



## Denial

April 2009

Dear All,

April always is of the nicest times of the year, the winter months are behind us and the spring is here and everyone seems to be happier and lighter. Spring is really a time for renewal and rejuvenation and moving forward and that's what we are encouraging you all to do at all times. The good weather makes you feel better and you can get outside, connect with the earth and just 'be'.

March was a great month for us. We connected with many old and many new faces in our workshops and it's good to see the work is spreading. Many of the conversations that we have had are quite astounding and so many people seem ready now to move on with their lives - fed up with the old system. Many more men seem to be starting to slowly connect now, seeming to know that, in the workplace, things do have to change. It simply cannot carry on the way it has been and still is. The workers can no longer be pushed and shoved and told to find so called 'new ways' to make things more productive in their work day after day. It simply can no longer be that way; the world is changing and the workplace has to change too. The greed and the lack of care for people and the world around cannot be sustained. Large profits achieved by unscrupulous and unethical ways are no longer acceptable. The imbalance has to be brought in to balance and so do attitudes such as 'the reward for work well done is the opportunity to do more!' We all need to work, we may even like our work, and we should always do our best at what we're doing, but there also has to be some give as well. People cannot be expected to just do more and more and more and have no time for themselves or their families or even for a life outside work. There has to be balance. It is the same for everything in life.

The stories that people tell us about the way their lives change after attending classes is amazing, as is the endless stream of new connections.

We have many more new and exciting workshops planned for the rest year and we have listened to your requests. So we are looking forward to seeing many more men attending and the word trickling through into the workplace as well as all other areas of life.

Try to remember that we are all energy and everything around us is energy. Energy follows thought and so we can all affect each other positively as well as negatively - so try to only think and act positively.

As Herman Melville once said - We cannot live only for ourselves. A thousand fibres' connect us with our fellow men, and among those fibres' as sympathetic threads our actions run as causes and they come back to us as effects.

At this time of the year many people feel the need to de-clutter space and their minds, so many including myself say they have too much going on in their minds, or they have too much happening in their lives and use this as an excuse to not get everything done. Then they stress out because nothing seems complete and much feels untidy. Here is a little piece of advice to start you off with the clutter in your mind.

**Complete Everything!** A task left undone remains undone in two places – at the actual location of the task, and inside your head. Incomplete tasks in your head consume the energy of your attention as they gnaw at your conscience. They siphon off a little more of your personal power every time you delay. No need to be a perfectionist, that's debilitating in an imperfect world, but it's good to be a 'completionist'. If you start it, finish it...or forget it. So either do, delegate or delete! It is a start.

Good news for us all in the Gulf, Frank Arjava Petter will return with us to Kuwait in April 24th - 28th and then in Bahrain June 9th -13th. If you wish to attend please book early as places are limited and it will be on a first come first served basis.

He will also be attending our Conference in Kuwait in October.

Dates for the Universal Energies and Crystal conference are 30th 31st October and 1st November. The price has now been set at 200KD paid by the 31st August, or 250 KD afterwards.

Full details will be sent in the next few weeks and the website will be ready with the full programme of events.

One small word of caution, following recent conversations and incidents. If you are attending any workshops of an holistic or even professional nature do make sure that the person/s who are conducting the workshops are properly trained and properly qualified. You would never visit a doctor that was not qualified, or have an unqualified electrician or plumber or builder come and work on your home. Likewise, you should be very careful with those you are letting treat you or teach you. This also includes the workplace. Check out the websites and check out the qualifications of anyone teaching or treating you. We checked out one very dubious website recently after hearing and seeing much to-do about the teachings of the group concerned. The results left us both rolling around laughing and extremely concerned at the same time. Unscrupulous people attach onto vulnerable people and the effects can be dreadful. Be cautioned and be careful.

Be assured that any workshop or person advertised by Conscious Connections are valid and are the best in their fields of expertise.

