



August 2008

Spirituality and Relationships

Dear All

August is here; the sun is at its zenith and life is slow and laid back for many. August for me is a restful time, and in Spain it is truly laid back - nothing gets done on time for anyone! Many businesses close for the month. Long sunny and very hot days, with a heat haze over the land most of the time sultry and warm nights with the soothing and gentle sound of the crickets chirping away and the beautiful smell of night Jasmine; a time to be lazy and go with the flow of nature.

However I won't be spending all of August in Spain. I will be in Sounio, near Athens, Greece for the Spiritual Awakening Festival 16th – 21st August. I will join many other internationally well known and respected facilitators and between us we will be speaking on a diverse range of subjects. I will be speaking on the 19th and 20th of August on the subjects of illusion, delusion and values, and going with the flow of life. All details are on the official Festival website - www.spiritinathens.gr . For English language just click on the flag on the top right hand side of the page.

Many of you have said you have already booked to attend and I am really looking forward to seeing you all. It will be wonderful time of healing and rejuvenation I am sure.

Last months newsletter on the 'Masks we wear' brought many letters, every one saying the same things - 'our names matter' and 'how we address people matters'. Many of you also commented on how most people are disillusioned with the way of the world and communication these days. How cold we have become toward each other, how basic courtesies of addressing people nicely and closing emails and letters nicely have gone by the board. Every one of those letters was addressed beautifully and everyone was signed off beautifully, in love, in light, in kindness etc. Even people whom I have never met sign off letters with love or light and it is meant in sincerity.

Thank you for the support on this and lets all make an effort to carry on doing it. After all if we are to grow and be spiritually aware surely one of those very basic things is treating people well and with love and respect. How can you call yourself a spiritual person if you don't at least use basic courtesies? The person who upset me so much did apologise by the way, and that brought me a lot of comfort as I had really started to question my own standards and beliefs particularly because of who the person was.

I have since had far worse experiences in the last few weeks, but because I am finally standing in my 'I am' presence and standing up for my values and beliefs and for who 'I am', I am handling things much better and coping with a difficult situation with calm and with great dignity, or at least I think I am.

Sometimes when bad things happen, even to our best friends and those we love, it's difficult to deal with their suffering. We can even surprise ourselves with a desire to disappear, even though we know it's not the right time to do it. It could even be because the issue or the pain is too close to home, or a reminder of things you have been through, or for the 'grace of god go you or I' as the saying goes. It happened to me this week I called someone for help and to talk

to, someone very close to me, I have not heard from them again yet that person would normally have been in touch with me much more often, daily even and especially if I needed help. I am sure this has happened to you.

When someone needs help or even a sounding board Listen with an open heart, really listen. This means not saying, "I know how you feel" - for no one can truly know the depth of another's pain. Each person is born with a "set point" of emotional resilience, some people bounce while others break. So, in those situations, it's better not to comment and instead, just listen sympathetically.

Listening can be wearing when the story is repeated over and over and over again. While this is trying, it's an unavoidable part of processing pain, so bear with it. It won't last forever. Repetition is how the mind tries to accept the pain and then process it. Don't worry, the pain will gradually release and will start to heal.

You could do something to help the person/ friend in honour of them. It almost doesn't matter what you do, as long as it's something that your friend appreciated before their grief. Maybe set aside some time to be with that person, go and visit them, take them out, or send them flowers or a gift or an ecard or something to make them feel a little special at least to you. Let them know they are cared for. A dark time can be so isolating that acts of care and kindness can mean the world. Doing something concrete as a means of showing your affection and concern will give great comfort.

Reaching out while someone walks through the dark night of the soul is a tremendous gift. It is the most precious gift, the giving of oneself. This can be a spiritual life lesson for you both, to witness the power of pain and stand firm in its presence.

As we have said before be good to those who are your friends, to those you love and whom love you. Stay in touch with them and take time for them. Just a text, phone call or email to say hello can mean so much to someone, especially if that person is having a bad day or feeling a bit lost or lonely.

The dates for the next round of workshops until the end of the year will be out soon. All are just being finalised, starting off in Greece in October, then Kuwait, Bahrain with part two of the Healing journey through the Chakras workshop series and some Angelic "healing the self workshops". More may follow in Dubai, and possibly the USA in April 2009.

I would like to bring to your attention a new website/blog about channelling for the Middle East. I do not usually advocate these but in this case I know they are valid and channelled through proper and safe sources. It is run by dear friends Tootie and Lisa Kennedy, both respected and well known in their chosen fields. <http://mechannelling.wordpress.com> They welcome any feedback.

This month's newsletter Topic is on Spirituality in Relationships, we hope you enjoy. Please keep feedback coming, we love to receive it.

