



Why is it so hard to be yourself?

June 2009

Dear All

June brings summer solstice and midsummer night's eve, the longest day of the year in the northern hemisphere. With nature now in full bloom and temperatures rising, our natural reaction is to slow down, relax and spend time outdoors with family and friends, reconnecting with nature and with ourselves. Try to take some time out and listen to the beautiful sounds of nature, to the birds singing and just try to 'be'. You will benefit greatly. Just spending some time outside in nature helps to take away much stress from the mind and body.

It was wonderful meeting so many old friends and new faces in the USA in May. A big 'Thank You' to Zelma, Donna and Stephen Hamilton, Terri, the Heritage centre and all those who made the workshops possible. It was a truly memorable time and plans are already being made for a return visit.

June is another busy month for us starting with the return of Reiki Guru Frank Arjava Petter to Bahrain 9th- 13th June, then two new workshops with Julie and Steve: 'The Energy of Stress in work and life and how to manage it' and 'cosmic consciousness' in Bahrain and Kuwait. For more details please contact info@conscious-connections.com We look forward to seeing many of you.

Plans for the first 'Universal Energies Conference' in Kuwait from 30th October to 1st November 2009 are going well. The schedule of events has already been emailed to you and it is now on our website, as well as the official conference website www.ueckw.com We are so fortunate to have all these wonderful International speakers coming to the Middle East for the first time at the same time. The opportunity to listen to their presentations and to be able to participate in the workshops that will follow is something not to be missed. Don't forget to book before the 31st August in order to secure your early bird discount. Group discounts are also available.

For further details please look on the websites, or contact Hana Al Ghanim (halghanim1@yahoo.com Tel +965 9365038) or mail us at Conscious Connections on info@conscious-connections.com.

It never ceases to amaze us how people, from every walk of life and all age groups, are not truthful with themselves or others around them. How people go to extensive lengths to cover up what is really going on in their lives. How people lie to themselves as well as others on just about everything. Lying is never a good thing, sometimes little white lies or slight misleading statements are necessary for many reasons, but to constantly lie is never a good thing in any way. When people are being lied to they know it; something inside them knows. The people telling the lies though can be so totally convincing (and often totally convince themselves they are not lying) so situations get out of hand and all sorts of situations occur. People invariably get hurt. Relationships are ruined lives are ruined too.

It is so difficult when you know you are being lied too, but have no proof to show or confront with. Even on those occasions when you do have proof, presenting it often just makes matters worse.

It is good to be reminded to always tell the truth, in relationships with others as well as with yourself. Things go wrong or break down when someone is not being told the truth, or you are not telling yourself the truth. Somehow the truth is all you need to say to fix things up. People instinctively know they are being told the truth. There may be many reasons why you or they are not telling the truth, but the truth is the best policy. One good thing about telling the truth is that you never have to remember what you said – if you tell the truth the next time the subject comes up, what you say then will be the same as you said before.

Sometimes the truth hurts but it has to be said. It is not always easy to say (or hear) the truth in situations like that, but it is still important that the truth be allowed to come out. On the other hand, if you are tempted to say something only to hurt another, try to catch yourself and think again.

Finally, don't forget that the Angels, Universal Energy Beings or light beings are here to help us, but you have to remember to ask! Even those who work with and see or sense angels all the time sometimes forget this basic simple rule of asking.

You see, if you don't ask you don't receive; it really is that simple. They are here to help but they cannot read your mind. You have to be specific about what you're asking for, and you will get an answer. Sometimes you do not get it right away, and we do need to learn to be patient as everything comes in at the right time, but other times it is almost instant.

It is then your choice whether you hear the message or ignore it. Indeed, it is even your choice as to whether you follow it or not, if it is guidance. But remember, they do only have our very best interests at heart.

Our topic for this month is being true to yourself – finding and living your true identity. 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 – Why is it so hard to be yourself?

Sometimes I wonder why it's so hard to just be me. That may seem like a crazy thing to say, but then again, I can't believe I am the only person who thinks like this – at least sometimes?

At the end of the day, I am me. There is only one me and I am it. Or am I?

