



Dealing with Worry November 2007

Dear All,

It seems hard to believe that as we write this newsletter we have already come into the Autumn Equinox, which of course signifies winter is just around the corner. In the northern hemisphere, it also signifies the waning of the sun as the days become shorter. Those in the northern hemisphere can also enjoy those beautiful crisp autumn mornings and the beautiful shades of autumn - the gold, browns, reds and fading greens of the leaves on the tress - and the smell of wood smoke in the air, as gardeners and farmers clear the land in readiness for the winter. Autumn is a time of personal reflection and also for healing. It is a great time to stop and relax, ground yourself and reconnect to the earth. It also means getting ready for the onslaught of winter - long dark cold winter days and nights, hot chocolate, hot water bottles and all those winter home comforts. For us, like our ancestors before us, it should also be a time of giving thanks for the success of what we have achieved during the year.

November for Conscious Connections means another milestone being achieved as we venture into yet another new territory. This month we are heading to Cyprus, where we will be appearing at the Nicosia Mind Body & Spirit show, on the 10th and 11th of November. We will also be running many workshops during the following week in Nicosia and in Limassol. The Nicosia MBS will be the platform for the pre-launch of our latest guided meditation CD - Angelic Connection Volume 3. Only 50 pre-release copies will be available at the show and all will be signed by Julie and Steve.

Full details of the times we are speaking at the show and of the workshops we are running during the following week are listed on our website.

Looking ahead to December, we will be visiting Bahrain, Dubai and Abu Dhabi with our Christmas Angels and Reiki workshops. Please check the website for details. We will send reminders out nearer the time, but they are all popular workshops and we do urge you to book early if you wish to attend.

As we said above, this should be a time of year when we can stop, relax and regroup ourselves. For many people, however, as the end of the year approaches, it becomes a time to worry about all the things we haven't done this year and all the things we need to do next year. With this in mind, our topic for reflection this month is worry – and how to manage it. 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 – Dealing with Worry

For many people, Reiki is their entry point onto a more spiritual path. Reiki is about using universal energy for healing yourself and others. However, for us, Reiki is as much about how you live your life overall as it is about energy work.

Central to our Reiki beliefs are five simple principles that, when applied on a daily basis, can have a profound positive impact on your life. One of these principles is “Just for today do not worry”. An easy thing to say but perhaps not such an easy thing to do – or is it?

Worry or worrying is a very common daily activity; it is perhaps the greatest misuse of our mental energy and a complete waste of time. It can even kill you.

In past newsletters we have spoken about the number of thoughts we each have in an average day and how many of those thoughts are negative. They are worries. Not seriously dark thoughts about running rampage with a gun, but simple little niggles; did I lock the door? Where are my keys? Am I going to be late? According to the boffins who research this kind of stuff, most of us spend about one hour and 46 minutes a day worrying - that's 5 years and two months of our lifetime. Predictably women spend an extra five weeks of their lives worrying compared to men. The number one worry is money, followed by health, then relationships.

We worry about things that have happened in the past. We worry about things that might happen in the future. At the end of the day, there is a common thread to it all – it is all based on fiction. We think about the past and worry about the future consequences. We imagine that the past is going to come back to haunt us. We have no real evidence that it is, but we allow our natural creativity to rearrange whatever facts we may have into an imaginary tale of future woe, based on the past. The only place that these outcomes are real is in our imagination.

We take current situations and allow our imagination to project them into potential future scenarios and persuade ourselves to believe that these outcomes are real. Again, the only place that these are real is in our imagination.

Of course, the mind is a remarkable instrument. It is able to recall huge numbers of past memories and to picture infinite numbers of possible future events. With these abilities, it can take advantage of everything you have learned to help you to adapt to the world. Your creativity and imagination know no bounds and with a positive outlook on life anything is possible. Unfortunately, however, even the most positive thinkers have their moments of doubt, when the odd negative thought can creep in and create worries. For many of us, the problem is much bigger and we allow worry to dominate our lives.

We find ourselves thinking about past events that were depressing or anxiety-provoking at the time they happened. We think about all kinds of negative future events that might happen and how bad they make us feel if they did. At times, for no obvious reason, we simply can't stop thinking about such things. Each time we think about them, our body reacts just as if the event were actually happening or about to happen. It can actually make us quite sick – emotionally as well as physically. This is the power of the mind.

