

## Spiritual Practice: Observe

A part of seeing Oneness in our Universe is by actualizing in a practical way. Below are different activities for you to complete. Once done, return to this page to reflect on how you felt, what you observed and any emotional changes.

1. **Spend time in nature**, observing every element—from the smallest insect to the vast sky—works in harmony. Reflect on how your own life is sustained by countless contributions from the world around you.

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2. **Spiritual Practice seeing the divine essence in everyone** and everything, even in challenging circumstances. This perspective transforms relationships, promoting understanding and healing.

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3. **Engage in acts of kindness**, compassion, and service that honor the well-being of all life forms. Support causes that protect the Earth, nurture communities, and uplift those in need.

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4. **Extend love without condition**, embracing the idea that every being is a reflection of the same creative power that flows through you.

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## Additional Thoughts or Feelings:

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*By living in alignment with the principle of oneness, we move closer to embodying the harmony and wholeness that underpins the universe. This path not only transforms our individual lives but also contributes to the healing and evolution of the world.*

## \*\*Oneness\*\*

There is one universal intelligence, a creative power that infuses and sustains all of existence. This principle reveals the profound interconnectedness of all life and the unity underlying all things. Just as every thread in a tapestry contributes to its beauty and strength, so too are we integral parts of the cosmic whole, bound together by this divine essence. Oneness is not merely a philosophical concept; it is a lived reality, reminding us that separation is an illusion and that every action we take ripples through the web of existence.

To recognize oneness is to awaken to the truth that we are not isolated individuals but expressions of a unified Source. This awareness fosters a deep sense of empathy, compassion, and responsibility, not only for our fellow humans but for all beings and the planet itself. It reminds us that harm done to one is harm done to all and that acts of love and kindness uplift the entire network of life.

## Quotes to Contemplate or Meditate

*"You and I are all as continuous with the physical universe as a wave is continuous with the ocean. The ocean waves, the universe inhabitants and as the wave cannot be separated from the ocean, we cannot be separated from the cosmos. Each one of us is a unique expression of the whole, like a wave, but inherently connected to the vastness of all existence." – Alan Watts*

*"We are not human beings having a spiritual experience. We are spiritual beings having a human experience." – Pierre Teilhard de Chardin*

*"The whole universe is contained within a single human being – you. Everything that you see around you, including the things you might not be fond of, and even the people you despise or abhor, is present within you in varying degrees." – Rumi*

*"One does not become enlightened by imagining figures of light, but by making the darkness conscious and seeing oneself in all things." – Carl Jung*

*"The essence of oneness is recognizing that we are all interconnected, not just with each other but with every element of the cosmos. The trees breathe what we exhale; the rivers flow through our veins. The universe is not a collection of separate objects but a symphony of interwoven energies, and in that realization, we find the profound truth of our shared existence. By living in harmony with this truth, we not only transform ourselves but contribute to the unfolding beauty and balance of the world." – Thich Nhat Hanh*

## HOW TO RECOGNIZE THE INNER LIGHT IN EVERYONE YOU MEET

### 1. Begin With Intention

Before entering a conversation or gathering, take one breath and set the intention:

**"I choose to see the Divine in every person I encounter."**

### 2. Look Beyond Personality

Personalities shift; Presence does not.

Notice qualities such as courage, sincerity, resilience, curiosity, or kindness—these are reflections of the Light.

### 3. Observe Without Judgment

When judgment arises (because it will), gently let it pass like a cloud.

Return to your intention.

### 4. See People Through the Eyes of Appreciation

Ask yourself:

- What is one quality I admire in this person
- What is one way they bless the world?

**Even a small acknowledgment opens your heart.**

### 5. Listen for the Soul

Instead of listening for flaws or contradictions, listen for:

- Truth
- Love
- Desire for good
- The longing to be understood

### 6. Offer Silent Blessings

A simple internal blessing can shift the energy instantly:

**"Peace be with you."**

**"Your Light is strong."**

### 7. Speak Light Into the World

When appropriate, say something that helps another recognize their own brilliance:

- "There is such sincerity in you."
- "I appreciate your presence."
- "Your resilience inspires me."
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### 8. Practice Everywhere

A grocery clerk.

A neighbor.

A family member.

A stranger in traffic.

Every encounter is an opportunity to see the Light.

### 9. Remember: The more Light you see, the more Light you become.