



## Building Bridges

March 2009

Dear All,

March has arrived and spring is almost here. Spring is about new beginnings and clearing out the old to make room for the new. Traditionally the spring equinox is a time of renewal and rejuvenation and expectation. It celebrates the renewed life of the earth and is marked when the length of day and night are equal.

At spring equinox the restricting influences of winter start to fade and nature blooms again. People who have been tucked away in their houses for the winter begin to work together again, rekindling a sense of community spirit. It is a time to move forward again. The good weather makes you feel better and you can get outside and connect with the earth and just 'be'.

In Bahrain we have just rekindled the spirit of community with our very successful 'Who I am makes a Difference' campaign day. We met many old friends and new faces; people from the community were honoured for the positive difference they make in peoples lives with blue ribbons and we raised funds for local charities.

A special 'Thank you' goes to Janet Chua, whose vision and dedication to the event and also to community caring made the day the special day that it was. She is a living example of making a positive difference to peoples lives, special thanks also go to Sharon, Karen Perry and Maggie, who worked tirelessly to make it all happen, and to all those who volunteered on the day. Check out the website [www.blueribbons.org](http://www.blueribbons.org) and see how you may like to take this message of who I am makes a positive difference forward in your lives. It will have an amazing ripple effect.

We were also blessed to have Reiki Guru Frank Arjava Petter with us to open and take part in all the activities of the Day and to talk about who we all are and how we can all make a difference. This wonderful and very spiritual man has dedicated his life to helping others and making a positive difference to all he meets. I am honoured to have him as a dear and close friend and to be able to work by his side when he is in the Middle East.

Before the event Frank was with us in Kuwait and in Bahrain teaching and we all had a marvellous time and benefited greatly from his teaching, insight, knowledge and understanding of life. All the workshops were filled to capacity.

The good news is, due to the high demand we have managed to secure dates to bring him back, to **Kuwait in April 24th-28th** and **Bahrain in June 9th - 13th**, where he will be teaching Jikiden Reiki. If you wish to attend please book early as we are already almost full in both places, details will be at the bottom of the newsletter. Frank will also be attending our Universal Energies and Crystals conference in Kuwait in October.

By request there are many different workshops being planned for March and April and more to come in the Gulf. The support and encouragement we get and the requests for workshops are overwhelming. We are doing our utmost to provide you with what you ask for and will carry on

doing so, if we can't do it ourselves we will find the right person for you; it is better to wait for the right people than to settle for less.

Stress seems to be a major factor in people's lives now and we are being asked by many to help in this area. We are in the process of putting some workshops together and will let you know more as soon as we can.

We also would like to remind you that when you attend any courses or workshops please make sure that those delivering the training or healing are properly qualified and know what they are doing. There are many out there who are not what they say they are and they do great damage to the reputation of those in the spiritual and holistic fields who are doing good work and really helping people to move on with their lives. If in doubt about anything being advertised then check them out, ask for credentials ask for references etc.

At Conscious Connections, we are very careful about whom we recommend or advertise as we follow very high ethical and professional standards. You can be safe in the knowledge that if we do advertise someone it is because they are genuine and properly trained and not someone that could confuse you or do more harm than good to you and the community around you.

Relationships are always a topic of conversation in workshops; all healthy relationships have their ups and downs, arguments and disagreements, whether it is between spouses, partners, or friends. To never have a disagreement or argument of any kind in any relationship would not be normal or healthy, especially in martial situations. Bottling up feelings and emotions is not healthy and will in the long run do more harm than good.

Just remember that if you respect other people and their feelings and meet people at least half way during difficult times, then not only your relationships but the world in general would become a happier place. Just because you reached out one day and it didn't work, don't give up - try again. All relationships need working at all the time, all relationships are two way streets and there should be give and take by both parties.

Life isn't about waiting for the storm to pass...life is for enjoying and living and being good to each other and to yourselves.

Please keep your feed back coming we really do love to hear from you and we do take on board as many of the requests that we can.

This month's newsletter is about Building Bridges

**Divine Blessings**

*Julie & Steve x*

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**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!

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## Topic of the Month – Building Bridges.

A common phrase that has been popping up in workshops we have conducted and in emails we have received from friends and supporters is “bridging the gap”.

What does that mean? Where or what is this gap and how do we bridge it?

One set of words which you may have heard us repeat in recent months is that we need to “bridge the gap between the visible and the invisible”, between what we can see, touch and smell on one side and what we can only “feel” or sense on the other side. Bridging the gap between the materialistic world in which we live and the spiritual world which surrounds us.

For many of us, recent events in the world economy have only served to strengthen a belief that the human race as a whole was becoming too greedy. More and more people seemed to be only out for themselves – a “what’s in it for me?” society. Everything seemed to revolve around making money, buying more non-essential goods and wasting more and more of everything. Individuals, corporations and even governments seemed to have lost their connection to the bigger picture, focusing instead on just the things that they could see, feel and touch. This global meltdown which is taking place has affected, or will affect, every single one of us on this planet. It is a wakeup call for the human race; a reminder that there is more to life than having the latest phone, the fastest car or designer clothes – especially when so many of those things had been acquired with borrowed resources.

