

Today I'd like you to explore ONENESS with me. And, I'd like to start with a poem:

God and I

Frank B. Whitney

I walked with God,
God walked with me,
But which was God
And which was "me"?

And this I found
The truth profound:
I live in God,
God lives in me.

This idea, the truth of our oneness, our connection to God/Spirit/Universe/insert your preferred title here, has been simmering in my consciousness for a while. I struggle with the idea that all people are part of God. I find myself thinking, "Well, he can't be part of God, he's an awful person," or, "She's so mean, she can't be part of God." Oh what a dangerous path that is to be winding down. How "judgey" of me, as my daughter would say. The reality, the truth, is that I am thinking...the first mistake. This thinking allows me to question truth rather than accept and believe it. This thinking and doubting the reality of other people's oneness with God leaves me an out to question and doubt my own oneness with God.

I have started many of my monthly lessons with you establishing some "Background Knowledge" as we say in education: Background knowledge, common understanding: Good is all things and all things are God. We are in God and God, the divine, exists within us - and God is Good, only Good.

For me to believe this as truth, which I do, I have to accept that even the people I do not like are, in fact, part of God as well.

So, considering this is a truth I have worked to accept in my life (and, yes, at times still struggle with) I was excited to see this as the word today. I was grateful for the opportunity to explore it further and share with others.

In her work *Lessons in Truth*, Emilie Cady wrote: All the teachings of Jesus were for the purpose of leading men into this consciousness of their oneness with the Father.

The key here, to me, is the word consciousness. Our inner Christ, that piece of us that is the connection to God, to Spirit, knows we are one with God. Our ego though, that conscious thinking part of us needs to become consciously aware of our oneness and this can take time, effort, and continual affirmation.

Cady went on to write: And conscious knowledge of an indwelling God, which we so crave, is that of which Paul wrote to the Colossians, as "the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints...Christ in you, the hope of glory" (Col. 1:26-27). "The secret place of the most High" (Ps. 91:1 KJV), where each one of us may dwell and be safe from all harm or fear of evil, is the point of mystical union between man and Spirit (or God in us), wherein we no longer believe, but know, that God in Christ abides always at the center of our being as our perfect health, deliverance, prosperity, power, ready to come forth into manifestation at any moment we claim it. We know it. We know it. We feel our oneness with the Father, and we manifest this oneness.

In this passage she starts out talking about our craving for this oneness with God. And, she goes on to explain that this oneness, this connection and knowing that we are part God, is where we will find ourselves safe from harm and fear of evil. Where we will find health, prosperity, and power. It is when we consciously embrace our oneness with God that we experience all the good that is available to us.

As Cady put it: This personal, conscious knowledge of the Father in us is the secret that is the key to all power.

I don't know that it would be a talk prepared by me if it did not include pieces from the Jafolla's book set *The Quest and Adventures on the Quest*. So, here goes...

Cady wrote that we craved this oneness with God. But, it is NOT just us that crave this oneness. In fact, all of the universe strives to be in balance, in rhythm, as one. The Jafolla's wrote this:

One of the most dramatic examples of this movement toward oneness is the phenomenon that takes place when individual heart cells are put into a nutritive solution. Initially, each microscopic cell is pulsing, breathing, its own internal rhythm. (One is reminded of little Christmas lights which twinkle at different tempos.) But soon a most curious thing happens. Two of the tiny cells will come together and immediately begin to beat as one! Then two others will join and beat as one. And then two more. Everywhere in the small dish single heart cells will seek each other and unite as one. Soon the newly formed duos will begin linking with other duos, and they will beat as one. Then these quadruplets will merge with other quadruplets and so on, until at last there is only one single group of heart cells, all beating as one!

When all things, even microscopic heart cells, strive to be one, who am I to deny my oneness with all there is. Who are you to hold onto the belief that

you are separate from your neighbor...that the deepest, most elemental, and most important level.

