



Nurturing the Energy of the Soul

July 2009

Dear All,

It is hard to believe that it is now July and we are more than half way through the year. The sizzling summer heat is upon us and the holiday atmosphere is here.

At this time of the year I like to sit out in the early mornings and watch the land awaken, feeling the coolness of the air as the day comes to life and the before the heat of the sun reaches the land, by doing this I get a deep sense of the continuity of life that the land teaches you. It helps me to remember that no matter what happens in our own lives, we are all so much just a tiny fragment of the big picture. No matter what worries we have, no matter what sadness or problems, life still goes on in the endless circle of renewal. Nothing lasts forever but everything is part of everything else. Nothing stays the same. It has to change, to flow with the ebbs and tides of life as day always follows night and light always follows dark.

Sometimes in the silence of these beautiful mornings it feels as if the silence is wrapping its self around you, I sometimes hear the angels saying "come sit with us and rest, and let all past sorrows and trials go. Sit with us in this silence, so that you can discover the eternal treasures of peace and love and happiness and take this message out to the world." I have also been given some wonderful insight and inspiration at this time of day. Maybe you should try it too and nurture your soul.

In our work with Conscious Connections, this is a message that we are very keen to bring to you – to all who will listen. As Conscious Connections continues to grow, as we reach more and more people, bringing messages of peace, hope and happiness from the angels, helping people everywhere to begin to discover the inner peace within themselves.

Recently Mary, a close friend and mentor of mine (Julie) and someone many of our readers knew, passed on. Mary was a beautiful person full of life and love and always striving to help others. She will be dearly missed by many. She introduced positive change to all the lives of the people she met and her good work carries on.

At the time I heard of her passing, I was reading about a man who had stood to speak at the funeral of a friend, and he referred to the two dates that would be written on her tombstone, her birth date and the date of her death, in between them a 'dash'. Many of you may have already heard or read this story, but I thought it perfect to mention here. To him the 'dash' was the most important item, for that 'dash' represents all the time she spent on this earth, what she did, how she lived her life and so on. In other words what that 'dash' represented (for at the end it does not matter not what we own) the big house, the cash, the fine jewellery, the designer clothes, the fancy cars, the fast boats, the latest technology, how successful you were, how you helped the company you work for achieve high targets and budgets, and how big your bonus was each year. However, when our time comes to pass, none of that really matters anymore. What really matters is how we 'lived' our lives and how we 'loved' - in other words

how we spend our 'dash'. What positive change did you make in people's lives? How did you help people and humanity?

So I thought about this and I invite you to do the same. Are there things you would like to change in your life? Are there people you need to re connect to? Are there people who you need to treat better than you do? Are there things you dream of doing? We never really know how much or how little time is left. That time can still be rearranged, if we could just slow down to consider what is true and what real. If we always try to understand the way other people feel, be less quick to anger and show appreciation more. If we show love to the people in our lives, respect the teachers in our lives and remember to treat each other with respect; if we smile more. Remember that this 'dash' of life may only last a little while, so when your eulogy is being read with your life's actions, achievements and loves, would you be proud of what they say about how you spent your 'dash'.

June saw us in Bahrain and Kuwait, with Frank Arjava and with ourselves. As always we had a great time. Frank Arjava will be back with us in Kuwait for the Universal Energies Conference and then again from November 6th - 10th. He will also be back in Bahrain briefly during November, when we launch a new range of products for the Middle East. More will follow on that at a later date.

Hazel Raven will also be with us in Bahrain in November Teaching Sound Therapy and High Vibrational Stones. Again, more information will follow soon.

Preparations for the **Universal Energies Conference** in Kuwait (conference 30th & 31st October followed by a day of workshops with the speakers on 1st November) are going well. Remember to book before 31st August to secure your 50KD discount. Full details of the conference may be found at www.ueckw.com

Group booking discounts are also available so please contact us for details.

Tickets are on sale now from Conscious Connections (info@conscious-connections.com) and Hana Al-Ghanim (halghanim1@yahoo.com Tel: +965 9365038).

This conference is history in the making. Be a part of that 'history', that move forward for the Middle East. Never before have so many highly respected holistic speakers spoken at one conference – certainly not in the Middle East. This is a wonderful opportunity. History cannot be repeated, so be there and experience it for yourself; you will enjoy it and you will learn much. There will be several wonderful things being launched at the event - all for the benefit of the Middle East.

