



Journaling for a revolution of change

January 2009

Dear All,

2009 is here!! Happy New Year to you all, may it bring you and all your families, friends, loved ones and all the people of the world, happiness, health, wealth, wisdom and joy and renewed spiritual growth.

New beginnings are for all of us and a time for putting the past behind. The start of a new year always brings hope and we need to carry on living in that warm feeling of hope.

As the 2009 Year starts, I would like to thank you all for allowing Conscious Connections to be a part of your life. It is my hope that in some small way, we have made a positive difference to you and your life and will carry on doing so. That is part of our mission.

As you think back over the last year, take some time to think about the people who influenced your growth - the ones who hurt you and the ones who supported you - and, in your own private way, thank them for their contribution to your life.

As we all know, for many people and possibly yourselves included, 2008 has been filled with personal and professional challenges. Therefore, I hope you'll reach out to encourage those who may be going through difficult times. Sometimes a kind word at the right moment can change a life forever. Help those in need when ever and where ever you can.

There are times when I need to remind myself that life can be complicated, but happiness is really pretty simple. Like everyone else, I have doubts, fears and disappointments in my life, and need to remember what's most important, even if that is at times hard to do. But as I have said before we are all allowed our own time to be sad and to be able grieve for what we have lost, then after a while, time to move on.

2009 I believe, as do many others, is going to be all about change for the world, the changes have already started, and the transformation is happening within. We are coming to the end of a cycle, and we are moving forward into a time where the collective soul is waking up and hopefully into a time where there will be no famine at time where 'war will be an old word in the dictionary and children do not know what it means.'

We are going to slowly move from a monetary based economy into a resource based community. A community where each person finds their place and are encouraged to do so. It will all take time to happen, it will not happen over night but it is starting to now happen.

This 'financial crises' that the world now finds itself in will create big changes as people look to what has value in their lives. We are at the start of a new era. The banking and financial institutions will have to change, no longer can the world be dominated by greed, and

unscrupulous dealings, Most people expect that if they put their money in the bank it is safe which we now know is untrue.

When the system no longer supports the people we have to change the system!

In 2008 we have seen America nominate its first black/mixed/race president with the catch phrase of his campaign being 'Yes we can!' The campaign slogans were all about change. Barack Obama has a big job to do he may or may not be more effective than his predecessors. The importance is that a nation of people voted for Change. They may not know what kind of change is needed but they know it is needed. The cry is coming from within.

The slogan 'Yes we can' is a good one for 2009. One that I would like to see us all adopt and be our motto for the coming year and beyond, because we all can change we all can do whatever we want to do and be who ever we want to be, so lets do it ! We need to trust ourselves and our inner guidance and we also need to start really appreciating what we have, this is a good practice to adopt. What we appreciate grows; appreciate your life, your love, and your work. Love your family and friends and colleagues, take time with your friends and those who love you and help you. Be grateful for the small things, notice when you are caught up in dissatisfaction. This way you will move forward and your life will be enriched more quickly than ever before.

I would also like to use this opportunity about timely reminders and new beginnings about taking courses or even going for healings from untrained people. Most holistic, complimentary and alternative therapies now have recognized international bodies that ensure the healers and the teachers are trained to professional and high standards.

To attend courses run by people without a professional qualification is not a good idea, and to become a teacher by being taught by someone claiming to be a teacher who does not have a professional qualification is definitely not a good idea! It does you no good and it does not help your clients either. You would never go to a doctor who wasn't trained or to a school that was not an official and registered school, why would you want to go to a healer or similar that wasn't trained? This is what gives holistic therapies, healers and teachers the bad image they have. For many years I have advocated and spoken out about this, conscious connections only ever recommend people who are properly trained who have all the necessary qualifications and are usually leaders or number one in their fields of expertise. We will only ever do this, and we ourselves are highly trained and able and continue to learn.

Be responsible in your life, be responsible for yourself and especially for your clients who put so much trust in to you. I have seen many times the effects on people who have been to unqualified healers and teachers and it is not a happy sight, it also takes a long time to put things right. As the world changes and morals and values are in question, let us all make the conscious effort to improve the image of Holistic therapies etc and stop this un ethical practice, by not attending such courses or learning from un qualified people etc etc.

