



## Understanding your path in life - The next step

October 2009

Dear All,

Autumn is here, the coolness and the smells of autumn wood smoke, damp earth and autumn mists really fill me with renewed energy and gratitude. The colours of autumn are to me stunning and a seasonal reminder that times of change and release are necessary for our personal growth. For, as the days shorten we move in to a more inward time of the year and it is a time when we can start to reflect on what we are gathering in as a result of the past year. Then looking at what we have achieved and the results from the fruits of our labours can inspire us to grow differently and in different ways. By doing this we start to manifest our dreams for the coming year and reach our personal goals.

Are you ready for a shift in your life? With the right intentions and focus, it is a good time to begin a new path at the time of the Autumnal Equinox. It is a good time to start to create vision of the future and of the life you want to have. Vision is one of the secrets of personal transformation. Never believe anyone (including yourself) who says we cannot change. We are all artists, our mind is the arena of creation, and vision is what we are constantly creating. What is your vision of yourself today? Be creative and always start with vision not action. See your vision of what you want your future to be, see it and you will be it, be it and you will do it. We don't 'get a life' as some would cynically tell us, we create our life!

At Conscious Connections we have a 'vision' which many of you reading this newsletter share and we are putting our vision into action now. 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 and all around, caring and nourishing the world we live in. And for those who wish to learn and understand and move forward into a more fulfilling, caring and rewarding life, we are bringing people who can help us learn. People willing to come out to the Middle East and other parts of the world to share their knowledge of all that is, and to help us move into a new era of understanding and healing, bringing a message of peace and hope to a greatly troubled world.

And so we remind you one more time that you can become part of history in the making, when on the 30th and 31st October, and 1st November in Kuwait we are holding the

**Inaugural Holistic Therapies Universal Energies Conference ([www.ueckw.com](http://www.ueckw.com))**

This conference is truly history in the making and a significant move forward for the Middle East. Never before have so many highly respected holistic personalities spoken at one conference – certainly not in the Middle East. This is a wonderful opportunity to be there at the start of something big. A huge amount of effort has gone into making this event possible. Already, social and cultural barriers have been raised and broken down again. World renowned holistic experts have pledged their time to be part of this historic event. The success of this conference depends on all of us. With a little support from a lot of people, huge change is possible. *Be part of that change.* History cannot be repeated and there will never be another chance to be at the

first event, so be there and experience it for yourself. Create a little history of your own – something you will be able to tell your children and grandchildren that you were part of.

We have arranged discounted hotel prices at the venue of the event and another hotel close by. Jazeera Airways offers very low priced flights, and there are discounts available for all walks of life. We want it to be affordable for everyone, we don't want people to give the 'excuse' that it costs too much to attend. Excuses never got anyone anywhere or made any positive changes anywhere in the world for anyone.

If we want to make positive changes we have to stop making excuses. So if you want to come and finance is a problem, please contact us. Group discounts and other discounts apply, including concessions for the chronically ill who would benefit from being at this event and all the healing available.

For more information on these discounts please call Hana or Julie or email [info@ueckw.com](mailto:info@ueckw.com) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

Tickets are on sale now from Conscious Connections ([info@conscious-connections.com](mailto:info@conscious-connections.com)) and Hana Al-Ghanim ([halghanim1@yahoo.com](mailto:halghanim1@yahoo.com)) and ([info@ueckw.com](mailto:info@ueckw.com)) Tel: +965 9365038, as well as a number of other places (see list below).

Book now and don't miss your chance to learn from the best, and to make positive change possible.

Hazel Raven, a speaker at the conference, will also be teaching in Bahrain in November 4th 5th 6th and launching a new set of Aura Essences made for the Middle East and sponsored by people who live and work there. Contact [info@conscious-connections.com](mailto:info@conscious-connections.com)

Frank Arjava Petter our Reiki Guru is also speaking at the conference and will also be teaching Jikiden Reiki, Shoden and Okuden levels in Bahrain in November 8th- 12th.

So there is much on offer for everyone, and it is all about making positive change in your life and moving on. It is time to stop making excuses. Let's make it happen!

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 and moving forward.

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 about 'Taking the next step' we hope you enjoy it.

Divine Blessings

Julie & the Team x

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

Not to believe in the Angels is to believe in a mindless, meaningless, and soulless universe.

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

## Topic of the Month – Understanding your Path in Life

One of the biggest challenges we face as human beings is to remember that life is a journey. If you focus only on the end game you won't enjoy the little milestones along the way. While each one of us has our own special strengths and purposes, our time on this earth is not sequentially mapped out. Every choice or step along the way is an opportunity to find fulfilment, especially when we are true to ourselves. So savour the journey, take time to smell the roses and enjoy your time here, for you never know when it will be your time to leave. In other words, come to the end of this particular lifetime.

