

LEADING-EDGE SPIRITUAL THOUGHT

Lecture 16: Practicing Oneness

Study Guide

I. INTRODUCTION

A. Review of Lecture 3

- i. Everything begins with Thought
- ii. Thought does not leave its source
- iii. The source of Thought is Mind
- iv. Therefore there is one Source
- v. Therefore there is one Mind
- vi. Therefore there is One

B. Oneness is the single most difficult concept in this teaching to grasp.

- i. Requires relinquishment of the ego

- ii. Requires overcoming all of our sensory feedback and rational thought

C. The value and intention of acting as if

D. Specific moment-to-moment actions we can take to move toward practicing Oneness

II. ACT AS IF YOU KNOW EVERYONE ON SOME LEVEL

A. A stranger is a friend you haven't met yet

B. Act with altruism rather than out of selfishness

III. KNOW YOURSELF, THEN MOVE BEYOND YOU

IV. GIVE UP JUDGING YOURSELF AND OTHERS

A. Belief in separation relies SOLELY on judgment

B. Compassion IS the elimination of judgment

C. "You cannot perpetuate an illusion about another without perpetuating it about yourself
(ACIM, T-7:VIII:4.1)

V. ACT AS IF YOU BELIEVED IN ABUNDANCE

A. If you see life as a zero-sum game, you cannot be compassionate and survive.

B. Belief in scarcity leads to fear and separation

C. Belief in abundance creates abundance

VI. ACT AS IF YOU BELIEVED YOU CAN CHANGE AND EVOLVE

A. See life's journey as a voyage on a ship, not a trip on a train.

B. See life as ever-expanding, not fixed in place.

VII. SUMMARY

A. Living Oneness is about believing and acting as if you believed in:

- i. Abundance
- ii. Non-Judgment
- iii. Expansiveness of life

VIII. MEDITATION ON A ROSE