



Retire the past and welcome a new you to start the New Year

January 2010

Dear All,

2010 is here!! Happy New Year to you all, may it bring you and all your families, friends, loved ones and all the people of the world, happiness, health, wealth, wisdom and joy and renewed spiritual growth.

2010 promises to bring in welcome changes, provided that you've released old toxic energies. The blue moon of New Year's Eve is a powerful time to declare your intentions aloud or in writing of: "This is what I intend to release and this is what I intend to welcome into my life."

New beginnings are for all of us and a time for putting the past behind, letting go of bad memories, accepting what has happened and moving on. The start of a new year always brings hope and we need to carry on living in that warm feeling of hope. Dive into the mystery of all that a New Year brings with vigor and excitement.

Remember Dag Hammarskjöld's prayer ' ***To everything that has been ...thanks. For everything that will be....Yes!***

For 2010 I want depth, I want soulful connection, I want to be able to communicate more from my heart than my head, and I want for myself and for you all laughter, lots of joyful laughter and happiness, prosperity and growth.

As you think back over the last year, take some time to think about the people who influenced your growth - the ones who hurt you and the ones who supported you - and, in your own private way, thank them for their contribution to your life. For every lesson just makes you stronger in whatever way it came. Live in gratitude and your life will positively transform quicker than you can imagine.

Be responsible for your life, be responsible for yourself for only you can change your life, only you can make yourself happy no one else can so why not make that your resolution, to be Responsible for your life

We will be making lots of positive new changes at Conscious Connections over the next few months and have some great things in the planning for you, we will keep you posted along the way. We achieved some amazing things in 2009 and we are going to grow those achievements and go on to the next level, I am excited at the prospects and what is on offer for us all.

Don't forget we have Frank Arjava Petter our World no 1 Reiki Guru coming to Bahrain in February, Frank will be retiring from teaching within the next 18 months and so if you want to be taught by the best don't miss this opportunity, seats are limited so book now. Details below or contact us.

I would like to thank you all for allowing Conscious Connections and myself to be a part of your life. It is my hope that in some small way, we have made a positive difference to you and your life and will carry on doing so. That is part of our mission. 2010 will be a big step forward for us all.

So as the world changes and as we as individuals change, May you sense the infinite wonder of life, and remember one person makes all the difference..... And that person is **YOU**

This month's topic is about 'retiring the past and moving forward to a new you' I hope you enjoy it.

May we wish you all A Very Happy Prosperous 2010 filled with Peace, Love and Laughter for you, your family and friends and the rest of the world

Peace and Blessings

Julie x

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

We cannot live only for ourselves. A thousand fibres connect us to our fellow men, and among those fibres as sympathetic threads, our actions run as causes and they come back to us as effects.

Topic of the Month – Retire the past and welcome a new you to start the New Year

2010 is here! It is the time of new beginnings. It is hard to believe that a decade of the 21st century has passed, and so much has changed.

As one year ends and another one begins, it is the perfect time to assess the past year with one mission in mind, retiring it, putting it behind you in preparation for the new and exciting year ahead, you can even think of it as the new decade ahead. Don't get caught in the trap of beating yourself up for not doing everything you wish you had done this last year, because it is past, it is gone and it can't be changed, you can't bring it back, what you need to do instead is to focus on the now and then setting healthy and helpful intentions for the new year ahead. Let no avenue go un-chartered as you conduct an

inventory of your life, making sure to cover areas around your life's dynamics, which include love, joy and contentment, as well as career and financial goals.

So how do we do this to make it easy and not off putting and not put the idea in to the 'don't want to do pile'?

The answer is we shift our focus...We think change....positive life enhancing change.... because when we set out to conduct a life assessment the most common trap is to hash and rehash what went wrong or not according to plan. So what you will do this time, is skip that part of your inventory, yes skip it, it's not needed and you will be doing yourself a big favour by doing so. You have already lived through it, so there is no need to re-live it, again and again. Instead, focus on all of the things or situations where you met or exceeded expectations, and the things you enjoyed, the things that made you laugh, made you happy etc. Stop and reflect on what went right and why. Chances are the positive movements that you experienced this year were a direct result of your hard work and commitment to the cause. It is important to take notice of what you did to impact positive change in your life, so you can bring those good habits into other aspects of your life for the future.

