



Bring more love into your life - learn to love yourself.

February 2009

Dear All,

February is here again and spring is just around the corner. Many changes are and have been taking place within and around us. The world seems to be in economic crisis and everywhere you look there is doom and gloom predictions being fuelled by the media. Of course, it is only bad news that sells newspapers and they are making the most of it. My advice is not to buy the newspapers and not to watch the news unless you really have to do, choose carefully what you read and surround yourself by positive people.

Watching the inauguration of the new president of the USA, Barack Obama, filled me with a sense of hope as it did countless millions of others around the world. You could feel the buzz in the air, and the sense of hope and renewal that day. It was almost electrifying; long may it last. Positive change is in the air and it is a wonderful feeling. So let's take that hope and that new energy forward and only think positive thoughts. Remember thoughts become things, so only think good ones.

Remember that worrying about things is no help to anyone. As someone once said, 'Worrying is just negative goal setting'. How true that is. So let's think positive because 'we can'. Each of us plays an important role in the world, regardless of our status, how much money we have, where we live, what we do for a living, whether we are married or single, whether we have children or whether we *are* children. Every one of our thoughts, emotions, ideas, and dreams contributes to the landscape of humanity. Together we make the world the way it is. If we want the world to be different, it is up to us to take responsibility for it. Each of our intentions, positive or negative, contributes to the whole and changes it in some way. It is not always harmful to have negative thoughts or painful emotions, even though we are well aware of their effects.

If we want to make lasting positive changes in the world, we need to be consistent in our positive and good thoughts. Each of us, individually, is much more important and powerful than we believe. It is because most of us don't realize this that we keep on thinking and behaving in the same way. If, however, we can learn to consistently see the world through wiser and loving eyes, seeing the beauty of nature and the inner beauty of all people, then we will create a happier and more balanced world. This can be the legacy that we leave for our children. Being mindful like this is taking personal responsibility for your own life and for the part you play in the world. This is important; because you are an inspiration to all the people you meet even if you don't realize it. Who you choose to be today will impact the people you come into contact with and the people you do not. It is who you choose to be now that matters.

On that note we want to remind you that we will be Launching ' Who I am makes a Difference' Campaign on 28th February in Bahrain. It is being led by Janet Chua of Eight Mansions and Conscious Connections. The day will be opened by Frank Arjava Petter, and it will be a day of well being. Called the Blue Ribbon system in the USA, it gives children and adults of all ages the long over due right to be nurtured by the society in which they live.

It is about making a positive difference to the lives of all the people you meet, to acknowledge every person as equal and to treat everyone with respect and with an open loving and kind heart. To make a positive change in the world around us. How we treat others makes a difference. It is about children and adults honouring one another, creating a rippling effect. It is about honouring all those that make a difference in our lives and who have made a difference in our lives.

More information will be sent to you over the next few weeks and we hope to see as many of you as possible on that day.

February will see us with Reiki Guru Frank Arjava Petter in Kuwait and in Bahrain there are still a few places available for his open evening Lecture 'The legacy of Dr. Usui and Reiki', in Kuwait and in Bahrain. Please contact us if you wish to attend.

February also brings Valentines Day, a day for showing how much you love and care about people etc. Even though to me and many others, the day is far too commercial, and in many ways gives out the wrong message, I do understand that it really is good to show love and be loved, not just to lovers and spouses but to friends as well.

However for many people who are already lonely, or feel unloved, perhaps going through broken relationships or indeed have no love in their lives, the hype and commercialism of the day causes these people even more sadness and suicide rates do tend to go up on this day.

It is also a good day for starting to re build relationships that have fallen apart or are under strain. It is so sad that a relationship can fall apart and cause terrible pain and sadness and grief and anger just because of little misunderstandings. It may take very little to start the repairs, if talking doesn't help you could try writing or sending a valentine card even an ecard. Friendships that have been close are always worth saving, and you never know the relationship could be renewed and grow in strength and understanding and take on a much more significant mature role in your life.

