



Surviving Emotional Stress over the Festive Season

December 2008

Dear All,

It hardly seems possible that Christmas is upon us once again and the closing of another year. How fast time seems to fly.

So much seems to have happened in the world during 2008 and the world is changing at a very fast pace now, the world economies are in turmoil bringing on many changes for many, even though they may not feel positive right now, chaos always bring positive change in the end and so that is the thought that we need to all go forward with in to 2009. Everything is just as it should be and everything is getting better than it has ever been.

Christmas represents a time of goodwill and rebirth so couldn't be a better time to say thank you to people in your life or to show kindness and appreciation to those around you. Showing kindness costs nothing but causes people to open their hearts and smile. When we show kindness and appreciation to other they fill with positive energy which slowly starts to overflow and they too begin to show kindness to others, it begins a chain reaction a positive one where all benefit.

In cultures across the globe, gift-giving is a practice that takes many shapes and forms. But no matter where a gift is given, the sentiment needs to come from a collective need to show appreciation for life, love and community.

Christmas is a time for giving especially of gifts; everywhere you go there are suggestions of what to buy etc. However the true meaning of Christmas is fast becoming lost as commercialism and materialism has taken over, many a child would not even know what the real meaning of Christmas is about if you asked them.

Parents often feel or are made to feel really in adequate if they can not afford to buy large expensive gifts that children seem to want and expect these days, in these days of economic turmoil and leaner times though, many will be in the same situation and surely this is a good time to start to remember and teach our children the real meaning of Christmas and being a little more thoughtful on just what types of gifts are given.

You could even ask yourself 'will this gift make a positive change in my child's life' if not, well then do you really need to buy it? for what reason are you buying it? Instead of spending huge amounts of money on gifts that no one ever really uses or even really wants, or huge amounts on your children ask yourself, does my child really need all those gifts, and toys? How many can

they play with or use? What will they do with them after they have opened them? Why not buy just a few really needed or really wanted gifts and then donate some money in their name to a charity or concern.

As we have said before perhaps we as parents and grandparents need to start to teach the children and teenagers of today that there really is a deeper meaning to life. The gift of love or time is worth far more than a material gift. There are many children who want to see more of their parents as their parents are always too busy with work and their lives to have much time for their children. Nothing is more precious to a child than love and quality time spent with their parents and siblings.

When gift-giving comes from a pure place, gifts need not always be of a material nature, but can be exchanged as words of love and gratitude, time and energy, caring and joy.

I think this quote by write Isabel Allende says it all.

"You only have what you give. It's by spending yourself that you become rich."

Try not to forget those around who may be lonely or in need of a friend. Christmas can also be a very lonely and agonising time of the year for those who have little love in their lives. Perhaps take a little extra time to notice those people and give them a Christmas card or a few minutes of your time. A few minutes of care or concern, letting them know that there are people who notice them, can mean the difference between them having a truly miserable time, feeling terrible, unlovable and unworthy and them feeling that they do have worth. Perhaps you may be estranged from loved ones or apart. It takes very little to text them, call them or email them just to say you're thinking about them. A few minutes of your time can mean so much to someone. Be good to those people around you and take time to remember or show them you care and appreciate them.

Sometimes in our lives our own light goes out but is blown again into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light, showing simple acts of random kindness to everyone you encounter just may cause one of those moments. Christmas is a wonderful time for this to happen. Remember to always give thanks and live in gratitude for all you have, and this will pass on to all others that you encounter.

It has been a great year for Conscious connections and our team, we love to stay in touch with you all so why not join us on 11th December when we will have an open day in Bahrain in Budayia, where all liked minded souls can meet and enjoy some peaceful time, there will be simple inexpensive gifts for sale, and aura cleansing and massage demonstrations, or just join us for a cuppa and a cookie or two, any money raised will go to the Animal rescue centre. Details have been sent to you or for more info contact Karen Perry blues88@batelco.com.bh We look forward to seeing you.

There will be Angelic Connections workshops on expanding the heart chakra in Bahrain 12th and 13th December and on the 19th and 20th In Kuwait please contact us for details or look on the website. Advanced bookings are essential as these are very popular workshops and are quickly filled.

The 'Who I am makes a difference' campaign will now be held in February 2009 in Bahrain, due to prevailing circumstances and details will be sent as soon as it is all arranged. Frank Arjava Petter will be attending it, as he is in Bahrain at the time.

