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Liquid New Year

by Rebbie Straubing

The space between things either disconnects or connects the things it stands between.

Understanding this and deliberately choosing connection, brings you closer to the fulfillment of all of your most heart-felt desires.

Things

I know that there are things that you want that you do not have yet. Some of them seem possible. Some of them seem impossible.

==> The space between you and the ones that feel possible connects you to their fulfillment.

==> The space between you and the ones that feel impossible disconnects you from their fulfillment.

While you may not be able to change your beliefs right now from impossible to possible, there is something you can do to move yourself toward the fulfillment of those seemingly impossible desires:

Feel the space between you and the desire as connecting you to its fulfillment. Even though that space itself may feel like "impossible," distill it down to simply "space" and feel how it connects you to your dream. Now you have shifted yourself in the direction of its fulfillment.

Time

You may choose to see the space between you and your desire as an increment of time. If you imagine the fulfillment of your dream as connected to your now, that space between you and your fulfilled desire begins to express connection. That fulfillment is on its way.

If, however, you experience your dream as disconnected from your now, once again, your desire feels impossible. See the block of time before you. The near portion of it is connected to your now. The far end of it is connected to the fulfillment of your dream. Through these two points of contact, your now is connected to your heart's desire. Now

the space between you and your desire connects you. You are headed toward its fulfillment.

People

The space that connects people is made of love. When people are disconnected from each other, it reflects an unnatural separation. When people are connected, the love takes on feeling. You can feel this love for a very precious dear one. It may be your life partner, your child or your golden retriever. The love takes the shape of the connection and these different shapes of love add to the richness of life. I'm sure you have times when you can even feel this soft and flowing sense of connection with strangers and with humanity as a whole.

But what about those moments of disconnection? Depending on the cause of the separation, the process of reconnecting takes on different qualities.

If you find yourself feeling anger, resentment, desire for revenge or other sirens of disconnection, the space between you and that person is separating you from your experience of love. The fix for this one is the same as the others but its application requires a more advanced skill with this approach.

Feel the space between you and the person in question. Understand that while this space may currently be filled with hurt or anger and while it may feel impossible, it is touching you on your end and them on their end. By feeling the context of connection, even though it is a "connection of disconnection," you actually move that relationship toward healing.

By transforming your spaces of disconnection to ones of connection, one by one, slowly but surely, you begin to flow. Your life experience begins to feel more fluid. Your time begins to feel liquid and you smoothly move in the direction of your inner guidance.

As you approach your desires, goals and resolutions for the New Year, consider making this year liquid. Consider systematically turning all your disconnections to connections and watch how this year flows you to the fulfillment of all that your heart desires.

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Dr. Rebbie Straubing is author of "Rooted in the Infinite: The Yoga of Alignment." You can instantly download the beginning of the book at <http://RootedintheInfinite.com>. Rebbie is a workshop leader, Abraham Coach and spiritual writer. Her free e-course, 7 Secrets for Manifesting Your Heart's Desire, is available at <http://www.YOFA.net>

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