

Oneness

Oneness is a term used frequently among those seeking enlightenment or awakening, but it is rarely explained. This is a concept that has been touched on in many different ways throughout my growth in this journey; but these seemed to bring the idea into focus. Individually posted to the website journeysintolight.org, they are presented here for ease of reading and consideration. As always, you are encouraged to consider them for yourself and take your own journey into the Truth.

The nature of oneness	Page 2
Oneness	Page 2
Become one with the flow of life	Page 3
A life of Oneness, conscious of everything	Page 3
A life of Oneness adds flavor and depth to every part of life	Page 4
The Art of Communication is enhanced by the Art of Oneness	Page 5
As a grain of sand	Page 5
The cause and purpose of the diversity of life	Page 6
Pure Being: True Identity	Page 6
A Life of Oneness: Letting go of the lack of Light	Page 7
The Art of Oneness—a beginning grasp	Page 7
Alternatives to our current life of limitation	Page 8
Linear and non-linear realities	Page 8
Co-creation: a continuous reality	Page 9
Oneness and individuality co-exist	Page 10
Loving life	Page 11
The tapestry of life	Page 11
Love of life	Page 12
The inner and outer life are one life	Page 12
A balanced life	Page 13
Diversity and oneness	Page 13
The Collective	Page 14
More on Oneness	Page 14
Dimensional drifting	Page 15
Individuality and oneness	Page 16
The presence of life	Page 16
A new perspective on oneness	Page 17
Oneness and connection with other worlds	Page 17
Sanity in the face of confusing changes	Page 18
Merging physical and spiritual life as one	Page 18

The nature of oneness

July 23, 2013

JANU: Oneness is recognized by empathy. When a creature is confused or in pain or disabled, empathy allows connection, a transfer of knowingness, and, in some beginning ways, a sense of the same experience in one's consciousness. Now, this does not mean one becomes the imbalance, but understands it, feels it, to a degree. And compassion allows for comforting, ameliorization, and a conveyance of understanding with a positive perspective for ownership and resolution to the creature or the person and more.

Oneness allows for the integrity of one life to support the integrity of another. Oneness is in harmony with the protocols of integrity and potential for each life to fulfill its destiny. Oneness is a true bond between elements of life, a bond that can't be broken but can be ignored or forgotten, a bond that brings unlimited resource from the nature of life into manifestation. How can life not be powerful when it's the nature of everything? How can life be ignorant or uncaring, when it is everything?

Oneness exists whether aware of it or not for, without it, all of creation would disassociate and succumb to oblivion. Observe how many find themselves in despair or depression or loss of interest in living as a result of feeling alone in life, disconnected, and without purpose or meaning or vitality. It is a worthy attempt at raising awareness in consciousness to the truth of oneness, for oneness restores life and purpose, integrity and meaning and vitality.

Oneness does not mean the homogenizing of infinite variety and integrities. It means connection, mutual support, universal consciousness and understanding, and a peace unlike anything else can provide. Oneness and True Love, our brother, are synonymous. And one does describe the other. Oneness is mostly misunderstood, seen as vague and impractical. It is present, immediate, and vital for the continuation of life, all of life. Let there be, then, a resurgence of awakening to the truth of oneness, love connection, and caring for each other. Namaste, our brother.

Oneness

Oct. 3, 2013

JANU: This morning's journey marvels at the richness of life, even as we discover more and more of it. The focus for this morning's journey has to do with the coexistence of each element of the diversity of life and the collective consciousness of life. How does one perceive one from the perspective of the other? It is an understanding of oneness, our brother. One made up of many. Such is the nature of the human existence—one made up with many. Even on an individual human basis, many elements of the richness of life, yet they are one.

Limited perception still sees the components of life with separate identifications, yet not their oneness. How can life be so diverse and, at the same time, a single reality? These two perceptions seem to fly in the face of the reality of each other. As long as the human mind continues to insist that an insect is an insect and not a tree, one will remain such in their consciousness, blind to the larger reality. Earth being seen as a consumable resource and not the life that it is, and the life that humanity is a part of. Even when observing a neighbor, humanity focuses on differences, seeming differences, and less on what they have in common and their True Natures. How then does humanity plan and prepare for engaging other worlds, other species, and other cultures with such a limited view? When one observes a pig in the farmyard, how does one feel connection and perceive that life as part of the Oneness in which they live?

This is the purpose of awakening, our brother, to be more aware, to see more of life, to expand understanding that all of life serves all of life. And we mean all of life. One might say, “For what do I have need of this?” as they continue with their daily routine, their jobs, their work if you will, and their relationships. When you bring pain and suffering to a part of life, do you think you are isolated from this, can go merrily on your way and ignore it? There is a price, our brother, for every moment of your life and the price includes living with the patterns you have created. And these patterns can be challenging as well as rewarding. Even the patterns of service and goodwill, you live with. Both patterns enrich your life in different ways, and it is your choice how you meet them. Realize, then, our brother, that all of these patterns are of your creating—all of them—and discover their gifts. Oneness is rich with patterns of creation and all of them are known. You speak of secrets and privacy and isolated identification. All of these are temporary illusions that endure to a degree by your choice.

Change is also a choice, our brother, even though it is a constant in life, for there is no life without it. Now, some choose to take no responsibility for the changes in life and ride the wave. Others have a vision for modification of change, to refine the life and enrich the opportunities that are presented.

So, yes, oneness is not stagnant, our brother. It evolves as well, for its elements are evolving and changing. One tends to define life by what it does, what it accomplishes, its creations. As those who have tried to define electricity do so by its behavior, its abilities, its results. So you ask, “If one understands all of the elements of life, is there still an unknown as to what life is?” Good question, our brother, for another time.

