

One Being

The one being.

Ever-present and aware.

Consciousness pervading and unifying all that exists.

All universes, all dimensions, all humans, one being.

Creative source individuated.

A myriad expressions of the one.

Shades and stages of diversity unfolding.

Knowing the other and I as expressions of the same being.

All creatures, all entities, all forms, one consciousness.

The one being of all that is, in human form.

Self-aware and aware of Source.

Seeing with the eyes of the one being.

Hearing with the ears of Source.

Being the observer and the observed.

Border-less and defined in the same moment.

Being in the Present Moment.

Being the Present Moment.

Feeling the flow of the unfolding moment.

Alive in the flow.

Being the flow.

Being the river, fluid and grounded.

Making a new way in the moment.

Being the wind through the trees.

Being the tree. Feeling its roots, trunk and leaves.

Knowing the tree as a living being.

Feeling the mountain being, its timeless presence.

Feeling the starry sky as the atoms of the great being.

Feeling the pulse of the stars through the veins.

Nurtured by Source and able to nurture.

Feeling fragmentation and wholeness.

Feeling compassion for fragmented humans.

Letting go of fragmentation.

Embracing wholeness.

Recognizing what is, neutrally.

Letting go of what has to happen.

Allowing what wants to happen to emerge.

Letting go that anything has to be 'this way.'

Merging with what is and being one with it.

Letting go of how others have to behave.

Allowing others to be what they are.

Setting boundaries as needed to not be invaded.

Being centered, neutral, unaffected and self-expressive.

Letting go of preferences and favoritism.

Letting go of image and status.

Letting go of doing, ambition, accomplishment.

Letting go of projection, speculation and pre-conceptions.

Letting go of comparisons and measurement of self and others.

Bringing quality attention and improvement to the Moment.

Bringing talents and gifts to the Now.

Having no expectation of return.

Living for the quality of the Moment.

Emanating the core qualities.

Being authentic and true to nature.

Listening to what life is saying.

Loving oneself as the other.

Loving the other as oneself.

Choosing to be and make whole.

Letting go of what hinders the soul from unfolding.

Embracing what nurtures and supports soul unfolding.

Emptying body and soul of thoughts and emotions.

Making space in the vessel for pure consciousness to fill.

Being an inlet and outlet of pure consciousness.

Opening the heart to give and receive.

Receiving and giving universal, unconditional, emanating love.

Yielding to the one being, the greater reality.

Accepting the unknown.

Being the unknown, the mystery unfolding.

Serving the wholeness of life.

www.wholehuman.emanatepresence.com