

# Illuminating the Disconnect

Illuminations  
Volume 1

through Steve Allat

# **Illuminating the Disconnect**

presents

## **Illuminations**

**Volume 1**

ISBN: 978-0-9950540-1-1

through

**Steve Allat**

**[www.illuminatingthedisconnect.com](http://www.illuminatingthedisconnect.com)**

Welcome to the world of nature, of beauty, of inspiration.

I LOVE nature and have always found beauty everywhere. With the advent of digital photography and macro lenses, the world up close has become an even more intimate place to see how nature shows her brilliance to us, constantly.

I usually have a camera with me wherever I go, or at least my iPhone.

BUT, I always take the time to appreciate the beauty of the moment before photographing it, and yet after all these years of taking photos I had never imagined that I had SO many that I could now use to publish these photobooks and to also use in conjunction with my writing at [www.illuminatingthedisconnect.com](http://www.illuminatingthedisconnect.com).

This ebook is licensed for your personal enjoyment only. This book may not be sold, so please feel free to share it – we are all in this together, and raising awareness and awakening to the beauty of our true nature as a species matters.

**FreeShare NOW Steven Allat.** All rights freely given. Including the right to reproduce this book or portions thereof, in any form. Any or all parts of the text and images may be reproduced in any form without the express written permission of the author.

I invite you to take your time with each photo.

Contemplate the words slowly.

Look for the detail in each photo.

Wonder at nature's innate balance of colour, texture, balance

Next time you are looking at a flower, a seed, a fruit, a plant . . . take the time to really look and breathe it in, with all of your senses.



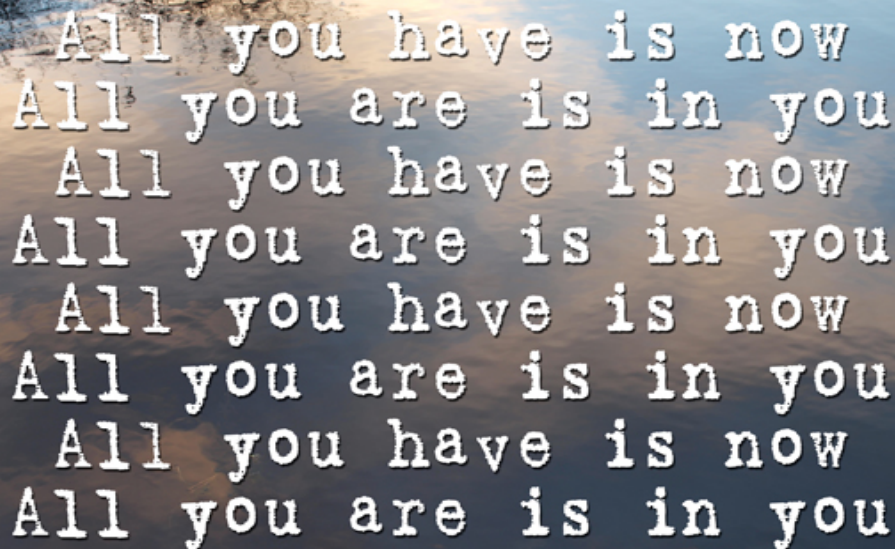


All  
Life  
Matters

All  
Matter  
is Life

as is the  
Space Between

Illuminating the Disconnect



All you have is now  
All you are is in you  
All you have is now  
All you are is in you  
All you have is now  
All you are is in you  
All you have is now  
All you are is in you

Know. Live.

Illuminating the Disconnect

You know truth when you hear it, but we all sometimes lack the strength to truly listen and I understand that. It would require us to loosen the connection to ego and change something of our life story, which appears to be an inconvenience or even a hard thing to do.

Yet we all say we just want to be ourselves??

Well, you can't have it both ways.

When truth beckons, from outside of yourself or from within, you must answer the call.

You will be grateful that you did.

AND THE TRUTH  
WILL SET YOU FREE

Illuminating the Disconnect





A close-up photograph of a purple flower, likely an aster, with a bright yellow center. The petals are long and narrow, radiating from the center. The background is dark and out of focus.

ANYTHING . CAN . HAPPEN

illuminating the disconnect



*'Because I feel like it!'*

*Illuminating the Disconnect*

A close-up photograph of a bumblebee with a fuzzy yellow and black body, perched on a large, dense cluster of small pink flowers. The background is a soft-focus garden scene with green foliage and other pink flowers under a bright sky.

illuminating the Disconnect

Bee yourself. Bee Kind.  
For a stress-free life.



A close-up photograph of a green frog with dark brown spots, sitting in a field of dry, yellowish-brown grass. The frog is facing left, and its body is covered in a mottled pattern of green and brown. The background is a dense field of dry grass, creating a textured, natural setting.

