Do you feel trapped and unable to find time for what you love and for those you love?

We live our lives at a frenetic pace – rushing through our lives like a wild fire being spurred on by a gale force wind. Needs are growing all around us, demanding our time and blowing us all over the place – chasing us until we are worn out. Often because we are in a reactive state with many relationships we don’t personally get anything out of an experience . . . and yet know this “if only you could sense how important you are to the lives of those you meet and can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person.”

Where do we start to re-establish true connectivity on every layer of our being so that our lives are made whole and complete?

1. Get Connected with YOURSELF

“At the innermost core of all loneliness is a deep & powerful yearning for a union with one’s lost self” (Brendon Behan).

Until you make peace with who you are .... You’ll never be content with what you have. Take time to discover who you are; write down what is important to you - people, places to visit, dreams to be achieved. Stop being a slave to your past and reacting impulsively (based on beliefs, traditions; what we are told) This can only lead to stress, worry and being directionless. Forget what others say about you - they will judge you, make you uncomfortable and feel guilty; steal your time & your dreams. Use your time wisely to pursue things that make you happy & feel fulfilled - family, friends, personal time, memories, relationships

Lincoln said “the best way to predict your future is to create it”

<table>
<thead>
<tr>
<th>Romans 12:1</th>
<th>1 Corinthians 6:19,20</th>
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<td>I appeal to you therefore, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.</td>
<td>Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, you were bought with a price. So glorify God in your body.</td>
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(a) Meditate - To clear your head and achieve a calm inner peace. There are different ways to do this - and therefore it is very important to find the one way that you are most comfortable with. Every meditation tradition begins with daily practices that help to focus a scattered mind. Find a quiet place then either
** focus on a simple flower (see & think only of the flower)
** repeat a positive phrase ... “I am ...” (say it; hear it; feel it)
** Focus on deep breathing ((in)5–(hold)20–(out)10) and thinking of pure Oxygen flowing in; stale poison Carbon Dioxide flowing out. Feel the breath in your body.

Often our days don’t go as planned, but we have the power to choose calm instead of overwhelm. Become centred and in control of your life.

(b) Positive self talk ... Control what goes into your mind - and what come out of your mouth. If you cannot say it to a friend - don’t say it to yourself. We have 60000 thoughts a day - 90% are a repeat of previous thoughts. Create new habits by exposing yourself to experiences, actions & environments. Don’t just accept what is average and comfortable. Act with integrity and be guided by your heart.

(c) Be grateful - Give thanks aloud. Show appreciation daily. Write down at least 1 gratitude a day - and read them everyday. Give back and serve others. Never let things you WANT make you forget the things you have. Simplify your life by needing less so you can live more.

2. Get Connected with INNER CIRCLE

(a) Love your spouse / parents - Communication and time with someone leads to understanding and connection. Stop looking for the perfect “love” - rather create the perfect love.

(b) Participate with children / siblings - Experience life with one another. You are not there just to guide, supervise and discipline. Support dreams, play games,
offer encouragement, have fun. Stop trading time with children for your job, professional ambitions, ‘outside’ friends, hobbies.

(c) Connect with your family - Family answers the need for love, belonging and support. Be careful with words and selfish acts. Rather support, share, communicate. No man is an island. Don’t lose the plot and point of life by pursuing privilege, status and money – only to discover at the end of your journey that you have missed the true meaning of life. Become more understanding, tolerant and forgiving – especially to those closest to us. (d) Embrace friends - Friends are your choice – they usually share a common interest, experience, dream. Nurture and build your relationships by maintaining contact, support, communication. Learn to listen, understand, and always be your best self. “A real friend is one who walks in when the rest of the world walks out” (Walter Winchell) 

(e) Pets - My goal in life is to be as good a person as my dog already thinks I am. Animals forgive, forget, try to please, ask no questions and pass no criticism – they love you no matter what. They are faithful, loyal and true to the last beat of the heart.

3. Get Connected with OUTER CIRCLE

Be kind and have empathy with extended family, acquaintances, colleagues, strangers. When people feel that they have been seen, heard and valued; when they can give and receive without judgement; when they derive sustenance and strength from the relationship --- it creates a connective energy. Kindness practiced regularly leaves a lasting impression on those it touches & its warm glow

John 15:13
Greater love has no one than this, that someone lay down his life for his friends.

Leviticus 19:18
You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the Lord.

Psalm 104:10-14
You started the springs and rivers, sent them flowing among the hills. All the wild animals now drink their fill, wild donkeys quench their thirst. Along the riverbanks the birds build nests, ravens make their voices heard. You water the mountains from your heavenly cisterns; earth is supplied with plenty of water. You make grass grow for the livestock, hay for the animals that plow the ground.

People don’t always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them.
spreads to giver, sender, receiver & environment.

