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Unison

Achieve Harmony Through Embracing The Truth With Love.

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Foreword

Now that we've researched reality, affection, and might, it's time to handle unity. Unity is reality plus affection. Unity is the thing that results from blending reality and affection. Whereas affection is the power to connect deliberately, unity is the realization that being connected is your instinctive state. Affection is deciding to connect.

Unity is recognizing you're already connected. Unity has no particular target; it's a multidirectional feeling of connection to everybody and everything at one time. Unity is perfect unconditional love.

The mentality of unity can't be compartmentalized. It isn't a side project you put into your personal growth to-do list, simply to fade back into the background when you head to work tomorrow. If you link up with unity, it changes you totally. You may no longer go on treating everybody as totally separate from you.



Chapter 1:

Understanding and Consideration

Synopsis

Unity produces an understanding connection between you and everybody else. You recognize you're not an island unto yourself, and you start to notice that invisible threads connect you to other people. In some manner the recognition of unity is a blessing, while in different ways it's a curse.

It's a blessing to recognize we're all inherently attached. It's a curse to observe that many individuals still live without this consciousness.

As unity understandingly connects you to other people, it invites feelings of rich joy as well as rich sadness. When you take on its joy, you likewise take on its anguish.



Be Kind

When in a state of unity, you tune in to the pleasure as well as the sadness of the bigger picture, surpassing the lower level of awareness. Occasionally this state induces the loftiest feelings you may imagine, while at times it seems like being a pin cushion.

The reality aspect of unity determines the emotional affect. When you anticipate a favorable outcome for the overall picture and you feel that humanity is headed in a favorable direction, you feel fantastic.

If you anticipate a negative result, you feel intense sorrow as everyone is off course. You may never totally insulate yourself from the destiny of the humanity. Humanity's victories are yours to celebrate; the errors are yours to sympathize with. It isn't adequate to do the right things.

To respect unity, you have to dedicate yourself to doing good.

The experience of unity is the key to conveying consideration and kindness. In that state of being, you feel an innate kinship for everybody else. Loving actions don't demand self-control or effort when you realize that everybody is the same as you. You don't have to prompt yourself to treat your neighbor as yourself. You understand that your neighbor and you are one, so acting in accordance with this is easy.

One day while walking, I saw a homeless person straining through shopping center trash. Nothing was open yet, so he and I were the only individuals in the area. Before my experience of unity, I'd have passed him by not establishing eye contact. However this time I recognized in my heart that he wasn't different from me.

He was the same as me.

I didn't need to convince myself of that—I sensed it with a deep feeling. Without reluctance I walked up to him, smiled, gave him some cash, and said "I wish you well". He considered me with appreciation and said thanks.

I didn't relate to him as I thought it would make me feel goodness. I did it because when I'm in the state of unity, consideration is my instinctive way of associating with the world.

My previous self would have viewed this person as completely separate from me. I may have felt pity for him. I may have presumed that if I gave him cash, he'd spend it on intoxicants. I may have felt what I thought was consideration, but it would have only been a piece of the true thing.

On that day, though, none of those damaging views were there.

I merely saw that man and saw myself. I encountered a fellow person in the greater body of mankind. I saw someone that appeared to be struggling a little, and I wished to provide some help and encouragement. I wasn't truly giving anything. I was merely assisting a part of myself.

Unity makes consideration unconditional. It doesn't matter what color, faith, sexual preference, or life-style individuals have. It doesn't count if they act hurtfully towards you. [You're connected to everybody.](#)

[No one is unworthy of affection.](#)

Chapter 2:

Truthfulness and Being Fair

Synopsis

Once we line up with unity, lying is gone to us as dishonesty produces distance and disconnection.

Truthful communication comes by nature to us when we realize that we're inherently connected.

Lying to other people is no different from lying to ourselves.



Good Lessons

Think what would occur if the cells of your body began lying to one other—or merely keeping back the truth. Imagine some of your white corpuscles signal that everything is all right, but actually they're losing ground to a dispersing infection. Maybe they excuse it by claiming they didn't wish to worry anybody. Do such activities serve the greater wellness of the body?

While communicating with other people, endeavor to be direct and candid. Don't let yourself to give in to lies and deception. Hold yourself and other people to a measure of truth.

Is brutal honesty always best? Real honesty is truth chastened with love. Utilizing truth as a weapon isn't a loving act, but clearing up an otherwise dark place is of course in our best interests.

Even when it feels awful and embarrassing to tell the truth, you do more harm by restraining. There's no need to hide your private self. In order to really feel unconditional love, you have to make yourself bare to the world.

On the net, I've publicly shared the hardest and disgraceful pieces of my past, like the time I drank too much. It was surely releasing for me to share these stories, but I didn't recognize if they'd matter much to other people.