It is so powerful that we are sometimes unable to fight the images it creates. Actors will often rely on this to create an emotion on screen. For example, try to recall the last time someone criticized you or said something hurtful, or imagine a friend acting in an unkind way towards you in the future. The more you think about this happening, the worse you feel. If you really focus on the image you are creating, you could probably reduce yourself to tears, yet the amazing thing is that they are not actually happening right now. In fact, they are not

happening at all. They exist only in your mind. How you feel right now is being influenced by something that no longer exists or does not yet exist.

Most of the time, if such thoughts come to mind, you can recognize that those events are not happening and can readily dismiss them. Other times, however, you find that you cannot ignore such thoughts; they continue to return to your awareness, and you just cannot stop them. They churn over and over, and they grow in magnitude, strength and even depth.

And yet, despite most people acknowledging worry as a waste of time and energy, it is still one of the most common lessons we learn from our parents. The prevailing myth which is handed down from generation to generation is 'it's good to worry, it shows you care'. This, of course, is nonsense!

Worry is fear. Care is love. Fear and love are polar opposites. If you stop for a moment and become aware of why you worry about someone else you may also find it is motivated by selfishness – you are really worried for yourself. You are worried about how you will feel if something bad happens to someone else. In fact you are already feeling it!

You don't solve problems by thinking; you actually create problems by thinking.

Worry thinking is simply a learned habit, an addiction that is fed by a toxic daily diet of bad news, unfortunate events and tales of personal traumas of others.

'Don't Worry Be Happy' was the title of a hit song a few years ago. For many that is not easy, as worry has become a mental or emotional drug and just saying 'be happy' is a threat to that drug. Besides, many people think they are quite happy... worrying! In fact, some people only get really worried when they think they have nothing to worry about!

"If Only" Thoughts

"If only" refers to thoughts about an unhappy event that you wish hadn't happened. The event has left you with an unresolved emotional feeling and under these circumstances your mind continues to try to resolve it, trying to figure out what went wrong and how to fix it.

Unfortunately, because the event has already happened, nothing can be done. You cannot go back into the past and miraculously have the event turn out differently. But when your mind recalls the event, its natural tendency is to keep trying to solve the problem with a more acceptable outcome.

"What If" Thoughts

"What if" refers to thoughts about the future. In the case of worry, these thoughts are about any number of possible disagreeable or unpleasant things that could happen:

"What if I have an automobile accident?"

"What if I run out of money and can't pay my bills?"

"What if my partner no longer loves me?"

"What if I make a mistake and everyone thinks I'm a fool because of it?"

"What if the children fail their exams?"

Each of these is a possible future event, but only a possible event. If you think about it enough, you can make yourself depressed or anxious, no matter how unlikely it is that such an event will actually happen. You could actually also manifest it to happen by constantly thinking about it. Moreover, for every negative event, there is a positive event that may be just as likely to happen:

"What if I *don't* have a car accident *and arrive safe and sound*?"

"What if I *don't* run out of money *and can pay all my bills*?"
"What if *my partner loves me more each day*?"
"What if I make a *great discovery* and everyone thinks *I'm a genius*?"
"What if the children *pass their exams with flying colours*?"

If we really think about it, there are an infinite number of potential outcomes along the path from the purely negative to the purely positive outcomes. Can we really worry about them all?

Take action

As we said at the outset, Reiki is about energy and when we look more closely at the Reiki principles we begin to see that they are all about energy too. Suggesting that we do not worry is really suggesting that we don't waste energy on things we have no influence over.

Most of our worries centre around things that have already happened and things that have not yet happened (but might). The fact of the matter is that the things that have already happened are behind us. We cannot change the past, so there is really no point putting any energy into worrying about it. If we have forgotten our keys, we have forgotten our keys. We cannot "unforget" our keys. However, once we learn that we do not have our keys, we can put positive energy into a plan of action that might make the situation better – calling a locksmith or a friend who has a spare key, for example.

Similarly, when we worry about problems that "might" arise in the future, we are also wasting energy because there will also be a good chance the problem will not arise. If we were to put energy into every possible future outcome, we would simply wear ourselves into the ground. The time to start putting energy into a future event is when we know it is going to happen or when it actually happens. Better still; put all of your energy into the positive future outcomes you want in your life and make them happen. You are what you manifest, so make sure you manifest positive events rather than worrying about the possible negatives.