Perhaps Valentines Day should be resold and packaged as a day of love and care for all people and relationships? It would be far more appropriate and would help far more people and would spread love and happiness. If you know of anyone who is lonely or sad or could do with a little bit of love or care in their lives, why not reach out to them and send them a valentine card or message or gift. A little bit of kindness can make a very positive difference to a person's wellbeing and life.

Whatever you choose to do, enjoy the day for what it is, but if you do not receive a card or flowers or a text or telephone call, do not feel unworthy or unloved or that no one cares about you. Tell us here at conscious connections and know that you always have a friend in us and we will always try to understand and help you if we can.

There are lots of good things being planned for the future and several new workshops planned for March in Bahrain.

Preparations for the 'Universal Energies and Crystals Conference' in Kuwait (October 30th 31st and November 1st) are well under way and you will be receiving more details shortly. 2009 will be an exciting and challenging year for us all.

As Valentines Day is about love, this month's newsletter is also about love, 'Loving Yourself'.

So many people are craving for love in their lives but they don't love themselves. How can you love another if you don't love 'you'? We hope you enjoy it.

Divine Blessings

Julie x

Peace - Do not look for peace outside, for it lies within the soul. You give but little when you give of your possessions. It is when you give of yourself that you truly give."

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!

Topic of the Month – Bring more love into your life - learn to love 'yourself' .

You are not alone if you want a little more love in your life. Love is the one aspect that dominates our lives. In many ways, it is what life is all about. Empires have been built and even destroyed by love and for love. Thousands of books have been written on love, thousands of songs sang, beautiful poetry written, great works of art produced. Love makes the world and the universe go round. We all want and need love in our lives and we all want to love and be loved.

Yet so often you forget the one person who can fill your whole life with love - you! By opening your heart to life, to others and to yourself, you'll grow love in every corner of your world.

If you want to get the most out of life, you really have to love it. It's easy to be overwhelmed by challenges and lose sight of the beauty and joy life has to offer. Part of embracing life is changing your expectations and realizing that problems in life can't always be "fixed" - but they can be *managed*. Through therapy, supportive relationships and self-love, you can learn to cope with your problems in a way that makes your life happier and healthier. You can begin to see life, not as a series of problems and opportunities, but instead as a series of situations – all of which can be managed and dealt with. You can begin to see yourself as someone who deserves to love and be loved just as much as any and every other person.

Learning to love your self is the most important aspect of learning to understand love and what it is and isn't.

Loving others isn't necessarily about serving soup at a homeless shelter or soup kitchen or donating money to charity. Those things are good to do, but they aren't the only ways you can love others. Loving others means seizing opportunities in your daily life to be more thoughtful, helpful and caring. It means taking the time to consider how someone will feel before you say or do something. It means being sensitive to people who have different needs than you.

It's also important to find the best way to love our friends and family. Some people like to hear words of love, while others appreciate small gifts as gestures, while some want to see the love expressed in thoughtful action. Others value physical affection above all. Find out what is the best way for each individual and do your best to love them or show them in that way.

Perhaps one of our greatest challenges is remembering to be loving every single day, to ourselves and to others around us. It can sometimes be quite difficult and on occasion you will find yourself in a situation where the emotion coming from the other person seems anything but loving. Whether it be a partner who really hurt your feelings, someone has been rude to you for no reason or someone who seems to have gone out of their way to cause you problems, try to

give them all the benefit of the doubt. Just as light changes when viewed through a prism, a situation can be completely transformed when viewed through the prism of love. Try to see the world through eyes of unconditional love and all many if not most aspects of your life will be transformed and made more beautiful in some way.

Love yourself. Before you can really love life and others, you have to start at the centre of your world. In other words, you must start with 'you'. It sounds so simple, learning to love yourself, but it's really one of the most difficult challenges of life. Learning to love yourself is not just about treating yourself to an ice cream cone after a bad day - though that's not a bad idea! Loving yourself is being at peace with your flaws and gifts. It's forgiving your mistakes and cherishing your triumphs. It's taking care of yourself for the short and long term. It's about looking in the mirror and being happy, content and comfortable with the person looking back at you. Treat yourself like royalty. Indulge yourself with self-care and cultivate friendships with people who respect you and hold only loving and healthy intentions.

