact remains that we still are amazed at the demand for our time and the interest we generate.

The highlight of the month was the visit of Reiki Guru, Frank Arjava Petter, to Bahrain. It was a wonderful success and this wonderful, gentle, caring and enlightened man won over the hearts, souls and minds of all those he came into contact with. He brought with him a wonderful energy, calmness and the true spirit of Reiki and light.

A wonderful welcome for a first time visitor to the Middle East. All his workshops were very well attended and a huge success. The Family Constellations workshop was truly amazing and many misconceptions about Reiki were laid to rest. Just what is so badly needed in Bahrain and the Middle East, as well as the rest of the world.

What we did not know was that it had been a life long held dream of his to come to the Middle East. He has always felt a pull towards it and so while his wish came true, he helped many along the way. The response was truly amazing and we thank all of those who attended and who helped us.

Thank you also to all of those who flew here from other Gulf countries and the Lebanon.

We would also like to extend our very special thanks to several people who really stepped into the ring when Steve was unexpectedly detained in the UK and was unable to be with us. Without the help of the following people I would not have been able to do all that was needed:

- Our dear and lovely Tootie, who came from Kuwait to assist with all things Steve would normally do, and even managed to organise me!
- Terri, who stepped in running around to the printers, collecting and delivering books and taking bookings and phone calls and anything else needed.
- Roy, who looked after us all and especially for taking care of Frank when I was not here for his arrival.
- Noraini, who let us use her lovely offices for the Family Constellations workshop, and supplying such wonderful food.

- Linda and all the staff at the Bookcase for the friendly welcome at the book signings and for ensuring we had enough of Frank's books in stock (there are still a few signed copies at the Bookcase if you would like to pick one up).
- Initisar, who always manages to help out when things are a little awry.
- KLM Royal Dutch airlines, who kindly sponsored the event and who treated Frank royally - delivering him here on time and raring to go!

For all of those who are asking, "YES" - Frank will be coming back to Bahrain as soon as we can arrange it and to Dubai and to Kuwait. Realistically it will probably be early next year but if at all possible, it will be sooner. Keep watching this space and our websites for details. We will keep you posted. We will be working closely with him wherever possible. Frank will also occasionally be writing articles on Reiki for us for our newsletter, so keep your eyes peeled.

We will also be adding an occasional astrology section written by our friend and world class astrologer, Abdul Aziz, the first one of these sections being this month. We hope you enjoy it.

His details are listed below. Abdul Aziz is probably the best astrologer that we have ever met and it is well worth having your chart done by him as he always seems to just 'know' what is happening to you at anytime and a whole lot more.

While in Kuwait, we also participated in the second phase of the Inspired Coach workshops being run by our friends and partners at the Institute of Human Development. A wonderful experience once again. As we have said before, although the Inspired events have a strong business focus running through them, they are also perfectly applicable to every aspect of our individual lives. This was very noticeable with the many positive changes that had occurred within the lives of many on the workshops since the previous meeting in March, just by them using the lessons and tools that had been taught.

As mentioned at the outset, we continue to be amazed at the feedback and encouragement that we are getting. It is truly wonderful to know that we have such strong support and we are determined to live up to everyone's expectations.

Moving house is a big priority for Julie this month and all the adjustments that come with it. When you live in the same country and the same house for a great many years, you accumulate many things - materially as well as memories and emotions. When the time comes to move on, as it now has for Julie, it can be quite awesome and overwhelming. All possessions usually have some sort of meaning to you part of your life etc and it can be daunting and indeed frightening letting go of things.

Still, it is also quite liberating once you have let go. There are less things to worry about and less things to dust; less clothes hanging up in the wardrobes never worn that can be put to better use elsewhere.

New locations; new energy; new things; new ideas; new learning experiences. Time to grow; time for change time to experience a whole new world.

