

#### Summary

- Finding unity in diversity
- Appreciating diversity
- What is it that unites us?
- Quotations about connection, harmony and essence
- Experiencing unity

#### Practice

1. During the week be aware of both the diversity all around us and also what is it that connects people. For example in the family or work setting, what is it that at this moment is uniting or connecting all the people involved? Also consider whether there is anything which could be said or done to strengthen that unity.
2. The wise man or woman is aware of both the diversity and the unity. Use the question, 'How would a wise person act here?'
3. Continue to practise the awareness exercise.

#### 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.

##### ***Isha Upanishad***

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.