Do remember to keep reaching out to all those friends and people in your lives that may need a little help or some care. Don't let beautiful relationships fall by the way side because of silly quarrels or disagreements. We are all different and unique and we all have our little idiosyncrasies.

Be good to yourself and be good to others.

Send that text to someone or an email or a note to say sorry or I miss you or I am thinking about if you need to do. It may mean an awful lot more to the other person than you think and it just may make them and you much happier people.

Please keep your feedback coming and let us know what you would like to see written in the newsletter and also any suggested workshops etc.

We all know people in Denial in their lives, whether it be from an addiction, personal issues, work issues, or even from their feelings about someone; the list is endless, People in Denial can be very frustrating to be around, work or live with and the subject has come up many times over the recent months. So this month's topic is about Denial, we hope you enjoy it.

**Divine Blessings**

*Julie & Steve*

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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."

When you are speaking to children today, why not bring up the subject of angels and see how they react? You may be amazed at the experiences they share with you!

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## Topic of the Month – Denial

Denial is the refusal to acknowledge the existence or severity of unpleasant external realities or internal thoughts and feelings. We have all at some time in our lives lived in Denial. All of us, at some point in our lives, have denied something painful to us, or are even living in some sort of denial and we do mean all of us.

Denial can be thought of as a complex psychological process where there may be some conscious knowledge or awareness of events in the world, but somehow one fails to feel their emotional impact or see their logical consequences.

Denial is an attempt to reject unacceptable feelings, needs, thoughts, wishes, or even a painful external reality that alters the perception of ourselves. This psychological defence mechanism protects us temporarily from:

- Knowledge - things we don't want to know
- Insight or awareness that threatens our self-esteem or our mental or physical health; or our security (things we don't want to think about)
- Unacceptable feelings things we don't want to feel.

Every one of us has at one point or another in our lives has had to face an unpleasant reality or painful truth and at the very least probably desperately wished it would go away. The first words out of the mouth of someone notified of the sudden death of a friend or loved one is usually an involuntary exclamation of, 'NO!' and this initial universal angry refusal to accept the pain we would feel if the death were real, is perfectly natural. The negative reaction gives us some time to re-adjust our thinking and our feelings and prepare mentally and physically for the horrible reality of death.

But if you are still saying, "No, it can't be true!" days and weeks after the death refusing to face the reality, then you are in serious denial, and this will start to cause you and those around you additional problems and this is not a healthy place to be in.

One situation where the concept of psychological denial is used quite frequently, is in the chemical dependency field (drug and alcohol abuse). Anyone who has dealt with an addict has probably heard one of the following phrases or something like it:

- |   |   |
|---|---|
| "I could quit anytime I wanted"             | False   |
| "I'd quit if people would leave me alone"   | False. They are using other people as an excuse not to deal with the issue. |
| "I can handle it on my own"                 | False. People in Denial usually need outside help, especially addicts.      |
| "I'm under stress and it helps me to relax" | False. It can make the problem much worse.                                  |

Denial is also commonly used by people with chronic illnesses or terminal illness such as diabetes - 'I can eat anything I want'; people with heart problems - 'I'm not really having chest pain I am just a bit out of breath'; Cancer - 'It's just a small cough, or it's not really a lump I must have just knocked myself, or AIDS - 'I'm not Gay, or a drug user so I couldn't get it'; the list is endless.

When confronted, they become angry and usually contend that it is their confronter who has the real problem, not them. Adolescents are also extremely good at using this strategy of Denial.

The world of denial allows someone to believe something is true, when it is obvious to everyone else it is false, it permits someone to pretend they are feeling love or other emotions when they are actually behaving in a hateful manner, it hides the truth by using big words and grand concepts to prevent an individual from feeling unacceptable feelings.

Denial can make otherwise intelligent individuals behave in a silly or irrational manner, because they are too threatened by the truth and are unable to process what is perfectly apparent to everyone. People who live in denial go through their daily lives secure in the knowledge that their self-image is protected against any information, feelings, or awareness that might make them have to change their view of the world. Nothing, not facts, not observable behaviour; not the use of reason or logic; or their own senses will make an individual in denial re-evaluate that world view.

