



October 2008

Own your life

Dear All,

Welcome to autumn and this month's newsletter, the summer just seems to have flown by; it is hard to believe we are now into the Autumn Equinox, which signifies winter is just around the corner. The Autumn Equinox, like the Spring Equinox, divides day and night equally, but during autumn, it signifies the waning of the Sun as the days become shorter. The equinox is a great time to stop, relax and be happy. For us, like our ancestors before us, this should be a time of giving thanks for the success of what we have achieved during the year. By expressing our appreciation and gratitude for all those things we enjoy in life, it sends a clear signal to the universe that we desire a continuous supply of happiness and fulfillment.

The world seems to be in turmoil with the stock markets crashing, old institutions and banks failing and Governments trying to bail everyone out and really not seeming to know what they are doing.

In some ways I believe that they and that we ourselves are all being challenged to evolve, to rise up to a new level of authenticity that will not only serve us individually but collectively as well. This means facing the truth about our lives, acknowledging what is working and what isn't and having the courage to slowly and subtly make the changes that will allow us to live more honest lives.

Its good to remember too that life often gives us messages, if you ignore them then you will be handed a lesson, when you don't learn that lesson you will then be given a problem and then if you do not deal with the problem you can the expect to receive a full blown crisis. Whilst The stock brokers, and banks and wall street seem to have missed the message and the lessons and the problems and now have a huge crisis to deal with which will affect just about everyone of us in someway. It is what many of us have been talking about over the last few years but you yourself don't have to follow the pattern in your own life' you can stop right now and see what it is you need to deal with in your own lives. So this months topic of the month is about 'Owning your life'.

Lets also hope that wall street and banks and Governments learn lessons this time and do finally evolve.

Even though there were no workshops last month, it doesn't mean nothing was being done. In fact exactly the opposite was happening and lots of new things being worked on especially for the Middle East market, I am working closely with Hazel Raven to make these things happen and being very divinely guided by the angels and the universe. Keep watching this space to be amongst the first to know about them.

Progress on the Universal energies and Crystal Conference in Kuwait in October 2009 is also coming along and you will start to hear much more in the next month. Offers of support and help coming from many different sources and we know the universe is really working with us to make it happen. We have already been asked to hold a conference in 2010 as well:) with people contacting us be a part of it, that's before the first one has even taken place!! What wonderful support and encouragement that is for us.

Details will be sent to you shortly on the launch of 'Who I am makes a difference campaign' to be held first in Bahrain and then elsewhere.

The new season of Conscious-Connections workshops has started and there are many workshops being offered, from Chakras to Crystals to Angelic therapies, and next year new workshops on 'Energies around Stress' in the home and the workplace etc. Starting in Kuwait and Bahrain, then Dubai and possibly Abu Dhabi, followed by Greece and the USA next year.

A list of workshops for this year are listed below and this will be added to as dates are finalised etc. you will be informed as they happen. Please be sure to book early as they do get full. Also remember we do take bookings for private workshops, should the dates not be suitable for you, or we are not offering what you want this time.

Frank Arjava Petter will be back in the Middle East in February 2009. Kuwait 10th - 18th, Bahrain 20th - 25th. He will be teaching Jikiden Reiki. Advance booking essential, for more information please contact us directly, we are taking bookings now. Details of what the classes entail are on his website www.reikidharma.com

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 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.

Dear friends Ken Roberts and Mary Evans, both healing cancer wish to say 'thank you' for all the positive thoughts and healing that is being sent to them, they are both doing well, and Ken is hoping to be back in Bahrain by the end of November.

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

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 – Own your life

Are you a happy person? Are you happy with your life or even with yourself? Do you embrace life each morning, jumping out of bed with a smile and a wonderful happy feeling in anticipation of how the day will unfold, or do you wake up, pull yourself out of bed and find yourself going through a doom-and-gloom checklist of what you have to endure each day?

Life is full of both joy and sorrow for all of us - a collection of personal experiences and choices that are subtly shaping our tomorrow. It is our choice how we deal with each day, with each thing that is thrown at us. If you can, right now take a few moments to flip through the scrapbook or filing cabinet of your mind/ state of mind, and see if you can see what has brought you to this place and time. See if you're happy and ok with your life if so carry on doing what it is you're doing, but if you don't like your life, or feel as if you are at the mercy of it, chances are pretty good that you're heading for trouble. The question is what are you prepared to do?

So if you're thinking my life is a mess or my life sucks, you will not be alone, you can rely on that 100%! it may even make you feel better for thinking that. Most of us have felt this way at one time or another. I'll even go as far as to say that sometimes it's even true, you can always take solace that no matter how bad things are there is always someone worse off than you, although at the time you may not feel there is.

You maybe thinking, your boyfriend / girlfriend / lover is a jerk or have left you for someone else, your husband or wife doesn't understand you, your boss is an idiot, or maybe you no longer have a job, your debts are piling up, your house is in foreclosure, your kids are out of control, and your car broke down and stranded you on the highway, and you have put 20 kilo's on in weight!. This may even have all come down in the same month, week or day! These are the curveballs we all get thrown, and often things that are far worse.

Some days however, it's enough to push you over the edge, and feeling sorry for yourself seems like the natural thing to do, go ahead and feel sorry for yourself, it is ok to do so for a short while. Have that hissy fit or throw that tantrum, wallow in self pity if you need to. Get it all out of your system as quickly as possible; because you have work to do, you need to 'deal' with it all! As the old saying goes "When all is breaking up, something new is breaking through" and you will come through, sometimes it is quicker than other times but you will come through.

