



What is Passion February 2008

Dear All,

February is again upon us and as usual we are saying where did January go?

Many changes are and have been taking place within and around us and it is taking time to come through it all.

Life has a habit of throwing unexpected challenges to us sometimes and it is not so easy to comprehend the why's and the how's of things, we just never really know what is around the corner do we? Sometimes it really pushes our belief systems to the limits and at times even over the edge. Sometimes it feels like you are digging in the dark, deep below the ground, unable to see the whole picture or the plan, when this happens the only thing we can do is place trust that all is how it should be and all will be well, and trust your feelings, for those are your best guides as you go forward and hopefully upwards. Painful as it can be, sometimes we just have to surrender and let go and wait for the daylight to come back and shine on us.

On the deeper level, you learn that you can't control the outcome of anything regardless of how smart, experienced, or hard-working, or loving you are; you can't force or push things to be any other the way than the way they are meant to be, even destiny. Even when you know things are not right in other quarters and you see people making mistakes or in denial about things around them, you just have to let them be and come through it all themselves, it is the only way, and you can only be there to support them if they need it.

You can only do your very best and then surrender the rest.

Worrying about things is no help to any one, as someone once said, 'Worrying is just negative goal setting'. How true that is.

In January we were busy in the Middle East with Frank Arjava Petter and his magical Reiki touch and teaching. He charmed all who met him and the workshops held were all very successful and booked out. Some really wonderful healings and happenings took place and it was a wonderful experience for us all.

We have sincere and deep apologies to make to those in Abu Dhabi for the cancellation of his trip to Abu Dhabi at such short notice. This was due to unavoidable circumstances and illness. It was a hard decision to make but one that had to be taken. We do hope that those who booked and were left disappointed understand how hard this decision was to make and apologies are given for the disappointment and any inconvenience caused. Thank you to Houry Pappins for her patience and her understanding as well.

Hopefully on his trip to the Middle East next year this will all be rectified.

We need to say some special thank you's to those who helped us in Bahrain particularly to Karen and Tom Perry who shared their home with us all, and gave so much of themselves into the bargain, not to mention their three little doggies who welcomed us all each day and who became so much a part of the proceedings. Both Karen and Tom

are very special people and made the Bahrain experience all the more special, especially with the treat of teaching spoon bending.

Early February will see us in Spain with Frank and Japanese Reiki Techniques. The rest of February and all of March will be quiet as it is time for us to take some time out and reflect and regain good health and well being which seems to be slipping due to the work load and fast growth of CC and no time for the self. So the decision of taking time out has been made out of necessity to keep our health and our sanity, and for some time for our personal self growth.

February brings Valentines Day, a day for showing how much you love and care about people etc. Even though to me and many others, the day is far too commercial, and in many ways gives out the wrong message, I do understand that it really is good to show love and be loved, not just to lovers and spouses but to friends as well.

However for many people who are already lonely, or feel unloved, perhaps going through broken relationships or indeed have no love in their lives, the hype and commercialism of the day causes these people even more sadness and suicide rates do tend to go up on this day.

Because of this may we remind you that if you do know someone who is desperately sad or lonely or grieving, or has no love in their life, or suffering from a broken relationship etc, perhaps show them some kindness on valentines day, a phone call, a text message, an email, a card, a bunch of flowers a box of chocolates or just some of your time, just something that lets them know that some where some one does care, it takes very little to make someone feel better about their life.

If you know you are the cause of someone's sadness perhaps you could even use the day to say sorry or to make contact in some way, or attempt to start to re build the relationship / friendship in some way. A little bit of love and kindness goes a long way. Often it just takes an apology which is sincere and from the heart and if they will listen an explanation, but only the truth will be sufficient, as people see through things that are not the whole truth.

It is also a good day for starting to re build relationships that have fallen apart or are under strain.

It is so sad that a relationship can fall apart and cause terrible pain and sadness and grief and anger just because of little misunderstandings or because one of the partnership will not listen to the other, or one thinks they are right and only their feelings matter etc. or they make life altering decisions that affect both parties in huge ways without talking to the other person concerned before making them etc etc. In all these instances talking would help greatly, it may take very little to start the repairs, if talking doesn't help you could try writing or sending a valentine card even an ecard. Friendships that have been close are always worth saving, and you never know the relationship could be renewed and grow in strength and understanding and take on a much more significant mature role in your life.