The current situation should also serve as a reminder that everything we have is simply borrowed from the planet and from the universe. There is a wonderful saying which I read somewhere recently, along the lines of: Remember, you do not own the earth, you are simply looking after it for your children.

If only we all thought like that.

As the world economic downturn kicks in and the credit crunch begins to make itself truly felt, almost all of us will need to make changes – large or small – to our lifestyles. As we do, perhaps it is also a good opportunity to consider not just our materialistic, day to day, earthbound lifestyle but also our spiritual lifestyle. Have we been true to ourselves? Have we been true to our beliefs and values? Have the acts we have undertaken and the words we have spoken in recent years served us well – physically, emotionally and spiritually?

Perhaps this is a good time to begin to rebuild the bridges between our physical existence and our spiritual existence – in whatever way, shape or form that feels appropriate for each of us.

However, if we are to make truly significant changes, perhaps we should also be looking beyond our own existence and identifying bridges that we might help to build across society as a whole.

Take a look at your life, at all the things you have. If you find yourself saying “well, actually, I don’t have that much”, look again. Whatever you have, whatever you want, you can live and be happy with less, so take a really good look at what you have. Not just the material things. Look at all the subtle little gifts you have in your life. The friends you have; the love that you have now or even the love you have enjoyed in the past; the fact that you have a roof over your head, food to eat and a place to sleep safely. Take a full inventory of your life with one simple proviso – see everything in a positive light. Don’t think “I don’t have enough money in my life”, think “I have some money in my life” and be grateful for what you have.

If you have faith and spirituality in your life – and if you are reading this newsletter, I imagine there is a strong probability that you do – think about what this really means to you. Think about how it feels to stand in the light. Try to imagine how it would feel if you had only darkness in your life. Be grateful for what you have.

When you have completed your list, review it, item by item. As you look at each thing that you have, spare a thought for those who have less of that item than you do. Those around you or even those on the other side of the world who have less food to eat; less security – physical, emotional or financial; less spiritual light in their lives. Notice the gaps between what you have and what others have. Begin to consider how you might start to bridge those gaps. How can you use the resources that you have to help others?

It's not always an easy thing to do, because sharing your resources with others generally means a net reduction in the resources you have. Giving time or money to others, for example, means that you have less left for yourself and that can lead to feelings of resistance or resentment. Only give what you are truly comfortable giving. Could you, for example, create a little spare time by giving up an hour or two that you would normally spend watching TV. Could you generate a little spare cash by trimming your weekly shopping bill – cutting out a small luxury item every now and then?

Look around your home. How many things do have which are simply gathering dust? Furniture, clothes and electronic items that you no longer need or use but are still sitting in a cupboard? Could they be put to better use? Could they be donated to a charity or given to someone who can really use them?

Of course, some resources can actually multiply as you share them, rather than diminish. Often, when people put their heartfelt energy into a project they find that instead of feeling tired they feel energized. Sharing your love and affection with others has the same effect – the love you give is returned many times over, leaving you feeling better and giving you even more to share.

Start small. Don't try to change the world overnight. Start with the things that you can see, touch or influence and begin to build small bridges between you and them.

Are there people with whom you were once close but are now distant from for some reason? Perhaps a difference of opinion caused a rift to develop between you. Perhaps one or both of you moved away to a new city or new country and you fell out of touch with each other. Bridge that gap and get in touch.

Are there people in your area who would welcome a little love, warmth, food or support? Bridge that gap. You don't need to set out to build a new state of the art centre for the homeless, but maybe you could donate an hour or two of your time to serve food at a soup kitchen? Perhaps you could organize a garage sale to raise money for a charity organization? Perhaps you could visit an old folks home and chat to one or two people who have no family of their own?

If we can all, one by one, take a few small steps toward reducing the gaps between the "have's" and the "have not's" in the world, then together we will make a big difference. As we slowly begin to build bridges across the gaps and around the obstacles that keep us stranded on our own little islands perhaps the human race will begin to realize that what is important is who you are on the inside and not who you seem to be on the outside. As we shift our focus of attention away from the things we can see and touch we will begin to connect at an unseen, spiritual level and begin to understand what is really important in life.

In doing so, you will begin to raise your vibrational level and you will begin to build bridges on a different level – between the visible and invisible. This may sound like a daunting task at first, but with a little effort and small, steady steps, it can become a reality.

As you dress yourself each day, take a little time to notice the clothes you are wearing – not so much the style or the colour, but the weave and texture of the fabrics. Feel the fabrics against your skin; sense the energy that was put into the fabric as it was created – is it a natural fabric that was grown in the sunshine, or a synthetic fabric that was created in a laboratory? How well has the fabric been cut and sewn in order to make the garment you are wearing? Are there any defects in the fabric that may need some care and attention? Does the fabric have particular features and strengths which will serve you well during the day ahead?