Denial can also apply to internal thoughts and feelings. For instance, some children are taught that anger is wrong in any situation. As adults, if these individuals experience feelings of anger, they are likely to deny their feelings to others. Cultural standards and expectations can encourage denial of subjective experience. Men who belong to cultures with extreme notions of masculinity may view fear as a sign of weakness and deny internal feelings of fear. The Chinese culture is thought to discourage the acknowledgment of mental illness, resulting in individuals denying their psychological symptoms and often developing physical symptoms instead.

So, just what does denial mean? It means a person is unwilling to face problems on either a conscious or subconscious level; they act as if there are no problems to face. They often hide behind a mask to hide feelings or emotions, or as a way to avoid conflict, disagreements, or disapproval from others. Denial is a way of retaining sanity when experiencing unbearable pain, and a way to avoid the risk of change as a result of problems or loss.

People in denial, often appear to be irrational to those who know the problems and losses they are suffering, they are often a cause of frustration to those who want them to confront the truth of the problem or loss honestly, they can seem to be unemotional, apathetic, or indifferent in the face of loss, or facing terminal illness. They are often considered pathetic and pitiable by those who have tried to confront them with the denial and have failed. They can seem to be caught up in magical thinking about the loss involved, they maybe childlike, very dependent on others to nurture them and reassure them that everything will be all right. They seem to be running away from the truth concerning their problems or loss, or avoid or rejecting those who are intent on confronting or talking to them about their problems.

If you have ever been in the company or even grown up in a home of an Alcoholic or Drug addict or addict of some kind, you will fully understand how frustrating and painful it is. Alcoholics will deny they are even drinking when they even have a bottle in their hand at the time!! I know I have lived with one. Addicts will lie convincingly about their addiction, they will deny they are addicted to anything and the at times you start to question your own sanity and even what you see. The people around them suffer as equally as the abuser and it affects all those lives it touches.

So how can we cope with this denial in others? We need to have a great deal of patience in order to allow them the time it takes to finally confront their loss or problems, we need to be accepting of the denial as a psychological defence that is a vehicle for them to retain their sanity, and we need to be careful in confronting them, so that they don't run away or withdraw from reality even more. We need to be ready for their resistance in dealing with the truth about their loss and problems, but at the same time offer them our support and understanding and be ready with a rational perspective to help them refute their current irrational beliefs. It is important to resist solving their problems for them and resist the desire to continue sheltering or protecting them from their loss or problems. Let them face the existence of the loss or problem gently but continuously. If possible provide them with subtle means to face the problem by giving them magazine or newspaper articles, pamphlets, or books on the subject; suggesting TV, and radio programs on the subject, or proposing professional help. Recognize that if they are locked into a chronic state of denial, which is debilitating to their mental health that intervention may be necessary.

So what about ourselves, we all deny things about ourselves, about our lives about our emotions etc, how can we confront denial in our own life? In ourselves? Are you in denial about anything? Try this simple action plan to find out if you might be in denial and if you are, what you might be able to do to change the situation.

### **Action Plan**

Think about your life. Think about the highs and lows, the good and the bad. Are there any areas you may be in denial about?

Have you recently faced any problems or upsets that you just don't want to talk about? Be honest with yourself.

Can you recall people trying to move you one beyond a blockage recently, perhaps saying things like:

- You really need to let go of this pain now
- It's time to move on
- You seem to be eating/drinking/smoking a lot more than usual these days
- You don't seem yourself – is everything OK?

If you come to the conclusion that there is something in your life you may be in denial about then start by asking yourself honestly why we are in denial.

