



Dear All

It seems very hard to believe that another year has passed and we are now in to 2008, how fast times seems to fly when you are having fun.

New Year traditionally is a time for starting afresh, bidding farewell to the past; a time for new beginnings and new starts in life. It is a time for changing old habits and making new ones. New Year has a message for each one of us. It is a time to let go of bad memories, to accept what has happened and start anew. It is a time to grow and to move on in life and enter the mystery of all that a New Year brings.

In this coming year, let us open our hearts and allow our lives to be touched by the Divine. Let us make an effort to bring a newness that is filled with the love of the divine source and influence our lives and those around us with love and peace, happiness, strength and wisdom.

Remember Dag Hammarskjöld's prayer ' *To everything that has been ...thanks. For everything that will be....Yes!*

2007 was a good year for Conscious Connections, we have moved from strength to strength and we thank you all, for we could not have done it without your unwavering support and encouragement. We have been through some big changes and faced big challenges. We have, at times, been tested to our limits, but we didn't give up and we did come through. We have learnt much and are the stronger for it. 2008 will be an amazing year we are sure. We have met many wonderful new people over the year and have been in many new locations, and are being asked to go to several more. Our recent Christmas Angels workshops were sold out and we are only sorry we had no more time to run more. The first run of our new CD, Angelic Connections Volume 3, has sold out; we will be getting more printed as soon as we can. Our Stress Management workshops have been an amazing success reaching people in ways we never really imagined and are growing and evolving as we write this letter.

We have been guided in all sorts of ways, as each country we have worked in has needed very different things but the Angels have really shown us the way and they are still doing so. We would like to thank all those people who have helped us and also guided us and for those who also are given messages and guidance for us - you know who you are! We have truly been guided in everyway and in amazing ways by the Angels. When we have not listened or not heard, they really have got our attention in other ways.

We are very fortunate that we have Reiki Guru and accredited author Frank Arjava Petter with us in January in Bahrain and February Abu Dhabi, and in Spain. He will be facilitating Reiki, Family Constellations and meditation workshops. It is possible that he may also be with us in Cyprus in

April We will keep you posted Details of the other workshops are listed below and on the websites. Dates have been sent to our mailing list but we do suggest you book early as places are limited.

As 2008 begins why not take a little time to look back over 2007 and see how you have grown and evolved throughout the year, as well as looking at the outer changes, of clearing clutter and being financially more careful, dealing with stress and fears and worry and betrayal - tips from the newsletters. We can take all these tips into 2008, using them as a foundation for gaining inner strength and from the accomplishments you achieved ready for this next year of your life.

Please do stay in touch with us and keep all your wonderful feed back coming, we do like to hear from you. If you would like to see any particular topics covered in the newsletter please let us know. We are very open to suggestions.

For Bahrain, we would also like to remind you that Noraini is teaching some wonderful classes on Brain Gym and associated work at her centre in Budayia, contact [wadi@batelco.com.bh](mailto:wadi@batelco.com.bh). In Dubai, there will be a 'Rebonding the Body' workshop for women who have been abused, run By Andrea Anstiss, on the 1<sup>st</sup> February. Contact Andrea for further details on [andrea78@emirates.net.ae](mailto:andrea78@emirates.net.ae). Lisa Kennedy will also be running an Indian head massage course on the 7, 8 9<sup>th</sup> February. Contact [lisajkenedy@hotmail.com](mailto:lisajkenedy@hotmail.com) for more information.

As mentioned in the past, we are looking for stories on angels and the Divine to go into a book to help and encourage others. If you have stories of angels or divine intervention that you would like to share with us please do so. You can be named or choose to stay anonymous and we will let you know if we use them.

As it is the start of the New Year, why not start making changes in your life or doing things you want to do? So, this month's newsletter is about finding out what you want and how to start to get it. We hope you enjoy it.

May we wish you all a wonderful 2008

May you sense the infinite wonder of life, and remember one person makes all the difference..... and that person is **YOU!**

Angel blessings

*Julie and Steve*

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**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 – Knowing what you want and how to start to get it

How often do you feel like you want to make changes in your life but you aren't sure what they are or how to do it?

If you or a good friend or indeed anyone else asked you what you want from your life right now how would that make you feel? Would you even be able to answer it?

Try asking yourself right now and see how it feels, and see what answers you get.

It is very possible that this question would make you feel somewhat uncomfortable for a moment or two at least. If it did make you feel uncomfortable, ask yourself why. Was it because you don't really know what you want? Or are you too afraid to express what you really want, or to express your wildest dreams and desires just in case they never get full filled or they seem too unrealistic? Or, maybe you think they are silly or stupid?

