



Dying The Beginning and The End May 2008

Dear All,

May is upon us and many of you will possibly have participated in May Day celebrations at some time in your lives. May 1st was known as 'Beltane' in the old traditions and nowadays as May Day or a celebration of labour. It is/was the celebration of the the start of summer, the crop and pasturing season and of fertility. The Beltane fires use to be lit and the maypole danced around to celebrate fertility and the earth's abundance. I remember as a child running out of the house at dawn to wash my face in the dew in the grass in the belief it would make me eternally beautiful and the fairies would be there to watch and play. A fun memory from childhood of which I am sure many of you will share.

For Conscious Connections, things are very fertile indeed. May will see the first 'open workshops' in Kuwait for 'Angelic Connections' which is truly wonderful; these start next week see the website for details. www.conscious-connections.com

It may be good to remind you that Angels are energy, energy that is all around us and for all of us, that we are all interlinked in some way by universal energy. Some dismiss this as imagination and others ridicule it.

Even those that have experienced and seen it sometimes do this and this makes it hard for others around and who have been part of it to believe or to say what they see and hear and feel. It causes anguish and grief and emotional pain and causes people to question what is there for all and if indeed they are going batty or loosing their minds for seeing and sensing hearing and feeling.

It is part of the cause of the problems of the world and the spirituality of the world. These things need to be spoken about and shared, in the belief that it will be taken to all levels of life and society including the corporate world soon. Do not be afraid to speak about it and what you see. Do not let materilism take over or embarrassment, or social conditioning, or illogical thinking; it is covering up these things and beliefs that have caused the misunderstanding of such things in the first place.

Please let us have more men coming out and speaking up and saying what it is they see and feel and hear. There is nothing to be embarrassed about, embrace what is there and show the others the way. It is sad when you know and see men feeling, seeing, sensing and knowing and talking and sharing and even teaching spirituality then shunning it all later, as if it is not the male thing to do, or is not acceptable, or not the correct thing to do, or two demeaning. If men can not speak out about it especially in the work place then what hope is there for the word and message to go forward. If men who know about and have experienced or experience these things don't speak up, then things will not change and that is a very sad thought. So men if you see or feel or experience Angels or other spiritual beings of light, stand up and say so and let's see how many more will then admit that they do too.

At the end of the day on your final day, the goal setting and making more money and gaining more material things and possessions in life will be of no help, you can not take these things with you to the next phase. You can however have an easier passing when you accept and understand we are all part of the energy of the universe.

The response from the crystal workshops last month, the 'back to basics' were very well received and brought many new faces to the workshops and the continued growth for all. It was wonderful to meet you all and to know many of you will be returning and have already booked for the next round of workshops. Also in Bahrain in June in conjunction with the beautiful new Fengshui Shop '8 mansions' in the Country Mall, Budayia there will be some additional Crystal Awareness workshops, dates will be announced soon.

Violet Flame and Cosmic Consciousness workshops are also being held in Greece in May for those who may not have received the emails.

June will also see the start of a new '3 part' series of 'chakra healing and energy expansion' workshops, to be held in Bahrain and in Kuwait, details will be sent soon.

All workshop details will be listed on the website.

Frank Arjava Petter the Reiki Guru will be back in Bahrain and in Kuwait the first 2 weeks of February 2009. Later in the year we will have Hazel Raven, Sue and Simon Lilly, and Judy Hall all joining us in Kuwait and Bahrain, dates yet to be decided.

For those of you waiting all Angel spray essences are now in stock with Karen in Bahrain and Hanaa in Kuwait.

Last month's newsletter on 'being sad' bought many letters, from many of you who have suffered depression or are suffering from it and the fact that the media and all around insist we should be happy does not help. Yes it really is 'ok' to be 'sad' let it happen and accept and grieve for whatever you need to grieve for. You are not wrong for being sad as long as everything is in balance and it does not consume you totally for too long.

This month's topic of the month is about 'Dying' a subject many will not speak about. Many of you in Bahrain will remember my very close friend Kim Brewer and husband Tony, Kim and I set out on this spiritual path together in Bahrain and made many great strides. Kim and Tony moved back to the USA 5 years ago. Tony passed away last week, after a long and brave struggle with lymphoma. He was still a young man.