For people who are wishing to attend his workshops in Bahrain, and have booked please pay your deposit as soon as possible to secure your place as we are already over subscribed and have a waiting list. It will be on a first come first served basis now for secured places.

We still have a few places left for his Jikiden Reiki classes in Kuwait, 10th – 17th February but we do expect these to be filled quickly so if you wish to attend please book now, so as not to be disappointed.

Arrangements for the Universal energies and crystal conference in Kuwait 2009 are going well, and you will hear more soon. This event will deal with the energies which are around us and within us. Energies which we all feel, every day, regardless of race, religion or creed.

For those of you wishing to purchase or order Angel Essences, please do give Karen Perry a call or email blues88@batelco.com.bh as we do have all the stock and she will also take your orders. We have some really exciting news about the essences soon.

The festive season can be and often is a stressful and emotional time for many as so much is expected and so this month's topic is about overcoming emotional stress over the festive season we hope you enjoy it.

We look forward to seeing as many of you as possible during our upcoming workshops and at our open day.

Please keep all your wonderful feed back and letters coming as we love to hear from you

Merry Christmas to you all. We hope you enjoy this season of giving and gratitude!

Divine Blessings

Julie 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."

Life is like a game of tennis. The player who serves well seldom loses."

Peace Do not look for peace outside, for it lies within the soul.

Topic of the Month – Surviving emotional stress over the festive season

In the west and in many other parts of the world the festive season is upon us, Thanksgiving, Christmas, New Year and it has the wonderful effect of making most of us feel more emotional as the events, the family members and friends we engage with at this time remind us of our joyful traditions. We are taught from a very young age that holiday times are happy ones. The television and the Media convey to us that miracles happen, relationships blossom and families are loving and everyone gets along, everything and everyone is happy and life is grand.

Tables are set beautifully at Christmas time with the celebratory feast, and at least on the holiday itself, everything is supposed to be 'right' and 'perfect' in the world. It's a lovely, picturesque and cosy view, that most people only have moments of in reality.

So, if you are lucky enough to have one of those moments, be thankful. If you have ever had one of those moments, be thankful. If you've never had one of those moments, be thankful anyway, the opportunity still exists and it will happen at sometime.

Isn't it odd then that for what is seen as or supposed to be such a happy time of year, it is amazing how many people are depressed! How many people dread the family gets together and the celebrations, how many people just want to hide away until after it is all over. How many people start to stuff themselves with food not just the Turkey! This time of the year makes many people reach for food and comfort eat, those already over weight already feel inadequate and eat more, those who are not in relationships feel inadequate and unloved and all the media hype makes you feel you cant be happy if your not in a relationship, the lonely and the lost and the forgotten feel even more lonely etc. Food becomes for many a comfort signal and we all over eat and stuff ourselves and many drink excessively. Slimming clubs love the start of the New Year when many make themselves new years resolutions to loose weight, and join up, to loose the weight they have gained at this supposedly happy time of the year.

At the festive celebration lunch/dinner your mother approaches with a furrowed brow. Will she ask about your job? Your relationship situation? Your children? Or even worse, your weight? In preparation of this about to be stressful chat, you reach for a second helping of mashed potatoes, or pie, or ice cream or *something* to armour yourself against what is about to follow, hurt or stressed feelings!

Once you've endured that conversation, pretty soon you are being quizzed by your perfect cousin about your life and your choices and isn't it easier just to take another piece of apple pie or cake? Yes! It is easier to eat which is why many of us make it through the holidays with fork in hand. We all have our issues with our families but we don't have to turn them into issues with our bodies, but so many of us do.

The worst part about being a prisoner of relatives is the not knowing when and it can feel that it may never end is not knowing when it will end. If you know being around your family triggers emotional upset inside you, why not give yourself a start and end time for the relative time. If you need to, tell yourself you only have to spend two or three hours at your festive event. That way, if you are having a good time (it could happen!) and you want to stay longer, it's a bonus. If you feel like even an hour is going to trigger you to overeat, drink too much, slip into depression; make yourself a deal, that for 'one hour I can have as much fruit and salad as I want!' Then I can treat myself to a piece of cake or chocolate or whatever you would like to eat or drink later. That way, when you just have to reach for something, you've already chosen a healthy option, but know you can have something you really want later and you won't eat to much of as you will have filled up on healthy food anyway. Asserting boundaries with yourself will only make everyone involved happier, whether they realise it or not.

If you are prepared for the pang in your stomach when you arrive at the festive celebration wherever it may be you're going to have a head start on the remedy, the answer comes in being centered, learning to accept that your there and you need to be there and then observation.

