

CONNECTION - The umbilical cord – the connecting factor

Imagine a baby in utero not being connected to its mother via an umbilical cord? Where would it get its nourishment and energy from? How would it develop its body, mind and soul? How would it experience that lack of connection, security, closeness and love that a baby requires and what would enable that baby to develop into its fullness to be birthed?

Many of you are living life disconnected from your source, from that aspect of yourself that nourishes you, energises you, gives you a sense of being well provided for and sees you grow and develop into the fullness and greatness of who you are.

What is your source you might ask? My source is my power supply - my greater magnificence that sees me in my perfection and guides and empowers me. It is that aspect of me that creates and also helps me feel at home within myself – centred, balanced, true to myself, content and at peace. It is all-giving, all-providing and all-embracing like a hug that says, “I believe in you”. It is within me, not “without” of me. I call my source “Spirit.” Others of you will call it something else.

The umbilical cord is like the cable that leads to the plug and the power supply. It is the vehicle or route by which you are nourished by nutrients that feed your body, mind and soul. For me, stillness is my umbilical cord – the still space that allows nourishment to flow and allows me to experience happiness, joy, fulfilment, confidence, success, peace and direction, rather than stress, worry and unconfidence.

Disconnection factor – What does it feel like to be disconnected?

Have you ever got a disconnection signal down the phone or been unable to send or receive emails? How did that make you feel? What was the impact of that disconnection?

What does it feel like to be disconnected from your own personal power supply or Source? Perhaps you feel fearful, anxious, stressed, worried, lonely, restless, discontent, depressed, inadequate, lacking direction, empty, sick or unconfident. In fact you may recognise these feelings more that you recognise the feelings of being connected.

Such feelings are classic symptoms of what I call the disconnection syndrome. In fact could I perhaps suggest that ill-health, unhappiness and lack of success are a manifestation of disconnection resulting from actions, behaviours and habits that come from feeling these feelings or perhaps wanting to dull these feelings somehow?

What are some ways you disconnect from your power supply? Perhaps you plug more into external sources than your internal resources, maybe you are addicted to plugging into technology or perhaps there is a self-inflicted “fault” or malfunction in the system.

Plugging into external sources, rather than your internal resources

Many of you choose to plug into external sources, rather than your internal resources. People, work, substances, fitness regimes, activities and quick fix treatments are just some examples of external sources. These may certainly be important aspects of your daily living, but when you solely draw upon these to make you feel important, successful, confident and happy, then you can actually become disempowered. External sources are often transient, short lasting and very much determined on someone or something else outside of you determining how you feel and experience life. In essences, you are giving your power away to others, rather than drawing from your own power supply.

Plugging into technology– Connecting or Disconnecting?

In the fast pace of life these days and with the rate that technology is supposedly connecting you to others, many of you are feeling more and more disconnected from others and yourself. Sure you may be sending and receiving emails through cyberspace and texting messages to each other more often, but what is happening to the depth of that connection and your relationships? The connection can become fleeting rather than fulfilling, superficial rather than deep and short-lasting rather than constant or long-lasting? Ironically technology that is supposed to be saving you time is actually consuming your time and distracting you from that still space that allows you to plug into a far more powerful Source.

Self-inflicted “faults” department

Telephone and internet providers have a faults department to call when the connection is faulty.

I was hoping to have a natural birth with my first son. Unfortunately however the little man was getting stressed in utero because he wasn't getting the oxygen he needed. There was a knot in the cord as a result of him somersaulting many times inside of me and the flow of what he needed from source (me) was not flowing freely. I was not “faulty”, nor was my son, but the knot interfered with that flow.

Yes plugging into external sources including technology can cut off or diminish flow, but what else can interfere with the flow from your power source? Do you recognise these? Wanting to be in control, lack of faith, busy-ness, wanting to do things your way, equating religion with spirituality, using logic over intuition, past disappointments and frustration, desire to “keep up with the Jones's”, impatience, focus on external beauty and success... What impacts your flow?

Source flowing – flow-on effects

The uterus is like a vessel and sacred space. It is a room for growth and expansion of the growing baby, or more figuratively the growing career, relationship, project and life path. In energy medicine, the sacral and reproductive area is very much to do with creativity, libido for life and feminine and masculine power. Get your juices for life flowing by plugging into your Source, sit regularly in your quiet, sacred space and simply listen to silence and engage in activities that nourish you.

- Prayer, meditation, quiet time
- Activities focussed on good breathing and posture
- Connecting with nature and outdoor activities
- Physical activity
- Uplifting music, creative pursuits, social activities, reading
- Laughter
- Nourishing food and drink
- Lone time and time in fulfilling relationships
- Connection with those who have passed on, a guide or an angel
- What else nourishes you?