



Fear **September 2007**

Dear All,

It seems very hard to believe that we are already into September. With many places still wilting from the summer heat it's good to know that it will only be a few more weeks before the cooler weather will start again. Maybe then we might all regain some energy.

No doubt many of you wish that the summer months of relaxation and vacations would never end, so just to help you to get gently back into the swing of things and pick up the pace once again, we have lots of interesting things planned.

Things are moving forward quickly at Conscious Connections and we have launched our new series of workshops, seminars and events. We have tried our best to accommodate as many of the requests and suggestions that we have received as possible. By the time you read this we will have completed several workshops in Bahrain and are moving ahead with a number of other plans.

Conscious Connections is expanding into new countries and areas and we have been delighted with the levels interest already expressed in our work. We continue to receive requests for workshops and seminars from all around the globe and the encouragement and the support that we have received from everyone is very reassuring. October will see us in Spain for the first time and November in Cyprus, where we will be participating in the Mind Body Spirit show in Nicosia. Full details will be posted on our website and will be distributed by email as the plans firm up. We also plan to be in the Gulf several times between November and February.

We are in the process of recording our next meditation - CD Angelic Connection Volume 3 - which will be launched at the Nicosia MBS in Cyprus and will then be available at all the usual outlets, as well as from us directly.

Frank Arjava Petter will be returning to Bahrain with us in January and also to Dubai and Oman. He is also hoping to join us in Spain and to Cyprus at some point. Details will be released as soon as we have them.

Talking of Spain, we would like to bring your attention to a new website on cancer and holistic treatments for cancer. Jason Ritchie (no relation to Steve as far as we know) who works with us in Spain is putting this together and is asking for information from anyone who has suffered from cancer, who has suffered and using holistic treatments as well as those who know of holistic treatments used in this field. Please take a look at the website to see if there is anything you may be able to add.

Jason's website is www.guardians-of-the-earth.blogspot.com
and his email is sacredcirclespain@yahoo.es

We would like to offer our very special thanks to Noraini for letting us use her offices at Brain Body Dynamics in Budayia for our recent Bahrain workshops. Noraini is always such a tremendous support and help to us. Noraini has recently also returned from Indonesia where she was doing voluntary work with the victims of the Tsunami.

She would like to say a big thank you to all who have financially and morally supported the cause she works with there. She wrote the following *"I had an enriching experience working and playing with the Tsunami survivors of Aceh in Indonesia. I feel connected with them and the children whom we worked with. We camped for a night at the very beach where the Tsunami struck and were immersed in the flow of nature that has healed itself. One of the greatest things to have blessed the Acehnese*

after the Tsunami is the end of the 30 year civil war. They have also been blessed with international funding for upgrading their lives. We are also blessed with the opportunity to give back to their society through this work. My colleagues, Li-Anne & Henry and me trained and empowered youth & NGOs and guided them to work/play closely with the traumatised children in one of the schools there. Brain Gym has become a platform and purpose for the youth to gather and contribute to their society meaningfully. They have in fact formed an Aceh Brain Gym Club (ABC) to further this cause”

For more details, please see Noraini’s website www.brainbodydynamics.com

We have had many conversations on fear recently; fears which have affected or continue to affect people’s lives so badly. We all suffer from them. Do your fears stop you from doing what you really want to do? Are you always defending or explaining yourself? Do you worry too much about what other people think?

We have all been there at some time or another, however, the sooner we let go and force ourselves to work through the fear, the sooner we can begin the healing process. The sooner we do this, the sooner we are open to new opportunities in which we will thrive.

This month’s newsletter is about letting go of fears. We hope you enjoy it.

Please note:

We are still requesting stories that you may wish to share regarding Divine Intervention, Angel stories, stories to do with fairies or elementals and other beings that have happened to you; stories of unexplained sightings or visions; stories about messages or things that have changed your lives for the positive. We have received a few already but do please keep sending them in.

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 – Fear

In the words of Edgar Cayce, the renowned American psychic of the late 19th century, “Fear is the greatest destructive force to man’s intelligence”.

Fear is a very much an issue in our lives. It takes hope away from us, it makes us doubt and abandon our purpose in life and it stops us fulfilling our true potential. It can and often does paralyze us in to total in action.