It really is in these darkest of moments, when nothing seems to be going right and it all seems so hopeless, so lost, so dark that you need to find the one thing that you have to pull you up and out of the abyss has been there all along... it's 'you', yes that's right 'YOU'. Only 'YOU' can do it. Whatever challenges you face, whatever your problems are, accept the fact that 'you' just need to deal with it! Easier said than done I will agree and its true life isn't always fair, or so it seems but it is interactive. If there is a situation or circumstance that is negatively affecting you; understand that you have a choice. You can choose to accept things as they are, and go about your business and your life in comfortable misery - or you can think about how things got to this point, your role in that path, and find a way to improve it, again admitting this is not always easy.

Life can be hard and often things don't always go as expected or planned, you can feel sorry for yourself for a moment or too here if you wish as you think about it, and I'm right there with you! However, that is part of the beauty and irony of life. There are times when things have to be entirely screwed up, or we will do nothing to change ourselves, or our circumstances. When we feel powerless, we become powerless, because we live in fear of what may change, and many people, me included can sometimes times find change hard, but it is in these sadder or difficult times that we are wanting and needing the change the most, to be able to move on with life. Sometimes, we just don't want the responsibility for creating those changes. We have the choice we can either go through the process kicking and screaming (something I've been known to do), or we can bravely face reality, accept what is, and minimize our suffering by taking action to make the changes we know we need to make. It may not be easy, but if you take your time and systematically work through things at your own speed where possible you will come

through and you will get to the light at the end of the tunnel and be thankful for the challenges and the spiritual growth that it will bring you.

We need to remember though that it is your life and you need to own it. Most people know what makes them unhappy, and have theories on what will bring them inner peace and joy. Unfortunately, too many of us are afraid to face life head-on, and take responsibility for our present and our future. Instead, we put forth excuses, justifications, or play the blame game. While that may help us keep ourselves down and make things seemingly acceptable - it changes nothing.

It is easy to find fault in a boss, spouse, lover, but harder to accept that we chose to be with them, and sometimes choose to stay. It is common to hate the job/boss/company, but so many of us are so afraid of rejection that we fail to try and create a better atmosphere, or to find employment elsewhere!

The bottom line is, if you don't like where your life is at or heading, you can wallow in self-pity, or take control and begin again. It is your choice, No one does everything right, all the time. Sometimes, the choices and options available to us aren't the greatest, but at least we have a choice. Choosing to do nothing is still a choice, and has its own consequences. When you own your own life, it doesn't mean that everything is going to be miraculous and easy, but it sure does help to guide and illuminate where you're going, and offers some satisfaction when looking back where you've been and what you did to take charge.

Action Challenge

- Look and diagnose the problems or issues in your life honestly. Are you angelically blameless, or did/are you contributing to the problem?
- Accept the situation. Most problems or issues didn't happen overnight, and they can't always be fixed or repaired immediately.
- Weigh your options. Look at things from every angle, and consider every outcome. Even though there may not be a "miracle cure," does any outcome offer you something better than what you have now?
- Set goals, make a plan of action, and follow through with conviction. Just as you most likely are your own worst enemy, you probably are your own greatest asset or ally. The one thing you can always count on, and never escape, is yourself.
- Take time out and meditate and ask for guidance on what to do, you will be surprised just how much this simple method really helps you.
- Use the Angel Sprays Archangel Jophiel Angel of wisdom who helps with wisdom and connecting to your higher self or Archangel Uriel who also brings wisdom to your earth walk and helps to illuminate the way through life.

Good luck

Forthcoming workshops and Events –

Dates for more crystal and angelic workshops in November and December in Bahrain as well as for Kuwait and Dubai will be added shortly.

Dates for 2009 to be announced soon.

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

October

Topic: Healing the Self - 'A Journey through the Chakras' Part 1
2 Day workshop –
Location: Marina Hotel - Kuwait
Date / Time: October 24th 25th 10am – 6pm
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038

Topic: Healing the Self - 'A Journey through the Chakras' Part 1
2 Day workshop –
Location: Bahrain – Hani Gardens
Date / Time: 28th 29th October 10am – 5pm
Contact: Karen Perry blues88@batelco.com.bh 973 39543127 Tel or
info@conscious-connections.com

Topic: Healing the Self - 'A Journey Through the Chakras' Part 2 , Heart,
Throat and Third eye, 2 day workshop
Location: Bahrain – Hani Gardens
Date / Time: Oct 31st Nov 1st 10am – 5pm
Contact: Karen Perry blues88@batelco.com.bh Tel. 973 39543127 or
info@conscious-connections.com

November

Topic: Healing the Self - 'A Journey through the Chakras' Part 2
2 Day workshop – Heart, Throat, Third Eye
Location: Marina Hotel - Kuwait
Date / Time: Nov 7th Nov 8th – 10am - 6pm
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038

Topic: Angelic Connections
Location: Bahrain – Hani Gardens
Date / Time: Dates to be finalised
Contact: Karen Perry blues88@batelco.com.bh Tel. 973 39543127 or
info@conscious-connections.com

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
Location: Bahrain – Hani Gardens
Date / Time: Dates to be finalised
Contact: Karen Perry blues88@batelco.com.bh Tel. 973 39543127 or
info@conscious-connections.com

Topic: Angelic Connections
Location: Dubai / Abu Dhabi
Date / Time: Dates to be finalised
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

Cyprus Steve – steve@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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