Become one with the flow of life

Dec. 25, 2013

JANU: What we focus on this morning is the flow of life. It is omnipresent, carries omniscience, and is definitely omnipotent. But many are not conscious of this. The flow of life always prevails. It is the flow or movement of life itself, from the finer realities into the denser, through you. And for balance, the return on this investment of life into itself has a return flow of enrichment and fulfillment of potential, which moves through you as well.

Everyone can be free to be conscious of this and deliberate in their participation with the flow of life, as they choose. When in harmony with this natural flow of life, everything seems more guided, fortuitous, and delightful. There is a joy that comes with experiencing the flow of life, for you realize deeply you are not alone in life. Sharing this joy with others is also part of the flow. For who would not desire others to experience your joy and delight in this experience? When conscious, more and more, as all of life this makes perfect sense and your consciousness expands to include it with understanding, realizing more deeply that the rest of life is who you are.

So, become one with this flow. Move on with your life and the freedom it brings on the path of becoming. Namaste, our brother.

A life of Oneness, conscious of everything

Jan. 14, 2014

JANU: One might describe this experience of Oneness as exalted, compared to life without it, meaning being conscious of everything—the life that you are, the life around you. Yes, and even in its potential. Oneness is a reality that has always been and is the

nature of life, all of life. How can any one part, any one example or element of life not be 'one with' that which is common to all of it?

What does a life of oneness reveal? It reveals an intimacy with everything and every no-thing. It reveals a way of appreciation, a connection that life in motion is your motion as well. Every movement you are aware of, you move with it. The rhythms of life are yours. Every manifestation that emerges intrigues you, as it develops. Everything you understand as it experiences its own potential, and you realize that it is your own True Nature that is accomplishing this. It is one thing to observe life evolve, and another to be completely one with it as your own. Being at peace, our brother, clears the way, opens the consciousness to all of life. You experience returning home.

You ask, "How can one be in this state of consciousness yet walk the Earth in the daily routines?" Because, our brother, you are conscious of all of this and it all co-exists within you. Simultaneous awareness is as life is, conscious of everything. And 'cosmic consciousness' includes many aspects of your awareness co-existing. Only the incarnate mind is limited to isolated singular connections.

A life of Oneness adds flavor and depth to every part of life

Mar. 9, 2014

JANU: We have with us this morning an opportunity to expand upon our understanding of oneness. The word means what it says; however, living a life incarnate in oneness consciousness casts a different flavor on experiences, perceptions, relationships, and self-awareness. For the most part, a life in oneness is a departure from perceptions of separation, individual identity only, survival at any price, and competition, for in oneness one does not succeed at the expense of another. Together, you rise above circumstance, challenges, and the so-called unknown.

Oneness does not stifle creativity, desires to become more complete in your life expression. It reveals unimagined happiness, peace of mind, and joy in all of life.

In oneness, one does not judge another, but allows the many variations of life. Life on the move, through infinite expressions, reveals its vitality and omnipresence. Oneness reveals sharing your life with another, with all others, our brother.

Oneness brings harmony into your vehicles, for disharmony arises from the perception of being alone. And the changes oneness makes to the integration of your systems of life are harmonious balance, mutual support, the natural enrichment.

A life in oneness is a life that is conscious of, aware of, everything it touches. And a life in oneness, our brother, can inspire others to consider their possibilities. In oneness, the genius of all becomes mutually supportive and collectively endless expressions of genius.

You question then: "What happens to the process of experience, wisdom-gaining, problem-solving?" It continues, our brother, but in an enlightened way. Choices still remain to the degree of the perception of oneness adding flavor to understanding, and the choices of what you will include in your life experience. There will still be that which is new to you to be realized, to be discovered, and to experience. But one does so as an awakened being, in ownership of your True Nature.

Now, the conscious incarnate mind still has limitations on how much information can be processed at the same time. The super-conscious mind, the True Nature, is not so limited, you see. So, as an entity, you still shape the course of your life's experience, depending upon your interests and maturity.

The Art of Communication is enhanced by the Art of Oneness

Mar. 25, 2014

JANU: The art of communication as such commands an intimacy with life that leads to, borders upon, oneness, for oneness is, our brother, ultimate communication. For how can there not be mutual knowing when observers, communicators, are in intimate oneness? So the art of communication includes this as a foundation. Within this premise, this foundation, the art of communication includes having something to communicate of interest to each other.

Now, individually speaking, all do not share the same interest at the same time. So one who has come to know a Truth of Life may accomplish only exposure to a possibility to another. The oneness sensitivity reveals the interests of another, revealing that the participants in communication have the possibility of sharing an interest. Now, from the individuality human perspective, communication is a process of give and take by comparison to more instantaneous communication of direct knowing and intimacy of oneness. Sharing is instantaneous and far more complete, for each party receiving information becomes aware of it as their own. So the reconnecting mentioned previously (see posting of Apr. 8, 2014) is the path to oneness. And even oneness, our brother, has many nuances, levels of reality and intimacy, and evolves. Even in instantaneous reality, life is process: instantaneous from one perspective, evolving and changing from another.

Now, when two species encounter each other with different cultures, backgrounds, philosophies, language, and some with no language—for they are telepathic and communicate in other ways, as well—what is the foundation for communication? Once again, the intimacy of oneness comes into play, a degree of it, at least, our brother. And there are degrees of oneness, for it can be applied universally, individually, and by reason of need and choice.

So today's theme is oneness as a vehicle for communication. Oneness can be assigned to or focused upon any part of life or all of life, to any degree. So, you see, our brother, the Art of Oneness is a reality as well and worthy of exploration. So, communicate at will, our brother, with any part of life, even your own nature that at times seems illusive and not understood.

As a grain of sand

Apr. 6, 2014

The following attunement serves as an example of what is meant by the term "Oneness" and its use in the journeying process.

JANU: For this morning's journey let us resume our affiliation with that which comes to us directly from the inner life of so-called prayer, what we call attunement. Attuning then includes an embrace of an element of life, as if that and we are one.