The most important person in your life is you. That doesn't mean that life is *only* about you. Of course there may be others in your life that you love dearly but in order to serve them best, you need to take care of yourself first.

When you first love yourself, you will give yourself what you need. It will seem strange at first and it may even feel slightly alien or uncomfortable, but you will get used to it. Soon, you will start to feel a whole heap better and you will want to continue to grow and develop in all ways - especially spiritually. You will become highly attractive to others because you are coming to them out of wholeness, not out of neediness. You will be able to have fulfilling relationships, and you will have no problem ending relationships which don't serve your growth. You will become a being of light and love who has plenty of love to give to those around you.

When you love yourself, you allow yourself to become yourself. You become the authentic you. Others will recognise that and will show their love for you – the real you.

It isn't easy to learn how to love yourself. It's going to take consistent effort for a while but it isn't really that hard. Are you ready for it?

To begin with, stop being so critical about yourself. Stop putting yourself down. Start becoming aware of your strong points. Every aspect of your person, your character, your being can be expressed accurately in positive or negative terms. Start using more positive terms to describe yourself. If you arrive at a meeting looking like you have been dragged through a hedge backwards, tell yourself (and others) that it's your "windswept and interesting look".

For those things that are facts, accept them as such rather than trying to deny them or change them. If you are a short person, you are a short person. Accept it. Don't spend your whole life trying to be a tall person. Instead, be the best damn short person the world has ever seen!

As you begin to accept yourself for who you are you will slowly fall in love with yourself. Once that happens, everything else will fall into place. Once you start to love yourself, you will find yourself attracted to different types of people. Different people will find they are attracted to you. You are then on your way to attracting someone who can love you as much as you love yourself. We teach others how to treat us. If you are standing up for yourself and loving yourself you won't be able to tolerate someone who doesn't stand up for you, does not love you back or does not treat you as you deserve to be treated. Loving yourself first, is always the key to attracting loving and meaningful relationships on all levels.

If you are involved in an unhealthy relationship that brings negativity and unhappiness into your life, you need to remove yourself from it. People come together in relationships for growth, not always for life. If a relationship sustains you, that is, if you're both growing from it, and if it has good loving energy, then its possible you're together for good. If not, either fix it or ditch it. You don't need situations that don't support you or that lower your energy.

The only real responsibility you have is to work on yourself to raise your energy. That will become your gift to the world. Pull back from negative situations and negative people. You don't need to judge them or try to change them. Just allow them to follow their path. You may want to give them a little shove, but if they won't move, you move. Look after and preserve your soul.

Consciously and subconsciously, we're constantly trying to get people to love us, it is the human condition. But in pushing for love and acceptance, we often compromise. We let others tell us what is wrong with us and we accept it, in the hope of winning their love. By doing this we are essentially saying (to ourselves and to the world) that we don't like ourselves very much. We hope for someone to make us okay and right so we let them tell us how we should be.

If you love yourself, not in an egotistical sense, but in the sense that you're just silently content with who you are, you know that you aren't perfect and you'll work on it bit by bit, and that is good. Once you feel more comfortable with yourself, people find it easier to accept you. When you feel insecure about yourself, other people pick up on it and they react. Your insecurity rattles their insecurity fears. When you're strong, they feel safer.

The most important and first thing that you need to know is that you are unique whether you feel it right now or not. There is only one of you and there will never, ever be another. Nothing about you can possibly be boring or normal because of you being the only one of your kind.

You do need to recognize that the love has to come from you. If you're a survivor of child abuse or come from a dysfunctional family, you may still be waiting for a parent to give you the love and acceptance you never got as a child. But the kind of love you need (or needed as a child) probably isn't going to come from a parent who abused you or who looked the other way while you were being abused, but it can come from you. It can be hard to give it to yourself at first - after all, if you didn't receive love as a child, or if some of that love was torn away from you by violence, self-hate may have built up inside you. But you have the courage and strength to love yourself, if you've survived this long. And you do deserve it. Always remember - you do deserve love! Try to connect to that little child inside, that child who deserves all of your love and acceptance and tell her or him you love them!

The question now is do you know 'how to love yourself'?

Have you heard yourself saying any of these things?