- Ask yourself what are the benefits to be gained by our denial
- Ask yourself what is too painful to face and why
- Try to recognize when you are caught up in magical or fantasy thinking about your problem or loss and then recognize the negative consequences that result from your denial behaviour
- Try not to allow yourself to fall back into a safe emotional zone, but to keep your emotional response open and honest

- Try to recognise when you are hiding behind a "nice" mask when discussing your loss or problems, allow yourself to express negative or embarrassing emotions as you confront our problems (e.g., crying, feeling lost, feeling confused, or feeling scared)
- Allow yourself to admit to being out of control, and try trusting others to help you with your problem. It is important to admit our vulnerability and our need for assistance, and that it is human to have problems and to experience loss, it is not a sign of our lack of value or worth
- Ask others to not allow you to deny or avoid the truth about your loss or problems. Denial is a natural stage in the loss/grief response, and we need to maintain our sense of perspective, allowing ourselves to go through the problems as a growth experience.

Good luck!

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### Forthcoming workshops and Events –

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

**April**

**Kuwait**

**Topic**

Jikiden Reiki Shoden and Okuden – With Reiki Guru Frank Arjava

Petter - 5 Day workshop –

**Location**

Sahara

24<sup>th</sup> – 28<sup>th</sup> April 0930 – 6.00pm

Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com) +965 9365038 or

[info@conscious-connections.com](mailto:info@conscious-connections.com)

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**May**

**USA**

**Topic:**

Angelic connections –Forgiveness

**Location:**

USA – Reno

**Date / Time:**

2<sup>nd</sup> 3<sup>rd</sup> May

**Contact:**

Zelma Dick or [info@conscious-connections.com](mailto:info@conscious-connections.com)

**Topic:**

Angelic connections –

**Location:**

USA – Virginia Beach

**Date / Time:**

May

**Contact:**

[info@conscious-connections.com](mailto:info@conscious-connections.com)

## June

## Bahrain

**Topic:** Jikiden Reiki – Shoden and Okuden With Reiki Guru Frank Arjava Petter  
**Location:** Hani Gardens - Budayia  
**Date / Time:** 9<sup>th</sup> – 13<sup>th</sup> June – 10am- 5.50 (5 DAYS)  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

**Topic** Julie and Steve Energy and Stress

**Location** TBA  
**Date** TBA  
**Contact** [info@conscious-connections.com](mailto:info@conscious-connections.com)

## Kuwait

**Topic** Julie and Steve Energy and Stress  
**Location** Sahara Kuwait  
**Date** More dates and workshops for Kuwait in June will be announced shortly

## October

## Kuwait

**Topic:** Universal Energies and Crystals Conference  
**Location:** Kuwait - Sahara  
**Date / Time:** 30<sup>th</sup> – 31<sup>st</sup> October 1<sup>st</sup> November  
**Contact:** [info@conscious-connections.com](mailto:info@conscious-connections.com)

## November

**Topic:** Hazel Raven – Sound Therapy, High Vibrational Stones  
**Location:** Bahrain - Budayia  
**Date / Time:** 4<sup>th</sup> 5<sup>th</sup> November  
**Contact:** [info@conscious-connections.com](mailto:info@conscious-connections.com)

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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
- Cyprus** Steve – [steve@conscious-connections.com](mailto:steve@conscious-connections.com)
- Dubai** Jack Montgomery Tel: +971504585860
- Kuwait** Hana Al-Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com) +965 9365038  
Tootie Alsabah [fatima2t@gmail.com](mailto:fatima2t@gmail.com) +965 7226699
- Spain** Julie - [Julie@conscious-connections.com](mailto:Julie@conscious-connections.com)

**Angel Essences**

- Bahrain** Julie or Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh)  
Eight Mansions Feng Shui Country Mall, Budayia
- Cyprus** Steve - [steve@conscious-connections.com](mailto:steve@conscious-connections.com) +357 99009411
- Dubai** Jack Montgomery, Tel: +971 504585860  
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Bernadette King Turner, Art & Picture Framing Lamcy Plaza, Ground Floor
- Greece** Mary Evans, [maryevans@stellarpathways.com](mailto:maryevans@stellarpathways.com)
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Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com) +965 9365038
- 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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