



## Interconnection: Our Web of Life

Most of us are now aware that everything is connected to everything else. A shift in any one thing creates a shift that ripples through all things. However, most of us have not taken the time to really appreciate what that means. Once we do, it creates a shift into being consciously connected to every THING.

When you look at the most basic building blocks of life you come to a point of common origination - the energetic spark that resides within the molecule/atom/particle. It is the same for everything. The difference is how the molecules are put together and then the atoms, etc. to create whatever living organism or thing it is meant to be. We are the same as a rock, a fish, an animal, bird, reptile, tree, plant, and on and on. Each one is designed and built differently just as each individual is unique.

Just because a tree or plant or rock does not actively interact in a manner humans can easily relate to, does not mean that it does not feel, is not aware, etc. Just the opposite, it is sensitive to pain, love, nurturing and interacts with life just as humans do. The whales and dolphins are actually at a higher spiritual plane and method of communication than we are. This means that we should honor and care for every THING in our world with equal respect and consideration.

### Inside Buildings

Take your home/business/stores: Your home absorbs your energy and everyone else who lives or visits in the walls, floors and furniture, etc. They respond to that energy as the cells react to the environment. When you are in your home/ business/ stores, they send out the energy they receive. Do you treat everything within your home the way you would your best friend? You spend more time within your home's energy. If you feel angry/frustrated/unhappy because you're cleaning house (for example), that energy is sent into every cell inside your home. It will come back to you for the next 72 hours or possibly longer depending upon your normal environment. The same is true with the clothes you wear, your jewelry, etc.

### Outside Your Home:

Now let's expand to the outside of your property. How much time, care and love do you put into it? Are you grateful for your surroundings? What is the environment from external influences? All of this is absorbed into the cells of everything around you which in turn creates the atmosphere you live in.

### Your Meals and Snacks:

The food you eat: Do you prepare your food feeling gratitude and love for receiving it? How was the food grown or raised? Did it come from a grocery store where it absorbed



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questionable energy? Was it transported - truck or train - from the farm to the store? How did you feel when you selected it? Were you careful in handling it?

### Your Transportation:

Your car or transportation: Are you loving & grateful for it? Do you clean it yourself? Where is it kept? What is the environment? How do you act/interact with drivers on the road while you are in it? What is your mood most of the time when you are driving or riding?

We have only touched on a few of the places where you spend your time. If you want to get a better feel for the environment you are creating to live within, make a list of your regular stops and locations. Note how you feel and how you treat each area/location/item. Then think about how you can shift your interaction and experiences to a more positive environment, not just for yourself but for anyone who shall be there after you and for the locations and THINGS that reside there.

### Take Simple Action

Just the simple task of becoming aware of your surroundings can make a huge difference. If you find something/somewhere that does not feel good, then think about how to shift it. It doesn't take money or even a lot of time - just become aware of what you like in your environment and then take small or large steps to shift it into a pleasant environment for you.

### About Linda Bottero

I have always been a good listener and drawn to helping people from my early childhood on. It took me until my 50s to finally realize that I was enabling much of the time instead of helping. As I matured and experienced far more life lessons than I should have created for myself, I began to search for a better method of creating a happy, aligned and nurturing life.

During my 40s and 50s I had the privilege to be a care giver for my mother and then later my husband while they fought cancer. This again caused me to reevaluate and research the meaning of my life. I permanently closed my international business after my husband's death and started a new business dedicated to providing the information and services for people to take positive control of their health and wellbeing. I established a spiritual and health retreat center and then a holistic health spa. Now in my 70s, I have the time to spend enjoying my beautiful piece of paradise in the high desert in California taking care of my animals and doing volunteer work. I also am spending part of my time still providing personal services: life coaching on wellness, positive life balance and spiritual alignment; reiki plus sessions incorporating the energy flow of reiki, pranic healing, & shamanism, & numerology reiki providing a personalized reading and energy session.