

OPENING PRAYER

(Extract from Psalm 129, Psalms for Praying, Nan C. Merrill)

Discover in the Great Silence the
mystery of who you are,
and be true to your Self.
For wherever you dwell,
there is beauty;
Infinite Love is everywhere.
Know that the beauty hidden within
your soul,
is seen by the eyes of
your heart.

THAT WE MAY BE ONE- DVD3 **The Self & Evolving Consciousness**

God is not just with us, not just beside us, not just under us, not just over us, but *within* us. What is the self? The only self we know is the false self that developed in infancy under the influence of the three emotional programs for happiness and especially under the influence of a separate-self sense.

Every substantial change in consciousness provides a new perspective that requires time to integrate it into our present mind, body, emotions, and soul. God must know this. He doesn't expect us to succeed at the first try, but waits for us and guides us.

Every major change seems to include the psychological experience of depression or discouragement before liberation and the experience of inner resurrection into a new level of consciousness. At each new level of growth, all our relationships change especially our relationship to God. The movement towards unity consciousness is experiencing the Divine as our ultimate Self, in which case the false self, ego, and sense of a separate self are laid to rest.

Nobody knows quite what the self is. Neuroscience is just as interested as spiritual seekers are. One theory is that the self,

as we know it, is fluid and changes with each new level of consciousness, while maintaining its capacity for integrating this new information about itself and its relationships. If you accept the view that the self can keep on changing and growing, then it becomes the True Self in the image and likeness of God.

Finally, there is the experience that there is only one Self. If there is consciousness in God, it is shared with every creature according to its capacity. God is present in everyone, relating to them where they are, but nudging them to move beyond to the unbelievable sharing in the divine beatitude. And what is that? It might be referred to as sacrifice, which is one way of explaining the meaning of the universe.

Sacrifice is giving away whatever self we have. In the Trinity, God the Father gives himself totally to the Son to such a degree that there is nothing left of him. The Son returns all that he has received from the Father back to the Father in the love of the Holy Spirit. The unity is infinite. The diversity is infinite. And the love is infinite. Love is what unites.

Final Reading:

It is your destiny to see as God sees
to know as God knows, to feel as God feels.

How is this possible? How?

Because divine love cannot deny its very self,
divine love will be eternally true to its own being,
and its being is giving all it can to the present moment.
And the greatest gift God can give is God's own experience.
Every object, every creature, every man, woman and child
has a soul and it is the destiny of all,
to see as God sees, to know as God knows,
to feel as God feels, to be as God is.

(Meister Eckhart, in 'Love Poems from God,' ed Daniel Ladinsky)

Final Prayer:

May God heal all divisions – those within my own mind, heart, soul and body, and those between all people and groups – that

we may be one Body in Christ, unified in every way and on every level, and thus manifest the Living Christ by our very lives.

Amen