Be Kind

That is enough  
for a great life



Be Kind

to all life


Illuminating the Disconnect





Be Natural


Illuminating the Disconnect



You cannot think your way to  
higher awareness  
(enlightenment)  
when it is indeed  
thought that is  
blocking the  
path there,  
meaning . . .  
the path to here . . .

BE the awareness and  
not the thought of it  
to experience life  
directly

To right NOW.



I would rather be blinded by the light  
than try to live in the dark.

Illuminating the Disconnect




About  
To  
Have

A  
BLOOMIN'  
GOOD  
TIME!

Illuminating the Disconnect





Even when you think you cannot  
change your circumstance,  
you can change your self in the  
circumstance by  
changing your  
thoughts


Illuminating the Disconnect

A vertical photograph of a forest landscape. In the foreground, a calm body of water reflects the surrounding environment. The reflection is sharp and clear, mirroring the dense forest of tall, thin trees and the rocky shoreline. The trees are mostly evergreens, with some deciduous trees showing hints of autumn color. The water is still, creating a perfect mirror image of the sky and the forest above. The overall mood is peaceful and contemplative.

*Changing YOUR World  
Does change THE World*

*Because it always is a reflection of our  
collective thoughts, in action.*

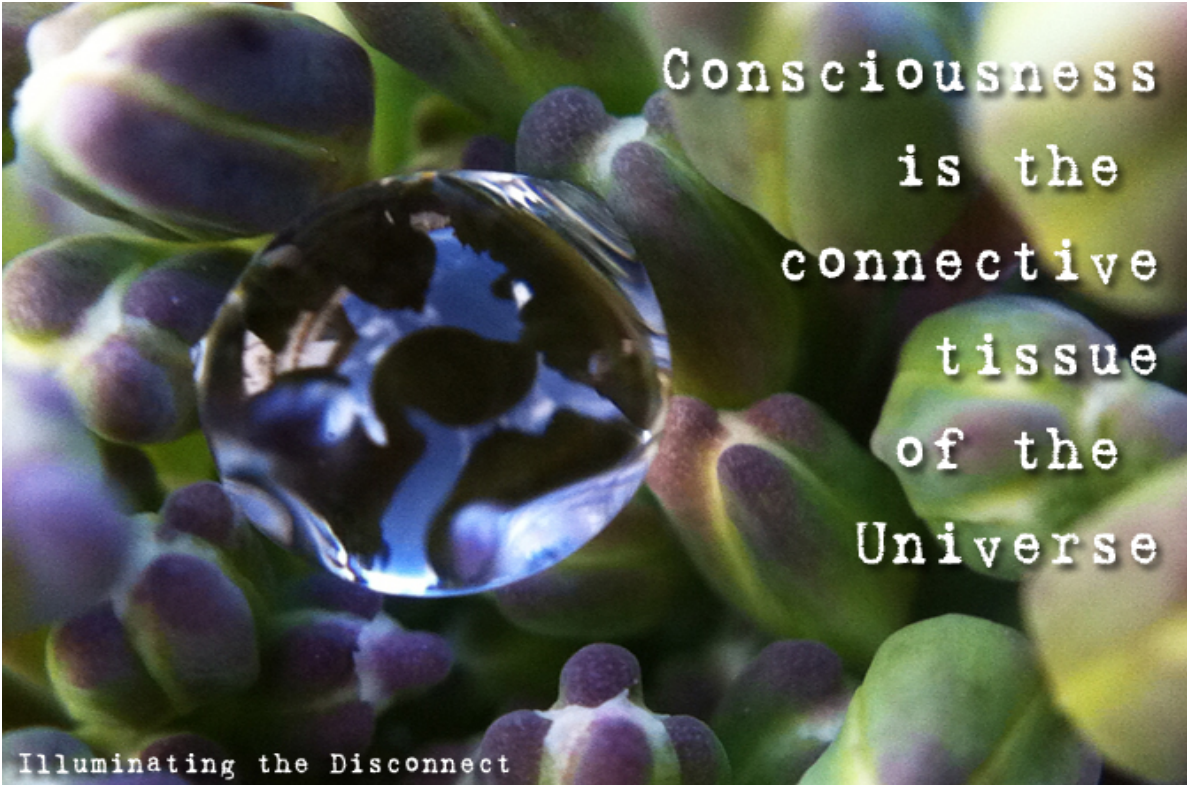
*Illuminating the Disconnect*



the great thing about your conditioning

it can be unconditioned

Illuminating the Disconnect



Consciousness  
is the  
connective  
tissue  
of the  
Universe

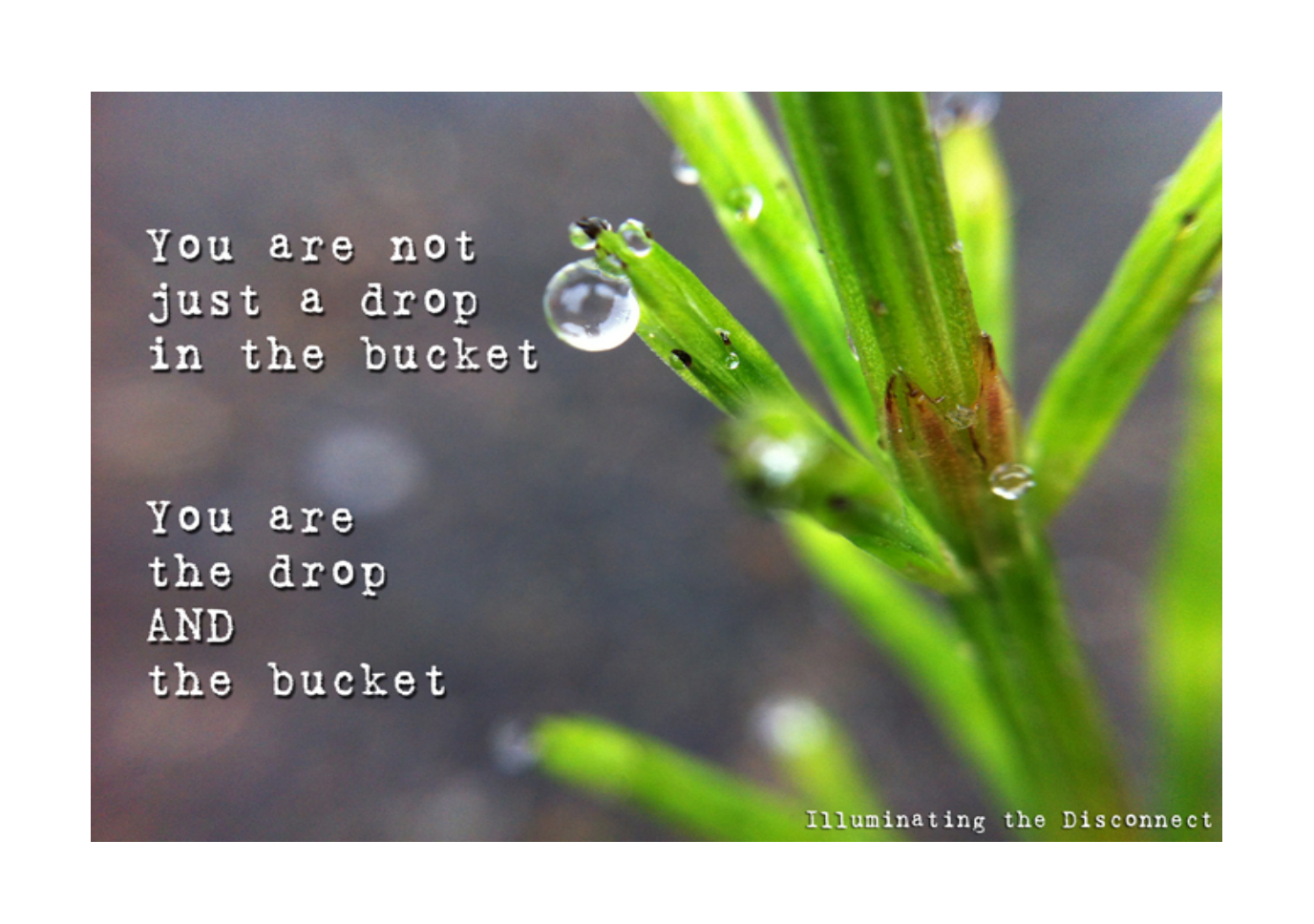
Illuminating the Disconnect





consciousness  
is life

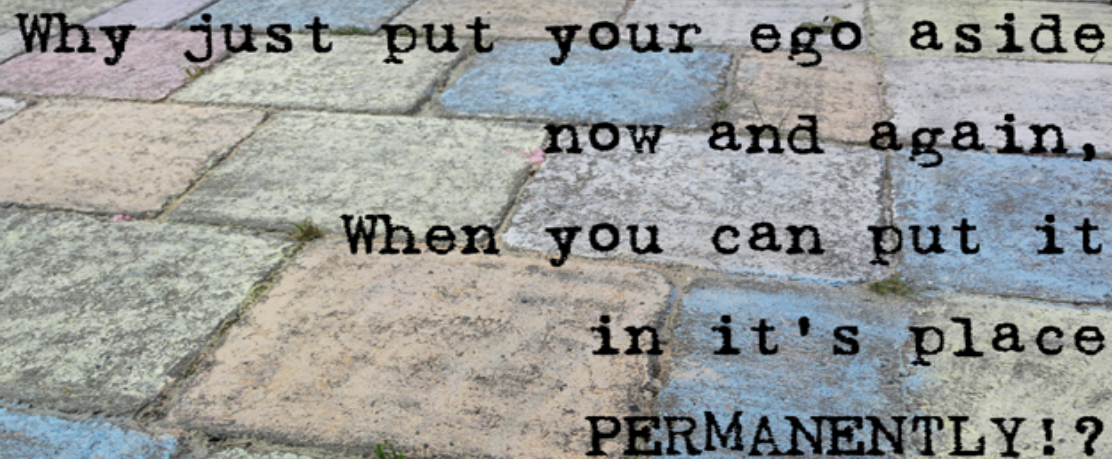
Illuminating the Disconnect



You are not  
just a drop  
in the bucket

You are  
the drop  
AND  
the bucket


Illuminating the Disconnect

A photograph of a stone path made of irregular, light-colored stones. The path leads from the bottom left towards the top right. The text is overlaid on the path, centered horizontally. The text is in a black, monospaced, typewriter-style font. The background shows some green moss or grass growing between the stones.

Why just put your ego aside  
now and again,  
When you can put it  
in it's place  
PERMANENTLY!?

Illuminating the Disconnect




