

Five Inspired Practices for Embodying Oneness
from the book, *The Proof: A 40-Day Program for Embodying Oneness*
by James Twyman and Anakha Coman.

Practice 1 ~ The Rhythm of Oneness

“Happiness is not a matter of intensity, but of balance and order and rhythm and harmony.”

— **Thomas Merton**

“Smile, breathe, and go slowly.”

— **Thich Nhat Hanh**

“Even in the middle of a hurricane, the bottom of the sea is calm. As the storm rages and the winds howl, the deep waters sway in gentle rhythm, a light movement of fish and plant life. Below there is no storm.”

— **Wayne Muller**

Exercise

Returning to your natural rhythm and moving with the pace of the universal heartbeat restores you to Oneness. Slowing down connects you with the rhythm of Life, with your essential self, and with other people. Holding yourself in this way brings you into the very heart of Oneness.

There’s a close connection between the rhythm of Oneness and the rhythm of your footsteps, your breathing, and your mind. Today, practice finding a pace that connects you with your breath, heart, and mind . . . truly connecting with your natural rhythm and flow. Notice when you feel your movements becoming forced and harried. Within that gentle awareness, take a moment to pause and return to your center. Breathe and rest for a moment in the stillness. Repeat the word *ahimsa* (meaning nonviolent actions) as a mantra throughout your day as you continue to return again and again to the rhythm of Oneness.

Imagine this practice as a moving meditation, like tai chi, or as a flowing dance, such as ballet. Allow one action to create and flow effortlessly into the next. Every breath, step, and thought is connected. As you engage in this practice, the frenetic pace of your thoughts will become slower and calm down; and your breathing will become fuller and more relaxed. You’ll experience the beauty, vitality, and energy of

life. You'll feel connected to your own deep personal integrity and to the integrity of life that surrounds you. In this place, you're moving within ahimsa—expressing compassion to yourself and others—and you're in union with all things. Paradoxically, when you slow your pace to your natural rhythm, your movements become more graceful, powerful, and focused—thus, more is accomplished, created, and received with less effort and energy.

For today, experiment with pace, rhythm, and movement. Discover the Rhythm of Oneness for yourself and share it with others.

Affirmation

*I AM moving with the rhythm of my heart, in harmony with the purpose of my Soul,
vibrating with all of creation.*

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Practice 2 ~ The Breath of Oneness

“All the principles of heaven and earth are living inside you. Life itself is truth, and this will never change. Everything in heaven and earth breathes. Breath is the thread that ties creation together.”

— **Morihei Ueshiba**

“Ancient lovers believed a kiss would literally unite their Souls, because the spirit was said to be carried in one's breath.”

— **Eve Glicksman**

“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts.”

— **Thich Nhat Hanh**

Exercise

Begin this practice by becoming aware of your breath, expanding it throughout your entire body. Allow your breathing to organically circulate, connecting cells and organs, blood and bones. Feel the beauty and elegance of your body's intricate design. Through each inhale and exhale, allow yourself to be filled by the Spirit and filled with Oneness . . . then permit yourself to become empty, in Spirit and in Oneness.

The Hebrew word for breath is *ruach*, but it also signifies spirit and wind. It is your breath that connects you with Spirit and your Soul. It sustains your Soul. Now, with your breath, animate and give expression to your Soul, knowing that breath and Soul are from one origin. Allow yourself to be filled with the breath of Oneness, which is love, joy, peace, and unity. Exhale separation; inhale Oneness. Exhale fear and anxiety; inhale God's loving presence and power.

Imagine that you're breathing with every living being and organism on the planet and in the cosmos. Breathe with the trees and with the ocean. Breathe with the children in Africa. Breathe with the monks in Tibet. Breathe with the saints and mystics from the past: Jesus, Buddha, Krishna, Moses, and Muhammad. Breathe with your friends, family, and community. Breathe with those you consider "different." Breathe with the planets and stars. Breathe with all of creation and know the truth of "I AM *One. We are One.*" Come alive with the breath of Oneness! Dedicate your breathing as a prayer for all sentient beings. Allow a single word or phrase to arise on your lips, and send it out to the world through the breath of Oneness. In this practice, your breathing becomes a prayer and a profound act of sacred activism.

