



## What is Trust March 2008

Dear All,

Spring is almost here, and spring is about new beginnings and clearing out the old to make room for the new. Traditionally the spring equinox is a time of renewal and rejuvenation and expectation. It celebrates the renewed life of the earth and is marked when the length of day and night are equal. It has been celebrated in the form of Easter or pagan festivities.

At spring equinox the restricting influences of winter start to fade and nature blooms again. People who have been tucked away in their houses for the winter begin to work together again, whether it is tending crops or starting a new project or rekindling a sense of community spirit. It is a time to move forward again. The good weather makes you feel better and you can get outside and connect with the earth and just 'be'.

Happy Easter and Happy Spring to you all, and perhaps we should say Happy Autumn to those in the Southern Hemisphere!

Last months newsletter about reaching out to people on Valentines Day brought lots of letters from readers who tried and the great results they had. Thank you for the feedback.

All healthy relationships have their ups and downs, arguments and disagreements, whether it is between spouses, partners, or friends. To never have a disagreement or argument of any kind in any relationship would not be normal. Just keep remembering to respect the other people and their feelings and meet each other at least half way during these times and the world will become a happier place. So just because you reached out on that one day and it did or didn't work, don't wait until next year to do it again, why not reach out more often and also remember all relationships need working at all the time, all relationships are two way streets and there should be give and take by both parties.

A few people wrote saying how they had been trampled on or let down or trust betrayed or broken by friends or colleagues stepping on them or over them or using them to attain their own goals or purpose with no thought or consideration of them, or even stealing their work and ideas etc etc. Then not speaking to them again, because the other was upset, or spoke out etc etc

There is a saying and part of spiritual teachings that says 'You are entitled to achieve your goals and aspirations as long as you don't take unfair advantage of someone else.'

I had the privilege to attend a crystal conference in the UK in February; the first officially held in the UK. The speakers were Hazel Raven who of course is one of my teachers, mentors and good friend ( [www.hazelraven.com](http://www.hazelraven.com) ) , Judy Hall (Crystal Bible amongst many other books [www.judyhall.co.uk](http://www.judyhall.co.uk) ) and Sue and Simon Lilly ([www.lilly-lilly.co.uk](http://www.lilly-lilly.co.uk)). All of them have done wonderful work in the holistic fields of crystals, astrology, angels and more. To have them all together speaking at one event was a wonderful experience and I was so inspired by it and feel truly blessed to have been able to attend. We did some amazing work and learned some amazing things, it was wonderful to be in such a loving space with such wonderful people.

Now the good news for all is that in 2009 all these wonderful people have agreed to come to the Middle East and Greece to hold some workshops for us all. We are already planning the dates for Kuwait and they will also coming to Bahrain. For Hazel it will probably be May or June time, Judy Hall September or October time; the Lilly's somewhere in-between. In addition to this we also will have Frank Arjava Petter returning to Bahrain and to Kuwait in the early part of the New Year. All details of dates and what they will be holding workshops on will be passed to you as soon as they are finalised. This will be a wonderful opportunity for everyone.

In August I will be speaking at the Spiritual Awakening Festival in Sounio, near Athens Greece. This will be a wonderful event and for those of you wondering where to go for the summer maybe a trip to Greece could be your answer, but it would be worth a visit for a few days, to meet with many like minded and spiritual people and to experience the festival and the workshops. 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. There will be some wonderful international speakers on diverse subjects and all the speakers are running workshops.

Listed on the events and workshop part of the newsletter are details of workshops to be held in April, May, and June in The Middle East and Greece. Some dates and details are not quite final but will be sent as soon as possible.

By popular request there is a return to crystal awareness workshops. In Kuwait, there will be a new series of workshops on Chakras for a deep healing experience and learning, using crystals, essences, meditation and visualisation.

Our great Friends Maggie Anderson and Kate Gammond who have written or co/authored their book Quintessential Woman will be doing book signings soon in Bahrain, but until then you can buy it in 'Bookcase' Bahrain, soon to be in Jashnmals and on Amazon ( [www.what-do-we-know.co.uk](http://www.what-do-we-know.co.uk) ). They do request feed back for it.

Please do keep feed back coming, it is always great to hear from you, and keep us posted on the happenings in the holistic world around the Middle East.

This month's newsletter is on Trust, Trust seems to be a word so often used and so often we cringe when we hear it. How often have you picked the Angel cards and got the card 'Trust' and you have said "oh no not again"? How often do you ask for a message or a sign from the Angels or from above and you're told 'Trust' and you wonder how on earth you are supposed to do that when everything seems to be going wrong or not how you wish them to go.

Almost all of us will have had our trust broken at times in our lives, so often by those you least expect it from, broken trust can be deeply hurtful and often people never get over it. But we all need to trust or we can't ever really move on or really live at all.

What we all need to do is trust, trust that we are all where we should be right now this moment and that all will work out just as it should do. Trust that everything happens for a reason and lessons are to be learnt and growth within the self can happen.

