

ONENESS *as* UNIQUENESS

ONENESS AS UNIQUENESS

We are all one, yet none of us are the same. This Divine contradiction on one hand is just the activity of a primordial principle on the other—the Infinite can only express itself as uniqueness. As an expression of the Infinite, are you willing to embody your total uniqueness in honor of the one?

Part of connecting with your inner constellation of truth is to realize both your unity with all of life and your incredible uniqueness. A constellation is defined as a group of stars forming a recognizable pattern that is traditionally named after its apparent form or identified with a mythological figure. Modern astronomers divide the sky into eighty-eight constellations with defined boundaries.

Knowing this definition, living from your inner constellation is also about remembering to focus on how these boundaries and inner identities can change with time. We are always in charge of finding what shines most for us.

KEY POINTS

- ◆ Our uniqueness doesn't separate us but is an essential part of our oneness.
- ◆ Oneness is often an inspiring idea intellectually, but in practice, it takes tenacity to see and embrace it in ourselves and others.
- ◆ Leading with your Light of Reflection helps you see your life with wholeness.

QUOTES FOR THE JOURNEY

A creative life is an amplified life. It's a bigger life, a happier life, an expanded life, and a hell of a lot more interesting life. Living in this manner—continually and stubbornly bringing forth the jewels that are hidden within you—is a fine art, in and of itself.

—Elizabeth Gilbert

If it is something appropriate to your deep spiritual need or readiness, then magical guides will appear to help you. If you say “Everyone’s going on this trip this year, and I’m going too,” then no guides will appear. Your adventure has to be coming right out of your own interior. If you are ready for it, and where there would not be doors for anyone else.

—Joseph Campbell

When we say that the only God we will ever know we will discover within ourselves, we do not mean that such a God is a figment and creation of our own imagination. But rather that there is an indwelling God manifest through our own personal and individual relationship to the Infinite. In no way does this minimize God, rather it magnifies him. God is not lost, and neither are we lost or separated from God. The more completely we are able to see God in everything, the more completely will the one God in all things respond to us.

—Ernest Holmes and Willis Kinnear

DISCUSSION QUESTIONS



1. What insights did you gain from practicing leading with your Light of Response this past week?

2. What do you make of the following quote from Frederick Beuchner?

"What we hunger for perhaps more than anything else is to be known in our full humanness, and yet that is often just what we also fear more than anything else. It is important to tell at least from time to time the secret of who we truly and fully are...because otherwise we run the risk of losing track of who we truly and fully are and little by little come to accept instead the highly edited version which we put forth in hope that the world will find it more acceptable than the real thing. It is important to tell our secrets too because it makes it easier...for other people to tell us a secret or two of their own."

3. Carl Rogers shared the concept that what is most personal is most universal. This statement speaks to that interesting relationship between oneness and uniqueness. The idea being, when you are your most unique, it can actually resonate in a way that inspires a sense of oneness and connection in someone else. Have you found this to be true?



OPTIONAL PROCESS

Process One

Meditation

Part of what is unique about our spiritual philosophy is our belief about the self.

Ernest Holmes said, *"The greatest gift Life could have made to you is yourself. You are a spontaneous, self-choosing center in Life, in the great drama of being, the great joy of becoming, the certainty of eternal expansion. You could not ask for more and more could not have been given."*

If hearing that philosophically the first time, read it again and see yourself in your mind's eye, just as you are right now.

"The greatest gift Life could have made to you is yourself. You are a spontaneous, self-choosing center in Life, in the great drama of being, the great joy of becoming, the certainty of eternal expansion. You could not ask for more and more could not have been given."

You are a Sacred being, born related to something Infinite with endless potential and anointed abilities. Your humanity is Sacred.

How much of this do you believe about yourself? Are there areas in your life or times when you seem to accept or embody it more than others? What is it about those times that assist you in doing that? What is it about the times in which you don't? Being uniquely Sacred is very different than the teaching of being born sinful, that you are born with something wrong with you, that may never be fixed at all.

Martin Buber said, *"Every person born into this world represents something new, something that never existed before, something original and unique. It is the duty of every person to know that there has never been anyone like him in the world, for if there had been someone like him, there would have been no need for him to be in the world. Every single man is a new thing in the world and is called upon to fulfill his particularity in this world."*

Our purpose in life is, first and foremost, to become who we are.

Ask yourself this day, is there anything about myself I must let go of so I can become more of who I really am?

And, how can I be more of who I really am in an area of life where I may feel like shrinking or hiding away?

The writer and teacher Harold Bloom alludes to the idea that God is the oldest part of ourselves. In other words, God is the primordial changeless part of our being. When we accept our true nature, we reassert ourselves in our Divine roots and the best of what we are comes forward.