In circumstances like this choosing to love when you feel like it's the last thing in the world you want to (or can) do, is the ultimate life challenge and the rewards of getting this lesson far outweigh anything at all...anything.

Perhaps Valentines Day should be re sold and packaged as a day of love and care for all people and relationships, it would be far more appropriate and would help far more people and would spread love and happiness.

Whatever, enjoy the day for what it is, but if you do not receive a card or flowers or a text or telephone call, do not feel unworthy or unloved or that no one cares about you.

Tell us here at conscious connections and know that you always have a friend in us and we will always try to understand and help you if we can.

We would like to bring to your notice a great achievement of two of our very close good friends, Maggie Anderson and Kate Gammond, who have recently had their first book released called ' quintessential woman', it is about menopausal women and how menopause is dealt with in many cultures, it is for sale on Amazon.com, and will also be available at Bookcase and Jashanmals shortly. Congratulations for this great achievement and it is a great read for both women and men.

For those of you in Bahrain please remember Noraini at Brain body Dynamics is holding some great classes at her centre, email wadi@batelco.com.bh The team at World Beat fitness centre in Saar have some great events and always support the community, worldbeat@batelco.com.bh Lisa Kennedy is back in Bahrain teaching Indian Head Massage, lisajkennedy@yahoo.com and the Hoffman Process is returning, nasreentadayon@yahoo.co.uk. All these people support CC and the work that we do.

Just as Frank Arjava Petter is passionate about bringing and sharing Reiki to the whole world, many people we meet are passionate about their roles in the holistic world and making a positive difference to people's lives so this month's newsletter is about Passion, we do 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 - What is Passion?

Passion is a gift of the spirit combined with the totality of all the experiences we've lived through. It is something that gives us the power to live and communicate something which we feel is great.

Passion is most evident when the mind, body and spirit work together to create, develop and articulate or make manifest our feelings, ideas and most sacred values. It enables us to overcome obstacles (both real and imagined) and to see the world as a place full of wonderful potential. Some one with passion about something is able to look at every occurrence and see what can be, what should be or what will be.

Passion has its own energy, very real very observable and very transferable and at times addictive. The best thing about passion is you can't fake it! Anyone, with even only a bit of intuitiveness, would be able to spot someone faking it. We would and can sense a lack of sincerity or authenticity and depth of emotion, we would sense a lie.

Passion is a powerful tool in determining the authenticity of an individual. It supersedes the wants of expensive designer clothing and luxury goods and vehicles. It strips away the thin veil that separates what is said and what really is. The power of passion forces us to see others as who they are, who they are becoming. It could also show us who they are not.

When people are passionate about something it is almost infectious when they speak of it or show you.

Yet many men and women run from personal and professional passion because they're afraid of being burned or hurt or laughed at. Past relationships that ended in pain, trusts and confidences that were betrayed. Risks they took as they believed in something that untimely lead to reprimand and problems and being laughed at. They may have seen their visions and dreams suffocated beneath the negativity and soul less logic of the nay sayers, and overzealous and not so pleasant egos of others. They become afraid of taking the risks that come with living life to its fullest they loose their passions if indeed they had them. Most people have touched the fringes of true passion, even if only for the briefest of moments or a short time, often it comes at the most unexpected times in their lives. Yet many stay away from becoming passionate or being passionate about something they believe in, opting instead for a more predictable may be mundane or safe existence. They don't want to take a leap of faith and immerse themselves in the beauty of their deepest joys and motivations, they insist on hiding inside a safety bubble, a lifeless and colourless world where nothing new ever happens and the only thing that one can rely on is that tomorrow will be the same as yesterday, and that today will be more of the same.

Then there are others those with passion in their lives, they fight their causes the ones they believe in, they follow what makes them happy and many believe if you have no passion you have no life and you might as well be dead. Although few go on to say exactly what they mean by passion and so the word passion tends to then loosely and vaguely mixed with a variety of concepts including love and anger suffering and enthusiasm. If we think of the great musicians and artists that we all know and love, all of them had real passion, they lived and believed in the music and art and their abilities and they lived their lives for it. I know a great photographer and he is always telling me you can have passion without art, but you can not have art without passion. He loves and lives his work and it is very beautiful. Think of all the great world leaders and figures in history good or bad they all had passion, they believed and lived what they believed with passion, it drove them. What I believe is that what we all need and the world needs is a global return to passion and to basic spirituality and belief in ourselves and the right to owning and living those beliefs.