Finally after the reaching out to long lost or estranged friends and family last month, lets try to carry on with that spirit of kindness and understanding and be kinder than necessary, for everyone you meet is fighting some kind of battle. Live simply, Love generously, and Care deeply, Speak kindly..... Life isn't about waiting for the storm to pass...life is for enjoying and living and being good to each other and to yourselves.

## Angel Blessings

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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."

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## Topic of the Month – What is Trust

How often have you heard the lines: Trust me; Do you Trust me?; I trusted you and you broke my heart; I trusted you and you let me down; I would only trust him/her as far as I could see them.

Everyday sayings. Trust is what life and relationships are all about.

Trust is the key ingredient in communications and in good successful and healthy relationships. With it we are able to achieve greater success in a shorter time and without it no one truly wins.

To not trust, means to doubt and many a great empires have fallen due to doubt and mistrust. People have the need to trust – an ideal is to “trust until proven wrong”. Spirituality reminds us that trust is innate, however from our experiences most of us trust conditionally not unconditionally. The majority of people if not all reading this will at sometime had their trust of someone or something violated. The pain of the betrayal of trust is usually deep and the effects can and often do last a life time.

We are constantly employing trust consciously or unconsciously and we need to continue to do so if we are to bring any significant change within ourselves and in our world.

Trust is a journey in itself. We all start off by trusting – as innocent children we trusted everything and everyone. As adults, we tend to take the side of caution and trust based on a condition. So what changed? What caused us to digress from the pure feelings of trust?

Trust never comes alone; it is always escorted with other qualities such as humility, respect and forgiveness. Spirituality advocates trust filled with love and compassion. The harsh realities that knock our trust need to be reflected upon from a spiritual perspective, a place within that is safe and secure, where you trust yourself. The question that will then arise will be not whether I can trust others but also whether I can trust myself as well.

To trust does not mean to lose control; rather we work with a greater confidence in ourselves and others, understanding that our efforts together will indeed bring about success. Too much trust in the self turns into an ego trip, in which no one wants to accompany me. And too little makes me hopeless, again another lonely journey.

Calculating the right dosage of trust seems to be our daily challenge. How much to trust myself, others, the universe, the divine, the environment, the animal kingdom etc.? In fact trust need not be measured. We either trust or we don't; there is no mid-way house. When we send out the energy of trust into the universe, it reciprocates bountifully and funnily enough, we start to trust ourselves once again!

But for many to trust again after they have had their trust broken or destroyed etc to try to trust is a very difficult thing to do, so let's look at some of the aspects of trust.

### What is trust?

- Letting others know your feelings, emotions and reactions, and having the confidence in them to respect you and to not take advantage of you.

- Sharing your inner feelings and thoughts with others with the belief that they will not spread them indiscriminately.
- Placing confidence in others so that they will be supportive and reinforcing of you, even if you let down your "strong" mask and show your weaknesses.
- Assuming that others will not intentionally hurt or abuse you if you should make an error or a mistake.
- The inner sense of acceptance you have of others with whom you are able to share secrets, knowing they are safe.
- The sense that things are fine; that nothing can disrupt the bond between you and the other.
- The ability to let others into your life so that you and they can create a relationship built on an understanding of mutual respect, caring, and concern to assist one another in growing and maturing independently. in other words built on 'trust'
- Opening yourself up to let others in on your background, problems, concerns, and mistakes with the assurance that they will not ostracize you because of these things.
- The act of placing yourself in the vulnerable position of relying on others to treat you in a fair, open, and honest way.

### Why do people have trouble developing trust in others?

Very often people who experienced a great deal of emotional and/or physical abuse and/or neglect (often from childhood) will have problems trusting. Other reasons could be:

- They have been chronically put down for the way they feel or for what they believe.
- They may have been emotionally hurt in the past and are not willing to risk getting hurt in the future
- They may have had problem relationships in the past where they were belittled, misunderstood, or ignored
- Experienced the loss of a loved one through death. They can get so caught up in unresolved grief that they are unable to open themselves up to others, fearing they will be left alone again due to death, or, abandonment. This often happens in childhood the early loss of a parent for example.
- Experienced a hostile or bitter divorce, separation, or end of a relationship. They may be unable to believe anyone who opens up to them in a new, committed relationship.
- Experienced a great deal of pain at the hands of another. Even if the other finally recognizes and accepts the responsibility to change such behaviour, the person fears that if they let their guard down, the pain and hurt will begin again.
- Low self-esteem and they cannot believe that they are deserving of the attention, care, and concern of anyone. They have problems even trusting the positive, healthy, and reinforcing behaviour of another who is sincere.
- Believe because of past experience you always get hurt by the ones you love.

Some of the reasons for these fears and thoughts will be their own belief system and their experience of the world and perhaps their life so far - their map of the world.

To get over broken trust or to start trying to trust or build trust again we need to start to develop a different attitude, we need to try to believe or hope in the goodness of mankind, for without such hope people can become emotionally stuck, reclusive, and isolated. Hope in goodness is a change of thought process based on the willingness to take a risk that all people are not evil, bad, or ill-willed.