We tend to get so wrapped up and stressed out about our lives in general that we often forget what we're doing, which then complicates the navigating to where we are going. Life is very often demanding, and more often than not, a little bit uncertain and sometimes rough going. However, sometimes, the trials and tribulations we experience are exactly what we need to start us thinking about the path we are on in this life. Just because things may be confusing or challenging now, it doesn't mean that the road ahead is going to always be the same way. Many of us choose to take the hard road, perhaps it is because we like to believe the greater the struggle, the greater the victory. Or, because we are taught from an early age that life is not easy, it is not meant to be fair or fun, and so we look for the rough and expect only a hard time. We as humans so often make life more complicated than it has to be, or should be. Life is not meant to be a struggle.

It is said that each one of us has a purpose, something we are in this world to do this lifetime, a life path so to speak. The problem with this is that we then tend to think that we are here to achieve that one great thing, whatever it may be and that's it! We stress ourselves searching and looking for what it is. Then, because of this concept, we often cloud our judgment, making us feel that somehow we are doing something wrong, heading in the wrong direction, or simply going nowhere at all. Unlike a road trip, life isn't a single destination pinpointed on a map; it is more of a collection of thoughts, feelings, desires and experiences. Which, of course, actually means we have more than one purpose in each life as well as the freedom and ability to change the path that we are on.

We probably do have something we are here to achieve, but how we get there is up to us as long as we get there. There are times when we are so far off track in our lives that the universe does tend to throw things at us to get our attention, or pulls the rug from under our feet, which in the end manages to get us back on track and doing what we are here to do (our agreed life purpose). Suddenly, our life starts to go well again. I am sure many reading this will know exactly what I mean. This has happened to me several times as well as to many people I know. To give you a simple example, think of people who have had near death experiences, have overcome terminal illness, or survived horrifying accidents to come out totally unscathed but it totally changes their way of thinking, their lives, their everything. In other words a wakeup call! And they change their lives and suddenly they are 'living' rather than simply existing and getting by. They become an inspiration to all they meet.

In order to understand your path in life, it is often essential to understand where you are now, and how it is you got here. By looking back at your life so far with an open and unbiased mind, you are likely to see how your life has evolved and how you have got to where you are at this time. By reflecting over days gone by, we can refresh our minds and spirits of the things that worked for us, as well as those things that didn't work out quite as well. It is important however to know and remember that the past is gone and we cannot bring it back nor can we remain living in it. Trying to do this only causes anguish and sorrow and nothing changes. You find yourself stuck in a rut and usually unhappy. Learn the lessons, accept them, and use them to help you now and then move on.

Sometimes, we get to do what we want to do and get what we want to have. At other times, we simply do what we have to. But, all of it is somehow connected to the choices we have made. That's the beauty and the heartache of having so called free will. Nobody's destiny is left strictly to fate, and it never leaves you. It is you that leaves it when you lose your way or get stuck in rut, or live with a set of false beliefs and do not listen to your own inner self, or see what is

happening around you. Your life path is very unique to you. While others may have common goals or desires, their path to ultimate fulfilment may take them down very different roads from your own. Take the time to ask yourself what it is you really want out of life, and then think of how you can make it happen.

Because many of us are much more familiar with the list of things we don't want, a simple place to start would be creating a plan to become free from those things. You can start by making a list and a plan of what you DO want, and that is what you focus on. Sometimes a little reverse-engineering can lead to great discovery. In order to find your true path in life, you must learn to accept what is true to you, even if that truth is something grand and scary. So stop thinking about what you don't want or you will manifest more of what you don't want and start thinking about what you do want. Then go out and start the process of changing your life to be more fulfilling and happy for you.

Some paths are smooth; others have more than a few bumps. Life, with its twisting paths and turns, its pain and sorrow, its fun and laughter, causes us to grow and change. Some days, the only way to know where we are going is to pause and acknowledge how far we've come.

When it comes to your dreams, dream them alive! Believe they are reachable! Own your dreams whether they be big or small. Enjoy the little successes as much as the big ones and all of them should be just as gratifying as the final outcome.

Be flexible about the time it takes to reach your goals and dreams. As we all know by now, life is what happens when you're making other plans. If you can't fit in a workout one week, or you miss a few piano lessons, don't give up in frustration, or convince yourself that you simply don't have the time or ability to make your dream a reality. Resume the quest as soon as you're comfortable doing so. Stops and starts are a part of all such endeavours, so turn dreaming into doing. It's easier than you think.

Whether you know where you are going, or have just recently figured out where you have been, there is uncharted territory left for you to explore. Don't fear what comes next, because fear can keep you still. Chase your dreams, plan to fulfil your desires, follow your heart and honour the person you have become. The next step in your life is what you've decided it will be! Remember, life may be but a journey, but you are in the driver's seat! You have the canvas to your life and you paint it with the colours and textures that you want. The world is your oyster.

When you follow where your spirit leads, you'll never be lead astray. So face each day with an open heart and open mind, and work as hard as you play!