So, this month's newsletter topic is about clearing out and moving on

It seems that our days are filled with continuous tasks and things that need to be taken care of. Many of us want to simplify our lives so we have a chance to just "be". Time itself seems to be fleeting as some of us realize that many of the small tasks we don't get around to are really not that important after all. During these times, the Angels are asking that we stay connected with our fellow loved ones. Times are changing - many of

us are being called on to make major changes in our lives to align with our higher purposes.

If we ignore the calling (and many of us do) it will seem as if the universe then facilitates the change for us.

If you are anxious or feeling overwhelmed by making a big change, that's just a sign that the change is imminent and you should prepare for it now. Our answers lie within ourselves, in our intuition and subconscious. When we don't listen, the feelings become more intense. We can go within, step back and listen to our inner truth once we let go of the anxiety.

We have to awaken from our apathy and sleep and behold the wonder of the times. Expect changes and go along with them. Try not to be afraid of the new, or the unknown, but step out fearlessly into it, knowing that the Angels are with you always and will never leave you.

We received many letters about last month's topic, betrayal. Many of you mentioned that you have felt betrayed or let down by friends and loved ones in many different ways. We all, at some time, feel truly let down by those we love or those you 'never' thought would let you down. Sometimes, the shock is almost as bad as the feeling of betrayal or let down. It numbs you and paralyzes you. Some of you asked if these feelings of being let down, of lack of support etc., were the same as betrayal. I would say yes, if that's how it makes you feel.

It may help you to know, that Light workers and therapists also have the same feelings as you. We are not immune to them and we can be equally as let down as everyone else. It is so very hard at times, for all of us.

Many of you feel unsupported by those around you. You expect things to be different than they are, but many of you have never expressed these thoughts and feelings to those you feel are letting you down or betraying you. Perhaps it would be a good idea to start saying what you feel.

As we said last month Julie has dealt with her own challenges over the last several months, and for her, the belief that the disappointment, hurt, pain and suffering is just 'preparation' is something she holds onto as a reminder that we are never alone, that there is a purpose to it all and that we will come through in the end.

On a slightly different note, many of you have asked about purchasing therapy beds. Lisa Kennedy can supply these and she has some arriving in Bahrain in the next two weeks. Please contact Lisa if you wish to order one.

As some of you may already know, Hazel Raven is now offering accredited correspondence courses on Crystals and Archangel Enlightenment. These will involve a number of two day assessments, which Julie will be running in the Middle East. Please look at the website. [www.raven.org.uk](http://www.raven.org.uk) for more details. All courses are highly recommended. Hazel, as so many of you will know, is a leading figure in this field and world renowned author and practitioner in crystals, angels and several kinds of alternative therapies. She has taught and lectured for over 30 years.

Please keep all feed back coming. Please let us know what you would like to see us doing with regard to workshops and seminars and please stay in touch with us.

Please accept our advance apologies if we do not reply immediately - we will do as soon as we can.

Someone asked me this week, 'What would you do if there were no more tomorrows?'

The answers I came up with surprised me. Think about it for yourselves and see what you say and think. Perhaps even let us know.

## 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 – Clearing Out and Moving On

Over the last few weeks the feeling of needing to clean and organize our living space and homes has been a frequent topic of conversation with us and our friends, not to mention the fact that much needs to be cleared when one is moving location.

If you have ever surveyed your home or certain areas of your home and thought 'this mess is driving me mad' or 'doing my head in' the chances are very good that it is.

For our life to work well, it is important to have a good flow of clear energy.

When your home is untidy and cluttered or simply not in order, it can cause an emotional and physical reaction. These can be as severe as loss of energy, lack of attention, focus, frustration and stress. (I find myself suffering this at the moment) Living in a busy, disordered environment can quickly lead to a similar state of mind. Its as if the chaos around you makes your life become or feel the same way.

I don't know about you, but there are areas in my home that tend to collect lots of stuff. Over time, as items accumulate, I find myself struggling to find what I need, mentally beating myself up for being disorganized. My desk and a particular corner in the kitchen are typical examples.

