



Stress and Pressure Thoughts

October 2007

Dear All,

Another month has come and gone. To be truthful, it has taken us by surprise. It seems that no sooner do we complete one newsletter and the next one is due. The pace of life seems to be getting ever quicker and even when we try to slow things down for ourselves, the river keeps rolling and dragging us along in the current.

Once again, it has been a busy month. We completed the recording of Angelic Connections volume 3 and are pleased with the results. The next hurdle is trying to find someone who can manufacture it for us. With a bit of luck and a following wind, we will have it all done and dusted before the end of the year so we'd be happy to take Christmas orders anytime! This volume includes meditations with Archangel Gabriel and Archangel Uriel, a meditation for growing your wings and another with your Guardian Angel to help you find inner peace

We also conducted our first ever workshops in Spain this month. A big thank you to Jason and Dave for helping us achieve that. Thanks also to Salvador at the Solandalusi Health Spa and Resort who provided the venue and with whom we expect to do a lot more business. We are already looking to set some dates for February 2008, when Julie, Steve and Frank Arjava Petter will be in Spain together to run Reiki, meditation and Angel workshops.

We will be in Cyprus for the first time in November. On November 10th and 11th, we will be hosting a stand in Cyprus at the Nicosia Mind Body Spirit show, where we will also be holding several seminars which are listed below in the events section. Then from the 13th to 18th of November we will be running a number of workshops on Angels, meditation, stress management and the Violet flame. Full details will follow shortly and will be listed on the website.

Our workshop dates for December and beyond are slowly coming together too. We plan to run a Reiki Level 2 (Okuden) course on Friday 14th and Saturday 15th December in Bahrain as well as Christmas Angel workshops in Bahrain, Dubai and maybe even Kuwait between 7th and 13th of December. Keep an eye on the website for details. Frank Arjava Petter will be returning to Bahrain with us in January to run both Family Constellation workshops (3 days) and Jikiden Reiki courses (at Shoden and Okuden level). The Reiki courses will run over 5 consecutive days and although the dates are still to be finalised, they will take place in the second half of the month.

As we said at the outset, the months just seem to rush by without us noticing, causing us stress and pressure as we try to keep pace. Given this, we thought it might be interesting to look at ways to deal with this and so our topic of the month is Stress and Pressure Thoughts. We hope you enjoy it.

Angel Blessings

Julie and Steve

X

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 – Stress and Pressure Thoughts

Stress is a major component of every day modern living. Stress is the 'wear and tear' our bodies experience as we adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence it can result in feelings of distrust, rejection anger and depression, which in turn can lead to health problems.

Every person thinks a huge number of thoughts a day. It is estimated that we each have an average of 65,000 thoughts passing through our minds on a daily basis. Sadly, perhaps as many as 60,000 of these are the same thoughts we had yesterday and the day before; even worse, a large proportion of these are negative - stress, worry, anger and so on.

Most people believe that a large proportion of the stress we experience on a day-to-day basis is caused by outside forces. Whether it is our jobs demanding an ever increasing amount of our time and energy, the kids and family needing our attention and care, financial worries, uncertainty about the future, or just general discord in some area of our lives, we all feel excessive pressure from time to time. However, when we dig deep, we often find that although there are many external factors in our lives, it is really how we handle them and how we think about them which causes the problem. Your busy life may seem to be the problem, but in fact it's how you are thinking that generates the feelings of being overwhelmed.

When you start to worry about not having enough time to finish your work, then you will manifest just that. When you worry about all the things that you think you need to do, you start thinking you can't possibly get it all done and sure enough you don't manage it.

How will I ever write that report with all the meetings I have to attend?

How can I get all my work done and also attend to the needs of the family and kids?

I can see I'm going to have to work through dinner again.

Sound familiar?

These thoughts not only start to generate stress, they lead to more unproductive thinking, which in turn leads you to worry that not only are you going to struggle with your current load, you are *always* going to struggle. Your mind moves from "I am behind schedule" to "I am *always* behind schedule" and "I *will always be* behind schedule".

These low quality negative thoughts start to affect your mood, leading you to feel annoyed, resentful and overwhelmed. As a result, you waste time fretting which only slows you down further. As the vicious circle picks up momentum it can seem like the whole world is out to get you. Stress, anger, tiredness and eventually illness start to set in.

In a perfect world, it would be totally unnecessary to ever feel pressure. Often, pressure is simply a feeling that we create when we learn to believe that something 'bad' will happen if we don't achieve or do something. In other words, we condition ourselves to feel pressure.

For some it is a feeling they invoke because they believe a little pressure is at least OK, sometimes good and often essential. Some people believe they need a degree of pressure to get the job done on time and thereby fulfil their own desires or the expectations of others.