To begin letting go of your worries and trying to put your energy to positive effect, at the end of each day make a simple list of all things you worried about, then next to each item write down what you will actually do about it.

- Ask yourself the question: What percentage of your thoughts were worry thoughts and what percentage actually happened?
- Reflect: ' Don't Worry Be Happy' – what is the difference between worry and happy – make notes.
- Remember: You don't solve problems by thinking; you actually create problems by thinking. The solution always appears when you step out of thinking and become still and absolutely present, even if only for a moment. Try to let go of excessive thinking and see how everything changes.
- Read the book 'The power of now' by Eckhart Tolle - be here in the 'Now'.
- Meditate using Archangel Michael Angel essence - he helps us cut through negative beliefs and fears and worries and helps to clear our mind.
- Remember the Reiki principal - Just for today do not worry.
- Give your worries to the Angels - write down everything you are worrying about then literally give them to the angels. Just writing them down will take away some of the worry in its self, especially when you see how in significant and far-fetched some of the things you are worrying about are.
- Programme a clear quartz crystal to help you to stop worrying.
- Attend some of our workshops to help you centre yourself and release some of your fears and problems and worries.

Near the end of his life, Winston Churchill said: "When I look back on all the words I have read, I remember the story of the man who said on his death bed that he'd had a lot of trouble in his life that never happened"

Don't let this be you – release your worries and move forward.

Good luck.

Conscious Connections run courses on Meditation and Visualisation as well as Holistic Stress Management for both the corporate and personal sectors of society. We are willing to do private sessions for groups of friends or acquaintances to match your requirements. For more information on these workshops and courses please contact us on: info@conscious-connections.com

Forth coming workshops and events

10 to 17 November – Cyprus

Steve and Julie will be hosting a stand and speaking at the Nicosia Mind Body & Spirit show in Nicosia, Cyprus on 10 & 11 November (see below). This will take place in the Hilton Park Hotel, Nicosia.

**** THERE IS NO CHARGE FOR ANY OF OUR PRESENTATIONS AT THE NICOSIA MBS ****

Topic: An Introduction to Chakras
Location: Dionyosos Room, Hilton Park Hotel
Date / Time: Sat, 10 November, 13:00 – 13:45

Topic: Holistic Stress Management
Location: Dionyosos Room, Hilton Park Hotel
Date / Time: Sat, 10 November, 19:00 – 19:45

Topic: Connecting with your Guardian Angel and the Angelic Realms
Location: Dionyosos Room, Hilton Park Hotel
Date / Time: Sun, 11 November, 11:00 – 11:45

Topic: A Young Person's Guide to Angels (7 year olds and above)
Location: Alasia Room, Hilton Park Hotel
Date / Time: Sun, 11 November, 13:00 – 13:45

Topic: A Young Person's Guide to Crystals (7 year olds and above)
Location: Alasia Room, Hilton Park Hotel
Date / Time: Sun, 11 November, 16:00 – 16:45

We will also be running the following workshops in Limassol and Nicosia during the week immediately following the show.

Advance booking is essential, so please contact us ASAP if you are interested in any of the workshops.

Topic: An introduction to Meditation
Location: Therapolis in Limassol
Date / Time: Monday 12 Nov, 19:30 to 22:30
Also: Tuesday 13 Nov, 09:30 to 12:30
Cost: £25 / €42.75

In our "Introduction to Meditation and Visualisation" workshop we will teach you how to focus your mind and undertake simple meditations that will help to return control of your life to you. We will take you through simple visualizations and breathing techniques that you can use almost anywhere to lift stress from your mind and body, replacing it with whatever you need at that time – a sense of calm, a sense of purpose, emotional strength, the ability to communicate your feelings and ideas more clearly. We will help you to make the Conscious Connection between your mind and your body, putting you back in control of your life

Topic: An Introduction to Chakras - The Body's Energy
Location: Therapolis in Limassol
Date / Time: Tuesday 13 Nov, 19:30 to 22:30
Cost: £25 / €42.75

Topic: An Introduction to Chakras - The Body's Energy
Location: Wellbeing Centre in Nicosia
Date / Time: Wednesday 14 Nov, 09:30 to 12:30
Cost: £25 / €42.75

The 7 major chakras each dominate specific aspects of our spiritual and physical wellbeing. By understanding the functions and dysfunctions of the chakras, and the relationship between each chakra and our emotional and physical well being, we can better understand how to bring harmony and balance into our physical and spiritual existence. Participants will be given an insight into the functions and dysfunctions of the seven primary chakras. They will also learn how through meditation and other techniques we can bring harmony and balance to the chakras and thus into our physical and spiritual lives.