They need to somehow learn to have faith again in the fairness of life. Re build their belief system in a more positive way and be encouraged to believe that there is a power greater than the self, a spiritual power of greater strength, wisdom, and knowledge than them. Rather than believing that they are 100% in control of their destiny, belief in a spiritual power will enable them to let go of guilt, and anger.

They need to try to let go of fears. Fear restricts your actions with others. Letting go frees you of behavioural constraints that can immobilize your emotional development. Fears are blocks to the development of trust in relationships and can impede relationship growth if not given appropriate attention.

They need to learn to Accept who they are and that they are perfect just as they are. Self-acceptance through self-affirmation and self-love is a key to the development of trust.

Trust also brings up 'Trustworthiness' some people and some schools of thought say that trustworthiness is a virtue, sometimes, we think of trustworthiness as a character trait that virtuous people possess, it is thought that to be fully trustworthy, one must have a disposition to be trustworthy toward everyone, that a trustworthy person is "*one who can be counted on*", or trustworthy people are as dependable as they are as it is ingrained in their character. However I am sure many of you have been with or met or thought the person you knew to be the most trustworthy person in the world only to be let down by them or had your trust violated by them, so this then would not be true.

Trustworthiness and its implications is a whole other and very deep subject which we won't deal with now.

### Action Challenge – Action Points to Try to Regain Trust

- Write down where you are lacking trust, is it a person, persons, your self? Is it a group or is it even institutions etc, write the reason/s.
- How does this lack of trust manifest, what does it look like /feel like what feelings does it generate within me
- What beliefs do I hold that are behind my lack of trust in the persons, groups, or institutions
- What new behaviour trait/s do I need to acquire or develop in order to develop trust in the person, group, or institution listed.
- Do I hold irrational beliefs about any of these? If so look at them and then let them go
- **Try Letter writing:** To a person you have problems trusting, write a letter listing your reasons for the lack of trust, list the feelings and beliefs that block your trust, and ask the person to understand and assist you in this problem. Tell the person what you are willing to do and to commit to in order to change this situation. Also, tell the person what you are unwilling to do because of your personal integrity. Once you have written the letter you have three choices: (1) send it, (2) save it, or (3) rip it up and throw it away. No matter what your choice is, you have spent the time to think out this problem and have identified your feelings, beliefs, and the behaviour involved. You have cleared your own "air waves" even if you never send the letter.
- **Trust talk:** Ask the individual you have been having problems trusting to share at least ninety minutes together and talk things through.
- Take a self development course or look on the Internet for a website pertaining to trusting again.

Good Luck

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## Forthcoming workshops and Events – Kuwait and Bahrain

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 workshops**

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### Bahrain – Workshops – April

- Topic:** Introduction talk on Julie and the coming workshops and visitors such as Hazel Raven and Judy Hall, Frank Arjava Petter, to the Middle East in the coming year  
**Location:** Bahrain  
**Date / Time:** April 17<sup>th</sup> – 19.30 – 20.45  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh)
- Topic:** Introduction to Crystals and Crystal Awareness 2 day Workshop  
**Location:** Bahrain  
**Date / Time:** April 18<sup>th</sup> and 19<sup>th</sup>  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh)
- Topic:** Angelic Connection  
**Location:** Bahrain  
**Date / Time:** April 20<sup>th</sup> Morning and Evening workshops Details TBA  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh)
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### Kuwait - workshops April, May, June 2008

#### April

- Topic:** Introductory Talk about The Work of Julie and Conscious Connections  
**Location:** Kuwait  
**Date / Time:** 23<sup>rd</sup> April - Evening 19.00  
**Contact:** Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com)
- Topic:** Introduction to Crystals and Crystal Awareness 2 day Workshop  
**Location:** Kuwait  
**Date / Time:** 25<sup>th</sup> and 26<sup>th</sup> April  
**Contact:** Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com)

#### May

- Topic:** Angelic Enlightenment, Connecting to and working with the Angelic Realms for healing and self discovery  
**Location:** Kuwait  
**Date / Time:** May 9<sup>th</sup> and 10<sup>th</sup> May  
**Contact:** Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com)

#### June

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

## May 2008 – Greece

**Topic:** Archangel Zadkiel and the Violet flame from transformation and Joy workshop and self awareness  
**Location:** Stellar house – Saronida Nr Athens Greece  
**Date / Time:** May 17<sup>th</sup> and 18<sup>th</sup>

**Contact** Mary Evans [maryevans@stellarpathways.com](mailto:maryevans@stellarpathways.com).

**Topic:** Angelic Enlightenment – With Archangel Sandalphon and Archangel Metatron - Spiritual Enlightenment and cosmic consciousness  
**Location:** Stellar house – Saronida Nr Athens Greece  
**Date / Time:** May 18<sup>th</sup>  
**Contact** Mary Evans [maryevans@stellarpathways.com](mailto:maryevans@stellarpathways.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)

**Cyprus** Steve

**Dubai** Jack Montgomery Tel: +971504585860  
Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

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

**Spain** Julie

## 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)

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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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