



November 2008

Moving your life on

Dear All,

November is here and lovely cool autumn weather, time to get outside and really connect with nature. The more you are outside connecting with nature the better you will feel. It reminds you of your connection to all that is and the circles of life, rebirth and growth. Autumn has always been my favourite time of the year and I always am fully energised and love to spend time outdoors.

What a month October has been and we have seen such huge changes in the financial markets and hence economies of the world. So many people writing or calling worried about the welfare of our world, panicked about losing their hard-earned savings, or concerned about the future for their children or for the world and for everything.

The fear based headlines in the media feeding our fears and worries, it seems that as soon as you turn the TV or radio on there is more bad news, another bank failing, the stock markets still crashing and endless discussions of what is or could happen, all negative.

Regardless of where we live in the world all of us in some way are being affected by these challenging times, as the world starts to evolve, and the promised changes are starting to finally happen. From chaos always comes calm and positive change.

The best we can suggest to you at the moment is for you to put limits on sensational, bad news. Remember that the media has an extremely short amount of time to get your attention, and an even shorter amount of time to provide you with information, fear grabs people's attention quicker than good news.

Put limits on your interactions with the pessimists. Try to surround yourself with people who are level-headed, hopeful, and experienced in handling life challenges in a way that feels right to you.

What you focus on expands so please put your energy into seeing a bright and prosperous future for us all by focusing on the goodness that exists all around you. It will be a bright future, the changes happening will bring back a more balanced society, and a better way for us all.

Try to become a source of hope and strength for others, by speaking empowering, kind and friendly words, you not only bring hope to others, you bring hope to yourself as well. Energy always follows thought, so the more positive thoughts we think the better for us all.

Finally, those of us who are committed to becoming more conscious and caring people, we have an obligation to use our spiritual skill to hold a positive vision of the future for those who can't right now. If you believe in the power of thought to transform our physical world - and I do - then now's the time to use it.

Every single time you see or hear about the Dow Jones average or the FTSE, or the Nasdaq, envision the numbers going up, up, up. Rather than seeing these instruments as financial barometers, see them as spiritual tools you can use to imagine a prosperous world for everyone. When the numbers go down, and they will off and on, keep raising them up in your mind. Believe it or not, it only takes a small percentage of people to make it happen. Will you be one of them? Why don't we all do it together now! We can make a difference, believe it!

Remember there are lots of good things happening in the world we just don't get to hear about them as good news doesn't sell newspapers or bring high TV ratings.

It has been a busy month for Conscious-Connections, new workshops, all moving to different levels and lots of new faces and so many more men joining us, it so wonderful to see old friends and we have been having a great time. We have many new things planned for the coming year. Thank you to all those who attended and all those who make these things possible. A Special Thank you to Karen and Janet and to Elias for all their help and to Elias for sharing so much of his knowledge with us.

Why not join us on 11th December when we will have an open day in Bahrain in Budayia, where all liked minded souls can meet and enjoy some peaceful time and any money raised will go to the Animal rescue centre. Details of this day will be sent shortly or contact Karen Perry blues88@batelco.com.bh

The ' Who I am makes a difference' campaign due will now be held in February 2009 in Bahrain, to prevailing circumstances and details will be sent as soon as it is all arranged.

Frank Arjava Petter will be attending it, as he is in Bahrain at the time.

For people who are wishing to attend his workshops in Bahrain, and have booked please pay your deposit as soon as possible to secure your place as we are already over subscribed and have a waiting list. It will be on a first come first served basis now for secured places.

We still have a few places left for his Jikiden Reiki classes in Kuwait, 10th – 17th February but we do expect these to be filled quickly so if you wish to attend please book now, so as not to be disappointed.

Arrangements for the Universal energies and crystal conference in Kuwait 2009 are going well, and you will hear more soon. This event will deal with the energies which are around us and within us. Energies which we all feel, every day, regardless of race, religion or creed.

For those of you wishing to purchase or order Angel Essences, please do give Karen Perry a call or email blues88@batelco.com.bh as we do have all the stock and she will also take your orders. We have some really exciting news about the essences soon.

For those waiting for our CD Angelic Connections Volume 3, it is now in stock again and can be purchased from the normal sources listed below. It includes meditations with Archangel's Uriel and Gabriel, the angel of peace, and opening your wings.

Once again we would like to remind you to 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, and to give help, love and support where you can, remembering it could be you that will be in need of some support one day and also that no man is an island, we all need help sometimes.

Please keep all your wonderful feed back and letters coming as we love to hear from you.

Divine Blessings

Julie x

Life is like a game of tennis. The player who serves well seldom loses."

Peace Do not look for peace outside, for it lies within the soul.

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 – Moving your life on

Do you feel like your going no where not moving anywhere, do you feel like you're spinning your wheels, digging a hole deeper and deeper, because you're stuck in a rut? Perhaps life's demands or life's disappointments have prompted you to collapse into exhaustion feeling void of any psychic or physical energy... you try to move, but it's like you're wading through thick porridge or drying concrete. Whatever is causing it you're blocked. You feel trapped, as though suddenly your world is no bigger than the size of a postage stamp. But have no fear, when stuck happens, hope is just around the corner.

The Japanese have a concept called "Wabi Sabi" or the art of imperfection. Being stuck is part of the process of life it's very normal. The first thing you need to do is acknowledge that you're stuck and accept it. It's important to accept this state without judgment so whatever is holding you back can lose its power and slowly dissolve. Learn to stay present with the feeling. Take a deep and slow breath and stop pulling your hair. The solution to getting unstuck begins with awareness. The very fact you have acknowledged it and thought about it, helps in itself.

