



Being Sad

April 2008

Dear All,

April is here and spring has brought the better weather and the joys of being able to be outdoors more. April will be a busy month for Conscious connections as it sees the start of a new round of workshops and the start of a new journey for many again. It will be great to catch up with many old friends and meet new people. The workshops are listed below and advance bookings are essential.

The last couple of weeks have also been something of a challenge for me. We are all so used to technology, email and easy links to everything and everyone. Almost everyone who reads this newsletter will have received it by email. For the last couple of weeks, however, I have been without my internet connection and telephone line, which has seriously limited my ability to stay in touch.

Email and the internet have made the world a smaller place. They enable individuals and major organisations to work efficiently no matter where they are located. It is a wonderful tool, but losing it made me realise just how dependent we are and that we do always need back up!

However things finally got sorted out and we are safely back on-line.

Letters are still coming in about reaching out to long lost or estranged friends and family and the results that people are having. Why not carry on this gesture of reaching out, as it really is important to let the people in our lives, no matter who they are, know that they matter. The power in that simple acknowledgement can make a big difference to someone's life on any given day.

If you know some one who is lonely sad or hurting, why not take a few moments of your day, just to say hello, or let them know in some way they are not on their own and someone does care.

As I said last month, everyone you meet is fighting some kind of battle. Live simply, love generously, and care deeply. Speak kindly - life isn't about waiting for the storm to pass, life is for enjoying and living and being good to each other and to yourselves.

And as the saying goes 'At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.' Albert Schweitzer

Last month's newsletter on trust certainly helped many people if the letters we received are anything to go by. Thank you for your feed back and please do keep it coming.

Many of us often feel sad and the media hype of the day makes us feel it is wrong to be sad. The current mantra seems to be that we have to be happy all the time and if we are not then

there is something wrong with us. I do not totally agree with this and so the Topic of the Month is Being Sad.

Finally don't forget to check out the Spiritual Awakening Festival in Sounio, near Athens, Greece in August. Julie, along with many other internationally well known and respected facilitators will be speaking on a diverse range of subjects. This will be a wonderful event and will be worth a visit for a few days, to meet with many like minded and spiritual people. Please check out the festival website on www.spiritinathens.gr . For English language just click on the flag on the top right hand side of the page.

Angel Blessings

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."

Not to believe in the angels is to believe in a mindless, meaningless, and soulless universe

Topic of the Month – Being Sad

Are you feeling down? Have you got the blues? You're not alone. Everyone gets sad. Yes, I do mean everyone you've ever met and do not believe any one who says they have never been sad at some point in their lives. Every other human being in existence today and throughout history has been there. Sorry to make you feel unoriginal, but most likely the things that are bugging you have affected other people too. Instead of fighting it, just go with the flow and know that this too will pass and you'll be all the stronger once it does.

Some people have sad feelings just once in a while and others may have sad feelings pretty often. When you're in a sad mood, it may feel like it will last forever, but usually feelings of sadness don't last very long — a few hours or maybe a day or two, sometimes longer after the loss of something close. A deeper, more intense kind of sadness that lasts a lot longer is called depression

Sadness is like the dark side. It's not just the negative side of the force or a catchy John Cafferty song or country and western tune. For many, it's a state of mind. Everything going on in your world is pain. You are sad, alone and stuck in the throes of despair. What's worse, everyone around you is smiling, happy and completely unaffected by the suffocating force that is bringing you down.

Bookstores are littered with self-help books. Doctors hand out Prozac and Xanax like sweets and then when you are feeling sad and down or are depressed there's the most annoying thing in the world... people like Dr. Phil and Tony Robbins telling you there is hope, that you too can be happy. Which makes you then think things like "as if they know what sadness is, with their millions of dollars!" That of course could be the cynic in me! You may not think that at all.

And of course there is "The Secret". A book that is top of the best seller lists and seen in just about every book store or new age store that you go in these days. It is regularly mentioned on Oprah and other popular talk shows and to be fair, it is doing wonders for millions; telling us that we can have whatever we want in life, telling us all what we already knew but put into easy terms. But even that book tells you that you have to be happy all the time, stay positive, stay happy. Don't be sad because like attract likes and so if you're sad you will attract more sadness.

Oh dear is there no way out? I must be doing something wrong if I feel so sad! I will never achieve happiness if I carry on feeling like this as I will just attract more of it. So then you beat yourself up even more and feel even sadder!

Then of course there is the media and Hollywood and the Hallmark channel - all notions of fairy tale endings, feel good movies, beautiful stories, beautiful happy people. The protagonists always end up together, and that's what we want to see because deep down we wish for that to happen in our own lives. But ultimately when they find each other, the movie ends - they don't show the subsequent ups and downs. Meg Ryan and Tom Hanks are not married in real life! Oh what a shame get the tissue box out again! When you find yourself absorbed in the fantasy, remember that's what it is - a fantasy - and move on

There are times in life when you just can not be happy so let that happen and feel ok about it, for it is a normal part of the human condition. It is ok to be sad!