To my amazement, many individuals told me that those stories had a rich and lasting affect on them. They saw their own awful past in my stories, and this helped them mend from like self-inflicted injuries. By portioning out my own regret truthfully, I actually helped produce pleasure for other people, which finally enabled me to discover the joy behind my own sadness. When we communicate from unity, we receive a previously strange assistance into our lives.

The value of being fair likewise rises up by nature from unity. Being fair implies that we learn to treat one another in ways that observe our individual welfare as

well as the greater good. This signifies helping other people line up with reality, affection, and might.

Being fair isn't the same as being equal.

Things may be considered equal merely in the sense that they are all evenly part of the same whole. But, those parts are definitely not equal. The different parts of your body specialize for the wellbeing of the whole body.

Likewise, as humans it isn't in our best interests to impose equality except at the primary level of equivalent human rights. Our strong points lie in our differences, so it's crucial for each of us to research those differences and grow them into talents.

This growth may still be regarded fair, even though it is not equal.

If you interact with other people, do you treat everybody equally, including acquaintances, loved ones, and total strangers?

Naturally you don't.

Accepting unity won't shift that; it won't require you to treat everybody with blind equality. Unity will merely supply you with a fuller perspective for arriving at decisions.

Rather than being more generous with your acquaintances and loved ones as opposed to strangers, unity will urge you to be more generous in those areas where you may have a better impact, no matter your present social allegiances.

Occasionally that will demand assisting a close friend, while other times it will stand for coming to the assistance of a total stranger.

Once you're lined up with unity, everybody is part of your family.

You don't have the capability to serve your 1000000000000s of family members equally; you may make reasonable choices about where you can make a favorable difference.

That's being fair.

In a fuller social context, being fair takes the form of justice.

For justice to triumph, we have to arrive at decisions that fairly balance the needs of the person with the needs of the bigger whole. Ideally, this signifies trying to minimize conflict between these two levels.

Justice isn't simply the realm of our courts of law. It has to be adopted by all of us as people. If we turn a blind eye to unfairness, we embrace separation rather than unity, and we all suffer for it.

Chapter 3:

Contributing

Synopsis

A sense of unity furthers you to optimize and extend your contribution as a person. It isn't adequate to simply get by in life.

If you perform well below your capability, you're refusing responsibility for your role in the big picture. You're keeping back value both from yourself and other people.



Giving Back

When I resolved to retire from the field of direct sales, I'd been committing much of my free time to helping independent salesmen, particularly those who were attempting to make some headway. I supplied free how-to articles, hosted a net discussion forum, and shared lots of gratis advice.

But, once I committed to a vocation change, I quit supplying that level of help to salesmen and transitioned to my fresh career as gracefully as imaginable.

While a few individuals were disturbed by this move, I looked at it as a fair decision as I believed I may make a more positive contribution to the bigger picture through the field of personal growth. I didn't regret the choice in the least.

Unity may make contribution even greater. Without a sense of unity, payoffs are considered only at the single level: What do I get? Why should I put in the work?

When unity is there, this battle dissolves as payoffs are considered at a much greater level. You share the success of other people, and another individual's accomplishment is valued just as much as yours.

Have you ever felt truly happy for somebody else's success? I frequently feel this way when studying feedback from my site visitors about their personal growth breakthroughs. I celebrate their successes as though they're mine. When one of us advances, we all advance.

As an individual person, your impact is confined. If you live totally for yourself, your life will amount to very little versus the backdrop of all humankind. With few exceptions, the achievements of any one person are nearly meaningless. But, by lining up with the greatest good of the whole, your purpose takes on much bigger significance.

Now you're a contributor to brilliance, a part of consciousness itself. Humankind's wellness is your wellness, and humanity's achievements are your achievements. Whatever anybody living or dead has ever accomplished is yours to treasure as your own. Your greatness is confined only by the expansion of awareness itself.

What would you like to bring to this expansion?



Chapter 4:

