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Consciously Reconnecting There may be times when we feel like our connection to the universe is closed. Maybe things don't seem to be going well in our day, or our lives, or we may feel out of our element. The truth is, the universe is always there for us. We know that we create our experience with our thoughts, and this is another way we need to make a conscious decision about how we want to experience life. It is up to us to do the work of making the connection, because nobody can do it for us, though sometimes the universe may send us wake-up calls. You can think of it as getting some fresh air. We are always breathing and the air is always around us, surrounding us, moving through us. But we may need to step outside of where we are in the moment physically, mentally, or emotionally and make the conscious choice to take a deep breath in order to feel the air coming in and going out. Whether this means stepping outside physically or merely shifting our thoughts, it is only our perception that changes. the air remains the same. It is just as easy to reconnect with the universe. Using the same technique as a breath of fresh air, a deep breath can bring us back to our center. As we inhale, we fill our bodies with the oxygen needed to replenish our most basic physical needs, allowing the air to circulate within us. Exhaling, we release the stale, the used, the potentially toxic air, removing any blocks that may keep us from going deeper into the

stillness that lies at our center where we connect to the universe. Feeling closed off does not need to be a negative experience. When we become conscious of it, we can think of the wholeness of a closed circuit, which allows electricity to connect and flow properly. Our bodies work the same way, and when we make that connection in our minds, it can help bring us back to the connection we seek.

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