



*Reflections upon the innocence of life*  
*By Sílvia Binder*

*Reflecting upon life gives us deeper insight not only into life itself, but into life within us. It behooves us to reflect when finding time and diving into time's space. Like looking into the mirror, we see our reflection and we study the image looking back at us. But what's beneath the matter, our physical body? Where is the root from where the body grew? The seed from which we stem? The clock that makes us tick? The energy that vibrates within and around us?*

*The tie to our inner self lays in the connectiveness to universal love and the energy thereof. Whether consciously aware or not at all tapped in, the life force is what brings us, carries us during our living experience until life ends in this physical existence.*

*Reflect upon you. Feel the awkwardness of stillness until your vibratory state aligns with the lesser frequency of non physical or mental activity. Your breath slows down and time widens with the space hidden within time. Be. When thought tries to get you out of this state, push it from you and go back to the state of being in the bigger space of time. This may feel strange to you, or even awkward. Befriend yourself with this different sensation. Experience yourself in this moment as you expand your soul with the available space you are allowing. Practice being still. Let reflection take place. Whatever comes and goes within your mind, do not judge, do not fidget, and trust your new state of awareness.*