

## Connections and the Stories Around Them

When electricity passes through a wire to complete a circuit there is a measurable field of energy that is created around the wire called EM or electromagnetic field. It is a field of energy that powers the circuit when guided by the wires. I am mentioning this example because our minds do the same thing.

When we create a connection to a person, place, or thing there is a direct connection and it comes with an energy field around it. The ego thinking can get involved in this energy, collecting bits and pieces of thought, until it puts them all together and there is a story around the connection. After some time the ego explains in a huge story why this connection exists and the story begins to take on a life of its own.

The story sometimes takes over as the connection. Sometimes the story enhances the truth of the connection, sometimes it takes away from it. The story is what the mind goes to when it looks to tell your story of how you explain the way you're connected to a person, place, or thing. There might be facts in your story, and there also might be emotion or texture. When we add texture, we start describing these stories using words like love and hate: "I love that place", or "I love him/her".

The most powerful energetic connections are between people. The story grows because people create their stories together. This is how the mind works in our everyday life. Our connections are constantly changing: expanding and contracting.

I mentioned this to a friend and he asked me, "if two people have a connection and these people create a story around their connection, are they lying?" He went on to say, "because you are saying there is the connection and then the ego tries to explain the connection, creating information that seems to make sense to you, so you create your story on why the connection exists."

My answer was no, it is not a lie because it is the ego that is creating the story, adding the emotion, texture, and reason why to the connection. The ego is just doing its job. However if you quiet the chatter of the mind, the story, you can see the connection in the present moment, without emotion, texture, or the reason why. Quieting the chatter lets you drop the story and see the true connection and what it represents in your life.

I believe we are connected to everyone and everything. I believe that like energy, we have a stronger attraction when two like energies connect or a large group of like energies connect and it creates a growth of universal learning for all that are connected. Connections themselves are not bad and the ego story is not bad if it is not hurting your well being. It is important to understand how the mind works so you can use your connections and your stories about them to the best of your abilities and your life, to make the best for yourself.