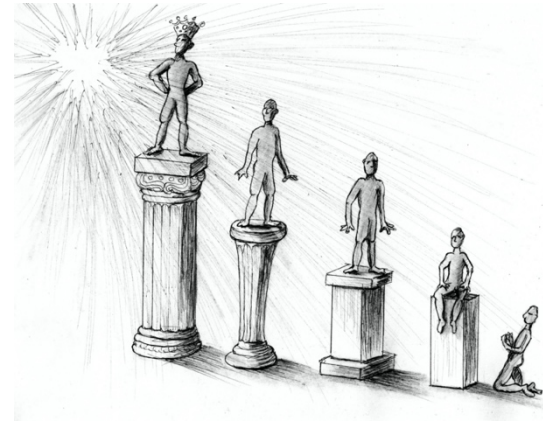
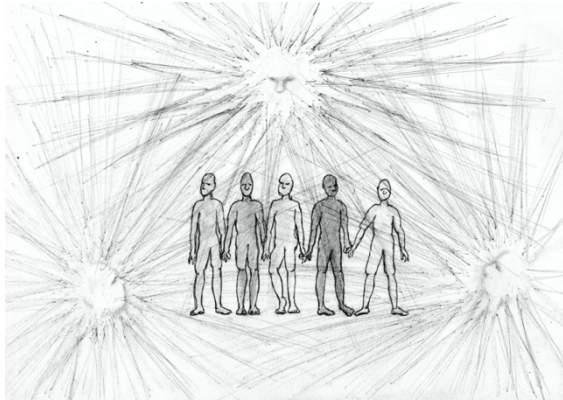


Oneness vs. Separation



Oneness = Reality	Separation = my reality
I am fully loved and accepted.	My heart closes to them.
True freedom	Victim - I have no choice.
Release and peace - Embraced	Lonely - Isolating - Disconnected
Peaceful and fulfilled; loved.	Prideful - I understand better
Messy, yet beautiful	I am the judge.
Relief – Peace - Rest	Anxiety and responsibility to be the rescuer.
I make a lousy God!	Shame and guilt
Pure – Innocent - Childlike	Arrogance – A knot of anger - Bitterness
Falling into the hammock of God’s love and mercy.	Powerless - Fearful - Defeated
Interconnected with God and everyone else.	Shaky – Alienated - Retreated
Able to be a child; don't have to be THE adult.	Unequal - not part of the group
Peaceful, content, kinder, patient, loving, engaged more in others.	Hierarchy hides Jesus from me, therefore I hate it.
I don't have to know or have the answers.	Precarious. Nervous. Slipping on ice.
The chaos in my head dissipates.	Afraid - Invisible - Unsettled - Lost
Watching the sun drop behind the trees. Watching the moon rise behind the shed; dancing with Trinity	When I am lower, I feel withdrawn, small, insecure, obsessed with how people see me.
No tension, utterly relaxed.	Distracted - Cold – Upset - Misunderstood
Sure feels great to take off "robe of the Judge." It doesn't fit and looks terrible on me.	Either position leaves me unfulfilled: when I feel higher than someone else I feel prideful and disconnected from my core.
Enjoying my own self before and with God.	Self-loathing - I hear the “I am nots”
Refreshed, washed clean, restored.	I feel false humility - pretending I'm less when I think I'm more.
The responsibility is off my shoulders alone. I don't carry it all. Its easier now.	A knot of anger inside.
I see everyone else there too; we are all equal.	Closed heart - It's their problem - They aren't safe - I'm better off alone
Free to let God have hold of the outcome. I don't have to take care of everything.	Responsible - Striving - Unnatural
It's ok to be me, not to be something for others.	No intimacy with God, self or others.
Forgiven- Free - Clean - Light	When lower than someone else, lost. When higher, self-induced loneliness.
I am free of the crap that I have been carrying around.	All positions lead to frustration.
Truly wondrous, beautiful, forgiven, safe.	