Am I true to my beliefs and values? Do I say the things I want to say? Do I dress the way I want to dress? Or, have I become a product of years of "learning" that has turned me into someone else altogether?

Think about it. Think about how you would describe yourself to a stranger. Are you tall, short, fat, thin, intelligent, stupid? Are you hopeless at science or art or athletics? Do you tend to talk too much or are you a brilliant communicator? Do you tend to stick your nose into other people's business, or are you a true friend who is always willing to sacrifice time and energy to help another?

Take a few moments to write a full description of yourself. Read through the descriptions or labels that you have associated with yourself. Do you feel a strong inner connection with these labels? Do they really describe your true identity – deep down, at a level of soul? Or are they labels that others have given you over the years? Perhaps they are throwbacks to your childhood – what did you parents tell you about yourself? How did they describe you? What about your childhood friends or even your early teachers? What stories did other people tell you about yourself that you learned to believe?

As we grow up, everyone around us constantly tells us stories about ourselves and about the world we live in. Our parents tell us how to behave and how not to behave, what good manners are and what are not. Our school teachers tell us all about the world and how it works. When we finally become old enough to leave school and leave home we go out to work and the cycle begins again. Your boss tells you how people behave at this company, what is right and what is wrong. Over time, many of these stories become embedded in our mind and we not only start to believe them but we also start to write new stories based on them. We begin to tell ourselves how people like "me" should be. How people like "me" should talk, how people like "me" should behave, how people like "me" should dress. We even tell ourselves stories about what people like "me" are good at and the limitations and issues with people like "me".

But who is this person? Is it me or is it just someone like me? Are these labels that we have allowed others to attach to us true and accurate? Are the labels that we have attached to ourselves true and accurate? In most cases they are not. They are simply what we have learned or allowed ourselves to believe. Quite often, we know this to be true, yet we still accept it and live our lives according to these false labels rather than our true identity. We seem to think we are making our lives better by living this way, when all the time we are missing out in one way or another.

I recently met a lady who, as a young child, had been told by a school teacher that she was not athletic. Her sister was the athletic one in the family. She believed this and for the next 25 years she avoided active participation in competitive sports. Yet, deep inside, there was a longing to join in. She loved watching sports of all kinds and longed to take part, but she always remembered what she had been told and "came to her senses" just in time to stop herself making a fool of herself by trying.

Recently, she began to work with a life coach and as a result of those meetings she began to realise that the only reason she wasn't athletic was that she had been told this as a young child.

She realised how much she disliked that label and threw it away. She began training and a few months later successfully competed in a triathlon. She didn't finish first, but she did finish - and she didn't finish last. Achieving this has changed her entire outlook on life; though she can't help feeling just a little frustrated at how much time she spent watching from the sidelines when she could have been taking part.

In our social lives and in business we often behave the way we feel we should behave rather than the way we want to behave. Why? Because we fear what others might think of us if we dare to be different, if we dare to be true to ourselves instead of being true to others. As a result, we find ourselves in all sorts of situations where we "do the right thing" and believe it's for the best, but it never is, because the energy we are putting into the situation is out of alignment with our actions. Imagine, for example, you are invited to a party. If truth were known, you would rather not go because (for some reason or another) you dislike the host. When you mention this to your best friend, they tell you that you must go. It's a very important occasion. Everyone will be there. It will look odd if you are not there. People will be expecting to see you there. So, against your better judgment you go. But the energy you take with you is so negative that not only do you not enjoy the party, you cast a shadow over everyone you meet.

Where is the benefit? You have "done the right thing" according to others but you have not been true to yourself and as a result, you have really haven't done the right thing for anyone.

In today's world, more than ever before, it seems like we are all expected to fit into a neat little box. We are all expected to follow the norms and rules of society, which is all very well to an extent. Yes, it's important to live within the rules of acceptable behaviour in terms of law and morality, but why is it so difficult just to be yourself? It seems that people are only too happy to tell you how you should behave and what you should and should not do; and between email and text messages, it seems all too easy for them to do so. What makes them feel they have the right to do this? What makes us all feel we must listen to them? Why do so many of us seem determined to live someone else's life instead of our own? Are we afraid of allowing our true identity to be revealed? Or perhaps we have never really looked inside to find our own true identity? Either way, it's not a great situation for us as individuals or for the human race overall.