Sadness, loneliness and despair are all a part of the human condition. But for some strange reason, there is a new epidemic where people seem to think that they need to strive to be happy all the time. They think that sadness is wrong and there is something wrong with them for feeling sad. Not so!

So, if you feel sad occasionally, maybe it is time to say to Tony Robbins, Dr Phil, Hollywood, the Hallmark channel and more (say this out loud) "I am sad. I am sad and I am going to wallow in it - at least for a few days"!!! It's ok to be sad sometimes!!"

Don't take this the wrong way and certainly don't let sadness rule your life, but don't rule it out either! If you don't sort through the feelings of pain, they're just going to linger and may even get worse.

What Is Sadness?

Sadness is a feeling — it's one of the many, normal human emotions, or moods, we all have. Sadness is the emotion people feel when they've lost something important, or when they have been disappointed about something, or when something sad has happened to them or to someone else. When they're lonely, people often feel sad. When you're sad, the world may seem dark and unfriendly. You might feel like you have nothing to look forward to. The hurt deep inside may crush your usually good mood. Sadness makes you feel like crying, and sometimes the tears are hard to stop. Crying often makes you feel better, but not always. Sometimes when your mood is sad, you just feel like being alone for a little while. Or you might want someone to comfort you or just keep you company while you go through the sad feeling. Talking or even writing down about what has made you sad usually helps the sad feeling start to leave.

When sadness starts to go away, it can feel like a heavy blanket is being lifted from your shoulders.

Feeling sad every once in a while is natural. Maybe you didn't get something you really wanted. Maybe you miss somebody deeply. Maybe somebody you really like doesn't want to be friends, and you don't feel so great about yourself. Maybe an illness or condition gets in the way of doing some things you want to do or makes you different from your friends. There are lots of reasons that people feel sadness. Most of the time, sadness is because of a loss or separation, a difficult change or disappointment about something, or relationship problems. Loss and separation are the most common cause of sadness. It's a very sad thing to lose someone or something that you care about. Sometimes it is hard to think straight because you cannot get your mind off your loss. Usually, the load of sadness you carry after a loss will lighten over time, although for a really big loss, there may always be a little bit of sadness left.

Relationships bring happiness and fun much of the time. But tension or conflict in our relationships, or relationships that break up, can cause sadness too. People often feel sad when

all is not right between them and their loved ones, or when they get criticized or yelled at a lot, or they feel lack of support from loved ones, or badly let down in some way.

A large, stylized pink logo consisting of a vertical 'S' shape on the left and a vertical 'C' shape on the right, both with a gradient from light to dark pink. The word 'CONSCIOUS' is written in a light pink, serif font to the right of the 'S', and the word 'Connections' is written in the same font to the right of the 'C'.

CONSCIOUS Connections

Action challenge

So when you are suffering sadness try working through and utilizing your sadness (as opposed to stuffing or medicating it!)

Remember - If you don't feel the lows, you won't feel the highs - no matter what. It's true. Think of your emotions as a pendulum. The higher they go in one direction, the higher they will go back in another. The trick is, when you feel negative emotions, try and train yourself not to react immediately. Instead, channel your feelings (and the energy you feel from anger) into something that will ultimately benefit you or make you feel better - paint a picture, write in your journal, take a hike, go to the gym, clear some clutter, clean the house... something useful that will help clear your mind.

- Try to meditate – Go to a meditation class if necessary
- Treat yourself to a Massage or some reflexology
- Try out an Holistic Therapy that helps to move stagnant energy.
- Use An Angel Spray, such As Archangel Michael or Archangel Raphael.
- Go with the flow, don't fight it, or suppress it, acknowledge it and then let it out.

So when you're down, think about these things. No matter how hard you try to keep a smile on your face, you're always going to have ups and downs. If you don't embrace the hurt, it's impossible to learn anything new or to fully appreciate happiness when it does come along. Feeling sad is something everyone goes through, so instead of numbing yourself take a moment to cherish the feeling - if it weren't for sadness we wouldn't have priceless works of art, beloved poetry or awesome music.

Good Luck

Note: When Is Sadness a Problem?

If a sad feeling goes on for too long, hurts too deeply, and makes it hard for you to enjoy the good things about your life, it's called depression.

