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Foreword

No one may pressure you into a state of unity. It may only be felt by conscious choice. This choice includes both mental and emotional sides.

The mental choice calls for choosing to view the world through the lens of interconnection, to see yourself as piece of a greater body, and to assume the new level of responsibility that develops from that position. The emotional option is to by choice tune in to this ever-present connection and to feel it as joy.

In order to really master unity, both the mental and the emotional sides have to be integrated. You have to realize the truth of unity, as well as feel your loving connection to other people.

If you only have the mental side, you'll comprehend and agree with the logic of unity, but you won't truly get it intuitively. You'll lack the push to turn your realizations into direct actions.

If you only bear the emotional side, you'll intuitively feel that we're all connected at some level, but you'll lack a reasonable reality to understand it. You'll feel united and joyous at times, but you'll have a difficult time mixing that into all parts of your life.

When building up a sense of unity, it's helpful to start by centering on either the mental or the emotional side, depending upon whether you prefer your system of logic or intuition.

Begin with whichever one you choose, and then utilize your progress as a way to research the other side. You may even shift back and forth in order to advance both views.

Here are a few specific exercises you can utilize to formulate and expand your experience of unity. A few of these deal with the mental side, while others center on the emotional side.



***Law Of Attraction: Achieving Oneness Through Unison
Developing True Union With Others With One Accord Of
Harmony.***

Chapter 1:

Unity Domain

Synopsis

Allow 10 minutes to sit quiet, relax, and scarcely think of what it might be like to live in a world where everybody lives lined up with unity.



Have A Fresh Look

Envision a world where all individuals feel joyous and connected with everybody else. Conceive of a place where cooperation replaces rivalry. What would it be like to walk down the street passing multitudes of strangers and feel as though they're all close loved ones?

How would individuals act in a world where “we” thinking substitutes “me” thinking, where benefiting at somebody else's expense never occurs, and where everybody accepts personal responsibility for the wellbeing of everybody else?

In this domain of unity, you are able to always anticipate impartial treatment, no matter color, gender, or sexual orientation.

If you require help with anything, you are able to approach anybody at any time, and you'll be addressed like a loved one. The very belief of individual progress at the expense of other people is totally alien. This human races' mantra is: "We're all in this collectively."

This fresh domain has no arms, no prison houses, and no national perimeters. There's no fury or state of war.

Individuals still have conflicts; however they settle them by joining forces to disclose the truth while treating each individual with consideration and fair-mindedness.

Let your mind and emotions roam freely through unity domain. Think of what it might be like to really live there. Pay attention to how it makes you experience your surroundings.

Though this is a fantasy drill, it will deepen your comprehension of unity. Even in real life, you'll go through a few of these advantages as you start to line up with unity.

When you interact with other people from a place of cooperation, being fair, and consideration, you will tend to get similar treatment mutually. When you treat everybody as a friend or loved ones, you will frequently discover them responding in a similar way.

Over time, you'll draw in other people who line up with unity, which will enable you to produce a personal community of unity inside your own life.



Chapter 2:

Nature and Contact

Synopsis

Spending a little time in nature and getting some contact is among the easiest things you are able to do to feel unity.



Find Your Roots

Even if you are able to only reserve an hour or less, capitalize on the chance to check out from urban life and reconnect with your instinctive roots. Keep an eye on the animals. Touch the trees. Sense the wind on your face.

Realize that you're not separate from nature, and that it's a part of you. You aren't an alien visitor to these surroundings—you really; do belong here. Observation how great it feels to quit doing, quit thinking, and simply be among the plant life and animals.

Reconnect with the reality that you're part of the kingdom of animals. Among my preferred natural environments is Sedona, Arizona, which is in the North West corner of the state. On my last trip there, I discovered a path up the side of a mountain with an amazing view of a beautiful canyon. I sat solely for 60 minutes taking in the sunset while savoring a calm, meditative state. I felt so peaceful that I stayed put till the last possible moment, leaving hardly enough light to make it back down the path before it was too black to see. Such experiences are an excellent way to reload the emotional side of our unity experiences.

A really gratifying way to experience unity is to place yourself in loving physical contact with some other willing individual. Cuddle your partner in a spooning pose. Hold a youngster in your lap. Rock a baby. Say nothing—simply savor the still recognition of the link between you.

As you both sustain physical contact, envisage your awareness extending to embrace the other individuals body. In your brain, state

the words I am you. There's no detachment, no differentiation between you. You both fade into one another and share a unique awareness.