Wouldn't it be wonderful if we all could enjoy our lives and be receptive to experiencing every second of every hour, of every day to its fullest, enjoying our lives and knowing who we are and that we all have worth and we all have meaning and we all have the right to stand and be in our own 'I am' presence.

Can you imagine how much more meaningful our roles as parents, lovers, business owners, marketers, teachers and leaders (community, corporate and spiritual) would be if all of our actions were predicated upon our diverse passions?

Can you imagine a world where our marketing and sales strategies revolved around catering to the real needs of our customers' souls? If we only produced goods and service that contributed to our ability to live and communicate with passion?

Imagine a world where we lived for the moment and spent more time enjoying reality than trying to escape it. Imagine a place where we didn't need lawyers, or judges or psychologists to tell us that we have and we all have passion with in us.

So again what is passion? Beyond the physical and the emotional there is the 'spiritual'. Perhaps we may find the real meaning of passion in the territory of spirit.

The root meaning of enthusiasm lies in the Greek term '*entheos*' which describes the natural, unhindered energy of spirit. It means to be filled with the 'divine energy'. When our core energy, our spiritual energy, moves through us and out into the world in a natural, creative way, we experience and feel what is known as enthusiasm. We all know this experience. Think of a time when you were being creative. Notice your enthusiasm during the process. Notice your enthusiasm as you talk about your creative experience to others. And notice your enthusiasm to return to create some more. Notice how as you speak about that creative experience with enthusiasm how the people you are talking too actually really listen. All artists know this kind of enthusiasm and it means they have found their 'passion'

We are all artists as we all get to create our own lives. We do this by creating thoughts, decisions and building relationships with others. So why do so many of us lack enthusiasm in life, why the lack of 'a passion' for living. Because we learn to miscreate! We create desires, anger and sorrow instead, and it's these miscreations that kill our enthusiasm. They destroy our passion for living, and participating fully in our own life. As you can probably see, finding your passion in life, and therefore living enthusiastically, requires a degree of self-awareness and self-understanding not normally learned in most peoples lives. It means realizing life is a creative process in itself, and the energy required to fulfil that process is unlimited in supply within your own heart. When discovered you will know enthusiasm, you will be enthusiastic and others will see someone living their life 'with a passion'.

Wouldn't it be wonderful if we as a collective all made a great evolutionary step and started to realise that we can all step into our own 'I am' presence. And that it is ok to be at one with the world and be all that is; to experience and respond to our own feelings as well as those of others.

It should be a crime to bottle up passion you once felt as a young person so that you'll fit into a controlled corporate environment or circle of associates/ friends even your family. Passion shapes our existence, fuels the fires of inspiration and makes the heart and mind open to changes all around us. It is food for the soul, a spark that reilluminates our purpose and mission for being here. Passion is yours to experience and revel in. Passion is your birthright. It is within you. It is yours to discover and master.

Action Challenge

1. Make a list of things in life that you really believe in and would like to introduce into your life
2. Pick one of those things you are passionate about and start to live that passion
3. Stop bottling up your passion or belief; start to live the truth of you, who you are
4. Start to believe in yourself and your passion and stop conforming to the corporate world or those around you
5. Live your life with passion and enjoy it to the full.

February 2008 – Spain

Julie will be running the following workshops in partnership with Frank Arjava Petter during February 2008:

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 Call Tabitha on

Topic: The Legacy of Dr Usui
Location: Sol Andalusi Health and Spa Resort Alhaurin de la Torre near Malaga Spain
Date / Time: Friday 15 February
Cost: 35 euros

Topic: Japanese Reiki Techniques (2 Day Workshop)
Location: Sol Andalusi Health and Spa Resort Alhaurin de la Torre near Malaga, Spain
Date / Time: Saturday 16 & Sunday 17 February
Cost: 235 euros

The AbdulAziz Astrology Report

Due to commitments elsewhere, Abdulaziz has been unable to provide us with his astrology report for this month. Normal service will be resumed soon.

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

Bahrain Bookcase

Noraini at Touch for Health Tel: +973 39246544

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Spain Julie

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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