For example, let us attune to the nature of holographic reality. Now, what does this mean, our brother? Holographic reality is a projection of multi-dimensional consciousness that can focus upon the nature of a reality from many different directions at once, therefore revealing many nuances of its nature.

So let us accomplish this with a singularity represented by a grain of sand. So you can see the shift here of becoming the grain of sand being observed and embraced and known. What then is a grain of sand? Being as a grain of sand, what do we have to reveal? We reveal the source of our being. Now is revealed, after accretions of minerals as our source: our mass, our weight, our reflectivity; the history of our exposure to the churning action of water, the atmosphere, the sun, and the abrasiveness of other grains of sand as we journey through life; the minerals we are made of and their source; the world

we are one with, our uncertain destiny, and our contribution to the collective of the rest of the sand of the world, and the pleasure we bring to the creatures of the world and the energy exchange, always occurring. We are the manifestation of many realities over countless eons of time and we continue.

And now our focus returns to what has been attuning. Namaste, our brother.

The cause and purpose of the diversity of life

Apr. 7, 2014

JANU: Diversity, then, as such speaks of creation, manifestation, endless interactions and relationships, and the realization of potential. Let us explore, this morning, the purpose of diversity; why there is so much of it.

Diversity belongs to a theory of evolution that originated in the early beginnings of life, as life discovered its vast potential and decided, in a manner of speaking, to experience it, to explore it, to discover its truth, rather than just postulate what it means. So it began: from the diversity of potential into universes, worlds, consciousnesses, energies. One must realize that the awesome diversity of life comes from the diversity of potential and the life of that potential initiating discovery of what can be.

Now, the journey of creation yields diversity, through its own creations, as a result of its own creations. For when life creates and the manifestations ensue, new life is created as a result of existence and interactions that reveal possibilities of continuation. This is a simultaneous reality. The process of life goes on and becomes the scenario for a continuation of the thrust to exist and enrich the equivalent consciousness of the source of potential.

Even though filled with nuances and diversity, it all comes down to the reality that all of this diversity is the oneness of life, revealed.

There is much more to explore here, but not during this journey, for the stage that has been set for exploration must be refined. Namaste, our brother.

Pure Being: True Identity

Apr. 29, 2014

JANU: What is Pure Being, then, to be understood, to be one with, to allow the knowledge of, into your life? Pure Being stands in the reality of True Nature. Pure Being is Essential Nature, as a spiritual being, a Light being, the prime reality of existence, the most subtle of existence. And Pure Being is not understood only as the nature of an individual's being. It is the nature of life. An animal has a Pure Being reality, as does a plant and, in the truest sense, as does any object or creation.

Now, when a worker constructs a device or object, it is composed of, comprised of materials that have a Pure Being nature. We discuss primarily that of a human being, for the human being can do much with the information, attuning to the true reality, the primary reality, the causal reality. Through all of the elements of creation of the individual, Pure Being is present and is one with each manifestation.

What is practical about this understanding is that it affords the individual a root reality or pattern for choosing a course in life that is fully supported and in harmony with their True Nature, bringing profound integrity to that life. A more complete attunement to the reality and presence of the True Being affords regeneration, greater clarity of thought and understanding, and a greater access to the power of co-creation, discovering the

solutions for challenges that are opportunities for evolution. Awakening to the presence of your True Nature brings about a harmony in the life, balance, integrity, and a unification of consciousness which enhances one's service to life to inspire others.

When one is so centered in that reality, the incarnate experience is understood as a brief one, rich with opportunity but no longer identifies the whole of the life and its experiences. Fears for survival and power over others are seen for the illusions that they are, and no longer rule your decisions. How many can really honestly profess they are at peace and confident in their lives and know who they are and what they are? So stand in your truth, our brother, be at peace, fulfill your destiny, and enjoy fuller life. Namaste.

A Life of Oneness: Letting go of the lack of Light

May 3, 2014

JANU: Oneness, then, to be served as a reality of origination, of consciousness. Oneness awareness, to be conscious of oneness, is your heritage of being and part of your being is oneness. Most have chosen to not be conscious of this for the purpose of exploring and gaining wisdom from the individuality, a sense of unique identity from the rest of manifest life. Individuality, then, taking on a more precise meaning, becoming the identity.

A life as one, of oneness, as suggested by this focus, is the realization that individuality, separation consciousness, and oneness have co-existed all of this time, with the denser reality seemingly isolated from the rest of life. The awakening and the resurgence of oneness is the maturing of the individual to the point of realization that they are more than this, although not understood. A sense within that there is a connection to the rest of life. Realizing in time the vitality of this, the essential nature.

In human terms, it has been a slow journey, the length of which is determined by the choices made as to what is important in a moment. It has always been available to human consciousness to choose any part of life to explore. And faculties exist to do just that, but with the focus on materiality and managing materiality to serve the perceived needs of living. Let there be, then, a deeper reflection upon what has always been known, on some level, to the individual being. And most of discovering, at this point, is remembering what has already been known in the fullness of consciousness and True Nature.

We speak of oneness as something to be achieved. It is more something to be returned to in consciousness, to be aware of, to engage and embrace, and move your identity to. The struggle is not to embrace the Light, but to let go of the lack of it. There is nothing to fear, our brother, only to be loved. Namaste.

The Art of Oneness—a beginning grasp

May 21, 2014

JANU: There is an art to oneness, the reality of it, the achievement of it, the implementation of it. Oneness comes under the category of harmonious peace and intimacy of relationship, an identity that includes the identity of others and the rest of life. How then does one select this sort of relationship with life, appropriate to the moment? Oneness already exists throughout life, but a conscious relationship with it, depending upon the consciousness, is selective through degrees of confidence one has in their own being, the openness of mind, the peace in one's own consciousness and existence, and maturity in understanding life.