Practice the breath of Oneness for at least five minutes at the beginning and end of your day and your Soul will settle into a heavenly peace. Return to it often throughout the day in order to practice the presence of God wherever you are and in whatever you're doing.

Affirmations

I AM breathing Life, and Life is breathing me.

I AM forever connected to my Soul in the Spirit of Life. I AM, I AM, I AM.

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Practice 6 ~ The Body of Oneness

“Begin to see yourself as a Soul with a body rather than a body with a Soul.”

— **Dr. Wayne W. Dyer**

“Our bodies know they belong; it is our minds that make our lives so homeless.”

— **John O’Donohue**

“The body is a sacred garment.”

— **Martha Graham**

Exercise

Your body is an expression of the living Oneness, a temple for the Divine presence. When you’re disconnected from yourself, you’re out of touch with your essence and nature; and you’re not resonating with the rest of the world. This disconnect keeps you from enjoying the many blessings and bliss of Oneness.

Today, take a moment to be still, becoming aware of your breath. Imagine that your body is like a stringed instrument that needs tuning. This adjustment will bring you into presence, putting you back in sync with the world. Being fully present in yourself means being perpetually in tune, ready to vibrate with each moment as it unfolds. Neither rejecting nor preferring any sensation, emotion, or experience, you embrace the Oneness of life. This practice reconnects you to your natural state of wholeness..

Begin by tuning into your body. Pay attention to any sensations that may appear as tension, energy, deadness, numbness, aliveness, pleasure, or any other emotion. Allow yourself to become present to your body, gently noticing your judgments, fears, distractions, and projections as they float to the surface. Return to your breath and acknowledge the truth that your body is a temple, an expression of the living Oneness.

Continue scanning your entire body. Begin with your feet and move slowly toward your head, observing and feeling each sensation: tingling, tension, energy, temperature, softness, pulsing, and so forth. Proceed slowly and examine each distinct part: your feet, ankles, calves, knees, thighs, pelvis, buttocks, belly, chest, back, shoulders, neck, and head. Give yourself time to complete this; it usually only takes ten minutes or so.

Assess your breathing. Is it deep or shallow? Fast or slow? Simply allow it to be. Pay attention to how

your body responds to your breath: the rise and fall of your chest and belly, the air moving through your nostrils and throat, and your lungs pressing gently into your back. Become aware of your breath reaching all the way down to your feet. How does it feel there? In your hands? Your head?

Tune in to the subtleties of your body. Feel your heartbeat and relax into its simple, steady beat . . . the pulse of life that connects all things.

Now allow your body to rest in gentle awareness and loving compassion. Tap into the vibration, thought, and feeling of absolute love. You may first feel it in your toes, your eyes, or in your throat—wherever its origin, let it grow until it encompasses your entire being. Experience absolute unconditional love. Feel everything—your cells, glands, bones, blood, and nervous system—vibrate to the frequency of love. Make this your intention now. Breathe love and compassion into your body temple. Allow it to move like a wave, cresting and falling. Feel the ecstasy of life and love flow through you. Bathe in this delight; feel the luminosity within you.

Pay attention to any area of your body that's speaking to you. It may be a part that feels tense or painful, or perhaps it feels warm and relaxed. Be fully present and listen for its wisdom and guidance, for your body holds a wealth of information and connects you with the deeper truths of Oneness. In Oneness, all aspects of life are expressions of the Divine that inspire and guide you—your body is an example of this truth.

Play with this practice throughout the day, especially when you feel tired, out of sorts, or disconnected. Within a few minutes of engaging in this, you can return to presence. Remember that your body can be used as an instrument of Oneness or of separation. Today, choose to focus your body temple as an expression of the living Oneness. Let it guide you into a deep, meaningful resonance and relationship with the world.

Affirmations

I AM fully alive and thriving in this moment, in tune with my body and the world.

