

Judith Milburn, Ph.D.
(714) 968-4202
www.judithmilburn.com

LIFE IS ABOUT CONNECTIONS

LIFE is about connections—connections to family, friends, nature, ourselves, and to our deepest core of being, to Life/God the Transcendent Force Itself.

Without these connections, we could not live.

We are dependent upon connection to Life for the air that we breathe, the water that we drink, the sleep we sleep, and for each part of the Mystery that creates and maintains Life. We've taken so much for granted that we've forgotten to care for Life. We've forgotten that all of Life is intricately connected.

Physicists speak of morphogenetic fields that contain the basic pattern level from which the diversity of life emerges. At deep unseen levels of the Universe, forces are present and at work, out of which all Life and life patterns emerge. Within our deep psyche these forces are also at work. These are our basic psycho-spiritual patterns, the universal archetypal patterns, the collective unconscious, or the transcendent pattern level of Life, the implicate order, out of which all life, the explicate order, comes. Seeing the deepest levels of the connections out of which we live helps us make sense of our Life and our lives.

We Are Connected, there is no doubt. And, as a result of the implications of Bell's Theorem are quite staggering. Bell's Theorem states that any two particles that have been connected at some time and are later separated, even if they are separated to the ends of the universe, will both change instantaneously when a change occurs in one of them! This is quite astounding and has incredible implications!

I am and will be in relationship with everyone I have ever been in relationship with! There is an invisible contact and effect occurring all the time.

The Hindus have a wonderful way to express this connection. Imagine an invisible net surrounding the Universe, called Indra's net, arranged such that at each intersection of strands there is a small bell, so that any perturbation of the net anywhere will reverberate throughout the universe. It is also said that when a butterfly flaps its wings, it is felt around the world. Today, more than another other time in our history, we see the truth of this interconnection. Everything affects everything; everyone affects everyone else!

We are connected. In collective group work, the collective energy that is generated is available to everyone in the group, giving us the ability to go more deeply into ourselves than we might do alone. Collective work augments the work that can be done by any one individual. Work that each person does, triggers their small bell in the net, and their sound, their vibration, is felt by everyone else! We all benefit from each other's questioning, self-exploration and realizations.

Much is happening in the world today. We're in difficult situations, change is occurring faster than ever before. To cope with the stress, better still, to be able to use the change and stress for our benefit, we must have the abilities to center ourselves and connect with our deepest inner source, as well as to connect deeply and intimately with each other. Centering ourselves and connecting to our deepest core of unconditional love is the one way we can be of service to the entire world.

How do you center?

First, take your awareness to your breath.

Allow yourself to consciously exhale. A nice long exhale.

Follow the breath all the way out of the body.

Perhaps take it out your feet into the ground. Then slowly and consciously take a deep belly breath, fill the belly up with breath, and let it fill the body. Then exhale again, slowly and deeply.

Take a few breaths; fully inhale, then again exhale deeply.

With your mind's eye, continue to follow your breathing.

Then while you continue to breathe, take your mind's eye to your mystical heart center, the fourth chakra, or energy center, in the center of the chest where the ribs come together between the breasts. This is the heart center, the place of unconditional love.

To deepen the centering, focus at the heart and breathe in unconditional love, Allow this quiet place of no judgments and acceptance of all your inner aspects to flow through you

Experience their innate harmony flowing through you.

Recognize the multidimensional layers of the psyche and your own complexity and just accept it all.

Allow yourself to find the place of perfect peace, centered in unconditional love.

Unconditional Love is a transcendent place nestled in the body, far more compassionate than the ego's conditional love. This is a place where the opposites come together and there is wholeness.

Hold your awareness at your heart center. Contemplate unconditional love, compassion, innate harmony, healing presence, and perfect peace.

At center, we can move beyond our fearful self-judgments and feelings of inadequacy, into a much bigger space of consciousness where we can experience the wholeness and interconnectedness of all the aspects of consciousness and of life. Opposites are seen as two aspects of wholeness. Truth is experienced as paradoxical, containing many viewpoints. We are not afraid of differences, but see them as multiple sides of one coin. Living life from the heart center and unconditional love allows us to experience the mystery of the connection of the many layers and aspects of Life.

If we're unable to hold the disparate parts of ourselves together, we'll fly apart, just as the universe would fly apart if it weren't for that aspect of unconditional love we call gravity which holds everything together – holds darkness and light, death and life, destruction and growth, holds north, south, east, and west, as well as up and down.

This is the Mystery of Life: Everything in the Universe – whether inner or outer universe – is connected in the Dance of Wholeness and plays its part in the unfolding play of life.