The old acronym that people love to use when defining fear is "False Evidence Appearing Real" or "Fear is just an illusion". But that doesn't mean fear should be approached or classed as silly or unimportant, just because it is often based on old trauma or long-gone relationships or unexplainable things and imagination. All of us have experienced life-stopping terror, and whether it is real or perceived, it can wreck lives. All fear needs to be pinpointed, faced or challenged and then dealt with and phased out in order for us to live our lives to our true potential.

We all have fears. From creepy animals and insects to a fear of the dark; fear of failure, rejection, loneliness, poverty or death; a fear to learn and even the fear of success; fear of the unknown - the list goes on and on. Those who fear failure stop themselves doing what it is they really want to do and yet, what they are really feeling is the fear of success, for success may bring them huge changes in their life. Although these changes may bring happiness and fulfilment, the fear of change holds them back.

Fear is an emotional response to the image of the thoughts we are projecting in our heads. Whenever we picture ourselves being laughed at, rejected or failing miserably our nervous system responds and we start feeling anxious and fearful. Some people will freeze in response to fear, others will run away. Whatever the external reaction, the problem is that when we are fearful "we just don't think" and we react to circumstance instead of responding to it.

Go back to when you were a young child and you were holding that expensive, pretty and "precious" ornament at grandma's house and she would say "now just be careful and don't drop that". The moment you heard those words an image of yourself dropping it flashed through your mind, so you started to feel the fear of doing just that and before you knew what was happening, you managed to drop it or break it somehow.

The truth is that every event in our lives happens first in our minds and then in reality. The mind materializes anything we think of with intense emotion, and of course, we get what we ask for. We actually manifest our worst fears. We attract them as we think of them.

So now that we understand what fear is and how it works to materialize the things we fear the most, how can we get rid of it?

Most of our fears have a worst case scenario that really isn't so grim. An effective way to decrease fear and reduce our stress level is to imagine the worst thing that could possibly result from our fear. When we do this we have faced our fear in our mind and therefore rendered it powerless. Since this has been achieved in our mind and not in real life, it serves as a stress reliever and a training ground for facing it later on in real life. When we start doing this we will see that what we feared isn't really as bad as we imagined. We generally tend to over dramatise situations, but when we put them through a conscious analysis we see them for what they really are.

Do your fears stop you from doing what you really want to do? Are you always defending or explaining yourself? Do you worry too much about what other people think?

Let's think about the fear of failure, as this seems to be such a common fear for many people: most of us fear failure at one time or another.

Quite often, we fear failure so intently, that we do not even try to do something. We convince ourselves that there is no point – we will only fail anyway. If we do try, we put so little effort or energy into the task at hand, that failure is as good as guaranteed. In doing so, we are creating a self fulfilling prophecy. We convince ourselves we will fail and we prove ourselves right. However, as Franklin D Roosevelt famously said, "the only thing we have to fear is fear itself".

Remember back to when you were learning to ride your first two-wheeled bicycle. At first you were so scared of falling off that you rode too slowly and so could not find the right balance. Or, perhaps you did snatch a few seconds of balance but over reacted every time you swayed. Either way, you probably fell of many times. Each time you did, the person teaching you to ride picked you up and dusted you down, gave you some encouragement and tried again. All the while, they were right there behind you, holding

the seat to help you balance. As long as they were there, you were safe and your fears subsided.

Each time you tried again, they were right there beside you, one hand on your seat. You began to enjoy the feeling of riding the bicycle, positive emotions overtook the fear – but it was OK, because there was someone there, keeping you steady and giving you support. Or was there? Remember that moment of truth, when you looked to your side and found you were alone. For a split second, the fear returned but then in an instant, you realised what you were doing. You were riding your bicycle unaided. You could do it. You had faced your fears and overcome them and in doing so, you realised that there was nothing to fear after all – except of course, fear itself.

When we face our fears we take away their power over us and we take control of the situation.

Try, where your fear is concerned, to always focus on the positive outcome instead of the possible negative outcome. Put positive energy into the situation and negate the negative energy that is fear. Some may think that this is not being realistic, but it can and will help. Without fear and stress of the fear, the positive end result will start to manifest; it doesn't always end up perfect but at least you will not be as stressed in the process.

