

Applying the Truth of Oneness

Yom Kippur 5781

When I was growing up, my parents had a group of friends who got together regularly to socialize. Their original plan was to contribute money to a pot and then use that money to go on trips together. So they called their group the Fun and Travel Club. Well, it turns out they never went anywhere but they all loved to eat, so they just kept the initials of Fun And Travel and called themselves the FAT club.

Well I grew up and had my own FAT club, although we really did travel together.

For many years, we went on vacation together with an amazing group — all spiritual teachers. We became a family and called ourselves the Octet or the 8-8ers, because 3 of us shared the same birthday: April 8th.

Well, this year the first of the 8'ers left us for the beyond. When Rabbi David Cooper died, we were left to contemplate our connection. He was my birthday buddy. His death didn't alter our connection. It only deepened it.

A few days after David died, I was on the phone with Shoshana, his widow. She spoke to me from a distinctly heightened state of inter-connection. She felt the circles of love surrounding her and wondered aloud, "How could anyone feel alone? We are all

so connected.” It was the tone in her voice and the quality of her presence, transmitted even through the telephone line, that catapulted me into this same vivid realization.

“The future of humanity does not rest on one person, leader, or messiah with greater consciousness to show us the way. Rather, it requires the evolution of a new collective consciousness, because it is through the acknowledgment and application of the inter-connectedness of human consciousness that we can change the course of history. “

(Joe Dispensa, *Becoming Supernatural* p.321)

It’s not enough to know the truth of our interconnectedness. We must feel it in our hearts and bodies and then apply this truth with imagination, creativity and joy.

And, in order to join in this evolutionary endeavor of raising the vibration of our planet into greater awareness of Unity, we must each take responsibility for our own triggers and reactivity. This is the work.

I know that each time I succumb to the cascade of my emotional outrage in response to the leader of our land, he has captured my attention and my energy; my fear and anger rise up; and a whisper of despair pulls me down. He has succeeded in gaining power over me. What can I do? How can I navigate such deep conditioning, that is compounded by a genetic disposition to expect the worst?

This is the work: To unite under the banner of Love, rather than to fall victim to the forces of separation.

- **Shma Yisrael** — Oh you who have wrestled so long, can you listen deeper? Not just to the noise of fear and reactivity that clutter your mind, but to the still small voice, to the silent pull of inward turning?
- **Adonay Elohaynu** — Everything that you have been conditioned to see as separate is in reality a vast tapestry of interwoven threads, astonishingly beautiful in its variety and awesome in its scope.
- **Adonay Echad** — And when I address all of Reality in its true form, as Oneness, I can move from a state of surviving to a state of thriving in the light of that Oneness.

The Octet is still alive. The light of our connection has not dimmed. I understand that connection as a microcosm of the larger connection — the web of life that ties our fates to each other from the smallest creature to the widest sea. Knowing, really knowing that we are inextricably bound to one another, changes everything.