It made me think about death and how we handle it or so often do not face it or deal with it. Yet it is the only sure thing in life that we will all meet death at some point. Families and friends are all about living, loving and compassion, in the face of all that we find death difficult to embrace. What a difference it makes to ease a loved one's transition! and how it in turn helps us ourselves.

Tony had an interesting life and was a very gentle soul, at times Tony struggled with some of the things that are mentioned in the newsletter to follow and this is what prompted me to write. He was much loved and will be greatly missed by Kim and daughter Jessica, son Benjamin and his family and friends. He is resting in a wonderful place now.

It also reminded me of just how important it is that we really make the most of the time that we have to make a lasting difference. One way that that we can do that is through making appreciation a "common" practice. Keep with your friends and family, tell them often how much you love and care for them and don't take people for granted ever, for they may not be there tomorrow.

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 . 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

Topic of the Month 'Dying' – The Beginning and the end

Contrary to general perception and popular opinion contemplating death is not an exclusive task of morbid minds. Death comes to us all, there is no way out, yet ironically we are completely unprepared for this inevitable fact of life. We, for the most part brush the thought of it aside, we laugh at it, pretend it won't come to us, or at least not too soon. One certainty about death is the uncertainty of how it will come to us and when, the best technology and medical care may prolong life, but it can never prevent death. The next life may arrive more quickly than tomorrow we just don't know when.

Dying isn't an easy subject for most of us. As we watch others 'pass on', in fiction or in reality, we often see the agony and suffering that seems to be part of the process of dying. We are reluctant to give thinking time to what, even in 'old age', can seem a far distant moment, too far away to think about youth precedes old age, sickness often lurks behind good health, suffering is so intertwined with happiness, death always trails behind birth, we all know that death is inevitable, and a moment that must come. Death has been called our greatest fear. But why do we fear what we know is inevitable? Is it because we fear the unknown beyond the moment of dying? But how can we fear what we do not know? More likely it is fear of losing what we already know or what we have already accumulated in the form of experiences, people or things.

Those of a spiritual inclination have much less fear of dying. Either intellectually or perhaps through a meditative experience, they have realized that death is an illusion to an enlightened soul. To them death only happens to the body, while spirit, the dweller, simply moves on to a new dwelling! They often say that birth and death do not exist, they are just a cycle of change, as a cocoon does not die it transforms into a butterfly, withered leaves blend back into the soil, there is no one who dies and no one is born, so ultimately when there is no birth how can there be death?

These spiritually enlightened people say they can embrace death. How well they do embrace it will only be known when the time comes to move on. The moment of truth comes when they are faced with leaving their body and everything else behind. The ease of transition will be defined by how attached they still are to anything that is not them.

One particular spiritual philosophy suggests an interesting approach to dying when it says, "If you die before you die then when you die you don't die". This simply means if you 'let go' of everything you have become attached to in your life, before the moment comes to leave your body, including letting go of your body, you will find dying an easy and pain free transition. At the heart of this idea is the art of detachment. It means learning to change your relationship with the world, with people and all the 'stuff' you may have accumulated.

Instead of being attached to the world, which is another way of saying 'instead of making your happiness dependent on something outside your self', it is recommended you detach, which means learning to source your peace and happiness from the world within your own spirit, your own consciousness, your self. Moving into and living from this kind of detachment is known as 'dying alive'. We all learn to become attached to many kinds of possessions, from things to people, from memories to places. When you become attached to anything you become a slave to the object of your attachment, hence the saying. "You don't have possessions, your possessions have you". And when you become a slave to anything it means you are not free,

and when you are not free you cannot be happy. Hence the illusive nature of human happiness for most people today.

It makes double sense therefore to learn the art of detachment. On the one hand it is a preparation for the inevitable moment to 'move house'! But more importantly it is essential to the restoration of true and stable happiness, right now, today. Of course learning to totally detach is hard and for many of us at times almost impossible or so it seems, and social conditioning and social values of today and ownership of all possible material things makes it a hard to learn art.

By learning to detach however we may then learn to view death in the most positive light, as a gift. Who would truly want to live for a thousand years or more? Seeing death as a gift can help us view the passing of others in a more accepting and natural way. Instead of being consumed by our own sorrow, and grief and sadness we can be more available to make their inevitable transition easier on them and on ourselves. In the process we may also come to understand why some cultures actually celebrate the departure of loved ones.

