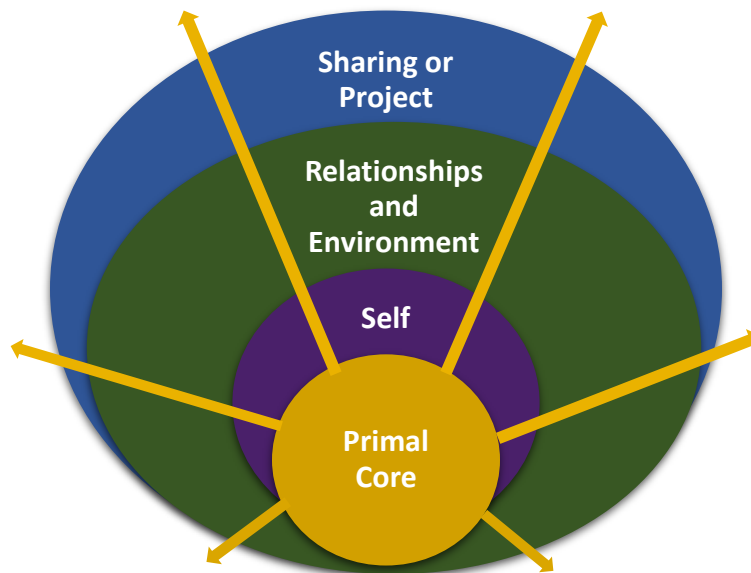


“Oneness”



The nature of my dream is humanity to live in Oneness. My desire is that we move into the awareness of our connection with the Higher Consciousness and allow this awareness to be the vehicle for positive and uplifting interactions towards ourselves, others, the environment and what we want to manifest in the world. I believe connection to the Higher Consciousness or Primal Core is the answer to curing some of the greatest illnesses (racism, sexism, classism, ageism...) humans are plagued with today and will lead us to Oneness with All That Is. A peaceful and harmonious world can be achieved when we are willing and committed to consciously choosing the wellspring of our Higher Consciousness to inform our lives.

Primal Core/Angels of Our Better Nature

I believe the Primal Core or Angels of our Nature is the Higher Consciousness that flows through everyone irrespective of color, socio-economic condition, religious belief, gender or culture. It is that spark of life that is universal to each of us. All of us have experienced the awareness of It at least one time in our life. I experience it when I look at a sunset, gaze at the intricate beauty of a flower or leaf, see the smile of a child, revel in the presence of someone I love, observe the welling of tears in the eyes of those that are hurting, hear laughter and playing.....In these situations, I feel my heart expanding and filling my chest. I experience myself traveling beyond my borders and becoming one with what I am observing. There is no separation. I cannot decipher where I end and Presence begins or visa versa. I am lost in the moment and time and space disappear. I am one with Presence. The qualities I'm experiencing are of the Higher Consciousness; love, compassion, joy, acceptance and peace. When I'm vibrating in these qualities, I experience my life and world as blissful and full of delight. These qualities are the angels of my better nature.

“Oneness”

Self

The first step in engaging with Self is recognizing, owning and consciously choosing the Higher Consciousness, understanding that Self is not separate, but one with It. The Higher Consciousness is accessible all the time. It nudges me but will not impose Its will on me. The greatest part of being human is that I get to decide how I want to embrace the Higher Consciousness and use it in my life. I can use It to guide me in every situation. It teaches me how to love, accept and have compassion for myself which leads to a joyful and peaceful life. When I consciously engage my Higher Consciousness and allow it to manage my life, I am encouraged to make supportive choices such as accepting myself by not judging and comparing myself to others. Total acceptance is the act of acknowledging, honoring and celebrating my uniqueness as an expression of the Universal Life Force. Also, I'm invited to consciously choose and filter what I hold in my body, mind and emotions and select activities, relationships and thoughts that will expand my awareness of Oneness and infuse my life with love, joy, compassion, acceptance and peace. Some of my practices include dancing, playing with utmost silliness, appreciating myself and service work. Consciously choosing and supporting myself in a positive way creates a place of power, where my aliveness thrives and my creativity soars.

