



## **Journaling for a Revolution of Change and Direction**

### **Part 2**

**November 2009**

Dear All,

Well we did it! And we have started the move forward into healing and understanding. Our Holistic Universal Energies Conference in Kuwait was a great success, we won hearts and changed lives and brought understanding. We had a great time, full of laughter, healing, fun, tears, expression and personal growth. It was a great time for Kuwait and for the Middle East and it was true History in the Making. We truly believe positive change is here and will carry on as long as each and every one of us remember that. Remember: energy follows thought so just keep thinking positively!

We would once again like to thank our wonderful speakers and our teachers for their time and for being with us, Frank Arjava Petter, Sue and Simon Lilly, Kathleen Murray, Hazel Raven and Abdul Azeez.

They shared with us great knowledge and depth of understanding. They gave us tangible things to remember and to take home with us and we were honoured. We hope that some of these speakers will return to the Middle East again in the not too distant future to hold workshops and share their wonderful knowledge. Thank you to Hazel Raven for also visiting and sharing her vast knowledge in Bahrain at several workshops and the launch of the new essences there, after the conference.

I would also like to again thank all those who helped us to put on such an event. I thank you all for your support, encouragement, and belief in what we were doing. You know who you are, too many to name. However, one person in particular I would like to mention for her total belief and constant encouragement, and for pushing us into action: that person is 'Intisar'. Those who know her know she is a true light for this region of the world and how much she gives to all. Thank you, Intisar!

For us, it was a dream come true, and we have now taken that first big step. At Conscious Connections we have a 'vision' which many of you reading this newsletter share. We have put that vision into action and it is now time for us to carry on and take it forward. Change is upon us. Our vision is of a world more at peace with itself, people not stressed out and disconnected, but in tune with themselves and with each other, caring and nourishing the world we live in.

Never believe anyone who says we cannot change. Vision is one of the secrets of personal transformation.

We are all artists, our mind is the arena of creation and vision is what we are constantly creating.

Be creative and then always start with vision, not action, then see it and then you will be it, be it and you will then do it – we create our life, we create our dreams and they can all be achieved. This is proof of that.

We also launched The 6 New Crystal Aura Essences made for the Middle East. These essences are about transformation, emotions and conflict resolution. They are sponsored by people who live/d and work in the Middle East and want to help us move forward. For more details on these essences please contact us. They are on sale here in Bahrain, suppliers are listed below. There will be some workshops in the near future using these essences. Dates will be sent out shortly.

We also launched my Conscious-Connections 'Awakening Cards' and The 'Laam Crystal Cards' made by Fatima 2t Al-Sabah. These are all very beautiful inspirational thought cards, and have been received very well. They are for sale in several places listed below and will be in more places shortly or contact us for details and we can send to you.

In all, November has been an historic and wonderful month for us and things can only get better. Together, let's make it happen.

This month in Bahrain in conjunction with Eight Mansions, as requested we will be running some half-day workshops on "Introduction to Using Crystals" and "Introduction to the Chakra System, details listed below.

We have lots of things planned for 2010, starting off in February with Frank Arjava Petter, our Reiki Guru. He will be teaching Jikiden Reiki, Shoden, Okuden and Shihan Kaku levels in Bahrain between February 10<sup>TH</sup> – 17<sup>TH</sup>

Frank and I will also be facilitating, 'Who am I' workshops. This is a series of workshops on personal development. They are all about making positive change in your life. How to stop making excuses, blaming everyone and everything else for all that is not right, and taking responsibility for yourself.

There will be a lot more on offer for everyone, and it is all about making positive change in your life and moving forward.

Please do keep your feedback coming - we love to hear from you! And we, in turn, over the next few months will be making some changes at Conscious Connections that will be bringing you all many more wonderful opportunities for growth.

We look forward to seeing many of you at the upcoming events and know that you are in for a wonderful experience!

This month's topic is Part 2 - the continuation of the January 2009 newsletter about journaling and direction for changing your life. We hope you enjoy it.

Divine Blessings

*Julie & the Team x*

**Peace** - Do not look for peace outside, for it lies within the soul.

**The only way to predict the future is to create it!**

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

This newsletter is Part 2 of the one started in January.

As many of you will remember we started off 2009 in a very positive way by encouraging you all to put direction into your lives. We then said we would follow this up later in the year, and so now is the time to do this, just as we are coming up to the festive season and then new beginnings for the year 2010. It is now time to reflect on what we have done in 2009, and to see what we still need to change and get ready for the new year and 2010.

(Reminder of the original questions are below Part 2 of the Action Challenge)

(For those of you who did not receive that newsletter you can read the original January 2009 newsletter on the website under Newsletter's. This will give you lots of encouraging information on why journaling is good for you.)

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 you don't like what life is giving you at the moment only you can change it. We create the canvas of our own life, we ARE our life. So this is why I encouraged you and am again going to encourage you to start a journal if you haven't or didn't follow what we did in January at the start of this process. You can start now! Journaling really does work! It does make life easier, it does help you with direction and focus and it helps you to think more clearly.

For those of you who are new to this, and for those of you who actually started the process, I am now going to encourage you to either start to write or to re-assess your writings this year. Look at your answers and start to 'feel' and see what has changed and where you still need to make change.

Do not beat yourself up if you have not done anything, or indeed if things have not gone to plan. Life is constantly changing and many times we plan one thing and something else happens, but if you have set some direction for yourself it will make it easier when things go awry.