"A little fragrance always clings to the hand that gives you roses“ (Chinese proverb)

Never let life become a matter of pure survival that we don’t have time to help or be kind to others “I have learned that people will forget what you said; forget what you did; but will never forget how you made them feel” (Maya Angelou)

The toe you stub today may be the very foot that leads you from danger or towards greatness one day. Send out and practice empathy, laugh, hope, be your best true self - for it will come back your way and bless you. An average 4 year old laughs 300x a day - the average adult only 15x .... Where there is laughter - there is life.

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4. Get Connected with WORLD

Have attitude of service to all regardless of race, gender, religion, country, economics. “The world is a giant community - the excuse of time and distance doesn’t work - we are all connected.” (Ralph Fiennes)

No matter what you have in life - all that remains at the end is your conscience …. Listen to it. Let it guide you - serve one another. It is not the quantity of your life that counts but the quality which comes by making a difference and doing something of value to contribute to the betterment of all. Move out of your comfort zone of watching the world go by and get involved. Giving time & energy, compassion and kindness to others will enrich your life more than you can imagine.

War has a common thread - people attacking whatever is different. Yet we are all one with each other and with the universe ... & our individual actions affect all and everything.

Practicing spirituality brings a sense of perspective, meaning and purpose in our lives. To obtain true success, happiness or love you need to establish true connectivity on every layer of our own personal being and then to realize that we are all connected to each other by a power greater than all of us - and that our connection to that power and to one another is grounded in love and compassion; sharing experiences; creating memories; building bonds.

Ephesians 4:32

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

1 John 3:18

Little children, let us not love in word or talk but in deed and in truth.

Galatians 3:27-29

As many of you as were baptized into Christ did put on Christ. There can be neither Jew nor Greek, there can be neither bond nor free, there can be no male and female: for ye all are one in Christ Jesus. And if ye are Christ’s, then are ye Abraham’s seed, heirs according to promise.
Slow down --- Savour the moment --- Connect
Get Connected

COMING TOGETHER
Get connected

1. With Yourself
2. With your Inner Circle
3. With your Outer Circle
4. With the World
Get connected with yourself

“At the innermost core of all loneliness is a deep & powerful yearning for a union with one’s lost self”

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Romans 12:1
I appeal to you therefore, sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

1 Cor 6:19,20
TAKE TIME .... To discover who you are

WHO, WHAT, WHERE is IMPORTANT to YOU

STOP ... Being a slave to the past

QUESTION your BELIEFS, TRADITIONS, HABITS

This LEADS to Stress, Worry, Being directionless

FORGET … what others say

They Judge, make you feel Uncomfortable & Guilty

Steal your Time and Dreams

USE your time wisely ... what makes you happy & fulfilled

“The best way to predict the future is to create it”

(Lincoln)
Get connected with yourself

(a) Meditate

Psalm 46:10 ...
Be Still and know that I am God

Psalm 37:7 ...
Rest in Jehovah, and wait patiently for him

Clear your head
Calm Inner Peace

Meditation is like giving a hug to ourselves, getting in touch with that awesome reality in us. While meditating we feel a deep sense of intimacy with God, a love that is inexplicable.

THE SOUL USUALLY KNOWS WHAT TO DO TO HEAL ITSELF. THE CHALLENGE IS TO SILENCE THE MIND.

CAROLINE MYSS
Get connected with yourself  (b) Positive Self Talk

Act with Integrity ; Create New Habits ; Control your words

Philippians 4:8

... whatsoever things are true,
... honorable, ... just, ... pure,
... lovely, ... of good report;
if there be any virtue, and if there be any praise, think on these things.
Get connected with yourself (c) Be Grateful

Give thanks aloud; Show appreciation; Serve; Simplify

1Thessalonians 5:18

... in everything give thanks: for this is the will of God in Christ

Psalm 118

Oh give thanks unto Jehovah;
For he is good; ... righteous ... hast answered me... has become my salvation. ... is my God, ... he is good;
For his loving kindness endures for ever.
Get connected with your Inner Circle

✓ Love your spouse / parents
✓ Participate with children / siblings
✓ Connect with family

✓ Embrace friends
✓ Care for pets

See Lev 19:18  See John 15:13  See Psalm 104:10-14
Get connected with your Outer Circle

“A little fragrance always clings to the hand that gives you roses” (Chinese proverb)

“Human connection is an essential part of surviving the digital revolution.”
- Richard Riche

People don’t always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them.
Get connected with your Outer Circle

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Get connected with the World

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Watch your thoughts; They become words.
Watch your words; They become actions.
Watch your actions; They become habits.
Watch your habits; They become character.
Watch your character; It becomes your destiny.

Not quantity of life but quality which makes the difference.
Give time, energy, compassion, kindness
Live in me. Make your home in me just as I do in you. In the same way that a branch can't bear grapes by itself but only by being joined to the vine, you can't bear fruit unless you are joined with me. I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing.

John 15:4-5
Develop an appreciation for the present moment. Seize every second of your life and savor it.
Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

Matthew 11:28-29