Do you arrive home to pairs of shoes littering the hallway or piles of unopened mail? How about your spare room? Does the bed fight for space where you have piled up things that you don't seem to have room in the cupboards for? Are there bags full of things meant for the charity shops, yet to be taken, or exercise equipment that you never use? Or perhaps many of your cupboards are just so full and untidy that you dare not open them. I know my cupboards suffer from that syndrome.

Clearing clutter is effective because while you are putting your external world in order, changes will start going on internally too. Your home environment and everything around you mirrors your inner self. Cleaning and organizing those areas that you frequently use will not only get rid of visual clutter, it will eliminate old, stale energy.

When space is freed up, energy is also freed up and as a result, we feel lighter and more alive. This creates more harmony in your life as well as space for new opportunities.

To start to de-clutter your life you need to go through those areas of your home that you use every day and create order out of chaos. Areas such as:

- The space where you leave your shoes, car keys, or mail.
- The refrigerator.
- Any cupboards and drawers in the kitchen.
- The wardrobes
- The spare room
- Under the beds
- Your desk
- Magazine Racks
- Coffee tables

When you remove any offending objects from your home, you notice an almost instant rise in the positive energy around you.

To de-clutter properly, you do have to be prepared to throw away items that you may have lived with for a long time, things that have simply become part of the scenery. Look at objects in your home and ask some serious questions, for example.

- Do I still use this item?
- Do I keep it because it was expensive?
- Does it have sentimental value?
- Do I feel happy or miserable when I see it?
- Does it get in the way of me moving around the home, for example the exercise bike that I have to climb over to get into bed or to the bookcase.
- Do these clothes still fit me?
- When was the last time I wore it?

The answers you get to these questions should then help you decide if you really need these objects or if they are just cluttering your home and therefore your life.

To make the process of cleaning and de-cluttering more enjoyable, listen to your favorite music while you work. Plan a reward for when you're done. You could even call a friend to help you in an "energy drain elimination game." As you clean out these areas, you might be surprised by what you find! It is also good advice to tackle one particular area at a time, otherwise the task may become overwhelming and you will easily tire of it and stop the process.

Perhaps you can choose one project from the list above and get it cleaned and organized this week. Then, go back and visit this spot several times during the day and notice how good it makes you feel. It's great motivation for tackling the next section.

Good luck! And remember, each one of us lives within the context of a divine flow of energy.

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**\*\*\* NEW THIS MONTH \*\*\***

### **Astrology Section**

As mentioned above Kuwaiti astrologer Abdulazeez M. Al-Kulaib will be providing us with an astrology section, here is the first one, we hope you enjoy it.

## **Abdulazeez M. Al-Kulaib - Astrologer since 1977**

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'Once in a blue moon' is a saying used to describe events that rarely happen. In the month of May the world will witness such a phenomena. Blue moon happens when two full moons occur in the same month. In May, the first full moon was on the 2nd of May and the other one will be on the 31st of the same month. The reason why it's so rare is because the first full moon must be on the first or the second day of any month. It is rare because the chance of its happening is less than 5%.

Since July 2005 and until August 2007, Leo, Aquarius, Scorpio, and Taurus have been going through a stressful period of time. They are all seeing the ugly side of reality. The veil that has prevented them from seeing life as it should is down and it's up to them to react and respond in a way that is either responsible or not. This period can be challenging and discouraging, but it could be used positively by accepting the heavy responsibilities. During this time employers and persons of authority may oppose their plans. They also may feel physically tired as if the burdens of life are too much for them. The good side of this period is that they will face reality no matter how harsh it looks. Dealing with it realistically by realizing their shortcomings will enhance and improve their personalities. Lessons learned during this period can be very beneficial and last forever.

Leos could learn how to be more responsible and little bit more humble. Aquarians may find a new and realistic definition about freedom and independence. Scorpions could learn how to detach themselves from unhealthy relationships and trust themselves little bit more. Taurus might learn to be more financially responsible and less stubborn."

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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 Fengshui - 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](mailto: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.