



**September 2008**

## **Being the Real You**

Dear All,

How fast the year seems to be going by. September is here the month of mists and mellow fruitfulness as they say. The weather is cooling somewhat and it is time to get going on our life journey again after the summer rest.

August was a restful month, although I did speak at the wonderful Spiritual Awakening festival in Sunio Greece. It was a very enriching and enlightening festival and I met so many wonderful people. It was really great also to catch up with so many old friends, colleagues, acquaintances and clients who had traveled from all over the globe to be there. I think a big thank you needs to go to Paschalis, Frixos and their team, for the wonderful work that they do for humanity and for Greece; they worked very hard to put on such a wonderful six day festival.

September brings on the new season for workshops and new beginnings. Details of some of these events are listed below the rest will be posted shortly. It will be great seeing you all again and getting back in to the swing, It promises to be a very busy season.

In October, myself along with a few others will be launching the "Who I am makes a difference" campaign in Bahrain so keep watching this space for information. I will send further details when I have them. It is something every single one of us can be involved in as we can all make a positive difference. It will be launched at 'Eight Mansions Feng Shui centre' in the country mall in Budayia.

I would also like to ask for positive thoughts and healing energies to be sent to two very special people from our community. These two people both work tirelessly for all of us and have done wonderful things for spirituality and holistic therapies and enlightenment in our communities, both are now healing Cancer.

**Mr Ken Roberts from Bahrain**, who many of you will know for all the work he has done over the years for all of us in Bahrain, (he is in the USA undergoing treatment at the moment) and

**Mary Evans who does wonderful work in Saronida Greece.**

Both are true leaders in their respective fields and deserve all our help as they undertake this next stage on their life journeys.

I know many other people are going through similar illnesses and I can not mention them all here, but I know that these two wonderful people will use all they learn from this illness to help others to over come it in time to come and they have both already given us so much.

I would also like to tell you briefly about a new 10 day learning experience that Frank Arjava Petter our wonderful world renowned Reiki master and dear friend who works very closely with us will be starting next year. This learning course will be teaching Reiki practitioners and healers how to really use their reiki and healing abilities to the utmost advantage and learning how to deal with individual diseases and illness's, from minor to chronic and terminal. The students will

be working with sick people who are willing to be treated by Reiki for 10 day intensive periods. All will be documented. As I get more details from Frank I will let you know. This will be a truly wonderful experience for all involved.

As always we 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. Give help and love and support where you can and remember no man is an island and we all need help sometimes.

In our busy lives sometimes we forget to take time out for ourselves and sometimes we forget that simplicity is so often the best thing for us, it makes life simple and easier, we are so good at making things complicated for ourselves. Why not this month just try to bring simplicity in to your life and see how you feel, remembering peace is simplicity, Choose a day as your day of simplicity, on that day speak little, and listen with attention. Do something incognito and nice for a person you are close to, maybe just eat simple and natural food, create time periods for not doing anything - just walk, look around, live the moment. Have your mind open to a more profound and silent sensitivity. Appreciate each scene and each person as they are. In the evening, write down your discoveries, then observe the state of your mind, you may notice a peaceful difference within.

As we have already told you we will be holding the first "Universal and Crystal Energies Conference" in Kuwait 2009 on 30th, 31st October and 1st November and workshops will follow. We will now have an additional speaker Kathleen Murray well known for her work with crystal skulls and she the author of the book 'The divine spark of creation'.

At the Greek Festival pictures of the Gulf Countries kept appearing within one of the skulls and we took this to be a sure sign that Kathleen along with Kalif the Crystal Skull should be speaking at the event, especially as he works with healing the land as well as its people, so our speakers are now Hazel Raven, Judy Hall, Sue and Simon Lilly, Julie Lomas, Kuwaiti astrologer Abdul Azeez and Kathleen Murray. You will be receiving lots more information on the event in the near future.

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.

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

This month's Topic for the Newsletter is 'Being the Real You' we hope you enjoy it.

**Divine Blessings**

*Julie x*

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**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."

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## Topic of the Month – Being The Real You

Who is the real you? Is it someone who is out there every day? Or is it someone who is tucked away in a dark corner for fear of being discovered? Do you even know the real you? Would you recognise him or her if you stood face to face? Or is it someone that has been slowly pushed out of your life for one reason or another? Someone you have chosen to forget about, or perhaps someone you have been encouraged to ignore for as long as you can remember?

Why do most of us find it so difficult to be ourselves?