However if death is a gift, it is a gift that must not be taken before it is time to receive it. To do so is to deny the greatest gift of all which is life itself and the opportunity to live a full life, a creative life, a purposeful life, a life that makes a difference in a positive way to others, even at times in the presence of the greatest pain and suffering as valuable life lessons and clearance of karmic issues can be gained. It is very important also to understand that this gift of death is a gift that no one has the right to give to another. To do so is to turn ones own life into a living death, otherwise known as the 'agony of conscience'.

Learning to detach is not easy, and many of us carry our family, friends, property, possessions and dreams everywhere. Often our shoulders stoop lower and lower as the years go by and the burden of all these things gets heavier and heavier, and we often adamantly refuse to lay the burden down, even though we know we should.

So enjoy your life and all its lessons, make the most of all you have, do not be unhappy for the possessions you do not have and think will make you happy, happiness is only found within the self, and with learning the art of detachment and understanding and accepting the inevitability of death can you grow and understand the cycle of life and the universal life force of which we have no control over.

Preparation for Death:

To make life a little less burdensome and worrisome for you and your loved ones why not think of a few things ahead of time, there is no time quite like the present for doing this, so that if death does come quicker than tomorrow for we never know when it will show, at least some of your earthly burdens and worries will have been detached from you and for those loved ones left behind. Anyone can do this.

- Get a piece of paper and pen and reflect on your past life, then think as if you were approaching your last days ask yourself what do you want to leave behind, and who would you delegate tasks too.
- How would you want your assets, possessions, savings, funds, stocks shares etc to be divided and to whom, so make a 'will'.
- How do you want family members to lead their lives (bearing in mind that all are free spirits and they should not be left with something that to them could be a burden later and stop them enjoying their own life with love and freedom of thought).
- Are there are specific tasks that you would like them to carry on doing or perhaps consider doing
- How would you want your own work to be continued or your memory to be held?
- How would you like your family or medical doctors and experts handle your life and your body if you are no longer in a state to communicate your wishes, if you become paralysed or unconscious etc, what would you want or not want.

- Would you wish to donate your body organs?
- Who in an emergency would you trust and nominate to make decisions on your behalf
- How would you want your funeral to be held, where and how, buried or cremated?
- In what manner would you like the 'rite of passage' to be done luxuriously or simple,

These are just a few simple things that we all can do now in our lives and would take away some mental baggage that we can all do without, once it is written and done and dealt with you can then detach and release your mind and live with a little more joy and less mental baggage. Do not think it as morbid or bringing death closer, just think of it as something that needs to be done to help others in your lives should death come sooner than tomorrow and they be helped along with your passing on.

Action Challenge

Write down what have you become attached to which you know is sabotaging your happiness?

Write down all the things you need to detach from to help you in your spiritual growth and should you meet death before tomorrow you will have less emotional and mental baggage to make the transition easier.

Reflection: You can only release the energy of your life into the world when it ceases to be blocked by what your heart holds on to.

Good luck

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
Or the email address listed with each workshop**

May, June 2008 Kuwait and Bahrain - workshops

May

Topic: Angelic Enlightenment, Connecting to and working with the Angelic Realms for healing and self discovery
Location: Kuwait
Date / Time: May 9th and 10th
Contact: Hana Al –Ghanim halghanim1@yahoo.com

June

Topic: Healing the Self - 'A Journey through the Chakras' Part 1
 2 Day workshop – **New 3 part series**
Location: Bahrain – Hani Gardens
Date / Time: June 13th and 14th
Contact Karen Perry blues88@batelco.com.bh

Topic: Healing the Self - 'A Journey through the Chakras' Part 1

Location: 2 Day workshop – New series
Kuwait
Date / Time: 20th and 21st June
Contact Hana Al –Ghanim 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 17th
Contact Mary Evans 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 18th
Contact Mary Evans maryevans@stellarpathways.com.

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 16th – 21st
Contact Paschalis Kazakopoulos info@angelicreiki.eu, angelreiki2004@yahoo.gr
See website www.spiritofathens.gr

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

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Noraini at Touch for Health Tel: +973 39246544
or Karen Perry - blues88@batelco.com.bh

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Spain Julie - 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.

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