#### Action Challenge.

- Think about all the good things that have come your way this year, and in years past. Write them down, and keep reading them and adding to them, this is positive energy.
- Acknowledging your blessings sets up a vibrational boomerang in the universe that returns more blessings to you, so write them down too.
- Remember: what you focus on, whether it's fear and lack, or love and prosperity, is what manifests in your life. So start to think only positive thoughts. Focus only on what you WANT!
- You don't have to deny your struggles, but keep your mental and emotional focus on what's right about your life. We can still learn and gain much from our struggles.
- The next step is to analyze where your life may be out of balance. Are you caring for others, but not taking much time for yourself? Are you eating, drinking or spending too much? Are you working hard and not playing enough?
- Are you filling your time with meaningless activities while trying to find a job? Are you too busy for your spiritual life?
- When you have analysed your life, then you can start putting it in order, removing or changing anything that is not doing you any good and holding you back.
- Start to create a 'vision' of how you want your life to be.

- Come to one of our workshops or register now for upcoming workshops on tools for 'Finding your path', our new workshops will begin next year about 'Pathways' and finding your way, 'Transforming Your Life' and 'Understanding and Changing our Belief Systems'.
- Stop making excuses and live your life now!

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)

### October - Bahrain

**Topic:** Angelic Connections, Crystals, Stress Transformation, and other workshops  
**Location:** Budaiya  
**Date / Time:** TBA  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

### October - Kuwait

**Topic:** Universal Energies Conference [www.ueckw.com](http://www.ueckw.com)  
**Speakers:** Frank Arjava Petter, Hazel Raven, Sue and Simon Lilly, Kathleen Murray, Julie Lomas, Abdul Azeez,  
**Location:** Sahara Golf & 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)

### 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 Budaiya, Bahrain  
**Date / Time:** 4<sup>th</sup> November – 10am – 1pm – Free Entrance  
**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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**Topic:** Workshop on the new Middle East Essences with Hazel Raven and Julie Lomas  
**Location:** Budaiya, Bahrain  
**Date / Time:** 4<sup>th</sup> November 6.45pm – 9.45pm  
**Contact:** Karen Perry [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) or [info@conscious-connections.com](mailto:info@conscious-connections.com)

**Topic:** Sound Therapy & High Vibrational Stones with Hazel Raven

**Location:** Budaiya, Bahrain

**Date / Time:** 5<sup>th</sup> November 10am – 4.30pm

**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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**Topic:** High Vibrational Stones with Hazel Raven

**Location:** Budaiya, Bahrain

**Date / Time:** 6<sup>th</sup> November 10am – 4.30pm

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

**Topic:** Jikiden Reiki - Shoden and Okuden levels – Frank Arjava Petter

**Location:** Budaiya, Bahrain

**Date / Time:** 8<sup>th</sup> – 12<sup>th</sup> Inclusive 10am – 5.00pm

**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:

<b>Bahrain</b>	Bookcase Noraini at Touch for Health Tel: +973 39246544 Karen Perry - <a href="mailto:blues88@batelco.com.bh">blues88@batelco.com.bh</a> Tel: +973 39543127 Eight Mansions Feng Shui, Country Mall, Budaiya
<b>Dubai</b>	Jack Montgomery Tel: +971504585860
<b>Kuwait</b>	Hana Al-Ghanim <a href="mailto:halghanim1@yahoo.com">halghanim1@yahoo.com</a> Tel: +965 9365038 Tootie Alsabah <a href="mailto:fatima2t@gmail.com">fatima2t@gmail.com</a> Tel: +965 7226699
<b>Spain</b>	Julie - <a href="mailto:Julie@conscious-connections.com">Julie@conscious-connections.com</a>
<b>UK</b>	Hazel Raven – <a href="mailto:info@raven.org.uk">info@raven.org.uk</a>
<b>USA</b>	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](mailto:blues88@batelco.com.bh)  
Eight Mansions Feng Shui, Country Mall, Budaiya
- 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](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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For bookings and tickets or more information on the Universal energies conference, please contact Hana Al Ghanim [halghanim1@yahoo.com](mailto:halghanim1@yahoo.com) Tel +965 99365038 or [info@ueckw.com](mailto:info@ueckw.com)  
[info@conscious-connections.com](mailto:info@conscious-connections.com) [www.conscious-connections.com](http://www.conscious-connections.com)

### Tickets Available from the following people

- Kuwait** Hana Alghanim [halghanim@yahoo.com](mailto:halghanim@yahoo.com), Tel: +965 99365038
- Bahrain** Karen Perry , [blues88@batelco.com.bh](mailto:blues88@batelco.com.bh) Tel: +973 39543127  
Eight Mansions FengShui Store, [eightmansions@batelco.com.bh](mailto:eightmansions@batelco.com.bh)  
Tel: +973 36628168
- Dubai** Katrina Valente [valente\\_kat@hotmail.com](mailto:valente_kat@hotmail.com) Tel: +971 50 5657679  
Jack Montgomery [j\\_montgomery200@yahoo.com](mailto:j_montgomery200@yahoo.com) Tel: +971 4 3971076

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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