A close-up photograph of a black ant on a green leaf. The ant is positioned on the left side of the frame, facing towards the right. Its head, thorax, and abdomen are clearly visible. The ant's legs are extended, and it appears to be moving across the leaf. The leaf is a vibrant green color with some lighter, yellowish-green areas. The background is blurred, showing more of the leaf and some indistinct shapes. Overlaid on the right side of the image is text in a typewriter-style font. The text is arranged in three lines: "To enjoy the", "moment", and "is not a goal". Below this, there is another line of text: "It is a", followed by "letting go". At the bottom right, the word "Trust" is written in a larger font size. In the bottom left corner, the phrase "Illuminating the Disconnect" is written in a smaller font size.

To enjoy the  
moment  
is not a goal

It is a  
letting go

Trust


Illuminating the Disconnect



Every body matters!  
Every body's matter!  
Everybody's matter!  
Everybody, smatter!  
Everybody matters!

All life matters.  
Do not take it for granted.

[Illuminating the Disconnect.com](http://IlluminatingtheDisconnect.com)



Everyone is enlightened about something,  
Only the depth and degree differs

And the truly enlightened  
do not compare

Illuminating the Disconnect

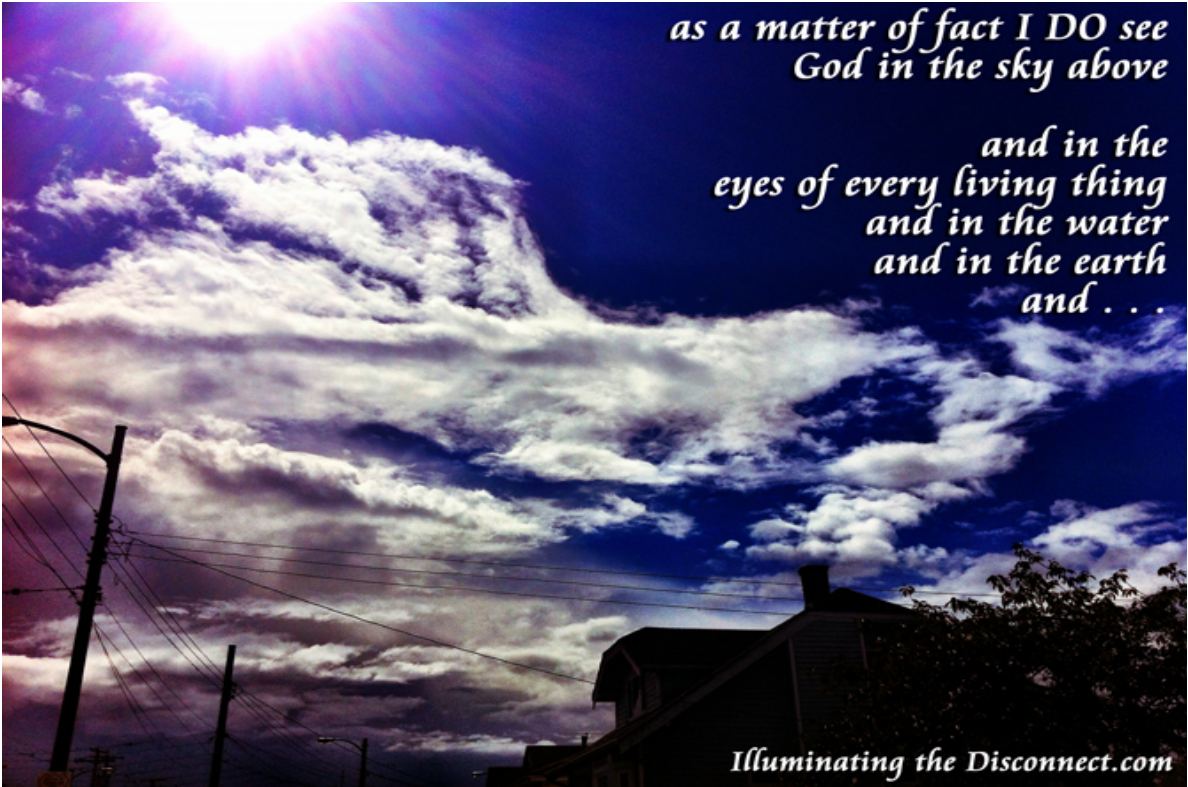


FLY!