Remember to put into your Diaries for next year 30th, 31st October and 1st November 2009 The first 'Crystals and Universal Energies Conference' in Kuwait and workshops will follow. The world renowned leaders in their fields and guest speakers will be Hazel Raven, Judy Hall, Sue and Simon Lilly, Julie Lomas, and Kuwaiti astrologer Abdul Azeez.

More details will be released as we have them but please put in your diaries now as this will be an amazing experience. To have all these amazing world renowned healers and authors all No 1 in their chosen fields speaking at one time at one event is something not to be missed, with a day of workshops on the 1st November.

Frank Arjava Petter will be back in the Middle East in February 2009. Kuwait 10th - 18th, Bahrain 20th - 25th. He will be teaching Jikiden Reiki. Advance booking essential, for more details please contact info@conscious-connections.com

Divine Blessings

Julie x

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

Topic of the Month ' – Spirituality and Relationships

"It's a thin line between love and hate," the old Pretenders song says... and it's sadly so true. Why is that? Why is it that the people we love most are also the ones that can make us the most, well, *unloving*? Why is it the people we love the most and are the closest to us cause us the most pain and grief and sadness?

The people we're the closest to have the most power to hurt or disappoint us. That's why it's so important in relationships to know how to set healthy boundaries and appropriately ask for what you need.

Most of our deepest pain seems to come from relationships of one kind or another. Often it is those we are closest too who let us down the worse. A partner let down so badly by the other – betrayed, ridiculed or abused in some way emotionally, mentally or even physically. How do you feel or indeed how do you deal with someone you are close to who goes off the rails and acts in an unbelievable way and puts you through a nightmare.

How do you feel when you phone your closest friend for help and they listen then never call you back or ask after you and indeed even ignore you afterwards and you have no idea why.

Since we 'invest' most of our time and energy in relationships, we are most likely looking for a 'good return' on our investment and are upset when we don't get it. Today, love is more a transaction. The head thinks, "However much I give, I should also get back!" It's not surprising that divorce rates have soared over the past decade. As we are not getting the 'yield' we seek, in this age of instant gratification, we move on to another 'investment'.

But in this "be a good girl," "be a nice guy," "don't rock the boat," culture of ours, it can be very hard to be emotionally honest and authentic. We go along, and go even further along, often not even realizing that what we're going along with isn't good for us; never realizing that those things aren't ever going to make us truly happy. But it can be difficult to know where that thin line is - not only between "love and hate," but between what's fair and unfair, healthy and unhealthy, right for us and not right for us

Spirituality is based on relationships and asks that we invest in our self and one other relationship as its foundation, that is, with the Divine Source and unconditional love. Once we begin to experience 'profit' (as it is called in today's society) in that relationship we are then able to share the 'dividends of that profit' with all those around us, or so it is said or in theory should happen.

In fact, since almost everyone is 'spiritually bankrupt', or so it seems these days then this is the only relationship on which you can 'stake' your spiritual and emotional wealth, the divine source and yourself.

Spirituality is a deep realization that no man is an island and we have to live in a community, in communication with others to survive and develop as a whole person and as a society. As much pain as there is in relationships there is also learning and tons of love to be reaped and harvested.

Only when you are grounded in spirituality and have started your own journey of knowing the self, your self that which leads you to know the Divine source and unconditional love and love of the self, can you truly reap pure love and, more importantly, bring forth that pure love into other relationships. For then the attention is no longer focused on the 'transaction' and 'potential profits' and you can begin to accept others as they are. In this context bartering may not be a bad idea - an exchange of a quality from a recognized place of worth.

It is crucial that we now invest in loving relationships with all our spiritual siblings. The secret is to give without expectation, but also to value your own self worth. Easier said than done, no doubt, but is there any other choice?

If I am to live on and share this planet, let me continue to plant the seeds of love and compassion with my heart and not my head, knowing that whatever seeds I plant, I will get the return multimillion fold! Or so I am told.

Action Challenge

- Take stock of the relationships you have with those closest to you. What do you put into them? What do you get from them? Is there a balance? If not, think about how you would like things to be.
- Identify those relationships which you are "going along with" but which are giving you nothing back – do you really need them?
- Identify those relationships in which you are taking but not giving – are they healthy and fair for you and the others involved?
- Identify those relationships which are really special to you. Are they working the way you would like them to or are there unspoken issues? If things are not what they should be, discuss your feelings with the people in question – perhaps they feel unhappy too but don't want to rock the boat. Once you open up and communicate, maybe everything will fall into its proper place.

Good luck

Forthcoming workshops and Events –

Dates for the remainder of this year and 2009 to be announced soon.

For more details, please email us on info@conscious-connections.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

Conscious Connections Meditation CD's can be bought from:

Bahrain Bookcase

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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.

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