The world is changing rapidly and we can all make a positive difference, so come and join us and see how; start to make that positive difference. The conference is for you and yours. Support those who have made it possible to happen.

Please keep your feedback coming we love to hear from you and the suggestions for newsletter topics etc.

This month's topic is 'Nurturing the energy of your Soul' we hope you enjoy it.

Angel Blessings

Julie & Steve

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."

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 – Nurturing the Energy of the Soul

As we grow on our spiritual path we start to develop our inner knowingness, a sense of self worth and who we are, or at least the essence of who we really are. During this process a statement we often hear or at least think about is, 'we are not our bodies, we are only our soul'.

If this is true, then you could be forgiven for asking yourself "so, what is the body here for?"

Well, one way of thinking about it is that it's the vehicle which carries our soul along the highway of life. It is what allows us to exist in this world, on this plane and to learn the lessons this life offers. It is the physical manifestation of our soul, our energy, our being. It allows us to do what we need to do - to do good things for the the world and those around us, as well as for ourselves, which is part of our real purpose for being here.

We live our lives through our physical bodies but all too often we neglect our physical selves. This can lead to all sorts of issues – emotional and physical – but more importantly, in forgetting to nurture our physical selves we also forget to nurture our soul, which leads to even deeper, spiritual issues. Nurturing ourselves is the only way we can nurture our soul.

Of course, beyond ourselves, we are all here to help and be of service to others, so that also means being aware of others and helping to nurture the souls of others too, but in the same way that we cannot truly love others until we love (or accept) ourselves, we need to nurture our own souls first in order to be able to begin to focus on nurturing others.

Your physical is a temporary structure. It will last you for this lifetime only, yet most of us, at one time or another pay an excessive amount of attention to our physical appearance. We obsess over our reflection in the mirror; we worry about what we look like; we worry about what other people think about us, whether it be good or bad. It is very hard to remember that, inside, we are beings of light. We are so much more than the flesh and blood that surrounds our bones. What we see is just the body, the outer cover, the shell or the house. What really matters is the person inside, the inner person, the essence of person who is the soul within.

As we grow spiritually we start to realise that the person inside, this beautiful soul, needs to be nourished, nurtured and loved. It needs to be given at least the same level of care and attention as our physical body, but how do we do that? How does one feed a soul? What does a soul need to be fed with?

To be honest, your soul is really not very demanding at all. All it desires is a little love and energy; the energy of love, the energy of the universe and the energy we generate from the good and positive actions we can do on a daily basis, for ourselves and for others. By far the simplest way to have a soul that is harmonious, open and well-fed is to systematically treat it with love and care.

"Feeding your soul" or 'nurturing your soul' in this way means doing something that is just for you - something that makes you feel good, something that gives you a feeling of accomplishment or something to look forward to, that is just for you and your well-being. It's not just for relaxation; it is for your soul and your spiritual growth. It can be something as

simple as listening to your favourite song. It's something that reaches all the way down inside you and makes you feel content all the way down to your toes and to your very core.

There are many ways you can create a sanctuary and a loving space for your soul, you can meditate daily. This is one of the easiest and possibly nicest things to do, but so often people are turned off by the word 'meditate' so they don't ever give themselves time to sit in quiet contemplation or just to sit and 'be'. You can lie or sit down and listen to beautiful music, or sit outside in nature and listen to the sounds of nature, the birds singing, the bees buzzing, the stillness, the peace and the quiet, or the silence, or sit by the beach and watch the waves come crashing in. Creating a sanctuary for your soul requires only that you spend the time alone, you are quiet and not doing anything that busies your mind and you do your best to relax. Regardless of how you do it, the most important thing is you do it; simply because it nourishes and feeds your soul. When you are quiet and still, you allow the voice of your true self to speak to you, and then you listen to it.

Only when we find the quietness in our own minds can we begin to hear our inner teacher, our true self, our soul, and only then we may receive some in-tuition. Only when you are ready to recognise and value the wisdom that you carry at the core of your being or your soul, will you turn your attention inwards and 'listen in'.