Here are some of the signs and symptoms of depression:

- feeling empty or numb
- feeling hopeless (like there's nothing to look forward to)
- feeling guilty or worthless
- feeling lonely or unloved
- feeling irritable and annoyed a lot (every little thing gets on your nerves)
- feeling like things are not fun anymore
- having trouble keeping your mind work, studies
- having trouble keeping your mind on things like reading or watching TV or not remembering what a book or a TV show was about
- having less energy and feeling tired all the time
- sleeping too much or not enough
- not eating enough and weight loss or eating too much and weight gain
- thinking about death or thinking about suicide
- spending less time with friends and more time alone
- crying a lot, often for no reason
- feeling restless (being unable to sit still or relax)
- having certain body feelings, like lots of stomach-aches, headaches, or even chest pain

People who have depression may not even know it. Often it's a partner or close friend or parent or even teacher who notices behaviour changes like the ones in the list above.

Getting Help

Children, teens, and adults can get depression. It's very important for people of any age who have depression to get help. When they do, they can get better quickly. Sometimes treatment involves talking to a professional Therapist in depression. Sometimes medications can help depression heal. Sometimes both of these things are used. If you think you have depression or you just have sadness that simply will not go away, it is important to talk to someone about it, a doctor, teacher, guidance counsellor, coach, or close adult friend. There is always somebody to talk to when you are sad or if you are depressed — somebody who can help. You are not alone; there is always some one there to help you

Forthcoming workshops and Events – Kuwait, Bahrain and Greece

Julie will be running the workshops listed below.

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

**Please email us on info@conscious-connections.com
or the email address listed with each workshops**

Bahrain – Workshops – April

- Topic:** Introduction talk on Julie and the coming workshops and visitors such as Hazel Raven and Judy Hall, Frank Arjava Petter, to the Middle East in the coming year
Location: Bahrain
Date / Time: April 17th – 19.30 – 20.45
Contact: Karen Perry blues88@batelco.com.bh
- Topic:** Introduction to Crystals and Crystal Awareness 2 day Workshop
Location: Bahrain
Date / Time: April 18th and 19th
Contact: Karen Perry blues88@batelco.com.bh
- Topic:** Angelic Connection
Location: Bahrain
Date / Time: April 20th Morning and Evening workshops Details TBA
Contact: Karen Perry blues88@batelco.com.bh
-

Kuwait - workshops April, May, June 2008

April

- Topic:** Introductory Talk about The Work of Julie and Conscious Connections
Location: Kuwait
Date / Time: 23rd April - Evening 19.00
Contact: Hana Al –Ghanim halghanim1@yahoo.com
- Topic:** Introduction to Crystals and Crystal Awareness 2 day Workshop
Location: Kuwait
Date / Time: 25th and 26th April
Contact: Hana Al –Ghanim halghanim1@yahoo.com
-

May

Topic: Angelic Enlightenment, Connecting to and working with the Angelic Realms for healing and self discovery
Location: Kuwait
Date / Time: May 9th and 10th May
Contact: Hana Al –Ghanim halghanim1@yahoo.com

June

Topic: Healing the Self - 'A Journey through the Chakras' Part 1
2 Day workshop – **New series**
Location: Kuwait
Date / Time: June 20th and 21st June
Contact: Hana Al –Ghanim halghanim1@yahoo.com

May 2008 – Greece

Topic: Archangel Zadkiel and the Violet flame from transformation and Joy workshop and self awareness
Location: Stellar house – Saronida Nr Athens Greece
Date / Time: May 17th
Contact: Mary Evans maryevans@stellarpathways.com.

Topic: Angelic Enlightenment – With Archangel Sandalphon and Archangel Metatron - Spiritual Enlightenment and cosmic consciousness
Location: Stellar house – Saronida Nr Athens Greece
Date / Time: May 18th
Contact: Mary Evans maryevans@stellarpathways.com.

August 2008 - Greece

Topic: Spiritual Awakening Festival – Workshops on spiritual development and enlightenment releasing Delusion and going with the flow, the Element of water
Location: Sounio - Nr Athens Greece
Date / Time: August 16th – 21st
Contact: Paschalis Kazakopoulos info@angelicreiki.eu, angelreiki2004@yahoo.gr
See website www.spiritofathens.gr

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

Bahrain Bookcase
Noraini at Touch for Health Tel: +973 39246544
or Karen Perry - blues88@batelco.com.bh

Cyprus Steve – steve@conscious-connections.com

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

Kuwait Hana Al-Ghanim halghanim1@yahoo.com

Spain Julie

Angel Essences

Bahrain Julie or Karen Perry blues88@batelco.com.bh

Cyprus Steve - steve@conscious-connections.com

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 Hana Al –Ghanim halghanim1@yahoo.com

Spain Julie - Julie@conscious-connections.com

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.

Tel Bahrain: +973 39606712

Tel Spain: +34 661928937

Info@conscious-connections.com

www.conscious-connections.com