

Connecting With Source

The Global Peace(s) jigsaw puzzle is a wonderful tool we can use to assist in connecting with our source. We re-connect, actually, because we are always connected. It's the truth of who we are. Our thoughts get in the way of the connection, and all we have to do is change those thoughts to re-connect. We can do this when we slow down, and get into the silence, which the puzzle assists with. Then, we can remember who we really are, and make that conscious connection.

As we put the pieces together, we can listen to our inner voice. We can feel our deepest emotions. It is when we separate from our source that we have feelings of lack, fear, anger, resentment (bad feelings). When we are connected to our source we feel joy, love, lightness, meaning (good feelings). As we get into this higher vibrational state, putting one piece into the whole, we can visualize our whole selves emerging into the oneness that we are. So, recognizing our emotions this way puts us not only in contact with ourselves, but also with our source. Putting all of the pieces together can be a metaphor for all of the pieces of ourselves fitting into the real us, the divine oneness of creation.

Repeating the puzzle exercise can help us recognize when we are living a conscious, spiritual existence. It can help us remember to see every piece of our lives in relationship to the whole. As it assists us with this realization, that thought-or conscious connection- becomes more than a belief, but a ***knowing*** in the deepest part of ourselves.

It is said that a miracle is simply a shift in our perception. Shifting to a constant connection, knowing we are connected to each other and our source, is the miracle that is needed in the world today. This shift is available in each moment, when we take the time to connect.