



Dealing with Loneliness

September 2009

Dear All,

It seems very hard to believe that we are already into September. With many places still wilting from the summer heat it's good to know that it will only be a few more weeks before the cooler weather will start again. Maybe then we might all regain some energy.

We would also like to wish Ramadan Kareem to all our Muslims friends.

No doubt many of you wish that the summer months of relaxation and vacations would never end, so just to help you to get gently back into the swing of things and pick up the pace once again, we have several interesting things planned for you; new workshops in the making, Frank Arjava Petter returning to Kuwait and Bahrain and Hazel Raven also teaching in Bahrain, but top of the list is the

Holistic Therapies Universal Energies Conference

in Kuwait on the 30th and 31st October, and 1st November (www.ueckw.com)

This conference is 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. While we do hope to make this an annual event, its success 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 little history of your own – something you will be able to tell your children and grandchildren that you were part of.

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 or info@conscious-connections.com

As if that wasn't enough to tempt you, the early bird booking discount period has been extended through to September 30th (due to the extended holiday season and Ramadan), but please be sure to book your place as soon as you can. Tickets are on sale now from Conscious Connections (info@conscious-connections.com) and Hana Al-Ghanim (halghanim1@yahoo.com) and (info@ueckw.com) Tel: +965 9365038, as well as a number of other place (see list below).

Please keep your feedback coming and let us know what you would like to see for future events and workshops.

This month's topic is about Loneliness, something that we all at sometimes in our lives experience but for some it is very hard to shake off. We hope you enjoy it and find it useful.

Angel Blessings

Julie & Steve

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

Topic of the Month – Dealing with Loneliness

In the immortal words of the song "Eleanor Rigby", the depth of loneliness and sadness is brought home to us.

Eleanor Rigby picks up the rice in the church where a wedding has been.
Lives in a dream.
Waits at the window, wearing the face that she keeps in a jar by the door.
Who is it for?

.
.
.

Eleanor Rigby died in the church and was buried along with her name.
Nobody came.

All the lonely people – where do they all come from?
All the lonely people – where do they all belong?

Loneliness is one of the most heartrending conditions we experience. It leaves us feeling hopeless, desperate, abandoned; feeling that the world and even God have forgotten us or doesn't care about us, that we are totally alone, or in a milder form like we've been hung out to dry.

Whether the loneliness we're experiencing is after the death of a loved one or the end of a relationship, or due to a situation change, a job loss, or for no apparent reason at all, we all have times when we feel lonely or abandoned and we have a need to reconnect.

Sometimes, it can even creep up on us, unexpected in its intensity, maybe even when we're in a room full of people, on a train, at a concert, anywhere. Loneliness is a very common human emotion.

After a significant loss, like a death or the end of a long term relationship, it's good to take time to heal and to treat yourself with all the kindness you'd muster up for a child who's lost a parent. Don't hide how you feel from those who have a genuine interest and those who love you.

Let people in, even if you feel like shutting down. Try to keep yourself healthy, go for walks, eat good nutritious food, and get plenty of sleep. Every day, remind yourself, 'just to keep breathing, and keep moving.' Make use of whatever spiritual tradition it is that gives you comfort, use anything you can that at other times makes you happy, although sometimes even that will not work and you will feel like you are in a dark tunnel.

For short term or new loneliness brought on by a situation, what is most important is that you feel your pain. No matter how terrible it feels, don't try to hide from it or run away. What makes this toughest is that you can't shut down, either - you've got to keep living your life, even if it feels like you're just going through the motions. Grief comes in waves (which will gradually get to be fewer and farther in-between), so when there's a breather and you happen to notice something like the beauty of the morning or hear a bird singing, drink that in as a moment of grace and know that you are starting to come through your pain.

This doesn't work with chronic long term loneliness, as the pain will be all consuming. In such cases, the sufferer may get to a stage where they do not really know how to live without the loneliness; it is part of their personality part of their way to survive or just how they are. These people need something deeper such as a spiritual belief or system or just someone to give them time.

The interesting thing about chronic loneliness is that people often impose it upon themselves - often lonely people are their own worst enemies.

This is because they retreat from social contact when their unrealistic expectations of relationships do not meet the standards they set, or sometimes because they have been badly hurt or abused in the past or childhood. People may also become alienated by expecting or demanding too much of those around them. Lonely people often suffer from a distorted logic, and hold on to thoughts such as:

"I am alone; therefore, no one wants to be with me. If no one wants to be with me, how can I escape from my loneliness? If they won't help me I will reject them too."

So it becomes a vicious cycle which brings more negative thinking, reinforces false beliefs and makes the situation worse by causing to the person concerned to shun the very thing they crave the most, other people.

Lonely people often set themselves up for failure by sabotaging opportunities to make friends and acquaintances. They are often described as living on the periphery of life, as if watching from the outside of a fish bowl and wishing that somehow they could be inside.

Of course, we are all different and there are some people who choose to be alone and be reclusive for the simple reason they feel life has nothing to offer them or they trust only themselves. There are others who simply enjoying being on their own. We, as a society, may then think they are lonely when they are not and we must honour and respect their wish to be left alone. People who want to be alone are usually not lonely.

For the new lonely, there are few things as disconcerting or alienating as being surrounded by a circle of laughing people while you sit uncomfortably alone, watching.

