



## Learning Patience

June 2008

Dear All

It is so hard to believe that we are now half way through 2008; I really am beginning to believe time really is speeding up. June brings summer solstice and midsummer night's eve, the longest day of the year in the northern hemisphere. With nature now in full bloom and temperatures rising, our natural reaction is to slow down, relax and spend time outdoors with family and friends, reconnecting with nature and with ourselves. Try to take some time out and listen to the beautiful sounds of nature, to the birds singing and just try to 'be'. You will benefit greatly. Just spending some time outside in nature helps to take away much stress from the mind and body.

Lots of letters are still coming in about the rekindling of friendships and reaching out to people, reconnecting or as you all like to say consciously connecting again. Two things that are repeated as reminders which are so important and so true, one is that often we know that we are not being told the truth. In many relationships or partnerships that go wrong or break down it is because one is not being told the truth. Somehow, the truth is all that is needed to be said. People instinctively know if they are being told the truth. There may be many reasons why they are not told but the truth is always the best policy.

If you have something to say to another make sure that it is absolutely true, absolutely necessary, and kind, otherwise don't say it.

The other subject that seems to come up and people seem to be writing about and is also good to remember is "Under the hardest shell is a person who wants to be appreciated and loved". Those that seem to care the least or give us the hardest time often really do not love themselves very much. They just want to be loved but put up barriers that make them seem tough as so often they have been hurt in the past and are frightened to let anyone in again to love them.

Let's carry on consciously reconnecting to people, remembering and taking time out for those who love us and whom we love. Find that extra moment or those few minutes to let them know they are cared about; saying sorry to those we may have hurt knowingly and unknowingly. It really isn't worth letting beautiful relationships and friendships slip away out of stubbornness or just not taking time etc etc.

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.

May was again busy, but fortunately, that now is a regular and wonderful thing for Conscious Connections. The workshops are all reaching different heights and so many new faces are joining us, which is just wonderful. It is really great to see so many men joining in and really taking everything on board. It is so wonderful to watch realisation occurring on their faces when the men speak up about what they see and feel; no longer feeling that they are being weak by admitting they see and speak to angels and other beings, or that they see and feel energy, that they are moved.

It will be down to them to help take spirituality into the work place. They can help make a difference.

So all you men out there who read this, speak up about what you see and hear and feel. Encourage your children to do so. Do not be ashamed of it or embarrassed and do not let anyone tell you any different. After all, energy is energy! We're all connected by energy, so why shouldn't we all see angels or spirits or other beings, no one person has a monopoly on any of these things, they are there for everyone.

June sees Stage One of the New Series of workshops "Healing Journey Through the Chakras", in Bahrain June 13<sup>th</sup> and 14<sup>th</sup> and in Kuwait June 20<sup>th</sup> 21<sup>st</sup>. It has been requested that these are also done elsewhere as in Dubai and Greece and dates are being discussed so we will advise you as soon as possible. The 3-part chakra series leads to an advanced Level 4 workshop which will be late 2009 and will be run by Julie and Frank Arjava Petter. Look on the website for details of these workshops if you have not already received them. Please do book early.

Also on the 15<sup>th</sup> and 16<sup>th</sup> of June for the 'first' time in Bahrain there will be a new crystal workshop East meets West Crystal and Crystals in Feng Shui'. Julie Lomas along with Janet Chua from 8 Mansions Feng Shui store will be running these jointly. Places are very limited and one workshop is already sold out, if you are interested please contact Janet Chua directly [eightmansions@batelco.com.bh](mailto:eightmansions@batelco.com.bh)

Frank Arjava Petter will be back in the Middle East in February 2009. Kuwait 10<sup>th</sup> - 18<sup>th</sup>, Bahrain 20<sup>th</sup> - 25<sup>th</sup>. He will be teaching Jikiden Reiki. Advance booking essential, for more details please contact [info@conscious-connections.com](mailto:info@conscious-connections.com)

The great news is on 30<sup>th</sup>, 31<sup>st</sup> October and 1<sup>st</sup> November 2009 for the first time in the Middle East in Kuwait will be held the first 'Crystals and Universal Energies Conference' 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, 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 1<sup>st</sup> November.

A friendly reminder too that if you are attending a workshop whether it be holistic or even in the workplace, do check that the person teaching it is qualified to do so and has valid qualifications. Ask where they trained, who with and even ask for copies of their credentials if you wish. A valid Teacher will be only too happy to show you their credentials. This cannot be stressed enough! Anyone or any workshop being promoted by Conscious Connections will be by professionally trained and extremely well-qualified people and the best in their fields of work.

Something that bears reminding is that Angels are here to help us all of us. So many people have written over the last few weeks, asking for help, with many different things and every single time the voice or message that has come has said just "ask" - tell them to ask directly. You have to remember to ask! Even those of us who see and work with them all the time sometimes forget to ask. It is all about the power of asking. Even in 'The Secret' the current bestselling book that everyone now talks about tells you it is all about asking.