You need to quiet your mind's chatter and the background noise of your day to make room for the quiet voice to speak to you. It may be even giving you an answer to your questions or prayers. That little voice could be your intuition nagging you to make a different choice in your life. It is through quiet and solitude that the truth speaks the loudest and through the quietness that you can also feed your soul.

By creating a sanctuary for your soul to relax, you recharge your battery. You only have so much energy to function on before you start running out. Like the car running out of fuel, it is the same with your body and your mind. When you start running out, you become short-tempered, irritable, impatient, tired, spacey, and often become ill. You start to live your life by accident not on purpose. So many people seem to do this - just going through the motions of life, rather than truly living it. That is why some days feel like a motorway pile up; because you haven't given yourself time to feed your soul.

So, we need to nurture and feed our soul.

Take time to think deeply, listen to your intuition. Listen with patience, and things will start to become clear. The reason why you are here, your vision for your life, who you really are and what you uniquely have to give, will occur to you. Then you can begin to live your life 'on purpose' and carry on nurturing and feeding your soul.

If we change our consciousness, and start to live our lives with purpose, each day we will wake up energised and ready to go for it; we will be in tune with our soul; we will have nurtured our soul.

From today, why not start the practice of waking up each day, taking a few minutes for yourself and then really put your soul forward from the beginning of the day. Notice the ongoing, non-stop demands of your body. Redirect these desires by looking for ways to share love, time and effort with people. You never know when the light is going to put someone in your path; someone whose day, or life you can help improve.

Pay attention to the yearnings of your soul.

Action Challenge

Everyone needs time for reflection and for themselves. I am sure you have heard the saying, "I can't even hear myself think."? I know I have, and I can totally relate.

Maybe it has been a long time since you truly listened, or took time out for yourself so a little practice will be needed.

So, start today

1. Sit down, be quiet and listen in at some point today and you might be surprised at what you hear. Then do it again tomorrow
2. All you need to do is remember that you are the listener and not the noise
3. Maybe play your day back before you go to bed. What was great about your day? What would you have done differently?
4. Find time to sit in quiet space so you can sort out your thoughts.
5. Perhaps you want to plan out your day, or think about a decision you need to make.
6. Make a time each day to do something just for yourself, to nurture yourself and your soul. It may be sitting still for 2 minutes to listen to a favourite song, watch the sunset, walk in the dew in the grass in the early morning, lie in a warm bath of bubbles, walk in the garden.

Taking this time for reflection allows us to grow, have gratitude, be organised, and value thoughtfulness and nurture our souls.

Good luck!

Forthcoming workshops and Events

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

September

Bahrain

Topic: Crystal Awareness
Location: Budayia
Date / Time: T.B.A.
Contact: Karen Perry blues88@batelco.com.bh
or info@conscious-connections.com

October

Bahrain

Topic: Angelic Connections, Crystals, Stress Transformation, and other workshops
Date / Time: TBA

Kuwait

Topic: Universal Energies Conference www.ueckw.com
Speakers: Frank Arjava Patter, Hazel Raven, Sue and Simon Lilly, Kathleen Murray, Julie Lomas, Abdul Azeez

Location: Sahara Golf & Country Club
Date / Time: 30th October to 1st November
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
or info@conscious-connections.com

November

Bahrain

Topic: Launch of the New Crystal Essences designed for the Middle east with Hazel Raven and the full team

Location: Country Mall, Eight Mansions Budayia, Bahrain

Date / Time: 4th November – 10am – 1pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: Workshop on the new Middle East Essences with Hazel Raven and Julie Lomas

Location: Budayia, Bahrain

Date / Time: 4th November 4pm – 8pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: Sound Therapy & High Vibrational Stones with Hazel Raven

Location: Budayia, Bahrain

Date / Time: 5th November 10am - 4pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: High Vibrational Stones with Hazel Raven

Location: Budayia, Bahrain

Date / Time: 6th November 10am – 4pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Kuwait

Topic: Jikiden Reiki – Frank Arjava Petter
Location: Sahara Golf and Country Club Kuwait
Date / Time: 6th -10th November
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
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Conscious Connections Meditation CD's can be bought from:

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Noraini at Touch for Health Tel: +973 39246544
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Angel Essences

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This is 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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