Now, curiosity is not the theme here, but an acceptance of the responsibility that comes with knowledge and experience and a respect for the integrity of the rest of life's expression and realities. The primary reason for gaining understanding of more of life is to enhance one's service to it, that that life benefit on its path of discovery, evolution, and potential. So, when one ponders oneness with anyone or anything or any reality, these qualities must be present.

One would do well to ask the question: Why does one seek oneness with anything or anyone and what does that mean? When asking from the point of view of individualization, it is difficult to perceive a larger view of the reality considered. So, as oneness is applied to the life experience and capability, one moves to that degree from just individual consciousness, single identity, to cosmic consciousness, a larger identity more at peace with all of life and more involved. So oneness, then, our brother, is intimacy, involvement, and harmonious peace with life, with respect for integrity and the life that it is.

The Art of Oneness is the art of harmonious at-one-ment with. Another process of life of return to what we all are. Namaste.

Alternatives to our current life of limitation

May 24, 2014

JANU: For today's focus let us pursue the interest in formulating a path of transformation of ignorance to enlightenment. We hear so many comment as to this or that, revealing much as to the state of consciousness of humanity. Many opportunities are on the horizon, our brother, that will challenge humanity to grow into a richer life.

Realizing who you are, and what you and life can be, is a grand journey. And so-called 'outer life' and 'inner life' must merge into oneness for both to flower. Wisdom comes from experience when knowledge is applied to opportunity. And wisdom brings a greater sense of the completion of life, the balance and potential, and the maturity to embrace successfully the choices that are made.

Envision a life where one can choose their form of life and change it at will, depending upon the reality that is embraced. Currently, humanity sees itself as limited to the human body, the human personality, and physical surroundings of form and their properties. Consider the freedom and ability to understand and experience whatever interests you, anywhere in life, even your own origins and your potential.

Consider a life where survival is not a concern and that needed can be manifested as needed. A life where one questions "What is next?" from an array of choices, not from confusion and emptiness. A life where peace and happiness and joy are by choice only, not requiring circumstance. Where one can observe and understand the present from the future or from the past. Observing life from any perspective, not limited to time or distance. Where one can attune to someone on another world as sheer Life.

The possibilities are endless, our brother, and they exist now. Namaste.

Linear and non-linear realities

June 19, 2014

JANU: Understand this, our brother: that life, the reality of the universe in which you live, is not a linear progression. Life is a simultaneous reality. The dynamic range of thought and understanding represents this co-existence. So to employ or engage this dynamic range, one must let go of linear perceptions and engage the reality of

simultaneous existence and all of the limited interactions and re-creations, adaptations, the cooperation that makes up life. Let us do so at this time, becoming unlimited in our identity as simultaneous existence.

All existence and all potential are one. They co-exist. You ask, “What sort of understanding does this relationship reveal?” It reveals the nature of life, our brother, which is the nature of your being, and all it can be through the patterns of its existence, which includes its potential. The human experience is but a single element of this all-inclusive reality. And one can walk the patterns of life, not just individually but collectively. The questions you raise, then, have a new foundation.

Now, the challenge here is: linear thinking, in reality, is not rejected but included in a simultaneous reality of perspectives. You ask, “How do my interests find a foothold in this simultaneous reality for revelation?” It isn’t one or the other in consciousness, our brother. It is both together, individual interest, collective awareness. That’s simultaneous existence on all levels. So entertain your concern or interest, but in the light of the light that is cast upon a non-linear, unlimited reality. This revelation is revealed for any interest to any degree. It becomes the doorway, if you will, to a far broader understanding and engagement for utilization of the revelation.

The questions of humanity, of life and death and what if, that seem unanswered move beyond understanding to a kind of experience that includes so much more, as far as you care to take it. Now, when one can perceive the life journey of the world upon which you reside, you do not see futility in continuing with that world, but the opportunity to experience so much more, without fear. If one moment in your life can be predicted to end, and another begin, does one fear the end of that moment? They do not because their consciousness includes a larger reality that includes that moment, and when that moment ceases, life continues unabated.

So include simultaneous consciousness and reality in your ponderings of the nature of life and its countless elements. Namaste our brother.

Co-creation: a continuous reality

June 25, 2014

JANU: We have again this opportunity to explore co-creation, to a degree as humanity understands it, with a look at the larger reality here, you see.

Co-creation, then, is a continuous reality. Even when dreaming in the evening, you are co-creating. Collectively, humanity is constantly co-creating, interacting with life, its world, and the subtle realities. See this from life’s point of view, being one with life. Life sees itself, if you can use that term, through the perceptions of its creation. And creation continues, our brother, through the reality of continuous co-creation.

How does one describe in words the ramifications of all of this? For in a very subtle sense, all of life is a collective reality and it continues, fulfilling its potential, evolving. And all of your thoughts, feelings, factions, and on and on, are life creating itself, re-creating, beginning anew from time to time. One must move beyond the perception that life is somehow out there, beyond your individual existence. It is, and it is not, our brother, for life is everywhere, including all you are and will be.

Life is collective. Life is one. How deeply is that grasped and experienced? Every breath you take is Life taking that breath, is the air that is breathed and exhaled, and is the magic that has on the rest of your systems. Everything is connected, influenced and influencing. Co-creation taken to a larger meaning is not just an individual creating

something. Everything is co-creating. The obsession with individuality and identity does not allow for the intimacy, the oneness, that life is. And if you are one with life, and another is one with life, as they say: things equal to the same thing are one with each other.

Co-creating in harmony with life is co-creating within the Truth within you. Be conscious. Be aware of life that you are, as you move through it and it moves through you. The smallest and the largest of creation are still just Life. So the truth and presence can be experienced in its fullness in the micro- and the macro-realities, equally. The depth, the continuing depth of understanding and experience is everywhere, in everything. If you long for love, intimacy, compassion, understanding, and yes, even lightheartedness, you are at one with already all you need and can desire. Your attention moving then from lack and separation to fulfillment, richness, of everything you desire.