be free

Illuminating the Disconnect





*as a matter of fact I DO see  
God in the sky above*

*and in the  
eyes of every living thing  
and in the water  
and in the earth  
and . . .*

*Illuminating the Disconnect.com*



A horizontal, light-brown branch extends across the upper half of the image. A thin, reddish-brown string is tied to the branch, and a round, metallic-looking object hangs from it. The object has a mottled, aged appearance with shades of brown and gold. The background is a solid, clear blue sky.

GO out on a limb!

If you fall,  
take root  
and grow!

Illuminating the Disconnect



Gratitude is Great AttITUDE

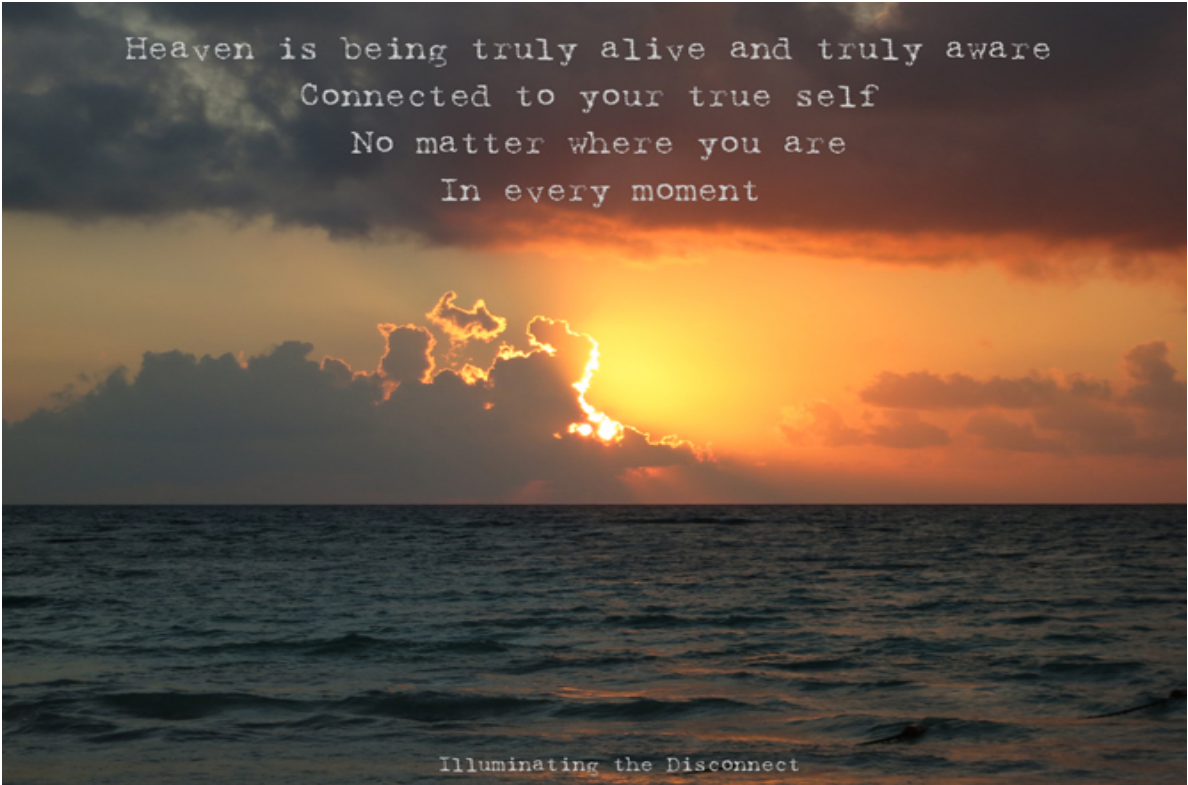
Thank you, life

Illuminating the Disconnect

Hang.  
In.  
There.