Acknowledge yourself and the beautiful and worthy person you are, remember that at all times. It's been said that behind every great man or woman there is/was a remarkable person behind them, encouraging them every step of the way. Same goes for all of us normal people. We all know that it is easy to blame others when things go wrong. So from now on change that bad habit into a good one by giving kudos to those supportive people that have been rallying in your corner in good times and bad, (oh and include yourself in that list too), Those whom believed in you when you might have lost hope or even given up all together. Why? First, it's just good manners and good karma to thank people, whether it was for helping you through rocky times, or celebrating some awesome ones. It's easier than you might think and it goes a long way in keeping those people with you, it's a good habit to always appreciate them and show gratitude. Everybody likes to be appreciated for their contribution and support. Second, by walking down that part of memory lane, you get to relive the positive aspects of those experiences. You also need to show gratitude and thank you for being 'yourself' instead of beating yourself silly.

Nobody likes a misery or a scrooge at any time, you know who you are either of these, stop it! If you have been cranky for no apparent reason it is time to swap that attitude for a healthy one. By shuffling around in a bad mood you're ensuring one thing, your bad feelings and moods will linger. You're not only making you unhappy but your also impacting those poor souls around you that are left to clear up the results of your outflow and deal with your attitude in the wake of your sour mood.

Shift your mindset, your physical presence, your outfit, or your diet, whatever it takes to get the Yuck and negativity out of your system, start doing that now as the New Year starts. This should go without saying but let's say it anyway. As the old year has come to an end, so should it have ended any or all grudges that you've been harbouring. Growling and misery and holding grudges causes wrinkles, not to mention it can lead to poor mental, emotional and physical

health. There is nothing to be gained by holding a grudge, little or small. The only thing that it will accomplish is holding you back from success and happiness in the New Year. Be the bigger person if need be, by apologizing, forgiving, or whatever it takes, but end this year by letting bygones be where they belong - in the past.

Chart the course ahead

Now that you've walked down memory lane, assessed what worked for and against you and ditched the bad feelings that were holding you back, you are ready to move forward. Take this time to think about where you hope to take your life in the upcoming year and identify some of the proactive steps that you can take now to pave the way. Then enjoy the passing of one year in favour of what is right around the corner - new year, new beginnings, a new you. Drive forward without looking back!

Action Challenge

- Take inventory in your journal of all the worked for you - write how good you felt and what it was that worked for you.
- Take Inventory of all that didn't work for you - read it through once, then burn it or throw it and see it disappear, its gone and it cant be changed don't carry it with you any longer.
- Don't hold grudges - let them go, they only cause wrinkles, bitterness, mental, emotional and physical illness, let them go.
- Take Responsibility for your life - don't blame others for your unhappiness, or for things that are wrong.
- Remember - Only you are responsible for your happiness- Write that down and place it where you can read it often.
- Shift your mindset from misery to happiness.
- Thank those who have supported you and helped you and are with you always, don't take people for granted.
- Thank those who have given you challenges, for they were here to teach you something....
- Drive forward and don't look back - this is your New Year Resolution
- Love yourself - you're worth it.

Good Luck

Forthcoming workshops and Events

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

There will be many more workshops on offer on February details will be sent shortly

February – Bahrain

Topic: Jikiden Reiki, with Frank Arjava Petter, levels Shoden, Okuden,
Location: Budayia
Date / Time: 10th February, Evening lecture, 6:30 pm – 9 pm
Shoden, Okuden levels 11th – 15th February 10am – 5.30pm
Contact: Karen Perry Tel: +973 39543127 consciousconnections@gmail.com or
info@conscious-connections.com
Shihan Kaku dates to be confirmed as 19th 20th February – contact us for
details.

Julie and Frank Arjava joint workshops on 'Who am I' Dates, details and contents will be sent shortly.

February - Kuwait

Topic: Learning Forgiveness – with Julie
Location: Kuwait
Date / Time: 4th February 6pm – 9.30
Contact: Tootie Fatima2t@gmail.com or info@conscious-connections.com

Topic: Basic Crystals For healing – With Julie
Location: Kuwait
Date / Time: 25th February 6pm – 9.30
Contact: Tootie email fatima2t@gmail.com or info@conscious-connections.com

Products and Services's

To Purchase Conscious Connections own products and products they recommend such as : -

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- The Awakening Cards,
 - Meditation Cd's,
 - Handmade Greeting Cards,
 - Laam Crystal Cards,
 - Angel Aura Essences,
 - Crystals

Please contact us directly or look on the website for details under products and services www.conscious-connections.com email info@conscious-connections.com or Julie@conscious-connections.com

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- Please contact us directly for recommended
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 - Counsellors
 - Motivational Speakers
 - Holistic / Spiritual Teachers/Practitioners'

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- Life and Business Coaching
 - Stress Management
 - 'Who I am makes a difference' events – Middle east
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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.

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