December was a time of fun a reconnections for Conscious Connections, we had a great time at our open day in Bahrain it was great catching up with so many of you and fun was had by all, and we made a considerable amount of money for the Animal rescue centre in Bahrain. Thank you for all you who came and for all of you who donated. A very big 'thank you' to Karen and Tom for opening up their beautiful home to everyone, and to Karen for her continued help and organisation in Bahrain.

The Angelic connections workshops were powerful and by popular request we will be holding many more, along with several other new workshops. So watch this space for details.

Frank Arjava Petter will be joining us in Kuwait and Bahrain in February and we are already planning his next visit later in the year as his classes are all full and waitlisted. We will let you know the dates as soon as we have them, we will also be taking him to Dubai for the first time.

We have many new things planned for 2009 and will be letting you know in due course as they unravel.2009 will be a big step forward for us all. So as the world changes and as we as

individuals change, this months Topic is about change, Journaling for the revolution of change, how we can start to change direction and see who we really are. We do hope you enjoy it.

Something that would also be good for us all to remember for 2009, is a reminder from one of the Reiki principals, 'Be kind to all people and living things' it would be good to remember to be kind to yourselves as well, we all forget to do that most of the time.

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. 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."

Topic of the Month – Journaling for a revolution of change and direction

I want to start 2009 in a very positive way and to encourage you all to do the same, by putting direction into our lives.

The world is changing and the pace of change is speeding up, many of you feel lost and a even a little frightened about what is happening around us and to the world.

The uncertainties of the future weighing heavily upon us, many of us seem to have lost our directions or indeed have no direction and we go through the days of our lives not really achieving anything just surviving each day as if in a daze, not really knowing what life is about any more.

I have thought that for the start of 2009 that maybe we should try to organise our own lives in a more structured way to help us through and to also give us self confidence and direction and to be able to start to achieve what we want to do.

That just because the media is blazing out negative stories and energy it doesn't mean that we need to continue ourselves in a negative way. We do not have to follow the patterns of the media, so often I am convinced the media just talks us all in to depression and into worrisome situations.

We can all turn our own lives around; we are at the end of the day the only ones responsible for our own life. If we don't like what life is giving to us at the moment only we can change it. So I am going to encourage you to start a journal for 2009. Journaling really does work! It does make life easier.

Now many of you will already do this and some of you will write in it daily, many of you will have a journal that you write in just occasionally and then there are many of you who will read

no further than this, you will sign and say oh I cant be bothered....its a waste of time...some one might read it....I don't know what I would write, what's the point of writing a journal.

You will make any number of excuses. I know because I myself make excuses all the time not to write in my journal...and yet when I look back over the years and at the times that I did keep a regular journal, and I re read what I wrote, I am so grateful that I did. It was at those times in my life when I really was more together and more organised with my life's direction. I am often amazed at just what I wrote, what insight I had in to things happening that I was not aware of at the time.

How I did make changes and how I really expressed my thoughts and feelings.

I was very glad that when I was studying how we were encouraged to write a journal everyday, how that really helped me at the time and how I really did grow on my spiritual path and in all areas of my life.

When I started to study for the first time again after school days and was encouraged to keep a journal, which incidentally the teachers did want to see and read (although our very private thoughts were just that and did not have to be shared). I was at first horrified when we were asked to keep a journal and that it would be read at each study weekend by the teachers. Even the thought of writing something daily was a enough to make me feel like giving up before I started!

Dreadful memories when as a teenager my mother found and read my journal and the repercussions that followed from it. I vowed I would never write in a journal again and I was in my 30's before I wrote anything again in any type of journal.

My journal in my teenage days had been my friend and I could express my deepest feelings and thoughts etc I never dreamt that it would be used against me so badly or that my privacy would be violated in such a way. I am sure that similar things have probably happened to many of you all too, and that because of it you also have a distrust of writing in journals.

But a journal of my studying progress was one of the very best things I ever did and I faced the fear of expressing feelings again. I have used my journals many times since to use in workshops and to share with you. I will carry on doing so.

So I want to encourage you now to go out and buy yourselves a nice journal or a beautiful note book that you will love to write in, that you will enjoy looking at. I do recommend that you do keep it for your own personal use and probably keep it out of others eyesight what you write in it, things you don't want to be shared or seen. Of course you could have two journals, one for your deepest and private thoughts and feelings and another for your growth and your goals and your direction in life and for what I am going to suggest you do in this letter.