Surely it wasn't always this way? Look at the children of the world; look back at your own childhood. For most children, everything is so simple. Life is black and white. A child sees a person or object which they consider to be ugly and they say "look at that ugly thing". A child tastes a food they like and they say "this is delicious" or "this is horrible" depending on what they feel. They tell it like it is. If they are invited to play with another child they will quite happily say "yes" or "no" depending on how they feel. They speak the truth – their truth. What they say is what they believe. Others may see things differently, they may have a different version of the truth, but that doesn't deter the child; they simply call it as they see it.

As parents, teachers and well mannered grown-ups, we slowly "teach" our children that it's not acceptable to be quite so frank about how we feel. We must take the feelings of others into consideration. For many of us, this helps us develop the skills of diplomacy as we learn to temper our responses, enabling us to be honest without being offensive to others. For a lot of us, however, it goes much further than this. Over time, as children and even as adults, we are repeatedly told what we should and should not say, what we should or should not do, what we should feel about certain situations or what we should do in any given set of circumstances. Slowly but surely, we begin to realise what terrible people we are.

The real me wants to spend as much time as possible in solitude, considering my own thoughts, but according to everyone else, that makes me a loner, an outcast. It's anti-social. I begin to realise what a terrible person the real me is and modify my behaviour in order to become a better person. Why do I have to be like everyone else? Why can't I walk my own path? Why is it so wrong to be different? Robert Frost put it so well in his poem "The Road Not Taken" when he said:

*Two roads diverged in a wood  
And I took the one less travelled by,  
And that has made all the difference*

It really is OK to be different, to be authentic, to be the real you, but so many of us find it so very difficult.

In life, many forces work against us as we try to remain true to ourselves. Others look at us and see potential. They tell us what we should be doing and how we should be feeling. Sometimes their intentions are good. Sometimes their intentions are not so good as they are trying to manipulate us for their own benefit. Either way, the picture they are seeing is only their version of the truth – not ours – and so they really aren't qualified to tell us what to do in the first place.

In relationships – personal and professional – most of us try to remain flexible and live with a degree of compromise in order to remain fair to the other party. All too often, however, we find ourselves in situations where one party gives more and more in order to maintain harmony. At first, we may not mind, but almost inevitably, there comes a point when enough is enough and the giving party decides to put their foot down. In reality, all they are trying to do is be true to themselves but it is rarely seen in that light. Usually the other person accuses them of "changing", of "becoming someone else" or even worse of betrayal.

Being true to yourself requires tremendous courage. If you lack that courage you begin to live a lie and for as long as you are living that lie you will feel uncomfortable and restless.

This concept is expressed beautifully in another poem "The Invitation" by Oriah Mountain Dreamer, which says:

*It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.*

Can you disappoint another to be true to yourself?

Can you bear the accusation of betrayal and not betray your own soul?

Taking those first small steps towards being the real you can be very painful indeed. However, once you find the courage to do so, you will open up the doors of endless opportunity and possibility. You will begin to discover your own beliefs. You will unearth your own true identity and you will begin to understand your own true, unique and authentic purpose in life.

### Action Challenge

- Take stock of your relationships – personal and professional – and try to identify those in which you are allowed to be you – the real you – as opposed to those in which you find yourself playing a character which others want to see
- Think about how you might like to change some (or all) of those situations and make a list of three simple steps you could take towards achieving those changes (Remember, all change is difficult and has consequences so take it slow and steady)
- Think about how you treat others. Are there people whom you are trying to manipulate; preventing them from being their authentic self for the benefit of you? If so, make a promise to yourself that you will release them. Set them free and allow them to be themselves.
- Take some time out in quiet meditation to contemplate who you really are, what you really believe, what your true identity is and what your ultimate purpose in life may be. Don't expect all of the answers to come at once, but allow your thoughts to flow freely and believe in you.

Good luck

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### Forthcoming workshops and Events –

**Dates for more crystal and angelic workshops in October in Bahrain and Kuwait will be added shortly, Dates for Dubai will be added shortly.**

**Dates for 2009 to be announced soon.**

**For more details, please email us on [info@conscious-connections.com](mailto:info@conscious-connections.com)**

### October

**Topic:** Healing the Self - A Journey Through the Chakras' Part 2 , 2 day workshop  
**Location:** Bahrain – Hani Gardens  
**Date / Time:** Oct 31<sup>st</sup> Nov 1<sup>st</sup>  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

## November

Topic: Healing the Self - 'A Journey through the Chakras' Part 2  
2 Day workshop –  
Location: Kuwait  
Date / Time: Nov 7<sup>th</sup> Nov 8<sup>th</sup>  
Contact: Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com) +965 9365038

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### 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](mailto:blues88@batelco.com.bh) +973 39543127

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

### Angel Essences

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Eight Mansions Feng Shui Country Mall, Budayia

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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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