PHILOSOPHY

INTRODUCTORY COURSE – WISDOM

Session Nine   **Unity in Diversity**

Summary

1. Unity in Diversity
   a) Separation
   b) Experiencing unity

Practice

1. Observe where we feel separate or exclude anyone.
2. Remember the unity.
3. Remember to use the question, **'What would a wise person do here?'**
4. Practise the exercise twice a day.

Quotations

Attributed to Chief Seattle
Duwamish Tribe

All things are connected. Whatever befalls the earth befalls the sons of the earth. Man does not weave the web of life; he is merely a strand in it. Whatever he does to the web he does to himself . . All things are connected.

Hazrat Inayat Khan
Sufi writer and musician

To obtain spirituality is to realise that the whole universe is one symphony; in this every individual is one note, and his happiness lies in becoming perfectly attuned to the harmony of the universe.

Rumi
A Garden Beyond Paradise

Everything you see has its roots in an unseen world, the forms may change, yet the essence remains the same. Every wondrous sight will vanish, every sweet word will fade. But do not be disheartened, the Source they come from is eternal - growing, branching out, giving new life and joy.

Īṣa Upaniṣad
He who sees himself in all beings and all beings in himself knows no sorrow.

Hildegard of Bingen

Everything that is in the heavens, on earth, and under the earth is penetrated with connectedness, penetrated with relatedness.

Śaṅkara
The wise see the whole world as a family.

A Rabbi taught:

A Rabbi gathered together his students and asked them:

'How do we know the exact moment when night ends and day begins?'

'When it's light enough to tell a sheep from a dog?' said one boy.

Another student said: 'No, when it's light enough to tell an olive tree from a fig tree.'

'No, that's not a good definition either.'

'Well, what's the right answer?' asked the boys.

And the Rabbi said:

'When a stranger approaches, and we think he is our brother, and all conflicts disappear, that is the moment when night ends and day begins.'