***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.

By Bouchra Arbaoui (Soul&Matter) December 13, 2019.

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.

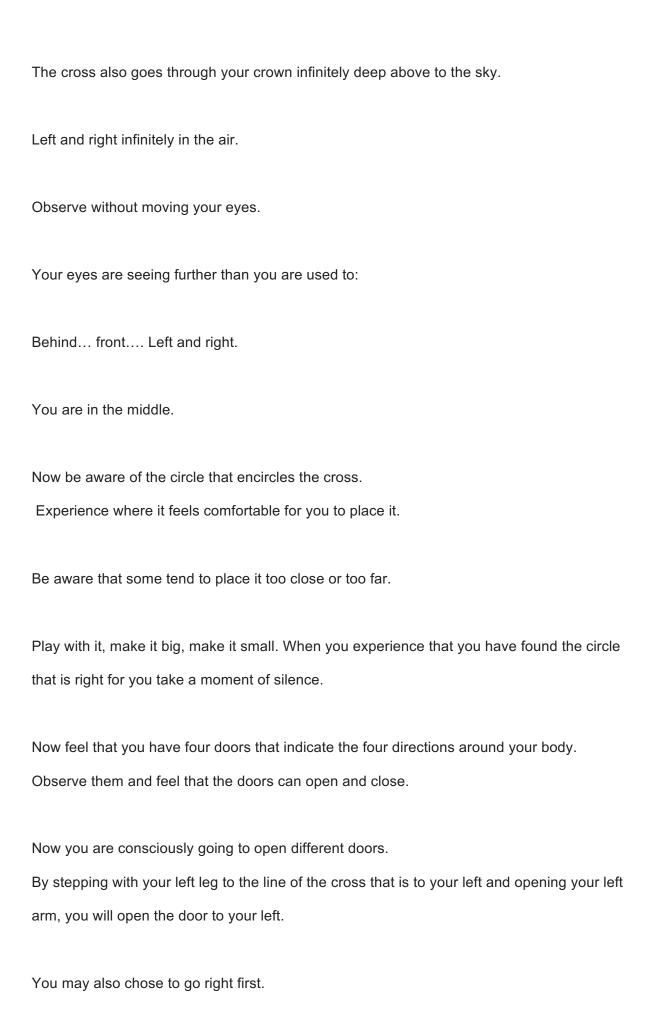
Imagine the space as a carpet or canvas. In the middle is a cross.

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.



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.
No. 100 to 100 and 100
You are in the middle of your own space.
From there you can connect in consciousness.