- 'I'm never going to find someone'
- 'I can't believe this happened to me again'
- 'I don't want to just be friends; I want a girl/boyfriend, a real loving relationship'
- 'I'm sick of playing games. I just want people to be real'
- 'I need to focus on my career right now... love can wait'

It's as if you have tried everything to find that one person that loves you, and no matter what you do, you can't find love. Well, here's a little secret about attraction and attracting love: 'Learning how to love yourself is the foundation of any love relationship'. If you don't love you, how can anyone else truly love you and you can't love anyone else. End of story!

What does loving 'you' mean?

- It means to be aware and know who you are, how you act, what you believe, and why you think certain ways, knowing your boundaries, strengths and weaknesses.
- Recognizing your own worth and the validity of your opinions.
- Be your own best friend by liking, respecting, and trusting yourself, treat yourself well by taking care of your needs.
- Being confident in expressing your unique "I" in the world, and staying true to yourself.
- Respecting yourself and not tolerating disrespect or abuse from others. Neither sacrificing yourself to or for others, nor letting others sacrifice themselves to you.

- Knowing that you are ultimately responsible for all outcomes in your life, positive and negative, and that you alone make the choices which create your experience.
- Being comfortable and able to enjoy your own company and using solitude for nourishment to reboot your energy. That way you can share love without getting depleted.

It means making a point of talking positively to yourself. You wouldn't yell or swear at a friend or someone you love so you shouldn't do it to yourself. Pretend you are your own best friend and speak like you would to someone you care about deeply. Apart from encouraging and complimenting yourself, talk to yourself (in your head if you want to) while doing things. This will make it less awkward to actually 'say' nice things as well.

Try to find one good thing about yourself every day. If you can't find different ones every day, repeat the best ones. Nothing is too small or insignificant. If you like your feet or your nose or the way you blink then say it!

Do nice things for other people. There are few things in life that make you feel better about yourself than helping others out. Remember though never to do things you don't feel comfortable with or let people use you; this won't be helpful at all. And don't necessarily expect them to tell you, you are doing a good job, or expect them to return the favour. You also have to realise not to rely on other people to make you feel good about yourself. You have to show people how great you are and then they most possibly will agree but they won't tell you how cool you are if you don't think so as well. People giving you compliments will show you what they think but it won't convince you, you have to convince yourself!

Take Action - Tips for How to Love Yourself

- **Ask for a list of things people like about you.** - Sometimes it can be hard to find things we like or love about ourselves, so ask other people who you trust and who you are close to, to tell you all the things they like about you. This isn't a replacement for your own love; it's a first step in learning to love yourself. You may need to hear the things other people like about you before you can value them in yourself. If hearing what people like about you is hard, ask them to write it down for you, or leave it on your voice mail, so you can read/listen to it over and over. Listen as many times or re read as many times as many times as you can. Even if you don't believe that someone can like a particular thing about you, or you don't believe it exists, trust that your friend does see it and value it.
- **Make a list of the things you like about yourself.** Make a list of all the things you like about yourself, be as honest as you can. Modesty doesn't help you here; neither do old critical messages. If you're having trouble finding things you value about yourself, think about the things you value and love in your friends, then see if those things exist inside you, too. Most often, they do.
- **Get out your Journal** - write down these things they say in it, so that you have a record of them, and if you start to hear critical voices inside your head, go back to those things your friend said/wrote about you, and remember that you are loved. You can look at this any time you're feeling down or critical about yourself, or any time anyone says anything that triggers your criticalness of yourself.

Look at this good-things-about-yourself, as frequently as you can too. It may seem silly, but repetition really does make a difference. (Just think of the impact one critical phrase said by a parent over and over to a child can have. It really does have an effect! Now try to give that child inside you at least one truly loving phrase about yourself that s/he can hold on to.)

- **Make it part of your daily routine to praise something in yourself or think about something you like about yourself.** In this society, we're taught that praising ourselves is selfish and wrong. But praising ourselves for things that are good about ourselves only helps us. It is a healing thing to do, something that nourishes our self-worth. and makes us happier and truer to our own selves, and it spreads to others.