I love the ocean analogies: Each wave, at its core is, was, and always will be ocean. It cannot help it. It may churn and seethe and foam in trying to be different, but that doesn't affect what it is at heart. Let's not confuse how something expresses itself with what it is. The ocean wave rumbles and froths hugely and menacingly in response to the wind. It becomes calm and serene in response to the warm sun. We can call one ocean wave a Catholic another we can call a Jew, another a Hindu. We can label certain waves female and others male. We can identify some waves as Democrats and others as Republicans. That does not affect in any way the wave's oneness with the ocean and, in that oneness, its unity with others waves.

Sticking with the ocean theme, in another work *The Simple Truth*, the Jafolla's wrote:

Does saying "god and I are one" mean that we are God?

If a drop of ocean water said "The ocean and I are one," would you think the drop though it was the ocean? It's easy to understand that the drop of ocean water and the ocean are inseparable. On one hand, it's also easy to understand that the drop is not the entire ocean. It can be one with the ocean without losing its singular identity and without being the entire ocean. In the same way, knowing that God and we are one doesn't mean you are the totality of God.

On the other hand, if the drop is in the ocean, can it truly be said that it is in any way distinct from the ocean?

Put a hold on reality for a minute and imagine a drop of water in the ocean as having reasoning power. This little drop is on a quest to find the ocean. Now imagine yourself going on a quest to find God.

As you ponder that take a deep breath and relax....

Today's meditation is an adaptation of the poem Oneness by Jim Remergy

When I hear the howl of the wind and that "still small voice" and know they
are uttered by the same power,
God and I are one.

When the energy of a storm rages within me as zeal and zest for life I have
the power to become what I am.

When I watch my child grow and a seed become a tree and know they meet
at the crossroad called life,
God and I are one.

When I observe the order of the heavens, and the irresistible force of love
moves through my life, the harmony of the universe is mine.

When I feel a gentle breeze against my face, and the loving squeeze of my
love's hand, and know they stem from the same heart,
God and I are one.

When Christ, my "hope of glory," can be seen within me and my life,
I am what I am.

When the sunrise and sunset reach marks a new beginning for my eternal
life,
God and I are one.

Daily Word:Oneness

I am divine.

Over the years I have learned there is a spark of divinity within me and within all people. This divine spark binds us as members of one family and deepens our awareness of God.

Today, my understanding of my divinity expands. My divine nature is so much more than a spark. It is my essence, who I truly am.

I realize I don't have to rely on anything outside myself for love, comfort, and guidance. Everything I could ever need from God is already mine and is expressing as me.

My realization of oneness extends to all people, whom I now see as fellow divine beings. Freed from all illusion of separation, I am aware of the divine presence everywhere expressing through everyone. We are divine.

That they may all be one. As you, Father, are in me and I am in you, may they also be in us. - John 17:21

Oneness

By Jim Remergy

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Lessons in Truth by H. Emilie Cady

They who have claimed their birthright by thus calmly affirming their oneness with God know how free they can be from human planning and effort, after they have called into operation this marvelous power of affirmation. This power has healed the sick, brought joy in place of mourning, literally opened prison doors and bidden the prisoner go free without the claimants calling for human assistance.

Understand, it is not necessarily the using of just this form of words that has availed in each individual case. It is the denying of apparent evil, and in spite of all contrary evidence, the affirming of good to be all there is, affirming oneness with God's omnipotent power to accomplish, even when there were no visible signs of his being present, that has wrought the deliverance.

All the teachings of Jesus were for the purpose of leading men into this consciousness of their oneness with the Father.

And conscious knowledge of an indwelling God, which we so crave, is that of which Paul wrote to the Colossians, as "the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints...Christ in you, the hope of glory" (Col. 1:26-27). "The secret place of the most High" (Ps. 91:1 KJV), where each one of us may dwell and be safe from all harm or fear of evil, is the point of mystical union between man and Spirit (or God in us), wherein we no longer believe, but know, that God in Christ abides always at the center of our being as our perfect health, deliverance, prosperity, power, ready to come forth into manifestation at any moment we claim it. We know it. We know it. We feel our oneness with the Father, and we manifest this oneness.