Beecause  
as you  
let go  
of what does  
not serve you

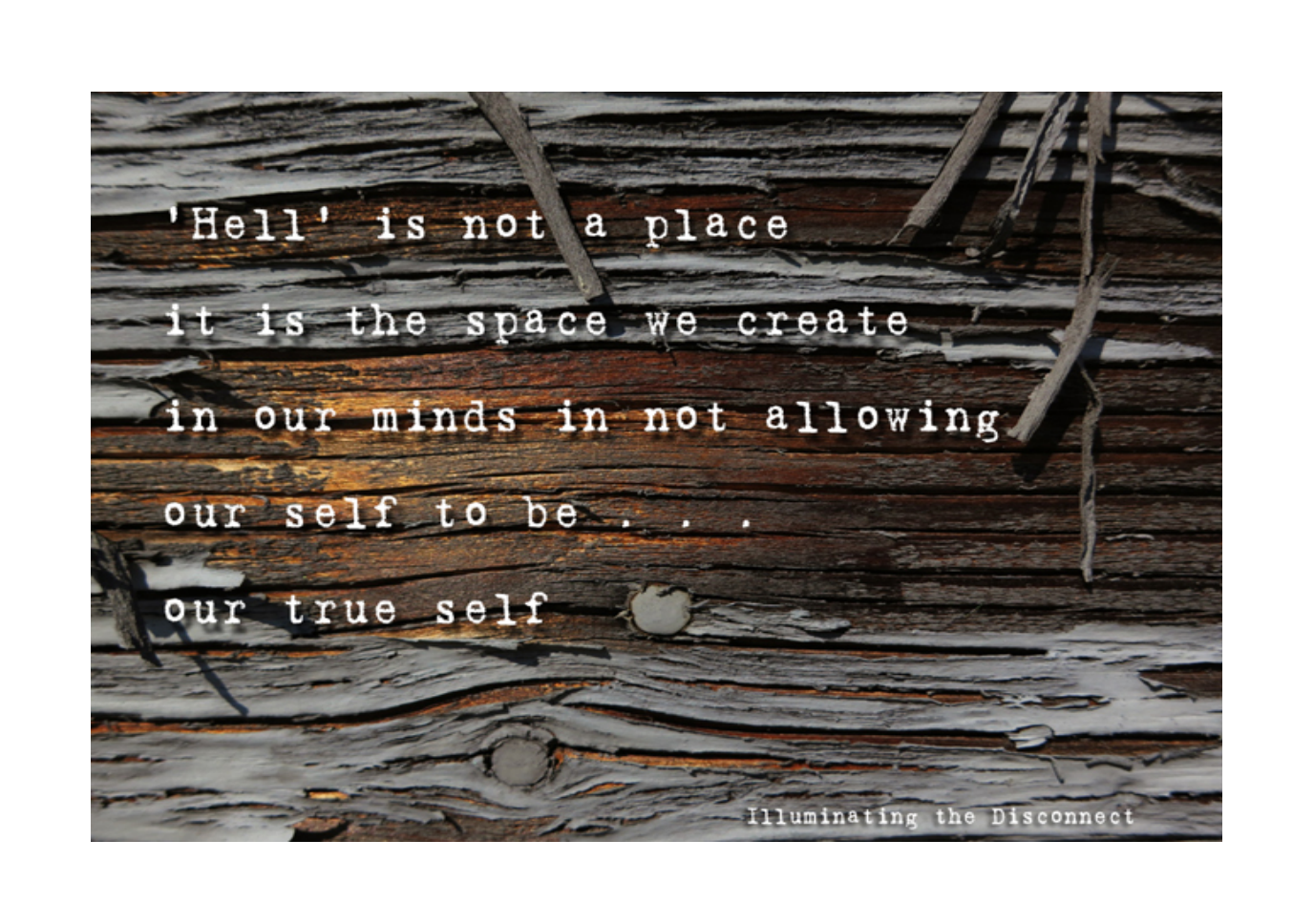
YOU get  
to choose what  
will serve you  
in a loving,  
compassionate  
way.



Heaven is being truly alive and truly aware  
Connected to your true self  
No matter where you are  
In every moment


Illuminating the Disconnect





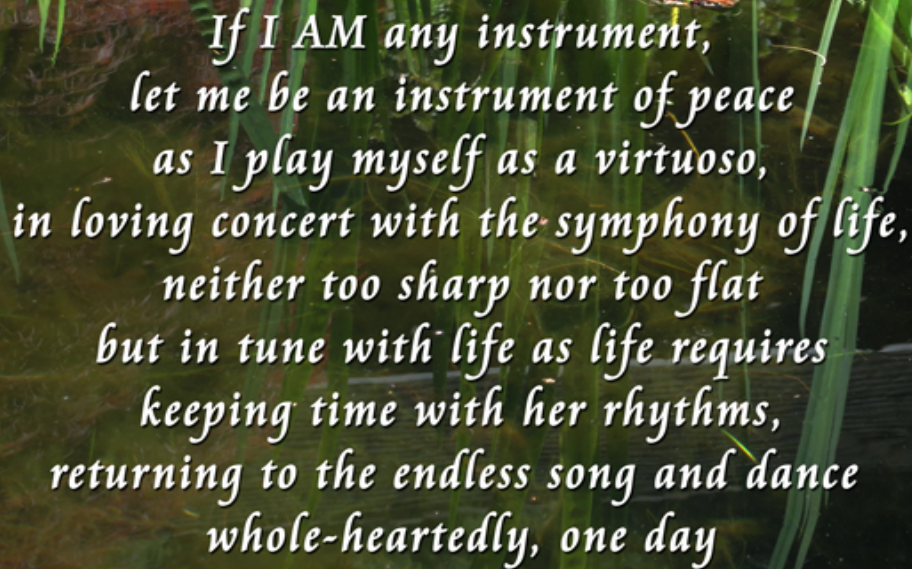
'Hell' is not a place  
it is the space we create  
in our minds in not allowing  
our self to be . . .  
our true self