You see, if you don't ask you don't receive, it really is that simple. The angels are here to help but they cannot read your mind. You have to be specific about what you're asking for, and low and behold! for sure you will get an answer. Sometimes you do not get it right away, and we do need to learn to be patient as everything comes in at the right time, but other times it is almost instant.

It is then your choice to hear it, see it, or indeed, follow it if it's guidance. So many of you have written back almost straight away saying you had been given a sign or a message or something that has helped.

So as part of the lesson of working with Angels or the universe in asking is then being patient for the answer to come or for what it is you have asked for. This month's newsletter is on 'Patience' - something most of us have trouble with at times.

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. Please check out the festival website on [www.spiritinathens.gr](http://www.spiritinathens.gr). For English language just click on the flag on the top right hand side of the page.

### Divine Blessings

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"An injured friend is the bitterest of foes". Try not to injure your friends, and take good care of them. I'm sure they'll be there for you when you need a hand or a shoulder to cry on.  
Zen quote from Jefferson,

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

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## Topic of the Month 'Learning Patience'

### Learning Patience

Have you ever pulled a "thought for the day" card or an Angel healing or Oracle card that says 'Patience' and you sighed and said, "oh no, not again!" and put it back, or rolled up your eyes and said just how long do I need to be patient? I am fed up being patient. I have been waiting for whatever it is for so long.

I have, and I am sure almost everyone else reading this has done so, or has at least cringed when they have been told at some point in their lives to be patient or have patience.

In a survey by a national newspaper they set out to discover why levels of anger were rising in the world. They found the main underlying cause was not having one's expectations and desires fulfilled... fast enough! Yes, fast enough! In other words, impatience with events, with governments, with other people, with delivery services, bus services, train services, Airlines, is the new variant of 'hurry sickness'. Perhaps it's not surprising considering the speed of modern life. The email addict is always looking for the next opportunity to access their inbox, the boss always wants everything done yesterday, the shareholders want their profits instantly, etc.

While most people might admit to being impatient in some area of their life, not many will know how to free themselves from their quickening anxieties. Many, if not most, would probably say that they would rather not be so impatient, that they do want to be more patient, but the only problem is they want whatever it is now! Obviously restoring a little more patience to your life will require some ... patience! Oh dear there is that dreaded word again! It cannot be avoided. We all need to be patient.

It is said patience is a virtue and a power too. Patience tells us that the journey of a thousand miles begins with a single step and that we get over there one step at a time. Patience teaches us not to rush. Knowing that there is a reason and a season for everything, it enables us to smile at the challenges, realising that there is an answer to every problem. And, even though we cannot see it yet there is awareness that within every crisis lays an opportunity.

It is said that patience is a reflection of the peaceful mind. A peaceful mind is able to cope with all situations without becoming disturbed and agitated. It calmly accepts the resolution of circumstances and, with this patience acquires the power to deal with all situations.

Patience is one of those virtues which can transform a moment of high anxiety into quiet relaxation, a rush of mental agitation into the smooth flowing river that life can be. In the presence of a patient person we are surrounded by an aura of calm as we are pulled into the tranquil light of their unhurriedness. Even when they are busy, the quality of their busy-ness still radiates patience. Perhaps the secret is to, "Adopt the pace of nature: her secret is patience". Nature is almost always patiently busy, either visibly or invisibly.

Have you ever played a waiting game? I am sure you all have, we learn to play it from childhood, and for some it is easier than for others. People often do it in their relationships. Sports teams sometimes do it during periods of the 'game'. Work teams do it when waiting for the right time. Have you ever consciously decided not to hurry something, somehow knowing, deep within, that everything will happen in the right way at the right time? The older and wiser and mellower amongst us tend to do it. Have you ever decided not to rush somewhere realising you cannot make yourself arrive faster than your mode of transport, and you cannot control what gets in the way? Bus and Taxi drivers learn to do it; even racing drivers have to do it.

So how can you be more patient? Can you just become a patient person? Can patience be a permanent thread woven through your personality? How do you create patience?

You could start with Visualisation. Being patient is a creative process. The first step is to admit and acknowledge your impatience is entirely your own creation. It's not the late train or failing delivery service, it's you that makes you impatient. You have created and sustained the 'trait', so you can create and sustain patience. And like all your other creations the process begins on the screen of your mind. That is where you conceive, believe and achieve patience 'in rehearsal', before you step onto the stage. That's where you create both the image and feeling of being patient. To do that, you will need to draw on a variety of inner resources and feelings available to us all at our core, one of those being 'Peace'.

Go with-in and 'feel' your 'inner peace'. This is the peace of your heart in your heart, the peace that can never be taken from you that is part of you, but which you can lose awareness of and most of us do or have done so very often. Peace is the foundation energy of patience. If you cannot draw on your inner peace, patience will be almost impossible. Meditation is the journey of no distance in one second into your spiritual heart (the heart of your consciousness) and an unlimited supply of pure peace.

