

***This ritual allows you to experience connection: (1) the infinite connection that is always here with the cosmos and (2) how you can connect from your own space in your daily practical life.

Your own space of Being. A ritual in movement.

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Connection is just like weaving, small details are important and the experience of the space is a precondition.

Unlike literally weaving or knitting where you stick to a shape or rather have the constraint of a canvas, most people connect in an unconscious way. The canvas then goes all directions and the energy becomes fragmented.

Below I propose you a canvas that helps you to connect from the essence of your being.

Imagine the space as a carpet or canvas. In the middle is a cross.

You experience that you are the centre of this carpet / canvas.

You are in the centre of the cross.

See that the dimensions of this carpet are Multi-dimensional:

Experience the depth by feeling that the cross penetrates the ground all the way below your feet to the infinite depths of the earth.

The cross also goes through your crown infinitely deep above to the sky.

Left and right infinitely in the air.

Observe without moving your eyes.

Your eyes are seeing further than you are used to:

Behind... front.... Left and right.

You are in the middle.

Now be aware of the circle that encircles the cross.

Experience where it feels comfortable for you to place it.

Be aware that some tend to place it too close or too far.

Play with it, make it big, make it small. When you experience that you have found the circle that is right for you take a moment of silence.

Now feel that you have four doors that indicate the four directions around your body.

Observe them and feel that the doors can open and close.

Now you are consciously going to open different doors.

By stepping with your left leg to the line of the cross that is to your left and opening your left arm, you will open the door to your left.

You may also chose to go right first.

Experience that that opening is endless.

Consider what is happening in your body.

Feel and sense the opening with your whole body towards the space.

Open the four doors:

left,

back,

right,

front

Always take time to experience and feel.

Feel your body and feel the space.

Come back to the center spot with your arms at your sides.

You are in the middle of the infinite. Feel your awareness.

Now you are going to close the doors to where you chose to place the circle:

Look at each opening and nod your head: a little YES movement.

You come back with your head in the middle.

Feel and sense where you stand.

You are in the middle of your own space.

From there you can connect in consciousness.