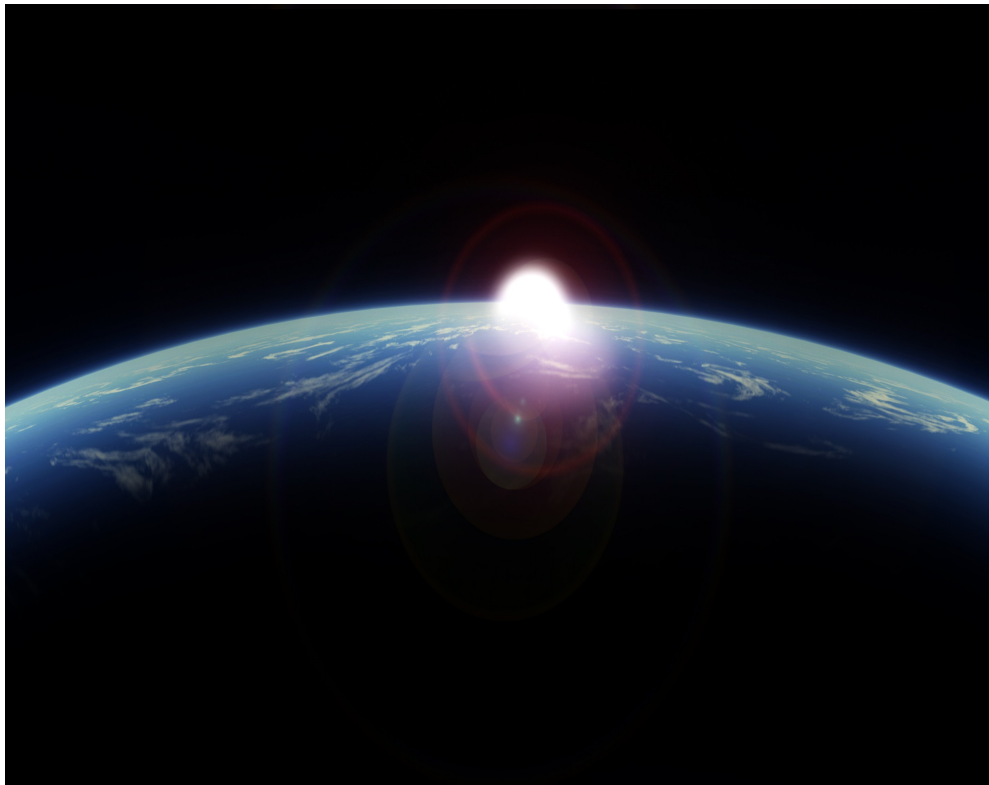
Wholeness

Synopsis

An innate extension of unity is the development of worldwide consciousness.

You recognize that just as every individual is responsible for sustaining the health of the entire body, you're similarly responsible for the wellness of the whole planet. You can't go along making decisions alone at the personal, loved ones, or communal level.

Now you have to think about how your thoughts and actions affect the earth as a whole.



Take Care

The mentality of wholeness is an amazing responsibility, and a lot of individuals feel overpowered by it at the start. This is perfectly normal. To take on responsibility for the whole earth may feel like setting a huge weight on your shoulders. How may one-man be responsible for so much? However to refuse such responsibility is to buckle under to an illusion.

You can't prevent the responsibility for what occurs on the planet as you're a piece of it.

If you believe the earth requires saving, you're responsible for saving it. If you believe our leaders have become off track, you're responsible for putting us back on track. If you see issues in the world that aren't being handled right, you're responsible for handling those issues.

Without the experience of unity, you'll likely take issue with me. You can't potentially be responsible for all of that. You're merely one flyspeck individual on a planet of 1000000000000s. You're merely a single person, not the entire system.

But once you embrace the reality that we're all one attached whole, you willingly take on responsibility for everything in your world.

It's no longer conceivable to wince and hide from this awareness.

Wholeness becomes your answer to the question: Why ought I care?

The plus side is that wholeness likewise provides you the force to shoulder that responsibility willingly and without feeling overpowered. Wholeness exposes that you're never alone. ***You've a great deal of help available.***

You don't have to build a huge global operation to remedy each issue on the planet. You simply have to stay aware of how your actions impact the whole and begin making decisions now to line up with the greater good.

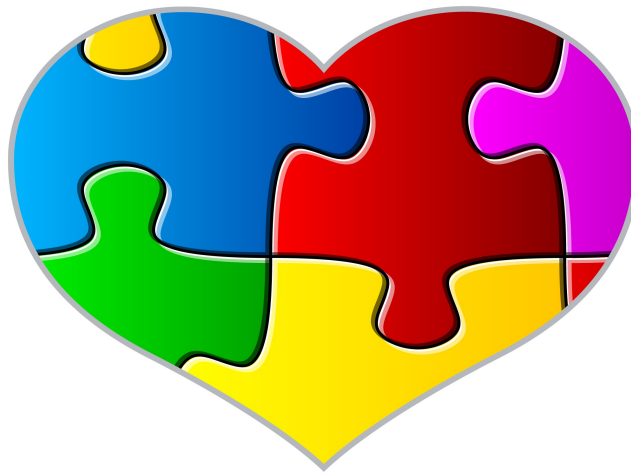
The most you are able to expect of yourself is to do your most. And the most you are able to truly do at this time is to totally embrace unity, to serve as a model, and to teach other people to do the same.

The more individuals who embrace unity, the more joined we become, and the better off the whole earth will be.

If you wish to line up with unity, you'll sooner or later have to leave thoughts of detachment behind.



Wrapping Up



Whatever divides us is incongruent with unity. The more you absorb yourself in patterns of detachment, the more you move away from the experience of unity.

This includes nationalism, racial discrimination, sexism, and like mentalities that accent our separateness.

It likewise includes working at an occupation where you're repaid or penalized based on your power to surpass other people, spiritual notions where some individuals are spared and some aren't, and a family-relationship based on loving particular individuals more than other people.

No matter how deeply ingrained these patterns might be, if you wish to shift to a greater level of social consciousness...

.... you have to finally let go of them.