Your True Nature, our brother, is not separate from these desires, for it loves life as well, and you, more than you know. So continue to co-create, adding to the richness of life, and this benefits everyone, everywhere. Namaste.

Oneness and individuality co-exist

July 2, 2014

JANU: May we begin this journey with preface that a life with Oneness has an element of choice and appropriateness for circumstances and service, and a perspective to pursue and achieve. Let us explore the term 'oneness' and its reality. Oneness does not suggest the end of individuality, of a unique consciousness and life path. It does suggest, and is, a life where one may choose a varying degree of connection with any part of life, revealing its truth and yours as well.

And you ask, "When is oneness called for, in any life?" It is called for when there is a need for life to communicate, appreciate, and serve. When blessings are being offered and received, oneness applies. When insight is needed to understand the needs of another, oneness applies. And this occurs in any venue of life, other worlds, other realities, and your own True Nature.

Oneness serves life in motion: survival; conception; yes, and even the blessing of your own food; everything that provides sustenance.

Oneness is a way for life to touch life, to share for both to prosper, and oneness extends beyond one-to-one reality but one-to-many.

As a way of life, oneness evolves as the consciousness evolves and becomes a fine art, so to speak, of application, interpretation, and contribution.

Through oneness, an individual appreciates life more fully, and understands its process and motivations to continue.

Oneness brings profound patience before it brings understanding of circumstance and the eternal nature of life. Practice oneness with a creature, a plant, any life process.

Oneness is a subtle and gentle experience, not forced but invited, allowed, and a quiet element of love is present.

The oneness experience is not controlled by time and space, or limited, for life is every where and every when, and is known. Consciousness is not limited by time and space. It is free to be one with any life and includes individuality. The co-existence of life, our brother, a thing to be remembered. How can life deny any part of its existence?

Loving Life

Aug. 9, 2014

JANU: We are welcoming this morning an inquiry into the nature of life, which is the broadest of subjects, including so many realities. Let us partake of one this morning having to do with the essential nature of loving life. And this does include, however, our brother, loving the self and each other.

Loving life tends to be a distant concern for many, seeming nebulous in its reality, but realizing that loving life is always present and in the moment. By this we mean the life that is loved. It may be of some use to consider that to love some thing, some creation, some manifestation of life, it is easier to accomplish when that manifestation is part of you, is very personal and immediate. This describes a mother's love for her offspring. As you realize more and more that life is—and you are—one, in reality you are choosing to love who you are, your being, and life itself, all that it is. So it is not logical to have no concern about loving life, when you are that life. Your existence, your well-being, your continuation, and that of life—meaning the essential nature of all existence, all realities—are one.

Love unites and respects and honors and serves. It is Christ Consciousness, that loves all of life equally, continuously. Let this understanding then be an inspiration for those who choose to embrace their existence and their potential and the True Nature of each other. You are not alone in your concerns, your challenges, and your struggles, for they are part of the one life as well. Open to a growing understanding and experience of how vast and deep and eternal is the nature of True Love.

The tapestry of life

Aug. 25, 2014

JANU: We are entertaining once more an enrichment to understanding of the tapestry of life. There are times when it is a bit of a challenge to focus upon one element of life and exclude the rest of the tapestry, you see, for they are one and connected. The tapestry has a rhythm of life, countless nuances of interplay, vitality, patterns of existence, and the many stories of unfoldment, opportunity, and challenge. A living tapestry still being woven, designed, and constantly changing.

When one considers another universe, of which there are many, what are their tapestries of life? Do they correspond in any way? Are they connected? And do they influence each other? We know it is difficult to think in these terms and embrace them but, difficult or not, they exist. And much more.

When one views a large tapestry of life, one becomes more tolerant and patient with elements of this tapestry, individual concerns and relationships, and elements of each day, for life will always continue and move on. Yes, it is true that the universe's tapestry of life can be read, understood, and be part of the vision, a perception, of the larger tapestry of many universes.

And, yes, there is a tapestry of life for each one, which is your story of your existence and journeys, challenges and achievements, your life perceived as a whole, made of many threads interwoven into the story of your life. And that tapestry, our brother, is woven into the tapestry of humanity, your world, your universe. Life on the move, changing, deepening in complexity, and awakening. Even awakening, our brother, is not a destination but a continuous process of life, for how can one be awakened to

everything when everything is changing? And new threads are woven into the tapestry constantly.

Let us begin this understanding with a bit of awe and wonder as to existence and its nature and your own presence in life. Namaste, our brother.

Love of life

Sept. 27, 2014

JANU: We are Janu speaking, at peace with life as you are becoming. 'At peace with life' includes embracing who you are as a free being that loves life so completely that you find yourself more conscious of life than you've known. Life is not just a static reality, but a living one, vibrant, in motion, with unlimited diversity, and power and love to continue, and that you are an intimate part of all of it. True Peace liberates the consciousness with the freedom to be, know, understand, and be intimate with all of life.

Physicality, though wondrous indeed, is just a portion of reality, for life is everywhere, our brother, every now, every when. Being only human in awareness is no longer enough to satisfy the freedom of being, but it is still a part of it. When observing and interacting with physicality, this larger love of life enhances everything. For not only do you perceive the image and surface of things, but why they are the way they are and what they will become. Intimacy with life becomes more profound, more complete, but continues and expands. The reality of intimacy is only hinted at in physical relationships, but they too are enhanced profoundly as you become more conscious of intimacy with life. This consciousness we speak of allows the physical body to harmonize with, respond to, become one with a love of life. Finding its freedom 'to be' more complete, less disturbed, and benefiting from the true power of being.

Now, any element of life is not isolated from the rest of life but a limited co-creative consciousness can make it seem so. Only for a time and in a limited way. Now, anything created, our brother, has its cycle of life, but the life that gives it existence is eternal. So the isolation, you see, must be temporary. The True Nature continues, regardless of the condition of the creation.