Topic: Connecting To & Working With the Angelic Realms
Location: Wellbeing Centre in Nicosia
Date / Time: Wednesday 14 Nov, 19:30 to 22:30
Cost: £25 / €42.75

Topic: Connecting To & Working With the Angelic Realms
Location: Therapolis in Limassol
Date / Time: Thursday 14 Nov, 09:30 to 12:00
Cost: £25 / €42.75

Angels are all around us. We all have Guardian Angels and working with crystals and meditation we can help you to connect with the angelic realms, meet your Guardian Angel, other Angels and Archangels, We will work with you to help you utilise the healing energies of the Angels to heal yourself.

Topic: Working with Archangel Uriel to Release guilt & Bring Forgiveness
Location: Therapolis in Limassol
Date / Time: Friday 16 Nov, 09:30 to 12:30
Cost: £25 / €42.75

An Angelic healing workshop with Archangel Uriel, the Angel of truth, emotional harmony and mental clarity. He saves us from confusion, bestows inner peace and helps those who feel lost, rejected, abandoned, alone or who have simply lost their way. His divine light helps to transform painful memories and release painful burdens of the past. Uriel assists us in releasing guilt and resentment. He brings us peace and wisdom to our earth walk.

Topic: An Introduction to Holistic Stress Management
Location: Therapolis in Limassol
Date / Time: Saturday 17 Nov 10:00 to 17:30
Cost: £45 / €76.95

Pressure is an essential part of our day to day life. This presentation will outline simple holistic tools and techniques which can be used to manage stress in our daily lives – at home and at work. Participants will gain an insight into the relationship between the body's energy systems and stress. They will also hear how simple holistic relaxation techniques can help to manage and reduce stress in their lives

Early December – Middle East

Julie and Steve will be running a number of Christmas Angel and other workshops across the Gulf during early December. Planned dates as follows.

Advance booking is essential, so please contact us ASAP if you are interested in any of the workshops.

For Dubai and Abu Dhabi – contact Lisa Kennedy (lisajkenedy@hotmail.com)

For Bahrain – contact Terri on +973 36067134

For all workshops feel free to contact us direct at info@conscious-connections.com

Topic: Christmas Angels Workshop
Location: Dubai
Date / Time: Sunday 9 Dec, 19:00 – 22:00
Cost: 350/-dhs

Topic: Balance your Chakras – Balance your Life
Location: Dubai
Date / Time: Monday 10 Dec, 9:30 – 12:30
Cost: 350/-dhs

Topic: Archangel Uriel – Releasing Guilt and Introducing Forgiveness
Location: Dubai
Date / Time: Monday 10 Dec, 19:00 – 22:00
Cost: 350/-dhs

Topic: Christmas Angels Workshop
Location: Abu Dhabi
Date / Time: Tuesday 11 Dec, 19:00 – 22:00
Cost: 350/- dhs

Topic: Christmas Angels Workshop
Location: Bahrain (Brain Body dynamics, Budaiya)
Date / Time: Thursday 13 Dec, 19:00 – 22:00
Cost: 30/- BD

Topic: Reiki Level 2 (Okuden)
Location: Bahrain (Brain Body dynamics, Budaiya)
Date / Time: Friday 14 and Saturday 15 Dec, 09:30 – 17:30
Cost: 150/- BD

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

Bahrain Julie & Steve and Bookcase
Noraini at Touch for Health Tel: +973 39246544

Cyprus Steve

Dubai Jack Montgomery Tel: +971504585860
Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

Kuwait Tootie Al Sabah, Tel: +965 7226699

Spain Julie

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

Angel Essences

Bahrain Julie and Steve

Cyprus Steve

Dubai Jack Montgomery, Tel: +971 504585860
Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI
Bernadette King Turner, Art & Picture Framing Lamcy Plaza, Ground Floor
Lisa Kennedy, Tel: +971 504731875

Greece Mary Evans, maryevans@stellarpathways.com

Kuwait Tootie Al Sabah, Tel: +965 7226699

Spain Julie

This 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 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 14 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.