

## **9 Steps To ONENESS**

### **(Exercise)**

This exercise can be used for learning to see ourselves as one with everything that exists. It is also great for shifting our perception of how we see others.

*The nine steps to Oneness are:*

- 1.** Visualize someone in your life who could benefit from a healing prayer.
- 2.** Imagine that person sitting (with their perceived problem) waiting for your prayer.
- 3.** How will you then pray for them?
- 4.** You could send them love or light OR you could send prayers, such as asking God to help them OR perhaps you may send them “thoughts and prayers” related to the solution they are seeking.
- 5.** These are all helpful.
- 6.** However, now instead, visualize yourself giving up your personal version of your friend or loved one’s struggles OR

giving up the uncomfortable feelings that their issue brings up in you.

7. Replace these feelings or perceptions of their struggles with the opposite. Replace them by bringing forth and feeling an overwhelming sense of love, peace and the ONENESS of God. Know that you now have all that you need. You ARE all you need.
8. Then imagine bringing your friend or loved one into the very space you now reside in and hold them there until you see or feel a shift in their state of being.
9. Now, feel their gratitude for what you have done for them, as well as the gratitude you have for this amazing opportunity and awareness. Can you really discern who the more grateful person is? Hopefully you cannot as the two of you are the same. You are Both in a state of bliss, and you are both One in God.

*Note: You can alter this exercise to be used for someone with whom you have or have had issues.*