The reason that question is so challenging is probably because it isn't a stand-alone enquiry or question. It brings many things to the surface of your emotions and many people have forgotten what their dreams, desires and wants as they live in a stress filled environment or have simply forgotten who they are due to all the restraints self imposed or not around them. In other words life has got in the way and they have forgotten who they are or what they would like.

If you can't answer the question straight away then you need to start looking at ways to do so. You can sit and think and contemplate; you can look back on old journals and see what it is or was you had always wanted or dreamed of; you can ask your friends and colleagues or even your parents what it was you used to say you wanted from life or dreamed of doing, having or owning etc.

Once you have discovered by these various and maybe other means what it is you really want, you will then need or want to take the right action to get it. So how do you do that and how do you achieve the results that you want?

You could do the following to find out what your real wishes or dreams are.

Make a list of three to five of your most wanted or burning desires or wishes. These could be something like, you want to lose 20 lbs in weight, go on an exotic holiday, buy a new home, move jobs, start a new relationship, start a business, take up a new hobby, write a book, find financial independence, sail around the world, climb a mountain, learn a new skill, learn a new hobby and so on.

Once you have done this, then ask yourself, if I do this or achieve this, what would this give me? Think about the things on your list and then for each one figure out what you would stand to gain from it. It could be that it would improve your health, help you find a new job, or would bring you peace of mind, or it could help you find inner peace, or improve your confidence or give you a sense of fulfillment etc.

Now ask your self - what do I need to start doing to make this happen or start it to happen in the next 12 months? Write down everything you need to start doing in order to make this happen. You may need some help on this you may need to ask a friend to help you - but a really true friend someone you can trust. If your desires are big things such as learning a new skill, changing your line of work, improving your health, or climbing a mountain, loosing 20lbs or gaining financial independence, then break down what you need to do in stages. Perhaps you could begin by finding out about a course or learning more about what you would need to do, or joining a slimming club, or cutting out sugar or alcohol, or getting fit. Try to focus on only one step at a time and one change at a time. Start allocating a little time each day to spend on yourself or your new project. Remember - you will need a start date, so why not start today? It's as good as any to start the planning!

Now that you know what it is you want and why you want it, then you will need to set up some strategies to help you to achieve it. You will need to use all your inbuilt skills, your full set of personal skills, the skills and resources and capabilities that have got you to where you are today. You yourself are already a huge resource. You have skills. We all have skills. They may be as simple as always making someone feel comfortable in your presence or the ability to smile at everyone you meet, or being a complete expert on a topic or incredibly gifted at something. They may seem insignificant because we are so familiar with them, but we all have skills and talents and no one should ever think they have not. Sometimes a talent that you have may not seem like a talent to you as it comes so natural to you. For example just making people feel at ease in you presence, baking a cake that people always want to eat, being able to talk to people of all age groups with complete ease.

If you asked a great chef how he or she makes a certain dish he or she may say "oh, I just take a bit of this and a bit of that and mix it all together and stick it in the oven", which would leave you non the wiser of how it is done. However, if you asked that person to slow down and then retrace their steps and stop them at each ingredient along the way you are very likely to discover their success strategy.

So, to create your own success strategy, take yourself back to a moment in time that you decided to do the thing that has given you your greatest success in life to date. Then cast your mind back and write down each and every step you took along the route to get you there. Think about what led you to finally decide that you had to or wanted to take that action.

It may have been a simple thought such as enough is enough, I have to do this, I want to do this, it is time to do this - and you have done it! It could be as simple as joining a slimming club, or changing your job, or moving house, or leaving a relationship.

Go back to that time and to that thought and write it down.

What was your goal? After that initial thought, you knew just what you wanted and that time you were determined to achieve it. You just had to act, it could have been something as simple as you could no longer fit into clothes in your wardrobe and you needed to do something about it, or you had just had enough of being taken advantage of by your boss or work colleagues or one too many

arguments with your partner, but it was enough to move you on and forward, to stop any more pain or emotions or feelings of boredom, or low self worth etc. What was your strategy at that time? Regardless of the outcome, your own personal strategy, the one that got you motivated and helped you achieve what you wanted to do? That personal strategy is in essence usually always the same and can be used for all your goals in life.

So, you have found your hidden talents and skills now you need to survive the danger zone.

As soon as you decide to make a change or changes in your life, you enter the danger zone. This is where the voice of self doubt starts to creep in and it is a wickedly strong voice and so good a giving you a reason or reasons not to do anything.

You need to take action quickly if you are going to get what it is what you want, and not let this voice of doubt creep in, because once you start listening to your negative thoughts they will kill your best intentions. It is vital that you tune in and hear them loud and clear and then address them head on in full and banish them.