This means you can experience your feelings without becoming your feelings. So when your hair stands on end when your cousin arrives with your ex-boyfriend, or your mother, aunt or Grandmother start to ask questions you don't want to answer, or you here yourself being compared unfavorably to the perfect cousin or relation, instead of downing a whole bowl of chips or cream cake or 3 or more triple Gin and Tonic's, try to detach and watch the situation from above as though you are watching a play unfold. Feelings will pass through you and new feelings will come. Though you might feel like you are going to die, you're not, you will get through it. Detachment does not mean we don't care about what is going on in the world. Detachment does not mean coldness or hardness. It just means to stand back and observe for a moment. Detachment gives us that 'space of time' to create a measured response and not to be overruled by habitual reaction.

Finally though, don't get down or beat yourself up if you do stuff yourself silly or drink yourself to oblivion. Pick yourself up and give yourself a second chance to eat or drink reasonably at the next event, because if you stuff or drown all your feelings constantly, you'll miss out on the good ones too and there are more good feelings than rotten ones to be had.

Often the holidays and festive season and particularly the end of the year and start of the new year reminds us of goals or expectations that have not been met in our lives and the season takes on a judgmental element as a marker of time. So this time of gratitude for some, becomes a reminder of our imperfection in this world - goals unmet, challenges failed, relationships lost...

So many of us get so wrapped up in who and what we should be, or what people like our parents think we should be that we forget about being grateful for who we are and the life we have. We can get so caught up in wanting or thinking things could or should be better, that all those thoughts of wants or thinking consumes us, and everything else fades into the background, making us feel that we have less, or are less than the people who surround us. The holiday season is labeled as a giving time, and that naturally kicks the "want gene" into overdrive. When we spend our time focusing on all the things we don't have, there often isn't enough energy left to recognize all the things we do have.

It's a vicious cycle, but there is a simple solution, during this festive season, be thankful for the life that you have. It may not be perfect, but it's yours and only yours and no one can take that away from you, except death. Allow yourself a moment of quiet to just take in who you are at this moment in time, and let your mind revisit the journey that brought you here. Every action, every interaction all the things that have happened to you from birth good and bad, have all shaped you, formed you and brought you to now. Some memories are pleasant, that you may long to re live. Other memories will be painful, but embrace them anyway. Pain is the greatest teacher any of us will ever know. Be thankful for the lessons you've learned in your past and choose to remind yourself that you must first know heartache before you can experience joy.

Think about your life as if it were an unfinished picture on a computer screen - or an artists canvas, we all paint out our own life the canvas is our life. Every stroke that makes up the image is an experience you have already had. Out of the millions of pieces that are there, if you try, you will find that there is plenty to be grateful for. And because the picture isn't complete, you have the opportunity to reflect on a more perfect future and paint the picture / canvas just as you want it to be.

Action Challenge

- Instead of taking on a list of New Year's resolutions, swap it for a simple to-do list for the simple act of daily thanksgiving or showing gratitude.
- Take a moment each day to recognize that the ups and downs of life aren't what hold you back - they are what propel you forward. Give gratitude for all the good things in your life- write them down
- Appreciate the life you have lived and the years you have to look forward too, and you may find that the lessons of this are good to write in a journal and this will bring you closer to the life you wish to achieve throughout the year.

- Do something each day that makes you feel better about yourself, it can be as small as standing in front of the mirror and saying an affirmation such as I am beautiful just as I am
- Take a few minutes each day to sit in meditation and just 'be'

Good luck

Forthcoming workshops and Events –

Dates for 2009 to be announced soon.

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

December

Topic: Conscious Connections - Open Day
Location: Bahrain – Hani Gardens
Date / Time: 11th December 10am – 4pm
Contact: Karen Perry blues88@batelco.com.bh Tel. 973 39543127 or info@conscious-connections.com

Topic: Angelic Connections Expanding the Heart chakra 2 Day workshop –
Location: Bahrain – Hani Gardens
Date / Time: 12th 13th December
Contact: Karen Perry blues88@batelco.com.bh Tel. 973 39543127 or info@conscious-connections.com

Topic: Angelic Connections Expanding the Heart chakra 2 Day workshop
Location: Marina Hotel - Kuwait
Date / Time: December 19th 20th
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038 or info@conscious-connections.com

Conscious Connections Meditation CD's can be bought from:

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Noraini at Touch for Health Tel: +973 39246544

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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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