Remember, we are all affecting the world every moment, whether we mean to or not. Our actions and states of mind matter, because we're so deeply interconnected with one another. Working on our own consciousness is the most important thing that we are doing at any moment, and being love is the supreme creative act. Ram Dass

Relationships and Environment

My choices directly impact how I interact in my relationships with others and the environment. What I am believing and feeling about myself is projected onto others. If I am exhibiting thoughts and feelings of fear, anger, hatred, superiority...I am mirroring what is going on inside of me. Negative projections lead to contraction and disruptive relationships. Under the direction and leadership of my Higher Consciousness, my relationships will reflect love, peace, acceptance, compassion and joy. It is critical for me to align with my Higher Consciousness so my impact on others and the environment will be constructive and life-giving. When I'm feeling acceptance and compassion with myself, I'm open to accepting and being compassionate with others. Compassion is the understanding that all of us are doing the best we can based on our awareness of ourselves and our relationship to our Higher Consciousness. In my interactions with others, I consciously choose to engage from a place of love, joy and peace. The beauty about this approach is I'm empowered to choose how I relate and respond to others independently of their interaction and response to me. For those who are not in alignment with their Higher Consciousness, I can choose to accept them as they are without having to judge them or engage in similarly unsupportive behaviors that shift me away from my Primal Core. In some cases, acceptance might mean disengagement until the person or situation changes. I remember my mother telling me about the golden rule: “Treat others as you would **want** them to treat you.” The greatest positive impact on others is achieved when I'm following my Higher Consciousness.

“All are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be.” Martin Luther King, Jr.

“Oneness”

Oneness with the environment is understanding that the earth and entire cosmos is nurturing and sustaining our existence. Without it, we could not exist. I am invited to consciously maintain the beauty and Life Force of this planet. It is imperative that I take care of it and respect and honor its existence. A few years ago, I went to Uganda on a humanitarian trip and was enlightened by what I observed in the villages. Everything the Ugandans used came from and was recycled back into the earth. Their connection and oneness to the planet and cosmos was clearly evident. A conscious choice for me would be purchasing items that could be recycled back into the earth without causing damage or harm to the planet.

“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.”

Kahlil Gibran

Sharing and Projects

The question for me is how do I share my knowledge, passions and gifts with the world? And what will it look like? What I’ve discovered is that who I am is my project to the world. Living the principles I believe in is how I connect positively with the world. Wherever I go, I share my love, joy, compassion, acceptance and peace with others. Randomness or happenstance is not part of my belief system and I deem every interaction whether it is a conversation or passing glance as purposed and an opportunity to engage my Higher Consciousness. Ideas for sharing more of my life and expressing my awarenesses with others include writing, artwork and creating a healing circle or multicultural place where people can gather to share from their hearts, connect, let go of issues, play, laugh, dance.... A place where we can honor and celebrate our humanity with love.

Summary

I believe connecting to what we all share in common, our Primal Core, is the key to understanding, unity and peace. When we are operating from the Primal Core, we will be less likely to harm, hurt or kill each other physically, emotionally or mentally. We will love, honor and respect all life forms, celebrate our differences and learn from each other. It starts with me, as an individual, consciously choosing how I want to show up and radiate in the world. If I am functioning from a place of wholeness filled with love and acceptance, my positivity will flow to everyone I encounter, everything I do and manifest exponentially in the world on all levels.

“You are my brother, and both of us are sons of a single, universal, and sacred spirit. You are my likeness, for we are prisoners of the same body, fashioned from the same clay. You are my companion on the byways of life, my helper in perceiving the essence of reality concealed behind the mists. You are a human being and I have loved you, my brother.” Kahlil Gibran