You all will make any number of excuses, not to do this I am sure, but please go along with me and let's see what you have and can achieve.

I know 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 into things happening that I was not aware of at the time.

### Action Challenge

To complete Part Two of our personal growth and development experiment, read through your answers to the exercises from the January newsletter that you put into your journal, and then, using your journal and those answers, take time to answer the following questions and see how much you have progressed this year: (If you are new to this, start with Part 1, then in June 2010 re-visit and do this Part 2 exercise.)

- What themes or patterns do you see in your behaviour or actions? Are you addressing them?
- Which of your answers now 'feel' right, but at the same time a little frightening?
- Have there been any life lessons that you have needed to work through? If so, did you do so?
- If you were meant to teach others three things, what would they be?
- What one theme best reflects your life lesson so far?
- What have you learned about yourself since you started this journal and this exercise of discovery?
- What advice would you give yourself now?

Now write a few lines or even more in your journal using both the first and second person, completing each of these two sentence's,

When I read through my answers, I notice that I -----

When I read through the answers, I notice that (your name)-----

Now finally after reading and writing what you have done, think about three specific steps you need to take to do something with what you've learned from the experiment.

Do this before 2010 comes upon you! So that you end 2009 on a high note with direction for the New Year and your life will zoom ahead in the way you want it to do so.

Then give yourself a big hug and congratulate yourself on taking control over your life and for taking the time out to do this exercise.

Good Luck

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**Part One Questions** – please read the full edition of this newsletter January 2009 from the website, this will give you lots of useful information and tips on why this is a good thing to do in your life always.

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.

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 need 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.

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. 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!

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## Forthcoming workshops and Events

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

### November - Bahrain

**Topic:** Basic Crystal Awareness, and emotional benefits of the new crystal essences

**Location:** Eight Mansions Country Mall Budaiya

**Date / Time:** Saturday 14<sup>th</sup> November - 9am – 1pm

**Contact:** Karen Perry [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com) or [eightmansions@batelco.com.bh](mailto:eightmansions@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

**Topic:** Introduction to Chakra's Balancing Yourself

**Location:** Eight Mansions Country Mall Budaiya

**Date / Time:** Saturday 14<sup>th</sup> November 3pm – 7pm

**Contact:** Karen Perry [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com) or [eightmansions@batelco.com.bh](mailto:eightmansions@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

**Topic:** Basic Crystal Awareness and the emotional benefits of the new crystal essences

**Location:** Eight Mansions Country Mall Budaiya

**Date / Time:** 23<sup>rd</sup> November 9am – 1pm

**Contact:** Karen Perry [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com) or [eightmansions@batelco.com.bh](mailto:eightmansions@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

**Topic:** Introduction to Chakras Balancing Yourself

**Location:** Eight Mansions Country Mall Budaiya

**Date / Time:** 24<sup>th</sup> November 9am – 1pm

**Contact:** Karen Perry [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com) or [eightmansions@batelco.com.bh](mailto:eightmansions@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

### December - Bahrain

**Topic:** Reflections on the Heart using Crystals

**Location:** Eight Mansions Country Mall Budaiya

**Date / Time:** 1<sup>st</sup> December 9am – 1pm

**Contact:** Karen Perry [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com) or [eightmansions@batelco.com.bh](mailto:eightmansions@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

## February 2010 Bahrain

**Topic:** Jikiden Reiki, with Frank Arjava Petter, levels Shoden, Okuden, Shihan Kaku

**Location:** Budaiya

**Date / Time:** 10th February, Evening lecture, 6:30 pm – 9 pm  
Shoden, Okuden 11<sup>th</sup> – 15<sup>th</sup> February 9:30am - 5pm  
Shihan Kaku 16<sup>th</sup> – 17<sup>th</sup> February 9:30am – 5pm

**Contact:** Karen Perry email: [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

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### Conscious Connections Awakening Cards and Laam Crystal Cards can be bought from, or ordered from:

#### Bahrain

Karen Perry – [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com) Tel: +973 39543127

Eight Mansions Feng Shui, Country Mall, Budaiya

#### Kuwait

Tootie Alsabah [fatima2t@gmail.com](mailto:fatima2t@gmail.com) Tel: +965 7226699

#### Spain

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

**More outlet's  
will be  
added  
shortly**

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### Conscious Connections Meditation CD's can be bought from:

#### Bahrain

Karen Perry – [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com) Tel: +973 39543127

Eight Mansions Feng Shui, Country Mall, Budaiya

Noraini at Touch for Health Tel: +973 39246544

#### 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) Tel: +965 9365038

Tootie Alsabah [fatima2t@gmail.com](mailto:fatima2t@gmail.com) Tel: +965 7226699

#### Spain

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

**UK** Hazel Raven – [info@raven.org.uk](mailto:info@raven.org.uk)

## Angel Essences/ Aura Sprays

**Bahrain** Julie or Karen Perry [consciousconnections@gmail.com](mailto:consciousconnections@gmail.com)

Eight Mansions Feng Shui, Country Mall, Budaiya

**Cyprus** Steve - [steve@conscious-connections.com](mailto:steve@conscious-connections.com) +357 99009411

**Dubai** 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](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)

**UK** Hazel Raven – [info@raven.org.uk](mailto:info@raven.org.uk)

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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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