So let your love for life expand, deepen, become a more vital part of your life, your consciousness, and your relationships. Thank you, our brother, and namaste.

The inner and outer life are one life

Oct. 14, 2014 B

JANU: Humanity has to realize the breadth and depth of its connection with the larger life, which includes other realities, other beings, and other worlds. The connection already exists, so the awakening is embracing consciously the larger life that has always been, changing, of course, as realizations occur. So-called religion is an attempt to awaken humanity to this reality but, being created by humanity, gets misinterpreted. Then human motives and desires and misinterpretations set in and the larger purpose becomes unknown to humanity. Yet the frustration and dissatisfaction with religion as it exists at this time grows deeper. The larger life existed, our brother, long before the religions of the Earth.

So what do you place your faith in? Your beliefs are focused upon what? Have faith in and believe in the truth of life, our brother, for it has existed for so long, in realities you are not aware of yet, successfully and you exist as an expression of that life.

Love beyond current understanding holds this life in existence. Through the journey within, life is revealed and understood and served, but the so-called outer life, our brother, is of the same life. But the one without the other leads to misunderstanding,

confusion. And the cycles of understanding repeat, and those of misunderstanding as well.

Incarnation, our brother, is for the purpose of fulfilling potential and destiny and enriching life. Seeing what goes on around you can be seen and understood more deeply when the inner and the outer life are one. Namaste, our brother.

A balanced life

Nov. 25, 2014

JANU: As we survey the landscape of human consciousness and destiny, let us summarize, painting with one brush, that all is well. Now, you say, “How can this be said, in the face of the conflicts and turmoil of the day?” It can, our brother, because they are minor compared to the power, the true power of life, potential, destiny, and love of life. For, yes, even in humanity’s protestations, angers, and arguments, humanity would rather live than not. And where life is unbearable for a few, their heart’s desire is for life to be better, that it might be enjoyed. So the quest continues to live as fully as possible.

For this morning’s journey, let us consider the larger view when challenged by the lesser moments of struggle and confusion. This balance in perspective is a true strength and must be encouraged for the engagement of living to continue. For even those who entertain taking their lives, there is still hope that after transition there lies Heaven, and peace, love, light, friendship, and life everlasting. Understand, our brother, that transition called death is not required to experience that beauty. It will always exist and is part of the one life and can be known and embraced, whether incarnate or not, bringing much relief, perspective, inner strength, and enduring patience for the natural evolution of life.

Remember that the larger view of reality is one with, inherent in, any lesser view. It is all one, all redeemable, and all of value. It is wise to endeavor to place your observations and concerns in a larger perspective for balance, for equilibrium for each day. Humanity considers its existence as relatively private and alone in the universe. It depends on your perspective, our brother, the view taken, and the balance. And the balanced approach to embracing life considers everything, not just a moment of challenge or confusion.

This reality is within your being and has always been there, while you continue to grow into it. A balanced life, our brother, is wondrous indeed. Namaste.

Diversity and oneness

Mar. 30, 2015

JANU: We are entertaining the notion that awakening is for everyone. This is true, with a few exceptions. And these exceptions are included in the understanding that not all True Natures are the same and have different agendas, destinies, and non-linear realities. Understanding and describing the nature of a True Nature is complex for the True Natures of individuals are so varied that one concept of understanding does not apply universally. The structures of life are not all patterned after each other, for the circumstances of existence range far and wide. So, generally speaking, it is the next step for the human experience but not all the same, our brother.

So, discover your own, become one in consciousness, and be open to and honor the True Natures of others, for they are diverse but they are of the One Life. Conscious union with your True Nature opens the door to the diversity of life. No matter how diverse it seems, our brother, they are the Family of Life. Be flexible in your understanding. The diversity of life cannot be pigeonholed, so to speak, and put in one box with a label on it.

Be true to your own, grow in your integrity, and honor and serve the others. For, even in the face of all of this, our brother, we are all one. Namaste.

The collective

Apr. 9, 2015

JANU: Let us explore at this time the understanding of ‘the collective.’ Most understand some significance in individual consciousness, experience. The collective understanding includes organizations, society, laws, government, to include physical cooperation, perception, bargaining, decision-making, and elements of stress, suffering, compassion. Let us move beyond these in the direction of True Nature, spiritual reality, enlightenment, and awakening. The differences between individuals and groups that seem so important become understood as the collective reality of differences, bringing diversity, strength, and many layers of reality for everyone.

What quality is it, then, that bonds an animal to a person, and vice versa? Companionship, mutual support, and a degree of empathy, understanding, and communication. And, yes, love, the root of all of these.

Where is love, then, when individuals are battling each other over their differences, even to the point of death? This is a complex issue, having to do with the love of self, peace of mind, of ownership of who you are. When this is accomplished, and the more it is accomplished, the differences become understood in a new way and even seen as collective diversity and strength, for, in a larger reality and understanding, the two with differences are more conscious as life itself. And a Oneness that includes differences becomes a new foundation for living, relating, and loving.

Oneness and individuality co-exist and are necessary to fulfill life’s potential, and your own. Oneness, the collective, and individuality co-exist and, when in harmony, challenges are mastered, True Peace becomes a key force in your life, creativity is unlimited, and joy is present in each day. So you see, our brother, no need to leave embodiment to find these wonders. Embrace all of life, all that it is, where and when you are. And live your life to inspire others as well, by example. Namaste, our brother.

More on oneness

May 27, 2015

JANU: Perhaps humanity might consider being one with each other. Considering current behavior, this may seem remote, but humanity’s survival is at stake. And the acceptance of the reality of oneness reveals benefits on the path to the larger life for the benefits of oneness apply throughout humanity’s future, which includes other beings as well.