Savor this feeling of complete connection, unhampered by any thoughts of detachment. Don't simply imagine you're one; recognize you're one. As well as bringing on a feeling of unity, physical contact may likewise intensify your intimate link with another individual, a link that might hold on even after you physically let go of them.

As this bond with another person gets mightier, it will subtly transform the manner in which you interact with other people. Individuals who are in love by nature act more consciously and with compassion.

Occasionally when I'm experiencing a feeling of disconnect, I'll go up to one or both of my youngsters, presently ages 5 and 9, and give them big hugs. They commonly hug me as tightly as they can. It feels excellent to share a loving physical link with them.

Linking up with animals may induce a state of unity too. I used to have a kitty that would purr contentedly in my lap while I pet her. Regrettably, I was supersensitive to her hair in the form of an allergy, so I had to find her a new family, but it was really difficult to give her up as it felt so great to connect with her.

Chapter 3:

Mirror Drill

Synopsis

Pick out a random individual, such as an acquaintance, fellow worker, or famous person. How would you distinguish this individual?



Look At Yourself

Make a little list of this persons' primary character reference qualities. Then place a plus sign (+) next to the characters you love and a subtraction sign (-) next to the ones you disapprove of.

Now consider the list you have produced, and read it back to yourself. However this time think about it from the position that you're dealing with a list somebody else composed to describe you. You will likely derive some fresh insights about yourself as you realize that this is an impartial representation of what you love and have disapproval for most about yourself.

I have proposed this mirror drill to a lot of individuals around the globe, and those who implement it are a great deal of the time amazed by what it exposes. I urge you to attempt it for yourself. It merely takes a couple of moments, and it will help you recognize that other people are not so dissimilar from you after all.

We generally praise in other people what we love most about ourselves, while condemning those characters we protest confronting in ourselves. By the way, did I bring up what a beautiful, bright, and loving individual you are?

Unity is among the most ambitious things to apply consistently, for the most part because the world is still very lined up with detachment.

A major part of unity is the power to dispense with thoughts of detachment and let your awareness expand beyond the limits of your self-importance. The more your individual self-importance

commands your awareness, the more you'll automatically unplug from the individuals around you.



Chapter 4:
Great Character Traits

Synopsis

A person with good personality traits in charge of his own life, recognizes his goal and vision and is committed to see that it happens. He trains himself to become an effective communicator and has the power to influence other people through his words and actions.

Individuals respect him as he cares and is reliable. Through his character, he's able to accomplish his goals with the help of other people and at the same time help them addition confidence and better their esteem.

You can't counterfeit your charm as time, events and situations will demonstrate if you have it. It takes time to establish a great reputation. You're not born with it but acquire it by training, experiences and a solid vision or want to become a worthy individual to yourself and those around you.



Great Character Traits

Foresight.

No matter what your position in life is today, you have to have visions. If you've cultivated this trait, it's a matter of exercising it in your roles in life. Individuals can tell an individual with vision. It evidences in the way you handle yourself and your earnestness in committing to development, change and success.

Discipline and centered.

You demonstrate it in your daily discipline and how you pay attention to every day tasks in order to better productivity and performance. It's in your focus and dedication in discovering resolutions and having the bravery to take risks.

Bearing favorable qualities and mental attitude.

Individuals like and emulate other people who exude assurance, are decisive and assertive. Followers move towards people who can do noteworthy things in spite of distractions and challenges.

Great communication.

Your utilization of language is crucial. What and how you verbalize or deliver your message tell other people who you are. Learn to utilize words that affect and inspire other people. Words have the force to produce emotions and move individuals to take action.

Truthful.

Use honesty and reality in your dealings but pay attention to others feelings and personal values. Make it your path in your daily interactions.

Compromising.

You have to adapt your techniques and reorder your priorities without compromising your principles and values if the need comes up. Particular situations justify different actions and you have to have the capacity to change and adapt.

Modest and humble.

You don't have to wield control over other people with your position. If you wish to have an admirable temperament, practice modesty and show Compassion. Respect other people for what they are and hear their opinions. The way you treat other people shows your ethical fiber.



Wrapping Up



I wish I could state I always act from a state of unity, but that wouldn't be reality. I've been at that place intellectually, emotionally, and spiritually; and I understand it's a beautiful place to be. When I am at my most beneficial, I've the clarity to consciously embrace unity. Regrettably, I'm not forever at my most beneficial.

Don't beat yourself up if you discover it hard to accomplish and hold the state of unity. It's adequate for now that you're mindful of the idea. When you feel the time is correct, you are able to consciously start working to better your alignment with unity.