

Uncover and Manifest Your True Self

Week 7: Learn to Live Harmoniously
with All of Life



Blue Star
Canada

Series Outline

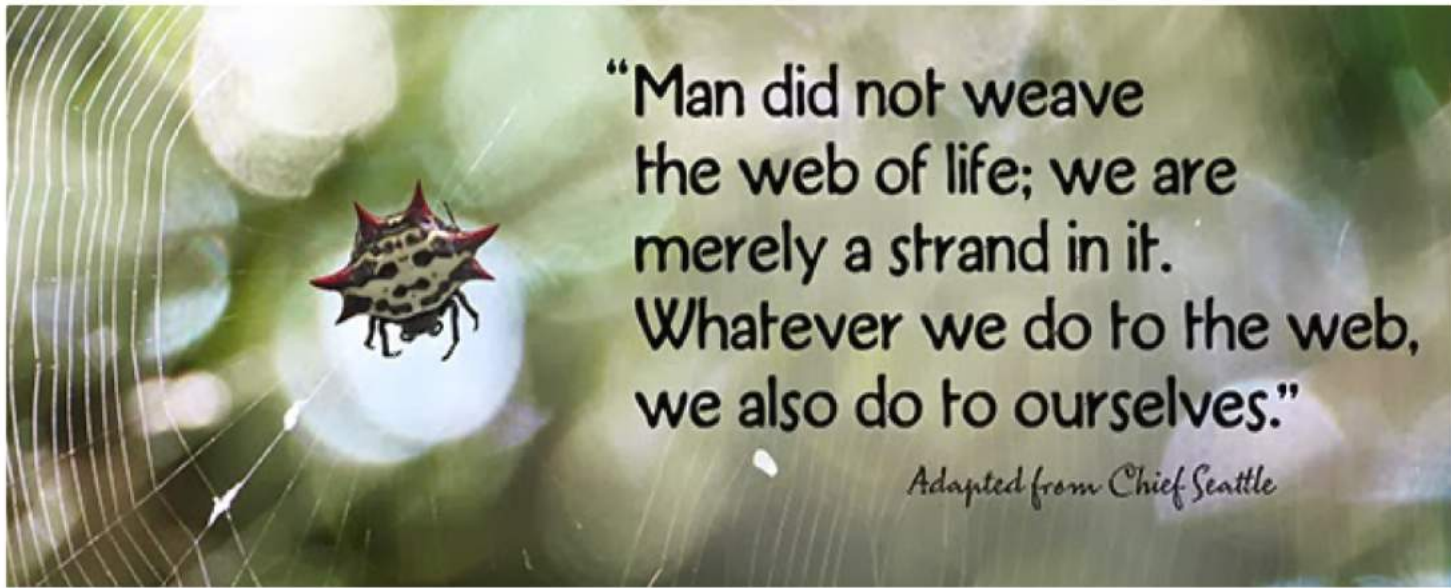
- ▶ Week 1 (Feb. 1): Know Yourself Beyond the Body
- ▶ Week 2 (Feb. 8): Tap into the Incredible Power of your Mind
- ▶ Week 3 (Feb. 15): Learn to Experience Limitless Love
- ▶ Week 4 (Feb. 22): Beyond aging – Revitalization, Restoration and Healing
- ▶ Week 5 (Mar. 1): Develop a Healthy Lifestyle
- ▶ Week 6 (Mar. 8): Conscious Co-Creation: Finding Joy on the Journey
- ▶ Week 7 (Mar. 15): **Learn to Live Harmoniously with All of Life**

Outline of Session Seven

- ▶ Welcome & Centering
- ▶ Presentation
- ▶ Energy Play Exercises
- ▶ Meditation with Guruji – Day 36 – 40 Days 2018
- ▶ Discussion
- ▶ Wrap-up of the Series

What is Harmonious Co-existence?

Simply being in touch with all of life and honouring that connection.



“Man did not weave
the web of life; we are
merely a strand in it.
Whatever we do to the web,
we also do to ourselves.”

Adapted from Chief Seattle

Truth?

Belief?

Idea?

Fantasy?

EVERYTHING IS
CONNECTED

ONLY ONE
EXISTS

Conditioning?

Lofty dream?

Philosophy?

Inherent in the design of the



Planet Earth

- We share a planet
- Air we breathe
- Water we drink
- The food we eat
- The land we live on



Physical Body

- Same organs
- Same functions
- Cells
- Behaviour
- Needs



Emotional Connection



- We are social creatures
- We have a vibration with each other
- We fall in love
- We show compassion
- There is an exchange that happens from our hearts

Mental Connection



- We work together / relate to each other
- We are inspired by ideas
- When ideas go viral
- Trends form
- Pick up on others thoughts

We are one at all levels

- ▶ Biologically - 5 elements in all
- ▶ Mentally - universal mind
- ▶ Emotionally - Shared heart space
- ▶ Vitally - synergistic surge of vital energy
- ▶ Physical Body - imbalances affects the whole
- ▶ Spiritually - making changes by simply being

UNITY ALREADY EXISTS all around us

The Science

- ▶ Science calls this the Universe as a Hologram
- ▶ Every point in the Universe is connected to every other point
- ▶ The Universe is not linear by design
- ▶ <https://www.gaia.com/article/do-we-live-in-a-holographic-universe-simeon-hein>

Going against Unity Principle

- ▶ Fragmented health care and education system etc
- ▶ Pollution – water & air
- ▶ GMO – nutrition and foods are depleted
- ▶ Endangered species affecting the web of life & food chain
- ▶ Wars & Colonization – cultures are destroyed

What prevents us from recognizing our Oneness?

- ▶ Judgment
- ▶ Pride
- ▶ Self-Opinionated
- ▶ Closed-minded
- ▶ Fearful
- ▶ Selfish
- ▶ Conditioning
- ▶ Beliefs

The Principle in Action

AWARENESS

- ▶ Recognize that life is already connected

HONOUR

- ▶ Honour that connection everywhere that it exists.
It already exists.

UNDERSTANDING

- ▶ Understanding who we are & what all of existence is.
We are one thread in the weave of existence.

Promise of a new world

- ▶ Ripple effect / Critical mass / 100th Monkey Effect
- ▶ A phenomenon where a new behaviour or idea spreads rapidly (by unexplained means) from the group to all members of the species once a critical number has been reached.
- ▶ Synergy > the whole is greater than the sum of its parts



Energy Play Exercises



You can achieve great things
with a simple hug.



"There is no enlightenment outside of
daily life." ~ Thich Nhat Hanh



"Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor."

- Thich Nhat Hanh

Guided Meditation with



Discussion & Exploration

- ▶ What would you say is ***your*** secret to harmonious co-existence?
- ▶ List ONE thing that you can do for the next week that will bring greater harmony into your life and those around you
- ▶ Sound therapy – Chakra Balancing using Himalayan Singing Bowls

Wrap-up of the Series

What had the biggest impact on you during the workshop series?

- ▶ Know Yourself Beyond the Body
- ▶ Tap into the Incredible Power of your Mind
- ▶ Learn to Experience Limitless Love
- ▶ Beyond aging – Revitalization, Restoration and Healing
- ▶ Develop a Healthy Lifestyle
- ▶ Conscious Co-Creation: Finding Joy on the Journey
- ▶ Learn to Live Harmoniously with All of Life