



## How Significant is Your Life?

May 2009

Dear All,

May is upon us. In times gone by, 1st May was known as 'Beltane'. It is (or was) the celebration of the the start of summer, the crops and of fertility. The Beltane fires use to be lit and the maypole danced around to celebrate fertility and the earth's abundance.

As May is about fertility and earth's abundance, it is good to mention a few things about 'spirituality' here, especially as the world is in such turmoil at the moment. Spirituality is to be serious about one's connection to the Divine. It is not something you do today and not tomorrow, it is not something you do part time, it is not a passing fancy or thought; it is for your whole life. Spiritual sincerity when used or even organized properly can accomplish any goal and it can bring you true happiness. You cannot be spiritual only part time. It encompasses your whole life - not just a part of it.

As the world changes we have been given a wonderful opportunity to go forward and make a positive spiritual difference - not just for ourselves but for everyone and in all ways. It is good to think that the future is for the sincerity of truth, not for ignorance, superstition, materialism or greed. There really is no time for that now. Nor is it for the insincerity of the so called art of diplomacy. It is for truth and sincerity, and that is also one of the messages of the divine. It is also not for religion or religious worship, outdated and biased religious doctrines; the future is for the spirit and for the soul and for mankind to move on in unison without the greed and materialism that has brought the world, her people and economies to the state of imbalance they are now in.

We all need to remember that there is so much more to life than materialism, greed, dishonesty and selfishness. We don't all need to own the latest mobile phone, computer or designer clothing. We don't all need larger houses, big posh fast cars and fancy boats. Life is not about that, those things do not bring us spirituality or internal peace and happiness. Yes, they may be nice to own, but they are not the answer to our internal quest and our reason for being here on this planet this lifetime.

We are all interlinked in some way by universal energy and even if some dismiss this as imagination and others ridicule it, it really is the truth. We need to go forward in that truth and in full respect for all around us.

When all is said and done, when your final day on this planet is upon you, the amount of money in your bank account and the material things and possessions in life will make little difference. You cannot take these things with you to the next phase. You can however have an easier passing when you accept and understand we are all part of the energy of the universe and we all need to be in tune with the people and the universe around us.

It is also good to be reminded of just how important it is that we all really make the most of our time here on this earth and that we make a lasting positive difference to all those we meet. One

way that that we can do that is through making appreciation a "common" practice. Keep with your friends and family, tell them often how much you love and care for them and don't take people for granted, for they may not be there tomorrow. Teach your children to respect everyone and everything around them as soon as you are able to do so. Let them grow up with a sense of responsibility not just for themselves but for all that is around. This in turn will create a ripple effect and however small at first it will reach out further and further. When I was a child, if we ever received a gift of any type we always wrote a thank you note. I have similar notes from my nieces and nephews since they were about 3 years of age and many of my friend's children. I think that this is a wonderful thing to encourage your children to do. Amongst other things, it starts them appreciating what they are given at a young age. It is even more wonderful to receive them from teenagers too, as children of that age often think that everything comes easy and nothing is really appreciated. However, when something is instilled from a young age it stays with you for life. Sadly, this is one aspect of manner and appreciation that seems to have been forgotten – though it can easily be rectified! Perhaps it is something you could even reintroduce into your own adult life?

For Conscious Connections, things are very fertile indeed. May will see us back in the USA. In Reno Nevada and a new location, Virginia Beach, with many requests for us to be in many other places! June sees us back in the Middle East, in Bahrain and Kuwait, where we will be running Stress workshops as well as other popular ones. See the website for details.

Reiki Guru Frank Arjava Petter will also be joining us in Bahrain 8th-13th June. If you want to attend his workshop please book as soon as possible as places are limited and we are almost full. Frank is in high demand worldwide and we are very lucky to have been able to secure his participation for a second time this year.

Many of you will have seen the first preview of the "Universal Energies and Crystals Conference program" which will be held in Kuwait in October. The official website for the event will be up and running shortly. We have received great feedback already and I am sure that it will be a wonderful event. Remember to book early to avoid disappointment and to get your early bird discount!

We love to receive your feedback so please do keep sending it to us. We have recently been given some lovely suggestions for our newsletter topics and we will try our best to cover them. This month is one of those topics and also one that comes up in many workshops, we hope you enjoy it.

### **Angel Blessings**

*Julie & Steve*

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**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!

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## Topic of the Month – How Significant is Your Life

Most people and certainly most people reading this newsletter want to live a life that matters, one that has meaning and feels useful or makes sense to us in a deep spiritual way. For some, leading a life of significance takes on a huge part in their life. It often becomes their whole life, it encompasses all they do and they do it on a grand scale, so that their life makes a positive difference beyond themselves, their family and their friends, touching an entire community or the world at large. These are often the spiritual people who are ease with themselves and others so often want to be around.

Whatever your personal definition of a significant life may be, checking in with your heart to evaluate significance can be a comforting, energising or an awakening exercise. It can sometimes even be a wake-up call to ourselves when we realise that we are not really living or indeed even enjoying our lives. Moreover, in these troubled financial times, when our material value may not be up to our standards, what else do we have or do we offer to ourselves or our fellow humans?

