

THE VISION OF ONENESS

Our Deepest Wish

Human beings wish for, hope for, and have a deep longing for oneness with others— their partner, family, friends, colleagues and ultimately their world. They wish for the tolerance of differences among friends and family. They hope for religious tolerance. They hope for a closing of the divide between rich and poor. They wish for understanding between all people, regardless of their culture and traditions. And they deeply long for even one person to know them truly, so as to experience oneness deeper than merely the compatibility of personalities.

But how can they know oneness when feelings of hurt, mistrust, and misunderstanding, bring the experience of separation between people? How to know oneness when two minds clash? How can there be oneness in a world that is at war over differences? Human beings feel helpless to bridge this gap. “How can I – a seemingly small, insignificant, single body on earth – bring about oneness in such a divided world? “

How the Tradition of Duality Evolved

From when a baby first opened his eyes, he began to copy people and follow their traditions. He grew up to be what he copied and felt himself living as a small part of a larger community, copying the same traditions.

Those who are able to successfully copy traditions are accepted in their society and are considered to be ‘well adjusted’. Even those who appear to be ‘well adjusted’ may recognise a subtle sense of being confined in order to maintain the norms and standards. Wearing the various masks creates a tightness when it is worn for the sake of society.

It cannot be avoided; whatever culture one is born into, is the tradition of otherness. Me and you. Them and us. Me and mine. You and yours. One seer looks out of my eyes to see another seer looking out of your eyes and understands, “We are two separate seers. I see you and you see me, therefore we are two.” But is this really true?

Vedic Wisdom Reveals the False Assumption of a Separate I and a Separate You.

The mind, in conjunction with the senses, is designed to perceive within the parameters of otherness – a dualistic vision. For example, when one faces south the sunset will appear on the right. Facing north the sunset will be on the left. It is known that the perception of left and right is relative, that the sun is neither left nor right. The higher knowing power overrides the limited mental perception of left and right to know that it is the position that changed and not the sun. We are comfortable with this simple contradiction between what appears relatively and the constancy that is true.

I am a daughter to my mother and a sister to my brother. Do I become a daughter or a sister or am I simply perceived by others as such? Similarly, I call myself 'me', and yet you call me 'you' – so which am I? Me or you? These are identities, relative differences, like different hats we put on for different occasions. A clash of minds is therefore like my red hat arguing with my blue hat and thinking that one is right and the other is wrong. The simple truth is that I, who wear the hats, am neither red nor blue, neither right nor wrong.

When one goes home at the end of the day, takes off one's hat and slumps down on the sofa to take a moment, he is free from the identifications with all the hats worn throughout the day. We all know that experience of release, taking a moment to simply BE. The simplicity of being has not been created; by simply hanging up the hat of identification one is free from being anything.

When the Mind Is Released from its Dualistic Perception, it Is Naturally Drawn to Oneness

Meditation is to take a moment, to let the body be still, to allow the senses to disengage and be neutral, to give an opportunity for the mind to be released from its relative view, and to recognise the space which is constant.

The I knows itself to be deeper than the hats that it wears and the labels that attempt to define the pure I in a relative context. I knows itself to be deeper than the traditions it copied and the thoughts that occupy the mind. I is naturally tuned in to oneness because the true Self is not limited or modified in any way by a name or a description placed upon it.

That is why it is everyone's true wish to know and live a state of oneness with family, people, community, and the larger world. But, the conflict arises in a person when the wish for unity becomes mixed with the mind that is limited to the tradition of otherness.

Fixed identification with tradition, conditions, and personality clash with the sincere, and yet elusive wish for oneness. How to bridge this gap? It is not a gap between two people, two ideas, two political parties, two countries, two cultures or two religions! The gap is the vision of otherness itself.

The Vision of Oneness

Vedic wisdom declares that it is possible to consciously tap into the Vision of Oneness, from where the perceived gap between the seer and the seen is known to be a relative construct. In the company of the one who has unfolded the Vision of Oneness, the eyes are truly opened to see the deception of the human tradition of otherness, the cause of separation.

Trusting only what the eyes see, what the senses perceive and feel, what the judging intellect observes, what well-meaning parents, teachers and politicians of tradition pass on, will not evolve the Vision of Oneness, and therefore they cannot bridge the divide between me and you.

The vision that awakened out of the sleep of duality consciousness realises the unbroken awareness that is never deceived by the apparent duality, and is therefore no longer engaged in the immense struggle to unite that which is forever divided.

When you awaken to the deception of differences the Vision of Oneness opens. Then there is no inner conflict between the knowledge of Oneness and the view of the mind that understands the sunset to be on the left or on the right. There is no confusion between the hats and the wearer of the hats.

The Vision of Oneness creates the tradition of Oneness, in which all are valued as the true Self, and not by the hats which they wear. Knowing and seeing all with equal value as the bright, shining, ever-blazing sun, then true unity is known and lived effortlessly.