

We Are All One: Helping Others is Helping Ourselves

by **TARA MANIAR**

On Oct. 24, we celebrated the 4th annual Global Oneness Day, which was created to recognize and celebrate the fundamental interconnection of all people and all of life. Why is this important? Oneness is the key to peace. Science is beginning to uncover what was revealed to the rishis and sages of ancient times – that ‘we are all One’ – Vasudaiva Kutumbakam.

This concept allows each of us to realize that even though we may appear to be separate from each other in a physical sense, in ultimate reality everything in existence is made up of source energy that is in relationship to and interacts with all of life. We are all interconnected with and interdependent on all of existence.

In Africa, the concept of uBuntu (‘I Am because We Are’) is being rediscovered. uBuntu points to the sacred inextricable interrelatedness, interconnectedness and interdependence of all of life. Ubu means ‘Be-coming’, and the African root-word ntu means ‘Highest Being/Potential.’ uBuntu is becoming the highest being. This is the goal of the human birth.

We know that man has three parts – animal, human and divine. The concepts of Vasudaiva Kutumbakam from India and uBuntu from Africa guide us to aspire to strive individually and collectively to our potential and highest being. We are all One and I Am because We Are! This Oneness and togetherness is the interrelatedness, interconnectedness and interdependence of Mother Earth and all her inhabitants. This is easily demonstrated

with the exchange of oxygen and carbon dioxide between mammals and trees. We inhale oxygen which was released by the trees and exhale carbon dioxide which is taken in by the trees. I am the tree, the tree is me and we are One.

With our thoughts and emotional vibrations, we add to the field of the collective consciousness and realize at this higher level of consciousness and vibration that I am you, you are me and we are all One. This concept of collective consciousness and Oneness is the key to peace which leads to safety and abundance.

Each one of us is in a position to contribute to the greater good of peace, safety and abundance and a world that is life sustaining. It is our responsibility and our right for everyone to be more mindful of their thoughts, words and actions towards themselves and each other, for these impact our vibrations and contribution to the global consciousness. Most people want peace, safety, abundance (or enough so they are free from worry) for themselves and their families. ‘We are all One’ and ‘I Am because We Are’ inspire us to expand this peace, safety and abundance to all of the inhabitants of Mother Earth.

‘Act local but think global’ is a slogan for many organizations. Our actions in local time and space have a global effect. To live this concept of ‘We are all One’ and ‘I Am because We Are,’ we need to ask, “Are my thoughts, words and actions having a positive or negative impact in this present moment? Do I relate to others, even those who are behaving in ways which I

do not appreciate or expect, with frustration, anger, dishonesty, etc. or with love, compassion, respect, integrity, etc.? Am I contributing positively or negatively to this collective consciousness?”

With each thought, word and action we should be mindful of our contribution to this collective consciousness, for we are creating the world with our thoughts words and actions.

As we envision the concept of being one with all things seen and unseen, we revel in the idea that everything we do in life has an effect on all of life as a whole. Whatever I do to you, I do to myself. This means that whatever we do for and to ourselves; and whatever we do to and for ourselves affects all of existence. With this truth, each of us might want to treat others and self with love, respect, integrity, honesty, compassion, etc. This Vision of Oneness is the catalyst for each of us to individually take responsibility for our own thoughts, words and actions and thereby everything that we create into our lives. Each one of us holds the key to abundance, peace, safety and the highest good for ourselves, others and all

of existence, for we are all One and I am because we are.



Tara is a certified holistic life coach and interpersonal wellness facilitator who guides individuals to self-awareness, transformation and growth, so they can discover and live their purpose, passion and potential. She can be reached at tara@shantilotus.com or tara@interpersonal-wellness.com; or by phone or text at 204-218-9722.



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