Meeting new people can be daunting - especially when they are a tight group, and you just feel an unwanted outsider or intruder.

Starting a new job, transferring to a new school, or moving to a new city can all offer new lessons in loneliness. While this all will change as soon as you meet like-minded people, sometimes when people are painfully shy or nervous or just unable to meet new friends, it can seem to take forever and loneliness sets in.

If allowed to develop unchecked, this loneliness becomes depression and when depression takes over, everything in life becomes hard work, creating a situation which feels like it is impossible to come out of. Loneliness and depression can and often do go hand in hand.

Unfortunately, in situations such as this, the depression is diagnosed and treated and while the feeling of loneliness that accompanies it goes away while the prescribed drugs numb the emotions. However, when people are treated for depression when the root cause is loneliness, the treatment is only holding the symptoms at bay, not curing the problem. It is a fine line.

A new environment demands that you make unfamiliar effort. In your hometown or your last job, it seemed as if you just had friends, but now you need to put yourself in situations where

you can make them. Explore your interests by maybe going to classes of things you enjoy doing. Maybe go to book signings, or art galleries, or sign up for sports teams, or join a book club. By doing this, you'll meet people you share an interest with, and increase the odds that of finding someone to befriend. Put yourself out there for a while, and you'll start to run into people you can connect with.

If you have ongoing loneliness, such as when you sit next to your soul mate yet feel utterly alone, or find that when you're in a group of your friends you feel isolated, you're experiencing deep disconnection. First, you need to ask yourself:

"Am I ignoring something that my soul wants to be acknowledged? Is there a something like a dream or a goal being repressed or denied?"

Are you keeping a secret that separates you from those you love? Or are you simply in a circle of people with whom you have little in common? Often this type of loneliness demands working with a professional to uncover its core and find a way out.

Whatever the cause of your state of mind, know that you are not alone. Even if you feel like no one is close to you, it's important to remember that loneliness, grief, loss, and occasional disconnection are all part of the human condition. With time, effort, and guidance, you will find yourself feeling more connected - and more like yourself. Just try not to beat yourself up along the way to finding that place.

Loneliness can really limit peoples' ability to be a part of fulfilling opportunities and relationships. Take the bold step and reach outside of yourself and you will be surprised to find what you have been missing.

Action Challenge - Counteracting Loneliness

- If it is too difficult to be with people for the sake of socializing, take a course, or join a craft making class, join a book club, gym, or parent group, or take up a new hobby that involves group participation, but in a gentle way not a competitive way.
- If suitable join spiritual group of your own choosing
- Do some serious reality checking about what you expect of others and yourself - a therapy such as life coaching or counselling is a good way to get the feedback you need to move on in this area.
- Maybe help out in a charity group/animal rescue centre or something where the people are not self centred but community centred.
- Reach out to others and you will be surprised at how responsive they can be - getting involved in volunteer work is an excellent and non-threatening place to begin.
- If shyness is a problem, join an organization such as Toastmasters or sign up for an assertiveness training course that caters specifically to these kinds of concerns.

Good luck!

Forthcoming workshops and Events

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

September – Full details on our website and by separate notifications

Bahrain

Topic: Crystal Awareness

Location: Budayia

Date / Time: T.B.A.

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

October - Bahrain

Topic: Angelic Connections, Crystals, Stress Transformation, and other workshops

Location: Budayia

Date / Time: TBA

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

October - Kuwait

Topic: Universal Energies Conference 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: 30th October to 1st November

Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
or 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 Budayia, Bahrain

Date / Time: 4th November – 10am – 1pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: Workshop on the new Middle East Essences with Hazel Raven and Julie Lomas

Location: Budayia, Bahrain

Date / Time: 4th November 4pm – 8pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: Sound Therapy & High Vibrational Stones with Hazel Raven

Location: Budayia, Bahrain

Date / Time: 5th November 10am - 4pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

Topic: High Vibrational Stones with Hazel Raven

Location: Budayia, Bahrain

Date / Time: 6th November 10am – 4pm

Contact: Karen Perry blues88@batelco.com.bh or info@conscious-connections.com

November - Kuwait

Topic: Jikiden Reiki – Frank Arjava Petter

Location: Sahara Golf and Country Club Kuwait

Date / Time: 6th -10th November

Contact: Hana Al –Ghanim halghanim1@yahoo.com +965 9365038
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

Eight Mansions Feng Shui, Country Mall, Budayia

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

For bookings and tickets or more information on the Universal energies conference, please contact Hana Al Ghanim halghanim1@yahoo.com Tel +965 99365038 or info@ueckw.com
info@conscious-connections.com www.conscious-connections.com

Tickets Available from the following people

- Kuwait** Hana Alghanim halghanim@yahoo.com, Tel: +965 99365038
- Bahrain** Karen Perry , blues88@batelco.com.bh Tel: +973 39543127
Eight Mansions FengShui Store, eightmansions@batelco.com.bh
Tel: +973 36628168
- Dubai** Katrina Valente valente_kat@hotmail.com Tel: +971 50 5657679
Jack Montgomery j_montgomery200@yahoo.com Tel: +971 4 3971076
- Cyprus** Steve Ritchie steve@conscious-connections.com Tel: +357 99009411

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

Tel Cyprus + 357 99009411

Info@conscious-connections.com

www.conscious-connections.com