



Q. What is connection?

A. Connection -- at the deepest level — is the knowing that we are not alone. It is the understanding that we are a part of something outside of ourselves.

The hunger for conscious connection is the yearning to activate that knowing — in other words, to move into action around that connection. When we act from a place of honoring connection, we form community. And ritual is the means used to re-member or re-connect to that place of honoring the knowing.

**Essence
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