Illuminating the Disconnect

A close-up photograph of a human hand gently holding a small branch of a cherry blossom tree. The branch features several buds in various stages of development, with some showing vibrant pink petals and others still encased in green, pointed sepals. The background is softly blurred, showing more of the tree and a hint of a wooden fence. The overall tone is gentle and caring, emphasizing a connection with nature.

Hold hands with nature.  
Be gentle. Be Kind.

What we do with nature  
We do to our nature



*If I AM any instrument,  
let me be an instrument of peace  
as I play myself as a virtuoso,  
in loving concert with the symphony of life,  
neither too sharp nor too flat  
but in tune with life as life requires  
keeping time with her rhythms,  
returning to the endless song and dance  
whole-heartedly, one day*

*Illuminating the Disconnect*





*If life could  
want  
life would  
want you  
to love  
life*

*love self  
love all  
love life*

*focus on now*

*Illuminating the Disconnect*



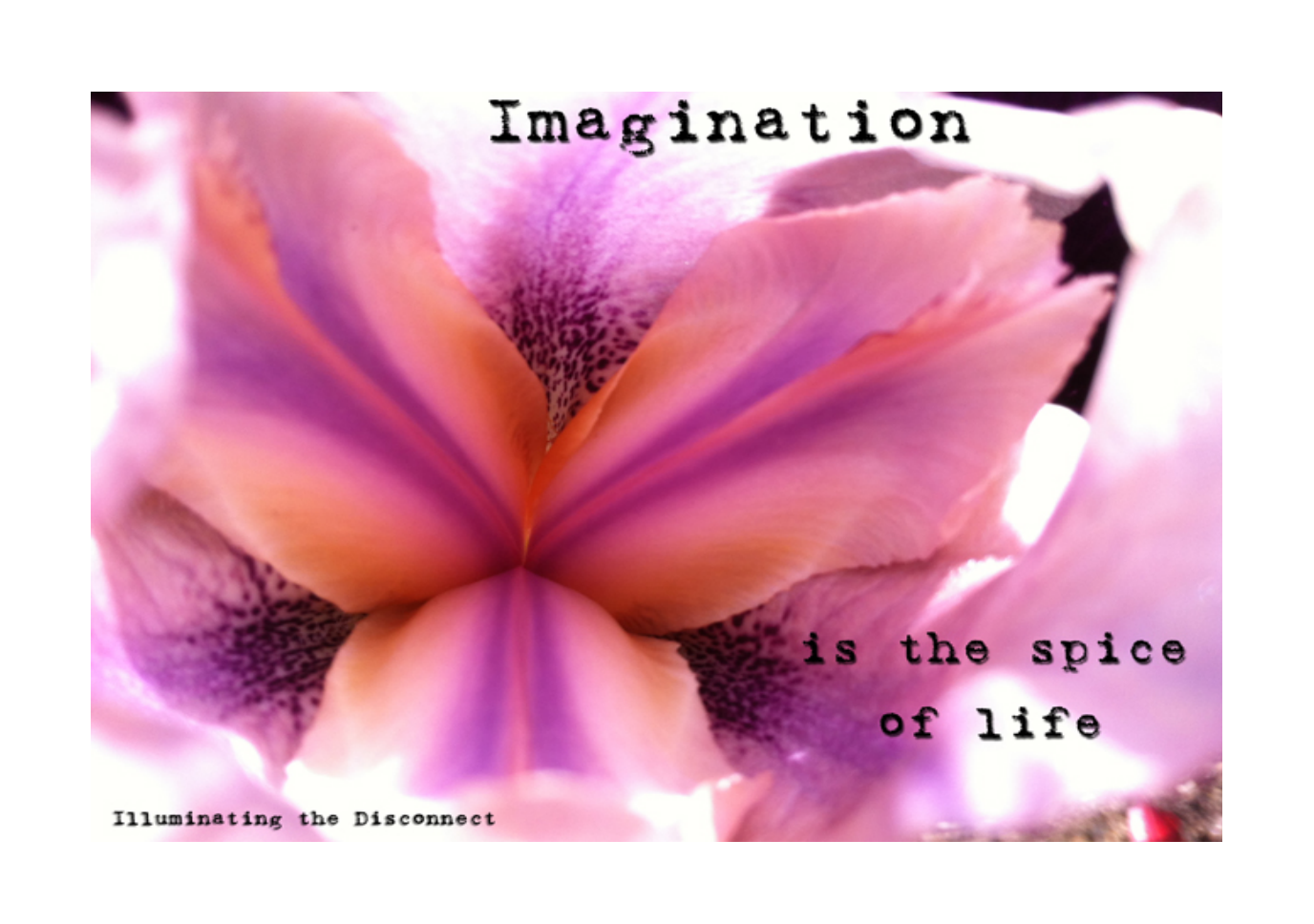


If the moment is challenging . . .

change your perspective

you always have  
the choice

Illuminating the Disconnect



Imagination

is the spice  
of life

Illuminating the Disconnect

# Prescription for a Natural High

Be your self

Love what you do

Love where you are

Share, share, share

Accept the moment openly, honestly.