Optional Process

The following fable, of sorts, is from the great American humorist, James Thurber: *"A young and impressionable moth once set his heart on a certain star. He told his mother about this and she counseled him to set his heart on a bridge lamp instead. "Stars aren't the thing to hang around," she said; "Lamps are the thing to hang around." "You get somewhere that way." said the moth's father. "You don't get anywhere chasing stars." But the moth would not heed the words of either parent. Every evening at dusk when*

the star came out he would start flying toward it and every morning at dawn he would crawl back home worn out with his vain endeavor. One day his father said to him, "You haven't burned a wing in months, boy, and it looks to me as if you were never going to. All your brothers have been badly burned flying around street lamps and all your sisters have been terribly singed flying around house lamps. Come on now, get out of here and get yourself scorched! A big strapping moth like you without a mark on him!"

The moth left his father's house, but he would not fly around street lamps and he would not fly around house lamps. He went right on trying to reach the star, which was four and one third light years, or twenty-five trillion miles away. The moth thought it was just caught in the top branches of an elm. He never did reach the star, but he went right on trying, night after night, and when he was a very, very, old moth he began to think that he really had reached the star and he went around saying so. This gave him a deep and lasting pleasure, and he lived to a great old age. His parents and his brothers and his sisters had all been burned to death when they were quite young.

Moral: Who flies afar from the sphere of our sorrow is here today and here tomorrow."

What life lessons do you see in this story? Do you relate with the moth that chases the star? How has chasing the star created negative or positive benefits to your life?

UTILIZING YOUR LIGHT OF REFLECTION

Your Light of Reflection is the quality in which you view your past. For some, it is love. For others, wholeness. For those who struggle, it is regret or judgment.

I love this personal sharing from longtime, revered Religious Science Minister, Dr. Margaret Stortz, upon turning 80 years old.

"I have lived long enough now to have created a history of my own, and from it I have gained a thing called perspective. I have discovered that the gaps between my successes and failures have narrowed quite a bit. In some ways, they have almost evened out. Don't mistake me, though; the genuine loves have never dimmed, and the great losses still ache, but most

everything else seems not quite as important as it once did. The job that didn't pan out is just a memory, and the man I thought I'd never forget I can barely remember.

When I look in the mirror at the face I did not plan on, I ask myself: Am I growing old? Then I remember a current TV ad that asks: Doesn't growing old mean living longer? This is a really, really good question. On the other hand, growing old is an established condition. Not much we can do about that, but growing old-er is a work in progress, open ended, not fully established, still malleable. Given my choices, I think I'll opt for the latter. And maybe, as Dr. Christiane Northrup suggests, I can become an ageless goddess!

So...80's here.... Nailed it... On to go."

How can the quality you chose for your Light of Reflection assist you in seeing your past—both distant, and recent, from a higher perspective?

This week, look back at your life, your week, or just the day that was but do so with your Light of Reflection. Note what you notice and realize an important truth—you can't change the past but you can change how you see it and free yourself to live a more abundant now.

Perhaps, seek to take on for the week, this simple but profound practice from Wayne Muller:

"Find a candle that holds some beauty or meaning for you. When you have set aside some time—before a meal, or during prayer, meditation or simply quiet reading—set the candle before you, say a simple prayer or blessing for yourself or someone you love, and light the candle. Take a few mindful breaths. For just this moment, let the hurry of the world fall away."

AFFIRMATION

I stand out as my true self in love and peace. My unique color shines bright in a tapestry of oneness. I trust my unique qualities and know they bring peace to all beings.





PRAYER FOR THE WEEK

As we take a deep breath and center into our own private space, we breath in the knowledge that we are part of a grand universe that is as diverse as it is big. Even with all this diversity, we know without a shadow of a doubt that all that exists is God and God is within all that exists. The fact that God exists within all things allows everything and everyone to be connected, to be part of the Oneness that is always present. The most amazing thing about God being in everything is the fact that everything is still unique. Yet we are connected in many ways. Each of us identifies in different ways that connect us to each other and allow us to feel that beautiful bond of Oneness. And each of us also sees ourselves as a unique individual, expressing ourselves in whatever way works best for us. We get to experience both and get to rejoice in the fact that what unites us and what makes us special is perfect exactly as it is. As we learn to understand, love and respect who we are and what makes us unique we learn to understand, love and respect who everyone else is because we realize we are all God. We are all One. We are all connected through a loving, supportive divine presence that honors our individuality as much as our sameness. Oneness is Divine connection. Oneness cannot strip us of our uniqueness or make us into something we are not. Oneness makes us more, part of something bigger, connected to each other in a way that expands our worlds in beautiful ways. Knowing that we are connected so strongly and appreciated for exactly how we show up, we are grateful. Gratitude surrounds us and connects us to each other as we rejoice in the truth that we are all One, here for each other and to create something bigger and better than we can imagine on our own. We are so grateful for the chance to bring our unique gifts to the whole, knowing we learn from each other and grow together. Knowing these words are true, we release them into the law and allow them to manifest Oneness as Uniqueness, and so it is.