How does one demonstrate the reality of oneness to those who are so divided and isolated? Now you ask, “Is the solidarity of groups that are so destructive, a kind of oneness?” They unite for strength, that is a quality of oneness. That is a kind of oneness, but it is devoid of the conviction from within.

The oneness we speak of is the oneness committed to serving each other, mutual support. Some would say: where is the profit in oneness? Where is the advantage over others? Where is the control and secrecy of information so vital to today’s business structures? The application of such a reality to the diversity of human behavior is complicated, indeed. But oneness belongs to the true destiny of humanity. Quality of life, creativity, evolution are far more greatly enhanced by the interplay of oneness, the understanding that serving your neighbor serves yourself. Climbing over others to succeed wastes grand opportunities to build upon each other’s capability and genius, for

mutual success. Of course, trust is involved, faith in the innate ability of others. And, woven through all of this, a genuine love for each other.

Life loves itself. How can it be otherwise? This understanding is no mystery to the True Nature. Religion is a human attempt to express guidance of a higher nature, but it is still interpreted by unawakened humans. The superior solution is for each one to find the truth within, to awaken to their True Natures.

So, embrace the concept of the collective human being, the collective consciousness, the unified destiny comprised of many. It is one thing to perceive this globally, so to speak. Quite another to see it in your neighbor, and in yourself. Individuality and oneness are not in competition. Breathing good air keeps humanity continuing. Embracing oneness, to any degree, is essential. Allow this understanding into your day, expressing oneness to any degree. This is the path to freedom. Namaste.

Dimensional drifting

June 9, 2015

JANU: We are looking into, if you will, the dynamics of what you might call 'dimensional shifting.' There is a fluidity that transcends what some think are borders between dimensions. There are cross- or mutual influences which blur, from human perspective, these so-called delineating borders. What exists here is a living, moving, changing, evolving system of protocols, parameters of existence, and they are in flux. Dimensional shifting refers to these movements.

Nothing in life evolves or exists in isolation truly. A human's perception of a dimension is limited indeed. That concept or perception limits one's consciousness in exploration of reality. The human tends to do this to identify components of life. But the synergism that is in motion throughout life commands a different understanding. Let there be, then, a more global understanding, not only of the so-called dimensions, but the dimensions so-called of your own existence. Too many separate spirituality from physicality, lumping collective complexities into isolated categories.

Where then does oneness lie in the connection of everything to everything? And what does connection mean in this sense? It means that the mutual existence of elements of life, elements of your being, affect each other, support each other, evolve with each other, with paths of influence, connectivity, that are necessary for the integrity and survival of systems of life. And each one is a system of life within the systems of life. Even your consciousness, your spiritual being and awareness, does not live alone. Understanding this changes the perspective of so-called dimensions, not as labeled isolated elements of life, but varied conditions of existence that are one.

Being incarnate does not restrict you from the rest of the tapestry of life. The degree of conscious connection and understanding is up to you. There truly are no secrets in life, except by your own imposition. Of course, there is a growing maturity involved in larger understandings that respects life, honors integrities, that all of the elements of life continue and evolve.

All of this speaks to what we have titled the drifting of dimensions. The conscious human intellect tends to categorize the limits of life for the purpose of identification and, hopefully, understanding, but seldom reassembles these elements in its perceptions into one flowing unity of life and the theme of oneness, coordination, cooperation, and ongoingness. A little larger way to view life, our brother, and rewarding. Namaste.

Individuality and oneness

July 7, 2015

JANU: We are handing off our journey this morning to the auspices of the planners of the journey of the Earth and humanity. These planners have always been present, in one sense or another, and they are mindful of those who contribute to Earth's destiny and the evolution of humanity and their relationship. It is an interesting turn of events when arrangements are made for a species of a world that belong to the world in the sense of born of it. It is a miraculous undertaking, especially when individuality is playing its role.

When elements of life are one, individuality is almost a journey of its own. But there is wisdom behind this, for it reveals a strength of ownership, of identity, in the midst of oneness, for even when the consciousness of oneness returns, individual consciousness remains, bringing versatility to the reality of oneness. And there is a larger truth here, our brother, that oneness and individuality are not at odds, but a style of life that contains all the patterns of life to be drawn upon, emulated, and bring a kind of balance to the Orders of Life due to its diversity that embraces so much of life's potential and beingness. As humanity begins to understand this, it gains consciousness of inclusion, synergism, and a family of life that is one.

Life includes all realities, our brother, old and new. That is the foundation for living, expressing, and creating. We have referred to recognizing others and their unique personalities and experiences and expressions in living is recognizing the strength of reality and the continuing flow of life. An understanding worth considering, our brother, seeing how differences are the model for a larger understanding of collective life.

The presence of life

July 31, 2015

JANU: We are settling in then for a period of adjustment to engage a finer reality of life, enhancing the sense of scope to the reality of presence. Life does have presence, and it takes many forms, each one a unique experience.

Perceiving experiences as forms and expressions of life helps one appreciate its magic, its Truth, its unlimited presence and unlimited True Power. In a very real way, you loved yourself into being as an expression of life and its all-pervasive reality. You are the evidence of this reality, as is everyone else. As is your sense of being separate from, disconnected from other expressions of life. Life's nature allows this limited perception and the experiences it brings. But, understand this, all of these are known in the presence of life. You never love alone, or think alone, or speak alone, or discover alone. You are never alone. Never have been, or will be.

You created your being to experience life as life. Life is not limited to spirit, but includes all manifestation and all unmanifest. In time, consciousness will embrace individuality as part of everything. So, you see, in this sense you are the physical, the non-physical, and everything else, all at the same moment. Life cannot be separated from itself, whether you are aware of its connection or not. By example, many of a religious nature accept the point of view that the Christ left the physical body and is gone. But that consciousness is not gone. It is present as part of the True Nature of everyone and was before it was incarnate. The essential nature of that reality is part of everyone. It is life, manifest and unmanifest.