Steve Jobs, CEO of Apple Computer put it very well when he said:

*"Your time is limited, so don't waste it living someone else's life.
Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice.
And most important, have the courage to follow your heart and intuition.
They somehow already know what you truly want to become.
Everything else is secondary."*

Being true to yourself is never easy, but if you can discover the real you and learn to live your own life, you will begin to find true happiness and deep contentment.

Action Plan

- Take stock of who you are. Close your eyes and see an image of yourself in your mind. What do you see? Write down the labels that come into your head. Don't suppress any thoughts and don't judge the words that spring to mind. Allow everything to flow at this stage.
- Look through the list. For each label, ask yourself:

“Where did that label come from – is it one of my own or one that someone else assigned to me?”

“Do I like this label? Does it serve me well? Does it help me to be who I really am or who I want to be, or does it hold me back?”

- Cross out any labels that you no longer need or want
- Close your eyes again and see an image in your mind of the person you truly are or want to be. What do you see? Write down a set of labels that describe that person.
- Look through the list. For each label, ask yourself:

“Is that me?”

“Is that how I am now?”

“Is it how I want to be?”

- When you have a new list of identity labels, step through each one and imagine what (if anything) you would have to change in order to make that label a reality.
- Close your eyes one more time and see yourself as the person you have described with your new set of identity labels. Imagine you are that person. Believe you are that person. Notice how it feels to be that person.
- Soak in those thoughts and emotions and recall them each time your new identity is challenged.

Good luck!

Forthcoming workshops and Events

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

June

Bahrain

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

Topic: An Introduction to The Energy of Stress in Life & Work with Julie & Steve
Location: Budayia
Date / Time: 17th June – 19:00- 22:00 (Evening Workshop)
Contact: Karen Perry blues88@batelco.com.bh
or info@conscious-connections.com

Kuwait

Topic: The Energy of Stress in Life & Work with Julie & Steve
Location: Sahara Golf & Country Club
Date / Time: 19th June 2009 10am, - 6pm
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
or info@conscious-connections.com

Topic: Cosmic Consciousness with Julie & Steve
Location: Sahara Golf & Country Club
Date / Time: 20th June 2009 10am- 6pm
Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
or info@conscious-connections.com

October

Kuwait

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

Bahrain

Topic: Sound Therapy & High Vibrational Stones with Hazel Raven
Location: Budayia, Bahrain
Date / Time: 4th & 5th November
Contact: Karen Perry blues88@batelco.com.bh
or info@conscious-connections.com

Conscious Connections Meditation CD's can be bought from:

- Bahrain** Bookcase
Noraini at Touch for Health Tel: +973 39246544
Karen Perry - blues88@batelco.com.bh Tel: +973 39543127
- Cyprus** Steve – steve@conscious-connections.com
- Dubai** Jack Montgomery Tel: +971504585860
- Kuwait** Hana Al-Ghanim halghanim1@yahoo.com Tel: +965 9365038
Tootie Alsabah fatima2t@gmail.com Tel: +965 7226699
- Spain** Julie - Julie@conscious-connections.com
- UK** Hazel Raven – info@raven.org.uk
- USA** Heritage Centre Holistic Centre - Virginia Beach, Virginia
Tel: +1 757 428 0110 ext 4200
Edgar Cayce Centre - Virginia Beach, Virginia
Tel: +1 757 428 3588
Zelma Dick - Reno, Nevada
Tel: +1 775 7472759

Angel Essences

- Bahrain** Julie or Karen Perry blues88@batelco.com.bh
Eight Mansions Feng Shui Country Mall, Budayia
- Cyprus** Steve - steve@conscious-connections.com +357 99009411
- 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
- Kuwait** Tootie Alsabah fatima2t@gmail.com +965 7226699
Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
- Spain** Julie - Julie@conscious-connections.com
- UK** Hazel Raven – info@raven.org.uk

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.

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Tel Bahrain: +973 39606712

Tel Spain: +34 661928937

Tel Cyprus + 357 99009411

Info@conscious-connections.com

www.conscious-connections.com