I AM a Divine temple, an expression of the living Oneness.

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Practice 7 ~ The Restoration of Oneness

“God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.”

— **Genesis 2:3**

“Emptiness is the pregnant void out of which all creation springs. But many of us fear emptiness. . . . We prefer to remain in the realm of form, surrounded by things we can see and touch, things we imagine are subject to our control.”

— **Wayne Muller**

“There are thoughts which are prayers. There are moments when, whatever the posture of the body, the Soul is on its knees.”

— **Victor Hugo**

Exercise

Today’s practice is a return to the sacred rhythm of rest. Tuning in to your natural cycle includes attending to your needs for rest and relaxation. This, in turn, keeps you connected to Oneness and resonating with your life and the world.

For this moment, release the pressure to incessantly “do” and “produce”; and take the time necessary to root yourself in the beauty, abundance, and trustworthiness of this sacred universe. Give yourself permission to relax. Find a place where you can sit or lie down and just be. Rest is a holy practice. Repeat this to yourself: *There is nothing to do, nowhere to go . . . nothing, no thing. To be here now is enough; I am a blessing.* Relax and be in relationship with the All That Is. Breathe in. Breathe out. Sink into the arms of Oneness—the arms of love, of peace, of God. Imagine, feel, and know that you’re being held by the universe. You are supported, nurtured, and rejuvenated. .

Allow the sacred rhythm to restore balance to you and your relationships, to remind you of who you truly are and why you’re here. Allow the Divine Presence to rekindle your creativity, your zest and your passion for life. Allow yourself to be tended to while you relax in the restoration of Oneness, held by the web of life. Rest, restore, and remember. Return to your center, knowing that you are both blessed and blessing. Give thanks for the wonder of it all.

Use this practice throughout the day to bring yourself into the awareness and presence of Oneness

and restore your innate connection to Life. Right now, take 10 to 20 minutes to simply rest in Oneness.

Affirmation

I AM remembering who I AM, trusting the sacredness of life as I rest and take refuge in the Oneness.

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Practice 9 ~ The Belonging of Oneness

“I am a living member of the great family of all Souls.”

— **William Ellery Channing**

“It’s the most precious thing . . . to know absolutely where you belong.”

— **Tessie Naranjo**

“The hunger to belong is not merely a desire to be attached to something. It is rather sensing that great transformation and discovery become possible when belonging is sheltered and true.”

— **John O’Donohue**

Exercise

We all want to belong. Deep in our core, we share a universal need to feel welcomed and loved. Every being on the planet shares this trait—no matter how deeply buried or disguised it may be. And at its root, belonging is about being seen and received and coming home.

Allow yourself to connect with your own desire to love and be loved. Breathe into the center of your longing and allow it to grow. Imagine that every person in your life—everyone in your community, town, city, state, and country—shares the same intensity and depth of longing. Allow this awareness to expand to include the entire world, and connect your longing to the longing of the world. This is a fundamental aspect of Oneness, your longing to be recognized and called home.

As you move through the day, gently hold this awareness of your innate belonging. Ground yourself

in the truth that you're here on purpose. Feel the comfort, the kinship, and the passion that come from knowing you belong to the earth, and you're here to share your love with the world.

Notice the places and people with whom you feel a natural belonging as well as a sense of separation. Allow your love and compassion to encircle these experiences. Let it grow and expand.

How can you invite others to come home? Stay alert and watch for opportunities to extend the belonging of Oneness to your friends, families, co-workers, and even to people you don't know yet. Be inclusive and invite everyone. Open yourself, making the invisible web of life visible. Demonstrate the miracle of our interconnectedness. Meet this universal need by actively shining your light on the darkness of isolation and separation. Create a circle where no one is excluded, where all are invited to participate in the belonging of Oneness. Feel the love in your heart burst forth as you create a sense of deep belonging in, to, and with the world.

Affirmations

I AM included as an expression of Life, embraced as an expression of love.

I AM here, I AM One, I AM home. We are here, we are One, we are home.

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