Remember, everything is temporary nothing last forever. This is just as true for good things as well as bad things. So whatever fear you are going through, remember it will come to pass.

In our stress filled world, people fear many things, but the fear of failure in exams at school, failing to get the much needed degree at University, fear of letting parents and peers down and fear of failure or not reaching targets in the work place is a huge problem for many, bringing on extreme stress at times.

As mentioned above, Roosevelt once said 'We have nothing to fear but fear itself'. However a new variation of that expression has been in circulation recently. It claims that 'We have nothing to fear but the fear of learning' and it is certainly worth giving a little thought to. Could you learn more if fear didn't hold you back?

Some people believe they require fear to excel. They count on an adrenalin rush caused by deadlines or overbearing colleagues, anxious parents and teachers and siblings to push them forward.

Pressure can play a useful role in our lives, but the stress that is powerful enough to cause fear ultimately shuts us down. Fear causes regions of the brain to release the stress chemicals cortisol and vasopressin, putting the body on alert, quickly shutting down higher-order thinking, long-term memory and our capacity to perform.

Fear constrains performance no matter the setting. While some business leaders blame everything from unmotivated workers to outmoded training departments for lackluster productivity, fear of learning or more precisely fearing what's to be learned - new ideas, new skills, new methods - results in the greatest stagnation. Fear affects the bottom line, the final results.

Worry over other peoples' opinions, anxiety caused around changing routines and practices, panic over the possibility of failing, personal distrust around learning a new topic, and terror facing scary stuff. Each fear leads otherwise curious people to avoid exploration and to lose out on learning experiences and even enjoying their life.

People often worry or fear that others will lose respect for them if they ask questions. Perhaps the question that you have in mind is just so silly they would laugh at you for being dumb; perhaps you fear that by asking it, you will reveal that you are not as

clever or intelligent as people think you are; you are not up to the job at hand because you had to ask a question.

If fear of feeling dumb makes you uncomfortable, perhaps you could phrase the question in a lighthearted manner - "I thought I knew everything about this field. Great to know I have room to grow. Where can I learn more?" Once you have shown a desire to know everything, the pressure is off. You can learn from everyone. As the old expression says "he who asks a question may be stupid at the time, but he who never asks a question will remain stupid forever".

Perhaps there are uncomfortable implications about what you yearn to learn? Perhaps your romanticized view of how things would be or what it would do for you would be ruined if you learnt more.

Maybe you do have a gift or excel at something or even are on the leading edge of your field of work, yet you resist marketing yourself, as you fear success might change you, unsure how you would maintain your integrity if you became well-known. But also it could bring other fears, the possibility of finding out that people don't care about your work at all. So in that case you just do nothing at all.

Rather than view the areas you fear in total, why not break them down, take one at a time, or in small individual parts. Start with a few small activities, a little at a time, then build your momentum and overcome your fear.

Do you fear you can't learn a subject? Or maybe you can't learn enough of it? Schools often teach topics from beginning to end, leaving people with the mistaken impression we should be able to master the full subject whatever it is.

We need to realize that we don't need to learn everything about everything and then the fear goes. Because of the way information is so often presented in schools, many of us mistakenly believe that when it comes to learning we're doomed.

This is absolutely not so!

If learning from a book bores you, try to create or find a way for yourself to experience or learn the information first-hand or learn in another way. Watch a video or documentary. Listen to a tape or CD; go and see these things you are learning about in action; ask the right people. There are many ways to expand your knowledge.

There may be something that you would really like to learn or do. For example, you may really like to learn how to snow ski or ride a horse, but you then fear that you would have such a wonderful time that at some point you would stop thinking and get carried away and would then either Ski off the mountain to your death or fall off the horse and break your neck. Or you are so bad at what it is you have so wanted to learn, that it is painfully disappointing to yourself or your so awful at it people may laugh at you and that would be to you, soul destroying. So, you don't ever try to learn or don't learn enough so that you wouldn't try and it then wouldn't happen. These imagined dangers can hold us back as much as real ones. The emotion center in the brain doesn't distinguish between what it remembers and what it imagines. Catastrophes which you envision feel real.