To possess the secret of anything gives one power over it. This personal, conscious knowledge of the Father in us is the secret that is the key to all power. What we want is the revelation to us of this marvelous "secret." What will give it to us - who can give it to us except Him, the "Spirit of truth who comes from the Father" (Jn. 15:26)? Surely none other. That which God would say to you and do through you is a great secret that no man on the face of the earth knows, or ever will know, except yourself as it is revealed to you by the Spirit that is in you. The secret that He tells me is not revealed to you, nor yours to me; but each man must, after all is said and done, deal directly with the Father through the Son within himself.

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The Quest by Recharad and Mary-Alice Jafolla

On the surface, we may seem very different from one another. ...Too frequently we may notice our superficial differences while overlooking our incredible oneness.

...the essence of us, our individuality, is the unique way in which God exists in each of us.. ...It is our connection to God, to the omnipresent Creator of all this is.

It may help you to think again of an ocean wave. Each wave, at its core is, was, and always will be ocean. It cannot help it. It may churn and seethe and foam in trying to be different, but that doesn't affect what it is at heart. Let's not confuse how something expresses itself with what it is. The ocean wave rumbles and froths hugely and menacingly in response to the wind. It becomes calm and serene in response to the warm sun. We can call one ocean wave a Catholic another we can call a Jew, another a Hindu. We can label certain waves female and others male. We can identify some waves as Democrats and others as Republicans. That does not affect in any way the wave's oneness with the ocean and, in that oneness, its unity with others waves.

...It means that at your most spiritual level there is no boundary that marks where you leave off and someone else begins. ...And neither can you separate yourself (your "true" self) from the rest of the universe.

The word universe means "turned into one, a whole." Quite literally, the universe would not be complete without you. A whole needs all its component parts, and no one part is any more important than another.

...in spite of what you may infer from the news headlines, which take great pains to exaggerate our differences, oneness is the natural state of humankind and the urge toward oneness is the natural tendency of the universe.

One of the most dramatic examples of this movement toward oneness is the phenomenon that takes place when individual heart cells are put into a nutritive solution. Initially, each microscopic cell is pulsing, breathing, its own internal rhythm. (One is reminded of little Christmas lights which twinkle at different tempos.) But soon a most curious thing happens. Two of the tiny cells will come together and immediately begin to beat as one! Then two others will join and beat as one. And then two more. Everywhere in the small dish single heart cells will seek each other and unite as one. Soon the newly formed duos will begin linking with other duos, and they will beat as

one. Then these quadruplets will merge with other quadruplets and so on, until at last there is only one single group of heart cells, all beating as one!

Once the idea of oneness is comprehended, the quest becomes so much easier, so much more meaningful. When you cannot only recognize but actually celebrate your oneness with God, with the universe, with the world, with everyone else, there is no longer any competition! There is no need to get ahead of someone. There is no fear of being left behind. There is no concern about “getting my share.” What’s more, you realize that every member of the human race is also on a quest. We all have the same dreams, the same fears, the same longings. The journey of a single soul is really the journey of all souls.

Adventures on the Quest by Richard and Mary-Alice Jafolla

God exists in everything, albeit in a unique way, God, the Creator, is part of the common fabric of all creation, from the smallest atom in a butterfly to the farthest star. But it is the Christ in each human being that is the specific thread which joins humanity into a patchwork quilt of oneness.

The Simple Truth by Mary-Alice and Richard Jafolla

The simple truth is we don’t have to go anywhere or follow anyone to find God, just as we don’t have to go anywhere or follow anyone to find ourselves. God and we are one!

Does saying “god and I are one” mean that we are God?

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