

Meditation on Principle One: God is Absolute Good, everywhere present (p33)

I enter into the stillness

to align myself with the one mind,

the one presence that permeates all of creation.

I feel myself as a part of this creation,

connected to all of nature.

I am the light and darkness, I am the oceans and the land.

I am the rocks and trees, the fish and birds, the beasts of the earth,

and I am one with every human being on the planet.

In this oneness, I sense the order of all things.

I feel the Divine love that moves in me

and in every molecule of the cosmos.

I know the Divine intelligence

that is the foundation of all that is or ever will be.

I am one with All.

“Pay attention to the essence of the teachings. work with these principles, test them, apply them to your life, and see what happens..”(p 5)

A Word About God (p 9)

... I know a great many deeply spiritual people who firmly resist the word "God". Please accept it in this book as shorthand for All That Is, the Ultimate Reality, the Presence that human beings have sensed within and around them for millennia.... You may substitute whatever concepts or names work for you. I also invite you to release any baggage or stereotypes the word *God* carries for you and open yourself to new understanding.

Inspiration from Chapter 1

God for Grownups (p 17)

What would a God for grownups be?

First, one that meets us where we are and welcomes our questioning, growing, changing and doubting.... our human minds cannot conceive of All That Is, cannot encompass a universe of spiritual laws and dimensions that we only guess about...Our world religions attempt to describe our varied experience of the unknown. God is understood as best we can..

Second, God for grown ups has to be more than Santa claus. The Ground of All Being surely is not making a list of who's naughty or nice and arranging eternal reward or punishment for each. This God is the creative force behind sweeping galaxies and infinitesimal life forms, of bewildering fractal patterns and perfect seasonal cycles, of mind-blowing beauty and pure potential, the oak tree in

acorn, the child in the microscopic Twist of dna. God for grown-ups is far outside the human pattern of thinking. any limits to God are our own....

(p 20) Principle one all that is: God is absolute good, everywhere present. This principle seemed obvious to our animistic forbears, who perceived the action of spirit in all forms of life. More recently, science and spirituality have begun to repair their false incompatibility and have made us more aware of the literal Oneness of all things.

(p 21) Principle One maintains we are one with God, not separate, not being watched, but immersed in the divine. We live and move and have our being in God. (Acts 17:28) And in oneness, God lives and moves and has expression in us... A God of Oneness is imminent and transcendent: that is, within us and all around us.

(p 31) Imagine living instead in our Oneness with God. Life would still have its human difficulties, but our view of them would be changed. Rather than battling an outer enemy, we would take charge of our lives from within. We would transcend our labels of what is good or bad and live in the flow of the universe. Nothing might change in our outer circumstances, but our interpretation of them, our understanding would take on new meaning. In the Absolute Realm, All is One. God is all there is. God is Absolute Good. We might never comprehend the

Ground of Being while we are in human form. But we know it and sense it, and we can learn to trust it.

SO THEN WHAT??

- **How do WE live in that oneness?**
- **How do WE express the Absolute Good?**
- **Who inspires you by living in their Truth?**
- **How do WE clear the cloudy vision of our beloveds when they can't see the God within, the Absolute Good, The Ground of their Being?**

**“Awake My Soul be still and know
there is no place I need to go
with Open eyes I long to see
the God in ALL the God in Me”**