How can we tell if we are living a meaningful significant life?

The truth is that everyone person on this planet is significant and part of the human consciousness and no one should ever think otherwise. However, even those who realise this sometimes wonder what their real purpose in life may be and how they can live a life of real purpose and significance.

When you have found your purpose, your ultimate mission, it will be felt in terms of happiness, spiritual growth, positive challenges, "ah-ha!" moments and a sense of achievement. You will feel fulfilled and peaceful within. A life of significance is a life of connection to our true nature plus the balance of living up to our potential and responsibilities as a human being or individual, When people learn to balance their greatest gifts /talents with their greatest challenges, they find their lives become more authentic, more real, more touchable and more in tune with what is going on around them and within them. They feel their life force begin to flow, and magically they start find meaning. In this way we can live life as the mystical and joyful adventure it's meant to be."

Being on one's true path is crucial to that feeling of significance, We believe people can judge the path they are on by determining if they are happy deep down, in ways that create a sense of forward motion and achievement in their lives. When we're not on our path there is a constant, nagging, sense of stagnation, boredom and disappointment and a searching or longing and even a feeling of emptiness with us.

Many people begin a search for their own purpose or significance from time to time but more often than not, they become distracted and chase power, money and material wealth instead of true spiritual wealth, believing these to be what they need to feed their soul. However, no matter how often they eat from the table of material riches, they still have an emptiness and hunger deep inside.

When a person believes they have found their niche or role in life, even their Dharma, they are happy and emotionally fulfilled. They know they are walking their karmic path and utilizing their gifts and learning any lessons that come their way. Living a life that matters is an attainable goal for each and every one of us. It's a sense of having influence, that your opinions matter, that you yourself matter and that other's matter. It involves on some level, the personal courage and determination to believe in yourself - that in itself is a huge step for many - but once you do believe in yourself, you soon learn that anything is possible and happiness is attainable. After all, happiness is your birthright.

Have you lost touch with the meaning in your life?

Have you forgotten who you are and "why you are here"?

Do you sometimes feel that your life has no real purpose?

Why not ask yourself what you came here to achieve? Where in your life do you feel happy and good about yourself? When do you feel happy with yourself? If you don't feel happy think about times you did. If doors just keep closing on you it's time to look at another path, change your direction in life, starting making change, change your attitude and make different choices. If you as person is not conscious of the uniqueness of your life, it's time to slow down and listen to your heart and your inner knowing. Time to think about those you have loved, hearts you may have touched and the things you have done out of love and courage, before you judge yourself and the meaning you bring to life.

For some, the easiest way to discover their true significance and purpose in life is to start at the end. Think about how you would like to be remembered. Not just at the end of your life, but at every major junction along your path.

- If you change jobs, how would you like your old colleagues and old company to remember you?
- If you move towns or even to another country, how would you like to be remembered by those you used to live around?
- When you retire from your chosen career, how would you like the industry you were working in to remember you?
- When you finally pass from this life, how would you like your family, your friends, indeed, all the people you have met and touched along the way, to remember you?

If you can begin to find the answers to questions like these, then you will begin to discover your real identity and with it you will begin to uncover you true significance and purpose in life.

Like anything else in life, you need to enjoy the significance of your life as it stands every step of the way, even as we gain momentum, or slow down, hit bumps or fight to persevere. We aren't given the entire vision of our life path or the significance of what the sum of our lives might become. It is important to take care not to get caught up in wanting to know the very last detail of what is to be, instead of focusing on the big picture. Look at the beauty and adventure of the journey, for usually what we do know, is that our life as well as each and every life is significant to the divine in a unique way, and part of the universal plan. No matter what your purpose, you are perfecting your soul along the way.

Good luck!

## Forthcoming workshops and Events

For more details, please email us on [info@conscious-connections.com](mailto:info@conscious-connections.com)

### 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)

**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](mailto:blues88@batelco.com.bh)  
or [info@conscious-connections.com](mailto:info@conscious-connections.com)

#### Kuwait

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

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

### October

#### Kuwait

**Topic:** Universal Energies and Crystals Conference  
**Location:** Sahara Gold & Country Club  
**Date / Time:** 30<sup>th</sup> October to 1<sup>st</sup> November  
**Contact:** Hana Al –Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com) +965 9365038  
or [info@conscious-connections.com](mailto:info@conscious-connections.com)

#### Bahrain

**Topic:** Sound Therapy & High Vibrational Stones with Hazel Raven  
**Location:** Budayia, Bahrain  
**Date / Time:** 4<sup>th</sup> & 5<sup>th</sup> November  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh)  
or [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)
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- Spain** Julie - [Julie@conscious-connections.com](mailto:Julie@conscious-connections.com)

**Angel Essences**

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Eight Mansions Feng Shui Country Mall, Budayia
- Cyprus** Steve - [steve@conscious-connections.com](mailto: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
- 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)

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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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