

UNITY

One of my senior disciples will speak today. Her name is Anapriya.

With reverence in my heart I step forward to speak master's words. Today I wish to share what my master taught about unity.

My master taught that we are all united - all human beings and all nature and all things created are united by a single thread of God Light.

To illustrate this point of unity, he took us to a large tree and said that the large tree represents the body of God and all the branches and the leaves represent the various creations - human beings, nature, mountains and oceans, birds and animals etc.

Although they all look different, they came from the same source, like each branch and each leaf came from the tree.

He taught us to look at our bodies. All the body parts look different and have different functions. But all are connected to the body.

He taught us that in the similar way, everything is connected to ever thing and there's an order and balance in God's creation.

He taught us about unity through his own demonstration of unity with all with whom he interacted. Each person he treated as a part of himself/his family by calling them as brothers and sisters.

This was very difficult for us to grasp for there were times he was vilified and judged harshly, but he never uttered a harsh word to his attacker. He said that by attacking his attacker, he was harming himself, for they were parts of him.

This unity with others he displayed again and again throughout his life. He taught us to start practicing this unity within ourselves first.

One of the exercises he taught us for creating unity was to hold our five fingers together of one hand and then place this hand in the middle of the other palm and bring the hands around our belly button area and chant the mantra - UMMMEE.

He taught us that our belly button area unites our inner and outer senses and when these two are united and in harmony, then there will be unity within ourselves and if we are united inside ourselves, we display unity outside of ourselves, with all.

He also taught us that if we unify our breath with our thoughts, we will become calm. So, every evening before we retired for the night, we practiced breath meditation.

He told us to have good thoughts before falling sleep and also to have good thoughts when we wake up in the morning.

We did not know then, but now we know, the depth of his teaching.

He was teaching us about programming our subconscious mind through good thoughts before falling sleep.

He taught us that -

Unity creates Strength
Unity creates Oneness
Unity creates Harmony
Unity creates Sharing
Unity creates Love
Unity creates Hope
Unity creates Caring
Unity creates Godliness

I see in the world now, the need for more UNITY. I see, the world now needs more CARING. I see in the world now, the need for more FORGIVENESS. I see in the world now, the need for more SHARING. I see in the world now, need for more LOVING.

When Unity becomes a natural part of you, true transformation will occur.

I bow down at my Master's feet and I complete my talk

Anapriya

Anapriya went on to become a great teacher and was instrumental in spreading my teachings to many.