The next thing is 'Acceptance' Your inner peace can only travel from your heart to your mind when you no longer want to change what is. The moment you accept everyone and everything as you find them, without any resistance, without judgment,

is the moment the power of love, your own love, all that is you from the core essence, are you then able to embrace life in its totality as it is. That alone is quite a challenge for many of us as we have a tendency to spend too much time and energy in our minds. It's there that we judge others and 'fix' the problems of the world, under the illusion that it's our job, and that we can! Even if we can't. With this peace and acceptance will then come 'Contentment'. Your peace and your acceptance are like two primary colours which, when mixed together, create contentment. You cannot be patient unless you are content in your self, with your self and with the world in this moment now. This also requires the realisation that there is only now. Only then will all attempts to escape into the future or hide in the past, come to an end. This is at times so very very hard to do, and most of us if not all of us, struggle with it at times. Then, in this quiet place of contentment, which as you will realise is neither passive or submissive, but very alert and very available to us, will you then hear and feel the wisdom that comes from the truth you already hold deep in your heart, because you 'know' all is well and will continue to be so, and so your 'Faith' in life will emerge and you will know all is unfolding as it should be, and you will find in that your spiritual freedom. This marks the end of desire, the death of craving (for anything). Impatience is the absence of faith, the confidence that life will show up with exactly what you need when you need it to simply live. Once you fully realise and 'feel' this you then know all that you ever needed is already within you. Life will cease to be about waiting impatiently for what you want or expect. Faith does not depend on a clever head, only belief: belief in the self and the strength that lies within. Faith is the seed of victory and the foundation of making the impossible possible.

Impatience makes us 'a patient' in life. It means one of the above ingredients is temporarily missing. Each ingredient is always present within our being, but they are temporarily lost to our awareness. Until your patience is restored, life itself is a healing process. Each moment you attempt to force an outcome, each moment of anxious waiting or expectant desire, is simply deepening a wound that will eventually require the balm of peace and the acceptance that comes from love.

Perhaps the most valuable lesson of the virtue of patience is its ability to bring wisdom back to life. In most western cultures, when things appear to be going wrong, we have the tendency to shout, "Don't just sit there, do something!" Where as, in the ancient east there was the tendency to whisper, "Don't just do something, sit there." In such moments we are acknowledging the need to allow a deeper wisdom to inform our responses, and not allow knee-jerk reactions to rule our minds and hearts. Wisdom however, does not appear in the auditorium of our consciousness on demand. An invitation must be sent to our heart, and then a patient wait is required before a reply is received. Perhaps this is why the wise and the patient know that patience and wisdom are both the best of friends and inseparable companions.

### **Action Challenge**

- Think about what areas of your life are you currently impatient with and why? Write them down now.
- Which of the above ingredients of patience do you think are missing most?
- Then take each one of the above on separate days during the coming month and contemplate it, reflect on it, explore its meaning and see what it awakens, shifts and heals within you.
- By writing them down along with any other issue that might come up for you, you will begin to see how patient you can become in that time.
- Take some time out and meditate.

Good luck

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## 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](mailto:info@conscious-connections.com) Or the email address listed with each workshop**

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### Kuwait and Bahrain – workshops June 2008

#### June

**Topic:** Healing the Self - 'A Healing Journey Through the Chakras' Pt. 1  
2 Day workshop – **New 3-Part Series**  
**Location:** Bahrain – Hani Gardens  
**Date / Time:** June 13<sup>th</sup> and 14<sup>th</sup> 10:00 am to 5:00 pm  
**Contact** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh)

**Topic:** First time in Bahrain  
East Meets West Crystals and Crystals in Feng Shui

**Location:** With Julie Lomas and Janet Chua  
Bahrain – Eight Mansions, Budaiya  
**Date / Time:** Mornings 15<sup>th</sup> June and 16<sup>th</sup> June 9am to 1pm  
**Contact** Janet Chua [eightmansions@batelco.com.bh](mailto:eightmansions@batelco.com.bh)

**Topic:** Healing the Self - 'A Healing Journey through the Chakras' Pt. 1  
2 Day workshop – **New 3-Part Series**  
**Location:** Kuwait – Marina Hotel  
**Date / Time:** 20<sup>th</sup> and 21<sup>st</sup> June  
**Contact** Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com)

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### 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 16<sup>th</sup> – 21<sup>st</sup>  
**Contact** Paschalis Kazakopoulos [info@angelicreiki.eu](mailto:info@angelicreiki.eu), [angelreiki2004@yahoo.gr](mailto:angelreiki2004@yahoo.gr)

See website [www.spiritofathens.gr](http://www.spiritofathens.gr)

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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

or Karen Perry - [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) +973 39543127

**Cyprus** Steve – [steve@conscious-connections.com](mailto:steve@conscious-connections.com)

**Dubai** Jack Montgomery Tel: +971504585860

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

**Spain** Julie - [Julie@conscious-connections.com](mailto:Julie@conscious-connections.com)

### **Angel Essences**

**Bahrain** Julie or Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh)

**Cyprus** Steve - [steve@conscious-connections.com](mailto:steve@conscious-connections.com)

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**Spain** Julie - [Julie@conscious-connections.com](mailto: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.

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