So now as 2009 starts let's try to help you through those fears and start journaling again. Start with simple things that are not too deep or personal.

There is no right way and no wrong way to write a journal, do what you want to do, write how you want to write, some people even draw or paint instead of writing do what feels right for you.

Try to write a little something each day or at least each week.

This newsletter is in two parts, one that will run this month, and one that will run in autumn.

You'll see why.

So let's start the year exploring who we are and trying to find our life's purpose.

There's something about keeping a journal or writing private thoughts in a notebook that

activates our inner wisdom and helps us to start seeing patterns in our lives that either need to change or positive ones that we can grow.

While your entries in our journals might seem like random thoughts or ideas, they often will contain vital information about who you are and what you've come here to do.

This month I thought we'd try an experiment.

Below are some exercises for you to complete in a journal or notebook. Once you've finished them, I would like you to then tuck this information away until later in the year, when, I'll ask you to retrieve it again in order to complete part two of the experiment.

Think of this assignment as a special gift to yourself at the beginning of a new year, a year that is going to take you on new paths and help you to become who you want to be. Taking the time out of your busy life to reflect on who you are and what you want is one of the best ways that we can influence the direction of our lives.

To make it easier, break the exercise into five parts and complete one part a day over the next week. Work on it during your lunch hour or while the kids are at school. When we get to part two in the autumn, you'll be glad you made the investment in yourself.

Once you complete these exercises follow the "Take Action" below to complete part one of the experiment.

1. Finish the following sentence stems with at least five answers for each one:
 - I am
 - I will not
 - I would like
 - I will
 - I love
 - I dislike (hate being a word that is too destructive to use)
2. What advice would you give yourself at this time in your life? Use past experience and lessons you have learnt to help you on this (fill at least one page)
3. Imagine you were interviewing 'you' and then answer the following questions:
 - What three major choices brought you to this point in your life?
 - Looking back on your life so far, what three things do you wish you had tried?
 - If you had to choose an object or something that represented your future, what would it be?
 - If you had to choose an object that represented your past, what would it be?
 - What tasks or assignments would you say you've been given in your life so far?
4. Complete the following four exercises:
 - List three internal changes you'll need to make to live a more meaningful life.
 - List three external changes you'll need to make to live a more meaningful life.
 - List three positive qualities that you feel proud of possessing.
 - List three qualities that you'd like to develop.

5. If you could try five new jobs over the next year what would they be?
6. Write down your goals or things you would like to do or see happen in your life this year.
7. Write down ideas of how you will achieve them.
8. Write down, what has happened in your past that you have learnt from that could help you achieve your goal now, both positive and negative happenings.
9. Write down what your life will be like if you don't make the changes now and how does that make you feel.

Take Action

Once you've finished the exercises above, put the answers somewhere out of sight for safe keeping. Turn to September in this year's calendar and make a note of where you've hidden this information. Then, forget about it. I'll be sure to remind you to find it when we use your answers for part two of the experiment.

Now as you move forward, to make 2009 more awakened next year here are a few questions for you to think about and write down in your journal to take you forward.

- If you had to pick a theme of growth for 2009, what would it be?
- What one thing are you still beating yourself up about? Are you ready to do what it takes to put an end to this hurtful behavior? What do you need to do right now to get started?
- What did you accomplish last year that made you feel good about yourself and how did you celebrate? If you didn't celebrate, what will you do this week to put that right?
- How was 2008 perfect for you? What happened, good or bad that forced you to wake up and see your life with clarity and truth?

Carry on writing in your journal whenever you can trying to make the effort once a week at least to express your feelings or to remember good things and positive things that have happened to you and how they have made you feel.

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: 27th Feb
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

Topic: 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

April

Topic: 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

Topic: Angelic connections –Forgivness
Location: USA – Reno - Virginia
Date / Time: May
Contact: Zelma Dick or info@conscious-connections.com

October

Topic: Universal and Crystal Energies Conference –
Guest speakers – Hazel Raven, Judy Hall, Sue and Simon
Lilley, Kathleen Murray
Location: Kuwait -
Date / Time: 30th 31st October
1st November – Individual Workshops with the above speakers
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038 or
info@conscious-connections.com

Topic: Hazel Raven and Julie Lomas
Crystal Awareness
Hazel Raven – Sound Therapy – High Vibration Crystals
Location: Bahrain -
Date / Time: November
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

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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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