In the perpetual now.

Illuminating the Disconnect

The background of the slide is a photograph of a landscape during the 'golden hour' of sunset or sunrise. On the left side, there is a large, dark silhouette of a tree with many bare branches. The sky is a mix of soft orange, yellow, and pale blue. In the distance, a range of mountains is visible under the hazy sky. The sun is a bright, glowing orb on the right side of the horizon, partially obscured by the silhouettes of trees and mountains. The overall mood is peaceful and contemplative.

# Rise and Shine

beautiful people  
beautiful world

by making  
beautiful choices

Illuminating the Disconnect





In  
Nature  
We  
Trust

Illuminating the Disconnect




It always  
starts  
NOW!

Illuminating the Disconnect

A piece of torn, aged paper with a circular hole, set against a dark background. The paper is light-colored with some brown spots and a textured surface. The text is printed in a white, monospaced font.

It is all so very  
simple  
disconnect


Illuminating the Disconnect



In the language of nature  
there is no such  
word as . . .  
weed.

Illuminating  
the disconnect





You  
can leave  
your  
thoughts  
alone

Your nature  
is  
beyond them

Illuminating the Disconnect

Let it

beeeeeeeeeee



Illuminating the Disconnect

The hardest thing you will ever do in your life  
is to completely let go.  
It will also be the wisest thing  
and will bring you home.

It is a continuous practice.

Illuminating the Disconnect






Life  
Is  
Cooperative

Give  
It  
A  
Hug





life  
IS  
in motion

Illuminating the Disconnect



life is simple  
because  
it is

Illuminating the Disconnect



Life need not be filtered  
See it  
Feel it  
Live it  
Fully

NOW

disconnect

Illuminating the Disconnect





*Life a little out of focus?*

*Close your eyes  
and look  
INSIDE.*

*Illuminating the Disconnect*



# LIFE, UNLIMITED

We live for a limited time.

We can only run so fast and jump so high.

We can only learn so much.

We can only go so long without food or drink.

We have physical and mental limits.

BUT

We can love every one  
every thing  
every moment

WITHOUT LIMIT.


And love echoes into eternity.

Illuminating the Disconnect



Live love laugh  
with  
passion

illuminating the disconnect



*Living in the moment . . .*

*I miss you . . . patiently  
I love you . . . in your absence  
I honour you . . . with space and time  
I worship you . . . by worshipping all life*

*Illuminating the Disconnect*

*Love Humanity . . .*

*you are one of us!*

*Illuminating the Disconnect*



# The illuminating journey continues . . .

[www.illuminatingthedisconnect.com/books.htm](http://www.illuminatingthedisconnect.com/books.htm).

*Stay in touch with the author via:*

Facebook: [www.facebook.com/illuminatingthedisconnect](http://www.facebook.com/illuminatingthedisconnect)

Twitter: <http://twitter.com/#!/illdisconnect>

Instagram: [www.instagram.com/illuminatingthedisconnect](http://www.instagram.com/illuminatingthedisconnect)

Soundcloud: [www.soundcloud.com/illuminatethedisconnect](http://www.soundcloud.com/illuminatethedisconnect)

Goodreads (author): [https://www.goodreads.com/author/show/14224168.Steven\\_Allat](https://www.goodreads.com/author/show/14224168.Steven_Allat)

If you would like to purchase a digital or printed copy of any of the photos, please inquire:  
[steve@illuminatingthedisconnect.com](mailto:steve@illuminatingthedisconnect.com) Thank YOU!

To support a minimalist, organic plant-based human so that he can do this work on a more continual basis, please consider a donation, but only if you truly feel compelled and are able to at this time. Take care of yourself first, the world needs you.

Via Libre Pay: <https://en.liberapay.com/SteveAllat/>

Via Paypal: [steve@illuminatingthedisconnect.com](mailto:steve@illuminatingthedisconnect.com)



A man with long grey hair and a beard, wearing a black turtleneck and light blue jeans, sits on a tan couch with his hands clasped. Behind him is a large classical painting of a muscular man's torso. Text is overlaid on the right side of the image.

# Illuminations Conscious Coaching

connecting you with YOU!

Steve  
Allat

Illuminating  
the  
[Disconnect.com](http://Disconnect.com)