

CONNECTION and THE COMPASS OF LIFE

We are Beings between Heaven and Earth. Spirit showers down on us freely all the time. Mother Earth supports and nourishes us from below. This is the vertical plane.

We also exist on the horizontal plane. Self and Other, Receiving and Giving, Letting in and Reaching Out. This is where we can find inner contentment and purpose in life.

We are at the centre and within each one of us there are three centres of intelligence – head, heart and gut. When we connect, align and integrate the messages from these three centres, we access our innate wisdom and power. Then we become congruent (inside and outside match) and begin to experience and express ourselves authentically in our own Highest Good and in the Highest Good of All.

When we find ourselves on the inside, our true self, our creative love, we will be surrounded by the same on the outside.

When we recognize our powerful creative love from the deepest place within, we can recognize and receive it from the outside.

Through a balanced connection on the vertical and the horizontal planes and with the three centres of intelligence within, we can look into ourselves, into the unknown, the confusion, the flow, the blockages, everything... dark and light. We resurface in a rebirth of light, creativity, consciousness and love.

Our tools are: Breathing, feeling and softening; then a new coming together, a shift from separation to connection, from fragmentation to wholeness which leads to our True Self.

It is a rebirth of a new sense of “I am” from within.

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