Ask yourself, what is really going on? If you're just momentarily stuck, go back through your day and get in touch with the incident that upset you. Then look at the situation from different angles and perspectives, maybe ask your self questions such as, why do I feel like this, is this testing a belief or a value, is this similar to another issue that you are not dealing with or trying to cover up. The important question isn't Why am I stuck? Because getting stuck is a part of the human condition. Instead it's what is keeping me stuck? Especially if you have been stuck for a long time in one place, or situation that you actually almost feel 'Numb' to it.

If you're in a rut, you have energy that needs to move. Shaking things up a bit will help you get some movement into all that stale energy that's holding up your happiness. So, consciously try to do something outside of "your own box" every day. If you usually drive to your nearby grocery store, bike there instead if you have a bike of course and if it is safe to do so with Traffic. If you always go to the same place for lunch, walk a little further and try out another place, you get a bit of exercise too; a good walk is very therapeutic. If you always buy the same colour makeup try a different one, if you always go to the same place on holiday try a new destination. If you read the same newspaper everyday, try a different one, bring a different perspective to your life and different ways of looking at things.

If you feel cluttered or trapped on the inside, it may be time to do some cleaning on the outside. This really does work wonders as you move stagnant energy. And having too much clutter around is energy draining, whether it is in your head or in your home office or even the car.

Remove items from your home, your drawers, your files... that no longer serve you, things that are just cluttering up space, things that no longer have any use or will have any use. Remove clothes in the closet that no longer fit you, either they are too small or too large, don't think when I diet and loose weight then they will fit me, chances are you will not loose the weight quick enough and even if you did, then you will be feeling so good that you would want to buy new clothes for the new you, not wear old clothes from the old you. get rid of clothes that have been hanging up for years and you have kept just incase they come into fashion again, give them to the local charity shops, where they will find good homes by people in need of them.

Clear out cupboards that are overflowing, clear under the bed, all the things hidden under there just collecting dust and blocking the flow of energy. Throw away items that are piled in corners because they no longer work or need repairing, but they have been there so long and you have done without them so long you really don't need them anyway, and then streamline all the rest that is left. Moving energy this way, is in effect, a way to Feng Shui yourself to fluidity! It gets you moving, it gets the energy around you moving and it makes space for new energy and new things to come into your life or new ideas into your mind.

While you're at it, ask yourself if you have limiting beliefs that you can get rid of too. Rethink those worn-out ideas that may be keeping you in that rut. Do you really believe that you need to be thin to join a gym... rich to treat yourself to a new wardrobe... or ten years younger to find a new love? Do you really believe that you are not good enough for the job that you really would like, or to sign up to a new learning class at college or to be able to join an arts and crafts meeting or book club that you have been envying for years. Meditate on the possibilities that can shift your mental energy. Enroll in a workshop to help you move on, have a coaching session with a life coach or soul coach. Stop making excuses, we all do it, we all make them but what good does it do for us when we are sad, unhappy and maybe even lonely at home all alone wondering why life has dealt you such a hard time. Only you can make it happen, you can ask for help along the way, but at the end of the day only you are responsible for you.

One of the best ways of getting unstuck is to connect with the energy of your desired outcome. You may want a new career, a satisfying and meaningful relationship, or a consistent exercise program, but can't seem to get moving towards your goal. Ask yourself what energetic qualities your goal represents. A new career may represent creativity, or making a difference in the lives of others. An exercise program may represent self-nurture, getting fit or becoming healthier.

Tune in to the single word or short phrase that best describes the energy of your goal. Now think of ways to create that energy in your life today. If your hope for a new career represents creativity, do a little redecorating or a simple art project. If you are wanting the new wonderful meaningful and special relationship, feel inside how that you want the relationship will make you feel, sense it, live it, then make space for it. If an exercise program represents self-nurture, get a massage. "By creating the energy of your goal right now, you are actually bringing yourself into vibrational resonance with what you want for yourself," So by changing your attitude and thinking that rather than focusing on accomplishing the goal itself, find ways to capture its energetic qualities in ways that are comfortable for you and then enjoy the process of achieving the goal, do not make it a burden but make it a pleasure. You will find that within a week or so, the goal itself suddenly becomes more attainable and taking forward steps becomes easier.

Action Challenge

- Write down all the areas of your life that you feel stuck in
- Review them and then with a trusty friend start looking at them one at a time and find solutions to deal with them, one step at a time, not all at once for that would be overwhelming and bring you back to square one.
- Write down how you would like your life to be, really think about it, this will be an ongoing and changing process
- Enroll in a night class or collage program to learn something new that would help you along.
- Go out and meet people, if you want a new love in your life you are not going to find it if you sit at home every night and day and make no effort to meet people.
- Meditate and ask for guidance.
- Do one thing each day differently than you usually do, little change will change energy and this in turn will bring change

Good luck

Forthcoming workshops and Events –

Dates for 2009 to be announced soon.

For more details, please email us on info@conscious-connections.com

November – Unfortunately the workshops planned for Dubai have been cancelled. We will advise you as soon as new dates can be confirmed and we apologise for any inconvenience.

December

Topic: Angelic Connections Expanding the Heart chakra 2 Day workshop –
Location: Kuwait - Marina Hotel
Date / Time: December 19th 20th
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038

Topic: Angelic Connections Expanding the Heart chakra 2 Day workshop
Location: Bahrain – Hani Gardens
Date / Time: 12th 13th December
Contact: Karen Perry blues88@batelco.com.bh Tel. 973 39543127 or
info@conscious-connections.com

Conscious Connections Meditation CD's can be bought from:

Bahrain

Bookcase

Noraini at Touch for Health Tel: +973 39246544

or Karen Perry - blues88@batelco.com.bh +973 39543127

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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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