



A SENSE OF THE SACRED AND A CONNECTED WHOLE

SEEING THROUGH A GLASS DARKLY

AN EXPLORATION *of* IDEAS



ONENESS AND INTERBEING



ONENESS

In God

In the Universe

In Ourselves

In Humanity



ONENESS IN HUMANITY

- The noosphere
- I am because we are. *Ubuntu philosophy*
- Dog ball theology
- Interbeing





INTERBEING

- From *Peace is Every Step*, Tich Nhat Hanh (d. 1/22/22, age 95)
- The fallacy of independence
- The biological ecosystem inside your body: 39 trillion microbes in and on us
- Could you speak a language without others?
- Dependent Origination / Dependent Arising



A FEW MEDITATIONS

INTERBEING

- How did you come to be here?
- Starting the car / filling up the car meditation
- Bathroom break meditation
- Computer screen/Zoom meditation



SAVING THE WORLD

By changing ourselves, we change the world. As we become more loving on the inside, healing occurs on the outside. Much like the rising of the sea level lifts all ships, so the radiance of unconditional love within a human heart lifts all of life.

- David R. Hawkins
Letting Go: The Pathway To Surrender



SAVING THE WORLD

I think the kind of love that we're calling for here is to recognize the entanglement of love. It matters how we go about this world. It matters how we think about this world. It matters how we forgive. ... So love and love to the point of tears, because love alone will bring about a new universe.

- Iliia Delio

Infinite Matter, Infinite God: In Search of a New Myth
(lecture)



SAVING THE WORLD

The practice of Centering Prayer deepens our awareness of the oneness of all creation and our compassion for the whole human family. Centering Prayer ... enables us to respond to the Divine presence in the whole human family, and in all of creation.

Contemplative Outreach / T. Keating

SAVING
THE WORLD





BLESSING

An exercise...

- Practice an Interbeing meditation daily
- Use it as an opportunity to bless those who come to mind

Doing so changes everything.