As you leave your home, pay attention to the sounds that you hear – the birds; the traffic; other people. Notice the smells around you. Not just the scent of pollution but the aroma of the entire universe. Smell the flowers, the grass, the rain, the sun. Soak in these aromas and experience them in an entirely new way.

As you begin to feel the connection with the fabric of your clothing, the sounds and the smells around you, begin to build a bridge from your corner of the universe to the universe as a whole. Your corner of the universe is your own special place, where you are safe and happy and no one else can enter. As you sense your bridge taking shape make the connection between your life and the universe as a whole. See your bridge as one that connect you to your path this life. Be aware of how your bridge looks and what have you chosen to build your bridge with. How safe is it? How strong is it? Can others cross your bridge? Is it a draw bridge that you can pull up when you want to be alone or is an open highway for all to enjoy?

Your bridge is your connection between the visible and the invisible. It is the connection from your corner of the universe to the universe as a whole. As you make this connection you will begin to see life in a new light. You will begin to notice things you had never seen before. You will begin to hear sounds you have never heard before and experience an inner peace you had never dreamt could be yours. By crossing the bridge you will not only be taking the first steps on a new life for yourself, you will also inspire others and motivate them to build their own bridge into the light, allowing more and more people to step out of the darkness and into a life of purpose and fulfilment.

#### Action Plan:

- Take stock of your life, taking great care to see everything you have in a positive light
- Review the sort of person you have become – have you been swept away on the high-speed train of materialism, greed and self-centered desires?
- Consider whether there are any bridges you can build in the physical world in order to share the things you have an excess of with those who have very little – love, time, compassion as well as physical items such as old clothes, unwanted gifts, unused items around the home
- As you build (or rebuild) your bridges in the physical realm, become aware of your spiritual needs. Begin to build your own bridge between the visible and the invisible.
- As you build your own bridge to the universe, step into the light and bathe in it. Find your true purpose in life and encourage others to do the same

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)

#### Bahrain – March

**Topic:** Angelic Connections- Connecting and working with the healing energies of the Angelic Realms  
**Location:** Hani Gardens – Budayia  
**Date / Time:** 16<sup>th</sup> March 0930 am – 12.45  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

**Topic:** Using Crystals for relaxation and self healing  
**Location:** Eight Mansions – Country Mall, Budayia  
**Date / Time:** 17<sup>th</sup> March – 10am – 1.30 pm  
**Contact:** Janet or Sharon [eightmanisons@batelco.com.bh](mailto:eightmanisons@batelco.com.bh) or Karen Perry  
[blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) +973 39543127

**Topic:** Introduction to ways of Combatting Stress  
**Location:** Hani Gardens – Budayia  
**Date / Time:** 18<sup>th</sup> March – 7pm – 10pm  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com) +973 39543127

**Topic:** Working with the Chakras 1-6 Root, Sacral, Solar Plexus, Heart, Throat, Third eye.  
**Location :** Hani Gardens – Budayia  
**Date / Time:** 20<sup>th</sup> March – 10am – 5.30pm Full day  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com) +973 39543127

**Topic:** Angelic Connections- Connecting to the Violet flame and Archangel Zadkiel - transmuting and disarming negativity  
**Location :** Hani Gardens – Budayia  
**Date / Time:** 21<sup>st</sup> March – 10am – 5.30pm Full day  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com) +973 39543127

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

**Topic:** Angelic Connections – Archangel Michael , Cutting through fears and negative ties, gain your sword of freedom  
**Location:** Hani Gardens  
**Date / Time:** 30<sup>th</sup> March 9.30 am – 12.45 and 7pm – 10pm (2 choices)  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com) +973 39543127

**Topic:** Crystal Awareness –learning Chakra Balancing with Crystals  
**Location:** Eight Mansions Country Mall Budayia  
**Date / Time:** 31<sup>st</sup> March 10am – 1.30  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com) +973 39543127

## **Kuwait**

## **March**

**Topic:** Introduction to Chakras  
**Location:** Sahara  
**Date / Time:** 23<sup>rd</sup> March – 7pm – 10pm

**Topic:** Introduction to Crystals to combat stress  
**Location:** Sahara  
**Date / Time:** 25<sup>th</sup> – 7pm-10pm  
**Contact:** Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com) +965 9365038 or [info@conscious-connections.com](mailto:info@conscious-connections.com)

## Kuwait

## April

**Topic:** Healing the Self - 'A Journey through the Chakras' Part 3, 2 Day workshop – Crown, Earth Star, Soul Star and above

**Location:** Sahara

3<sup>rd</sup> 4<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)

**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

More Details will be sent later

**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 – New Mexico

**Date / Time:** May

**Contact:** [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)

**Topic:** Angelic connections

## 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)

## October

**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)

**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](mailto:maryevans@stellarpathways.com)

**Kuwait** Tootie Alsabah [fatima2t@gmail.com](mailto:fatima2t@gmail.com) +965 7226699  
Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com) +965 9365038

**Spain** Julie - [Julie@conscious-connections.com](mailto: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](mailto:Info@conscious-connections.com)

[www.conscious-connections.com](http://www.conscious-connections.com)