Much to be understood about the truth of oneness. And we are all one. Namaste.

A new perspective on oneness

Aug. 7, 2015

JANU: We are beginning once more to approach life from a different perspective, a 'back door,' if you will, to convention. For this morning's journey, we are in repose, so to speak, listening to life's message, which has always been here. And the message is to allow the fullness of life to be your experience. Not so much one specific understanding, but the natural richness of its presence. Life is, and so are you, and oneness allows universal intimacy. And we have that same intimacy, our brother, as life journeys through us, its true power, its flow, its richness, and its eternal nature.

We are already one with whatever is sought. The challenge is to let go of the perception of separation, which is a temporary reality in the larger life. Being one with your True Nature is the path to this experience. Be one with the answer to your questions. Let go of limitations to your understanding. Let go of unconsciousness, sense of distance and time. These are the illusions of incarnation, but are not required. Allow the cloud to lift, the darkness to dissipate, and embrace freedom.

This so-called 'back door' to being one with all of life is really the 'front door,' you see, and is not a door at all. Misperceptions from the incarnate isolation cast the illusion that you cannot possess the answers to your questions. We, as a complete being, enjoy the freedom to be one with all that we are and, through that, one with universal understanding. Not at distance, but always present. Be at peace with this, our brother. Namaste.

Oneness and connection with other worlds

Sept. 14, 2015 B

JANU: We are continuing to explore life with you. There is another world nearby--near in consciousness, not physically--that springs to mind, so to speak, when you entertain the query about the choices a species makes and what they make of the world that is given them. Humanity could have gone in many different directions. A more intellectually oriented world, a more mystical world, a more technological world, a more integrated world of different species. But when you look closely at other worlds, humanity chose to include a combination of directions as if sampling the varieties of life that are possible. The other world we speak of chose privacy and, as a result, became a homogenous society not benefiting from the synergism of experimentation.

Now, many of humanity are of the opinion, or perception, that the elements of their existence are only of the Earth. Many inspirations that have shaped human existence come from many realities. Those who are centered in being alone in the universe would be surprised to learn that the thoughts and consciousness of humanity have inspired other beings on other worlds, influencing their culture and advancements. Being open to exchanges of this nature more consciously will bridge the misperceptions of isolation. The True Natures of individual humans, and collectively, network far and wide. And none of human consciousness and social norms is unknown to them.

The point of this journey is to encourage a growing openness and sensitivity to connection between lives, between ideas, between visions, ambitions, and wonderings. One can know the thought of another, without knowing who or where or what they are. And they can know yours, as well. Oneness, our brother, on a deeper and larger scale, is how we all live, as we have journeyed together to other worlds and other cultures evidences the truth of this.

Being alone in life is an illusion by choice, but as one awakens and matures and becomes wiser, the choice changes and the perception of reality changes as well. The Truth of Life is not held in secret and awareness of it is a choice. Humanity is not the only race in the universe evolving into a larger life. Be at peace with your neighbor. You have been helping each other since the beginning. Namaste, our brother.

Sanity in the midst of confusing changes

Nov. 20, 2015

JANU: The at-one experience is begun in small ways, for the revelations of understanding and experience can overwhelm the human consciousness, but it does change perspective on the Order of Life as a system. For some, the embrace of a larger identity that includes the human experience is feared as a loss of certainty as to who they are, for they cherish what they know and are uncertain about anything else. For the awakening person, the identity is already shifting and they are more comfortable with the change, but also impatient and a bit unwise in their zeal.

The larger life is always there. Time does not diminish this reality. There are thresholds of awakening and when each is neared there can be an underlying anticipation of this and the human can feel a growing sense of urgency to fully realize the threshold. The guidance of your True Nature is particularly useful at this stage. Evolution in consciousness can be a bumpy road with confusions and challenges to what you're used to in ways of thinking and perceiving. Old capabilities being changed by new ones.

So what do you center on, hang on to, our brother? Confidence that the Truth is, and is at the heart of it all and the flow of life. Desiring the best for others and a willingness to serve and uplift brings sanity to confusion, remembering that they have their path as well. Inspiring without interference is an interesting balance. Namaste.

Merging physical and spiritual life as one

Nov. 28, 2015

JANU: We are impressed with the gains in understanding and perspective as to the oneness, the co-existence, of incarnate life and spiritual life. They have always been one.

The choices were made long ago as to awareness, the focus of consciousness. Your focus is not limited to one objective, and that is changing to the incorporation of simultaneous awareness and collective consciousness. No longer spiritual life as opposed to incarnate life, but the merging of the two creating a more profound life. The current attitudes of church and state perpetuate this separation by reason of confusion as to true spirituality and the practice of religion. In truth, religion being more a component of incarnate life with a desire for it to be something more, but confusion as to what that is or could be.

Consider the possibilities of a life experience of an incarnate and spiritual reality merged as one. The revelations of truth resolve blind anger, jealousies and rage, warring, violence into constructive contribution to life, building and growing, no longer creating the pain and suffering and illnesses. So many current activities consume and waste vast amounts of resource. It isn't necessary in this enlightened model of living.

Many see discarnate afterlife as idyllic, loving and peaceful, an escape from conflicts of incarnate life. Why not apply what you already know spiritually, for that is your nature, to this incarnate life and enjoy the result of what can be? Some of this already exists in the arts and in science and in nature and in people's hearts and souls. Humanity has the natural gifts and capacities to transform incarnate life, no longer one or

the other but each an expression of the other, moving from one venue to the other with ease.

Experience who you are, the life you live, relationships, all of existence in a deeper and larger way. Putting conflicts in perspective, perceiving the layers of reality behind conditions, understanding yourself and mastering your expressions more clearly. Endeavor to merge your incarnate life with your spiritual one. They both exist and they are one. Let this be so in your understanding and how you live. Namaste.