

### *A Course In Miracles and Oneness*

One of the most difficult concepts I have had to deal with in the Course is the concept of oneness. I struggled with this for some time and finally arrived at an understanding of oneness that works for me and helps me to stay at peace most of the time. This is important to me because I have come to know that I cannot be the love that I am if my mind is not at peace. That meaning, I cannot extend love unless my mind is at peace.

One of the main reasons I choose A Course In Miracles (ACIM) as my path is the focus on the retraining of the mind so that the student can experience peace regardless of what appears to be happening in the world. Once I got into the Course it became obvious that if I was to be truly helpful I had to be the love that I am and to extend that love in a way that could be received in order to be truly helpful.

Oneness, the state of God and reality, was puzzling to me. The Course says we cannot understand it and even if we could, we could not explain it. I have met a few people who have experienced oneness, sometimes called revelation, and they confirm that the experience cannot be put into words. I felt that a better understanding of this state of being was important to my accepting the atonement for my self. (Besides I guess my ego liked the challenge of attempting to understand the impossible.)

The Course says that the ego analyzes and Holy Spirit accepts. And this is still one of my biggest lessons because I continue, although much less so, to analyze things in an attempt to better understand them. I am finally getting close to realizing that everything happens exactly the way it is supposed to happen.

My current understanding of oneness helps me to move along my path of awakening without obsessing on what it is or why (with all my willingness) I cannot seem to experience it. My mind stays open to better understanding of this un-definable state of being. What I am presenting here represents my limited understanding of the concept of oneness. I am not asking others to agree with it or to adopt it. It works for me at this stage in my awakening and so I use it.

What got me started on this understanding of oneness was the Trinity. I was raised Catholic and the Trinity was taught from a very young age. The Father, the Son and the Holy Spirit. Here was A Course In Miracles that used the same words and seemed to indicate that the Trinity existed in reality but was beyond my comprehension. Again the challenge! Organized Christianity had taught that God the Father was separate from us and that God the Son was Jesus of Nazareth, also separate from us, and represented the epitome of the human example of how to live a life that would return us to heaven and be with God the Father again. We, as sinners, need but follow in the steps of Jesus and we would be saved. If we choose this path the Holy Spirit would help us on our journey. What I never understood was that the Catholic Church also taught that Jesus died for our sins and that all sins were forgiven with his death on the cross. If this was true I was already saved and did not need to worry about being saved. This and other difficulties with the teachings of the Church drove me away and it was not until years later I found A Course In Miracles (ACIM).

But here I was again, many years later, with ACIM and once again confronted with the Trinity! How could there be three in one? For at least one year maybe more I continually asked spirit to help me understand this concept of oneness. I recalled

conversations with people who had experienced oneness/revelation, I read about mystical experiences and continued to seek meaning in the Course. During this time I had conversations with others on this issue. I am sure one individual in particular remembers our dialogues on this subject because we see it differently. And that brings me to my next point. How you see oneness will affect how you see the Course and your role in the illusion. So here we go with my version.

In Lesson 158 it says “The revelation that the Father and the Son are one will come in time to every mind. Yet is that time determined by the mind itself, not taught” (W.I.158.2.8.). This tells me that no matter how strongly I want this experience there is little I can “do” to make it happen. It is dependent on the state of the mind and I can only affect the state of the mind by doing the lessons and having the willingness to have the mind healed.

We say God is and then we cease to speak. My understanding at this time is that we have only two choices; oneness or separation and we choose every nanosecond what we wish to experience. That God and we are undifferentiated oneness that is a continuum of love that has no form and is outside of time and space. When we wake up we disappear into this continuum. That in reality there can be no differences at all. No separate Sons of God, no separate thoughts, no separate creations, nothing, only being (oneness). The tiny mad idea was an *incomplete* thought of separation that we remembered not to laugh at and we think we are still experiencing a separation from God that never happened.

The Course makes many references to how difficult it is for us to deal with the elimination of the ego generated self. The amount of resistance is incredible. I know it took awhile for me to become comfortable with the idea of the self disappearing into the oneness. What helped me was a technique I have used throughout my life for making decisions. When looking at a situation that needed a decision I would ask myself if I made this decision what is the worst and best case outcomes? We can always live with the best case but could I accept and survive the worst case outcome? In almost all cases the answer was yes but I would not like it. This freed me to make the decision and in every case the outcome has been somewhere between the two extremes. In this case the worst-case outcome was that the ego generated self, Richard, would disappear into the heart of God along with the realization that it never had existed in the first place. At first this was very fearful but overtime it has become a celebration of trying to join with everything in the illusion as one (my understanding of forgiveness). The more I accept this view of oneness the easier I find it is to acknowledge the oneness in my brothers. Because I accept we are truly one, no differentiation, no place where one ends and the other begins.

All of sudden the meaning of Course opened up to me and I began to understand the true meaning of forgiveness. Because our experience is one of separate Sons of God and following separate minds, our return to oneness is predicated on the rejoining of the mind of the Son of God. Once we recognize our oneness and experience it, then the last step to our returning to oneness as our experience can take place. In the meantime as we appear to be experiencing separation on an individual basis we attempt, to the best of our ability, to bring the love that we are into our consciousness so it results in our experiencing peace, love and joy. And because we are all joined as one Son of God, as one mind experiences this all minds experience this at some level.

After writing this piece I asked spirit what I should do with it.

*Spirit, what would you have me do with this piece? (4/25/12)*

*What you do with it is of no concern to us; its function is to bring clarity to your mind so that if you are in a place where the subject comes up it will be easier for you to talk fluently about your understanding of the concept. As a concept you know it is not real but only a tool to help you to awaken to the truth. If you do not feel motivated to publish it or present it to others then don't. As we told you before all will come to an understanding of oneness on their own and your opinion may or may not help. It is their own internal teacher, spirit, that will teach them and they must first develop a relationship with their internal teacher. That is why the Course places so much emphasis on the internal teacher and why it and most other forms of spirituality place so much emphasis on quiet time or meditation. Your feelings after you have written a piece are messages to you on what to do with the material. If you are to do something else with it you will be motivated to publish or present as the case may be. When you are motivated to write something, write and then follow your prompts. Most of the time your actions will stop with the writing of the piece. If you are to do more you will be so motivated. Continue to trust in your communication with spirit and do not allow the ego, possibly through others, to cloud your listening skills.*