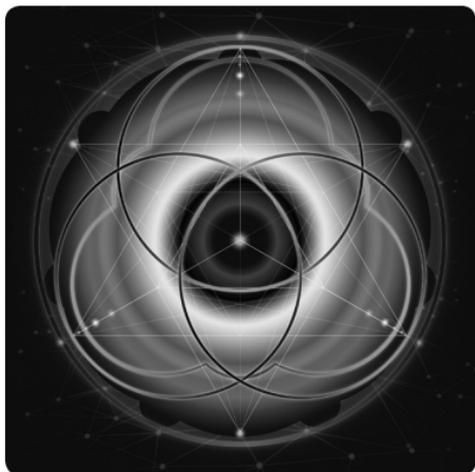


14

CONNECTION



AFFIRMATION:

I Am Connected

When feeling connected to someone or something, we usually feel some sort of alignment. There might be an undeniable resonance—a recognition of sameness—in thoughts or feelings. People might connect on intellectual, emotional, physical, or spiritual levels; their goals might align; or similar circumstances might bring them together. And sometimes, there is a connection without a real understanding of why, without any obvious reason. It is just something that is there—the draw is irresistible.

In the new energy, we recognize that the connections between people happen through many layers of reality, time, and dimensions. Some are rooted in lifetimes lived together here or in a different place altogether. Often, these kinds of connections feel like “soul” connections, referring to that part of ourselves that is eternal and associated with a higher consciousness.

Many of us look for or experience a connection to a higher consciousness. This higher consciousness or higher power is often referred to as God, the Universe, Guidance, or Source, to name a few. All imply the same thing: most human beings are aware of the fact that we are part of something larger than ourselves; that everything is connected; and that we are here to learn how to bridge spirit and body, heaven and earth. Connections and relations with others help us to understand ourselves and the world around us.

IMAGE DESCRIPTION

The dark-blue background refers to the deep Universe, the origin of everything that shows up in our reality. The grids represent the many connections that are made in every moment based on the energetic information that is available from the many different layers of reality. The different blues are also representative of our ability to communicate clearly. Blue is the color of truth and is symbolic of the many different forms of connections.

Green is representative of the heart and its essential role in everything. It is linked to our capacity to love and to feel compassion. Green is associated with nature and earth; it is a healing, balancing, and harmonizing connection between mind and body.

Yellow is linked to our sense of self, our authority, and our personal power. Yellow helps us to think clearly, increase our awareness, and stimulate our curiosity.

Circles stand for everything and nothing, and for wholeness, unity, balance, and infinity. Arranged in a triangular manner here, they refer to the connection between Father–Son–Holy Ghost, body–mind–spirit, and past–present–future. Three is considered a catalytic number—it stands for an energy that speeds up or creates a reaction between two unrelated things without necessarily changing itself.

CONNECTION AND RELATIONSHIP

Humans can be considered energetic beings, and connection has to do with magnetics. The essential feature of magnetics is its power to attract or repulse. That might explain the undeniable attraction we feel to someone without knowing anything about that person. Obviously, the more areas of alignment and resonance we have with someone, the stronger the foundation for a lasting and harmonious relationship. Relationships simply based on only one focus alone—like an exclusively physical or mental attraction—might not be able to withstand the ebbs and flows of time. But connections grow stronger when cultivated with awareness.

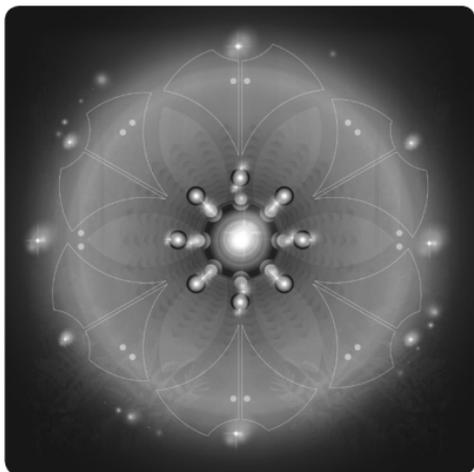
Food for Thought

Why and how do you feel connected to each person in your life? Is there a similarity that you recognize? Do you have any people in your life you feel a strong connection to yet you don't know why? Do you believe in soul connections? How do you recognize a soul connection?

Are there any people to whom you feel disconnected? Do you know what caused the disconnect? How can you cultivate deeper connections and make them grow stronger? Do you feel connected to a higher power? How do you nurture and keep this connection strong?

15

CURIOSITY



AFFIRMATION:
I Am Curious

Curiosity is the quality of being inquisitive and the desire to know and learn more, so we can move toward a more expanded consciousness and way of being.

Curiosity is the essential driving force behind the growth and evolution of human development in all areas, including science, mechanics, spirituality, religion, politics, language, and the arts. Without our natural desire to explore, we simply wouldn't expand beyond our current state of being. Being open to and having room for new thoughts, ideas, and

insights lead to discovery, and discovery leads to knowledge and understanding.

In the new energy, where we are increasingly faced with more complex layers of reality, curiosity might be one of our most valuable attributes. It can help us to navigate through our limited ability to fully understand the sometimes chaotic world and our contribution to it. Without a deeper comprehension of the delicate interrelation of our inner world (thoughts and emotions) with our outer world (matter and form), we could easily get overwhelmed by fear of the unfamiliar and unknown. Our desire for coherence drives our curiosity and, therefore, keeps us moving toward a more balanced and harmonious state of being, based on an ever-expanding consciousness.

IMAGE DESCRIPTION

A powerful center pours out into an undefined emptiness, which is necessary to reach new discovery and insights.

Orange is associated with the second chakra, or the Sacral Chakra, which is linked to our creativity, sexuality, and emotional world. Orange encourages movement and connection with others. It has a freeing effect on the body and mind, stimulating creative thinking, abundance, success, and appetite.

The green background refers to our connection to the Earth, the Great Mother we are intertwined with while on this journey through a form-based world. She is a vital source for our curiosity, as her many wondrous expressions reveal the often mysterious and unexplained connection between the cosmos and our earthly existence here. There is beautiful, harmonious rhyme and reason. We are starting to discover that sacred geometry is one of those “systems” that holds the blueprint of creation at the core of all forms, even at the core of us.

Eight is the manifestation number, while six refers to sacredness, harmony, appreciation, and love.

CURIOSITY AND RELATIONSHIP

When we feel attracted to another person, we want to explore and discover who they are and what they are all about. Our curiosity drives our desire to get closer, so we can get a more complete picture of them. Curiosity fuels our fundamental need for connection and intimacy—to be seen, heard, understood, touched, and accepted by another, and to give the same in return. Curiosity does not have an opinion and does not judge; it only wants to explore, learn, and discover.

Food for Thought

Focus on one relationship that is important to you. Do you feel that you understand this person? Do you get what drives and motivates them? Think of five questions about them that you would like to ask them. (Even asking “What is something that you would really like me to know about you?” is useful.) By asking creative questions, we can find out things about another that we don’t easily share normally but that could be of tremendous value toward growing our closeness.