So...try to think of something that you like about yourself, or something that you did today that made you or someone else feel good, no matter how small it may seem. Give yourself the kind of warm praise that you would a friend.

- **Love yourself like a friend** - Close your eyes and think of a person you deeply love and trust, and who you know loves you, a friend, and a lover. Think about all the things you love and appreciate about them. Notice how that love feels inside you, how it makes you feel good. Now turn it around the other way, be your friend, feeling that same deep love for you. Trust it and just feel it. Let yourself see 'you' through gentle eyes, with compassion and love, even if you can only do it for a moment, let yourself receive that love, the love you have as a friend to yourself, feel the warmth move through you.
- **Make a note every time someone says something nice about you.** -Every time someone tells you something about yourself that makes you feel good, write it down or make a mental note and jot it down later, put it in your journal.
- **Have compassion for yourself.** -If you're feeling really judgemental about something you've done or said, try to understand where the judgement is coming from. Not the immediate, surface answer, but an answer deep down inside you. Are you afraid of something, or are you feeling insecure? Do you think you did something "wrong," or are you hearing the judgement of a voice from your past? Try to connect to that feeling, and really listen to where it is coming from. You can also think of a friend having acted as you did. Imagine how you'd feel towards them -- how you would readily forgive them if there was anything to forgive. You probably wouldn't even find it bothersome! Try to feel that same love and compassion for yourself.
- **Use Affirmations** - I know, this sounds corny and you probably don't like saying affirmations, but if you hear good things about yourself over and over, you can't help but have some of it sink in. We let the bad ones sink in so why not the good ones. Write out strong, loving things to say to yourself, even if you don't fully believe them. Some examples are:
 - 'I utterly and completely deserve love and kindness,'
 - 'I am a very loveable person,'

Then put those affirmations in places you'll see them every day, on the fridge, on the bathroom mirror, on your bedside table, next to your favourite chair, on the kitchen wall next to where you cook your food or eat a meal, in your journal. Don't forget to read them! If you're not comfortable having them up in such public places, then write out a bunch of them (or copies of a few) and put them in places you'll find them -- in your jacket or jeans pocket, in your desk drawer, in with your clothes. They're little love notes to yourself.

When you read an affirmation, read it slowly, and really let yourself feel it. Don't just say it by rote. Try to let yourself be there as fully as you can.

- **Recognize Self-Critical Messages** - It's easy to let old, critical voices and messages that we heard as a child play over and over in our minds, without stopping them. Often we may barely recognize that they are there, or we don't really listen to them, we've heard them so often -- but they continue to impact how we feel and think about ourselves. Try noticing next time you hear a small (or very loud) voice inside your head criticize you. Be aware of what it is saying to you, and try to talk to it. Ask it why it feels it needs to say those things. Is that part of you trying to protect you, in some child-like logic? Or perhaps that part of you felt it had to take on the messages you heard as a kid. Remind that part of you that you no longer need to do that to survive. You are free to make up your own mind about yourself.
- **Do Comforting and Nurturing Things For Yourself** - Allow yourself to do comforting and nurturing things for yourself. Let yourself feel how good you feel when you do those things -- and tell yourself that you deserve to feel that way, to feel good. Gradually you'll

find that the more nurturing and comforting times you have, the more you'll seek them out -- and they will help build a good feeling inside you.

- **Ask Yourself What You Need to Do** -Some of these things will work really well for you, while others may not quite fit you. So try taking a moment to get quiet, and ask yourself, "What can I do to help myself feel more compassion and love toward myself?" Don't force an answer, just let the answer come from inside you. If you find it hard to hear the answer that way, try writing out your question, and then your answer. See what you come up with. You know best what works for you.

Above all, have compassion for yourself and for where you're at. Remember that you are a truly loveable person and that you deserve only kind treatment, especially from yourself. J

Did you know that whenever you feel love, you literally begin to glow? But did you know that the glowing is actually made up of zillions of minute sparkles? And that these sparkles receive as much energy as they create? And that because of this energy exchange you completely stop aging and look younger? Abundance is immediately drawn to you? Healing powers fill you? Muscles are strengthened, pounds are shed, and your vision improves? Lingering questions are answered? New friends are summoned? Old friends are poked? Problems are solved? All when you feel love.

