

contemplative practice, reflective writing

*Reality is one,
and spiritual forces are guiding us toward
an understanding of this wholeness.*

~ The mystery of oneness is at the heart of Creation; everything is connected to – and part of – every other thing. Everything is energized by the same Force that organizes and sustains all things in the entire Creation.

~ Seeming opposing forces counter-balance each other as parts of the same unified reality, all governed by the same creative energy that we call the divine Spirit, Grace, Love, and so many other names.

- *Reflect on this mystery of ultimate wholeness, where it has taken us, where it is leading us, and what its inherent purpose might be.*
- *Have you ever had an experience of reality, or all of creation, as one? What was that like for you?*
- *What are some steps you and others can take to support a consciousness of wholeness?*
- *Write down your reflections.*