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## What do we mean by Oneness?

by Pam Marsh & Ann McGill - Potentialist

There is duality thinking and there is the Oneness perspective. One leads to divisiveness and suffering, the other to unity and wholeness.

Duality is the common experience for the vast majority of people living, working, and playing in the world. There is good and bad, right and wrong, me and all those "others" out there. This is the normal activity of the human mind-constantly judging, analyzing, desiring one set of circumstances and fearing many others. Of course, as soon as one desire is met, another emerges...and so it goes. This is a limited existence-one that has promoted suffering on the individual, societal, and world levels for millions of years.

There is another view of the world: the Oneness perspective. When we realize our True Nature, we see that there is nothing separate from us. We are all One. This is becoming the direct experience of more and more people around the planet. It is NOT a belief system, it is living, breathing awareness that everything comes from the One, exists within the One and rests in the One.

All religions point to this Truth, though the paths are varied. Unfortunately, the simple truth of Oneness has become covered up in rituals, belief systems, and hierarchy created around religion. But read the direct words of Buddha, Jesus, or Lao-Tze and the living truth is stirred within.

Living from this realization of Oneness, judgment is absent. We see that heads and tails are simply different sides of the same coin. From Oneness, we realize that every "negative" holds within the seeds of an equally powerful "positive."

It is impossible to explain in a few short words the depth and breadth of meaning found in the simple phrase "I am one, you are too." -- or -- "We are One". This but gives a hint. Our purpose at "Iam1ur2.com"™ is to live and be from this direct knowing of Oneness in all aspects of our lives. It is an ever-evolving experiment. For many, the awakening into Oneness transforms lives

in ways that, from the limited mind's perspective, didn't seem possible. Living from Oneness is not a static experience-it is not devoid of feeling, rather it is a fullness, a constant deepening into the mystery.

**We are "One" ... Pass it One!**

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