Negative thoughts normally start with 'I can't as in "I can't spare the time", or 'I am Not' as in "I am not qualified". Ask yourself what you avoid by holding on to these self doubts. For example why do I avoid changing my job, or why do I avoid taking responsibility for my life?

Now think what will it cost you if you stay in your comfort zone. Will you get the peace of mind and the calm you are looking for, or the financial freedom, the partner to share your life with? You may avoid discomfort, but the cost of holding on to your complaints will loose you any chance of you getting what you really want.

You will need courage and willpower to achieve your goals, but you can do it. Keep you eye on your desired outcome, keep reminding yourself what your dream is, use all the tools you have around you and you will only meet success.

Getting what you want is a journey and who you become on the way is just as important as what you get at your destination. You will cause yourself a great deal of frustration if you forget to enjoy the here and the now, so remember to take time to appreciate what you already have, use that as a tool and create happiness on a daily basis. You will then create your success.

Make 2008 the start of the 'new' you.

### **Action Challenge - Create your own success strategy**

- Know what you want and your objective
- Do research if you need to do
- Practice and keep doing what it takes to get the result that you want
- Make time to achieve it and time for yourself
- Stay focused on the outcome
- Change any behaviours in yourself that would stop you achieving what you want
- Check and make sure you are getting what you want

- Take advice and ask for help if you need it
- Use Archangel Michael Angel Essence in meditation to help you cut through negative thoughts and patterns and fears
- Use a life coach if you are really struggling to find out what you want or need to do

Good Luck



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## January / February 2008 – Bahrain & Abu Dhabi

Julie will be running the following workshops in partnership with Frank Arjava Petter during January / 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](mailto:info@conscious-connections.com) or contact Karen on 00973 39543127 [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh)

**Topic:** Introduction to Frank Arjava Petter and the Legacy of Dr Usui  
**Location:** Bahrain Budayia  
**Date / Time:** Wednesday 16 January, 19:30 to 22:30  
**Cost:** 35/- BD

**Topic:** Jikiden Reiki – 5 Day Japanese Reiki Course  
**Location:** Bahrain Budayia  
**Date / Time:** Thursday 17 January to Monday 21 January  
**Cost:** 395/- BD

**Topic:** Family Constellations Workshop (3 Day Workshop)  
**Location:** Bahrain Budayia  
**Date / Time:** Tuesday 22 to Thursday 24 January  
**Cost:** 135/- BD

**Topic:** Meditation Retreat (1 + 1 Day Workshop)  
**Location:** Bahrain Budayia  
**Date / Time:** Friday 25 and Saturday 26 January  
**Cost:** 100 BD FOR 2 DAYS OR 55BD FOR ONE DAY

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ABU DHABI – FRANK ARJAVA PETTER - Contact [info@conscious-connections.com](mailto:info@conscious-connections.com) or Hourly Pappins [pappins@eim.ae](mailto:pappins@eim.ae) – [pappins@eim.ae](mailto:pappins@eim.ae) Tel 00971504457370

**Topic:** The Legacy of Dr Usui  
**Location:** Abu Dhabi  
**Date / Time:** Thursday Evening 31st January, 19:15 to 22:30  
**Cost:** Approx 350 AED TBC

**Topic:** Japanese Reiki Techniques (2 Day Workshop)  
**Location:** Abu Dhabi  
**Date / Time:** Friday 1st and Saturday 2nd February  
**Cost:** Approx 160~~00~~ AED TBC

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## 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](mailto:info@conscious-connections.com) OR Call Tabitha on

**Topic:** Meditation Retreat (1 + 1 Day Workshop)  
**Location:** Sol Andalusi Health and Spa Resort Alhaurin de la Torre near Malaga Spain  
**Date / Time:** Saturday 9 & Sunday 10 February  
**Cost:** 140 euros 2 days 75 euros one day

**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

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### 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 in the new year.

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

**Bahrain** Bookcase

Noraini at Touch for Health Tel: +973 39246544

**Cyprus** Steve

**Dubai** Jack Montgomery Tel: +971504585860

Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

**Kuwait** Hana Al-Ghanim halghanim1@yahoo.com

**Spain** Julie

### Angel Essences

**Bahrain** Julie

**Cyprus** Steve

**Dubai** Jack Montgomery, Tel: +971 504585860

Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

Bernadette King Turner, Art & Picture Framing Lamcy Plaza, Ground Floor

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Greece Mary Evans, [maryevans@stellarpathways.com](mailto:maryevans@stellarpathways.com)

Kuwait Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com)

Spain Julie

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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.

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 14 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.

#### **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.