Unfortunately, over time, the habit of creating 'pressure feelings' becomes more frequent and more draining. If it doesn't burn us out (as it seems to do to an increasing number of people today) it will at least adversely affect our efficiency, our effectiveness and more importantly our 'happiness quotient'

The first step to begin reducing the strength of your 'pressure points' or stressful thoughts is one powerful insight into the truth about pressure. It's not the deadline or the expectations of others that creates your pressure feelings, it is always you. This is easy to see as we watch two people do the same work to the same deadline. One is always feeling 'the heat' - continuously tense and anxious - while the other is in 'cruise control' as they sail to the deadline with ease. Both get the job done but each one's 'quality of life' along the way is very different.

The truth is that almost all feelings of pressure are self-created. This is good news as it means you can do something about it, unless of course you are addicted to the feelings, which is the case for many, especially those of us who always leave things until the last minute! For the 'pressure addict' it is as if they have become dependent on being 'pressure motivated' or 'adrenaline motivated'.

So what exactly are you feeling when you feel pressure? What is your creation? What is your addiction? It is not difficult to see. It is fear. It may arise as tension, anxiety, worry or panic, or a mixture of all four, but they are all simply different faces of fear.

Pressure is the main cause of stress, but this pressure can be generated from many directions: pressure at work; changes at work; traffic jams; other people demanding your time and your energy; the death of a loved one; the birth of a child; a job promotion; a new relationship; moving home; getting married; starting a new school. All are causes of stress. We experience stress every time we re-adjust our lives - as well as when others try to re-adjust our lives for us.

The most common and initial symptom of stress is muscle tension. For many this will be across the shoulders, for some it will be in the back or in the legs. This is then usually followed by one or more of the following:

- Irritability
- Inability to concentrate
- Feeling excessively tired and
- Trouble sleeping

Then as the stress in our body builds up we begin to see more physical symptoms such as headaches, upset stomach, rashes, ulcers, high blood pressure, heart disease and strokes.

So what can you do?

Try to understand what is happening to you; perhaps you will see a pattern yourself. Your thoughts are directly linked to your feelings. If you think angry thoughts, you will feel angry. If you think about something painful, you will start to feel depressed. Your emotional state always follows your thought patterns. Energy follows thought. Therefore, if you want to eliminate stress, you'll need to start eliminating your stressful thoughts.

How can I do that we hear you asking?

You can start by letting your feelings be your guide. The moment you notice uncomfortable feelings, ask yourself "What am I thinking about right now?" Then, identify one or two of the thoughts. For example, if you're feeling rushed, you might be thinking about all the things you need to do within the next hour. Start by recognizing your thoughts. After you have done this, change your thinking. Once you notice that certain thoughts are creating uncomfortable feelings, stop thinking those thoughts. We know it sounds a bit too simple, but often the act of noticing your thoughts will, in itself, break the cycle.

Of course you can also just tell yourself a phrase such as "I chose to feel peaceful and calm" or "I have more than enough time".

The moment you change your thoughts, you will enter into a more focused or calm state and be in a much better position to handle the situations.

Often when we are stressed we make the mistake of believing that if we work faster or harder we will get everything done. In truth we are adding pressure to the situation, making it worse creating more stress, leading us to feel more rushed and more anxious. What you really need to do at this time is:

- To try and bring yourself into the present moment, take a few deep breaths, perhaps use a relaxation technique, visualization or a meditation and then just focus on one thing, that is the thing in front of you the one thing you are doing. Look on the Conscious Connections website for some easy techniques, or attend one of our Holistic Stress Management classes
- Do not think about all the things that need to be done, but just focus on the one thing you are doing. You will be more productive by focusing on one thing at a time.
- The next time your mind is tempted to run ahead and start thinking of all the other things that need to be done, gently bring it back by saying something to yourself like, "I'm doing this one thing right now and enjoying it." You'll not only get everything done, you'll wind up in a much better mood!
- Recognise that you need to change your thoughts from fear full and worrisome, to fear free and enthusiastic. But to do this you need to 'get at' and change the beliefs that are giving rise to the thoughts.
- Try using the Archangel Uriel Angel essence. Archangel Uriel brings wisdom to our 'Earth walk' and illuminates our path through life. Peace and harmony are restored with Uriel's illumination.

So, the next time your mind is tempted to run ahead and start thinking of all the other things that need to be done, gently bring it back by saying something to yourself like, "I'm doing this one thing right now and enjoying it." You will not only get everything done, you will wind up in a much better mood!

Learning to manage stressful thinking does take time and practice but it does work. When you change your thinking, you actually do change your life!

Good luck

Conscious Connections run courses on 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

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
Greece	Mary Evans, maryevans@stellarpathways.com
Kuwait	Tootie Al Sabah, Tel: +965 7226699
Spain	Julie

Will soon be available in 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

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 also plan to run a number of workshops in Cyprus during the week immediately following the show. Full details of these to follow soon.

Early December – Middle East

Julie and Steve are planning to run a number of Christmas Angels workshops across the Gulf during early December. Full details to follow.

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 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 area's 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.