FEAR could be an acronym for Fantasy Expectations Appearing Real.

When we don't feel safe, physically or emotionally, we struggle to learn, and when we do that, then we stop ourselves growing and moving on, and we stay still. We need to face our fears and step out of them.

Why do we Fear?

If we couldn't be afraid or fearful, we wouldn't survive for long. We would be walking into oncoming traffic, stepping off of rooftops, jumping out of windows, tackling the person pointing a gun at you and so on: never taking care of what is around us. In humans as in all animals, the purpose of fear is to promote survival. In the course of human evolution, the people who feared the right things survived to pass on their genes. In passing on their genes, the trait of fear and the responses to it were selected as beneficial to the race.

During the 19th-century when Charles Darwin caused the debate around evolution, with it came the "face of fear". The talking point became that "wide-eyed, gaping grimace that often accompanies sheer terror". Why do people make that face when they're terrified? Some said God had given people a way to let others know they were afraid even if they didn't speak the same language, which its self then caused debate, because if others knew you were scared then they could use that to their advantage. Charles Darwin said it was a result of the instinctive tightening of muscles triggered by an evolved response to fear. To prove his point, he went to the reptile house at the London Zoological Gardens. Trying to remain perfectly calm, he stood as close to the glass as possible while a puff adder lunged toward him on the other side. Every time it happened, he grimaced and jumped back. In his diary, he writes, "My will and reason were powerless against the imagination of a danger which had never been experienced." He concluded that the entire fear response is an ancient instinct that has been untouched by the nuances of modern civilization.

So it was an inbuilt fear and the imagination that took over, just as imagination so often takes over where our inner fears are concerned.

Take Action

When you fear something try these ideas:

1. **Say aloud exactly what you fear.** "It scares me" or "What if I fail?" Daylight makes fear seem less menacing, so review your fears in the light of day. Then remind yourself that your reaction is natural and you can choose to address it.
2. **Talk about what's stopping you doing things.** Tell someone what you need to take action. Perhaps you could use a helping hand, an extra telephone call to check in, or a specific resource or referral. Or maybe some coaching.
3. **Watch your own life movie.** Visualize in your mind a movie starring you as a capable and competent person who knows he can endure and win under upsetting circumstances. Pull your clip from past experience or script it from your imagination.
4. **Create a personal mantra.** Say "I can handle it" or I have no fears to bypass the state triggering your fear.
5. **Walk around** Physically moving around helps you feel strong and fit to deal with the situation. So walk around the block or do some relaxation breathing, it will calm the fears and take you forward.
6. **Adjust your reaction by unlearning it.** While fears can make learning feel difficult, when we truly want to learn something it often seems effortless.
7. **Acknowledge fear by naming it.**
8. **Spray a little Archangel Michael Angel Essence into your aura.** By far one of the easiest and most powerful ways to counteract fear is to call upon Archangel Michael to be by your side and the quickest and easiest way to achieve this is with the Archangel Michael Essence (see our website for more details - <http://www.conscious-connections.com/auramists.htm#Empowerment>)

Good Luck

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

Bahrain Julie & Steve and Bookcase

Noraini at Touch for Health Tel: +973 39246544

Dubai Jack Montgomery Tel: +971504585860

Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

Kuwait Tootie Al Sabah, Tel: +965 7226699

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

Angel Essences

Bahrain Julie and Steve

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Forth coming workshops and events

26 September – Spain

Julie will be running an evening seminar on Conscious Connections, the work we undertake and her personal life journey

Location: Fuengirola

Time: 7pm

Price: Donation – contact Jason Ritchie sacredcirclespain@yahoo.es

6 October – Spain

Julie & Steve will be running a full day angelic connection workshop

Location: Fuengirola

Time: 10am – 5pm

Price: Contact Jason Ritchie sacredcirclespain@yahoo.es

7 October – Spain

Julie & Steve will be running a full day stress management workshop

Location: Fuengirola

Time: 10am- 5pm

Price: Contact jasonritchie sacredcirclespain@yahoo.es

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.

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.