All you have to do is FIRST LOVE YOU and everything else will fall into place.

Good luck

Forthcoming workshops and Events –

There will be more workshops announced shortly, dates and times are under discussion.

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

February

Topic: Jikiden Reiki – Frank Arjava Petter
Location: Bahrain – Hani Gardens
Date / Time: Open night 19th Feb seats still available
Jikiden Reiki Course 20th- 26th Feb, Full wait list only
Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: Angelic Connections
Location: Bahrain – Hani Gardens
Date / Time: T.B.A
Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com +973 39543127

Topic: Who I am makes a Difference Campaign
Location: Bahrain – Country Mall
Date / Time: 28th February
Contact: Janet or Sharon eightmanisons@batelco.com.bh or Karen Perry blues88@batelco.com.bh or info@conscious-connections.com +973 39543127

Topic: Jikiden Reiki – Frank Arjava Petter
Location: Kuwait - Sahara Kuwait
Date / Time: Open night/public lecture 11th Feb.
Jikiden Course Shoden and Okuden February 13th – 17th February
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038 or
info@conscious-connections.com

March

There will be additional workshops with Julie in March in Bahrain, including 'Introduction to Stress Management, Angelic Connections, Crystals, Meditation and Elemental Connections' – Dates and details are under discussion and will be sent as soon as possible

Topic: With Julie Healing the Self - 'A Journey through the Chakras' Part 3, 2 Day workshop – Crown, Earth Star, Soul Star and above
Location: Bahrain – Hani Gardens Budayia
Date / Time: 27th 28th March 10am – 5.30pm
Contact: Karen Perry blues88@batelco.com.bh +973 39543127

Topic: Angelic Connections
Location: Bahrain - Hani Gardens
Date / Time: 30th March 9.30 am – 1pm and 7pm – 10pm
Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com +973 39543127

Topic: Crystal Awareness
Location: Bahrain
Date / Time: 31st March
Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com +973 39543127

Topic: Guest Facilitator - Elias – Introduction to Reflexology
Location: Hani Gardens - Budayia
Date / Time: 1st 2nd 3rd March and repeated 4th 5th 6th March
Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com +973 39543127

April

Topic: With Julie - Healing the self - 'A Journey through the Chakras' Part 3, 2 day workshop Crown, Earth Star, Soul Star and above
Location: Kuwait –
Date / Time: 3rd 4th April 09.30am – 6pm
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038 or
info@conscious-connections.com

May

More Details will be sent later

Topic: Angelic connections –Forgiveness
Location: USA – Reno
Date / Time: 2nd 3rd May
Contact: Zelma Dick or info@conscious-connections.com

Topic: Angelic connections
Location: USA – Las Vegas
Date / Time: May
Contact: Billie Shea info@conscious-connections.com

Topic: Angelic connections –
Location: USA – New Mexico
Date / Time: May
Contact: info@conscious-connections.com

Topic: Angelic connections –
Location: USA – Virginia Beach
Date / Time: May
Contact: 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

Dubai Jack Montgomery Tel: +971504585860

Kuwait Hana Al-Ghanim halghanim1@yahoo.com +965 9365038

Tootie Alsabah fatima2t@gmail.com +965 7226699

Spain Julie - Julie@conscious-connections.com

Angel Essences

Bahrain Julie or Karen Perry blues88@batelco.com.bh

Eight Mansions Feng Shui Country Mall, Budayia

Cyprus Steve - steve@conscious-connections.com

Dubai Jack Montgomery, Tel: +971 504585860

Mrs Priya Khanna , Elements Feng Shui AL KHALEEJ CENTRE BUR DUBAI

Bernadette King Turner, Art & Picture Framing Lamcy Plaza, Ground Floor

Greece Mary Evans, maryevans@stellarpathways.com
Kuwait Tootie Alsabah fatima2t@gmail.com +965 7226699
Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
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.

We apologise if you have received this newsletter by accident, just email back with 'remove' and we will remove you from our distribution list.

Tel Bahrain: +973 39606712

Tel Spain: +34 661928937

Info@conscious-connections.com

www.conscious-connections.com