

THE BENEFITS OF

MYSTICAL ONENESS

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The Benefits of Mystical Oneness
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PREFACE

A Little Background

Five years after writing [Fading Toward Enlightenment](#) and after over 30 years of spiritual practices, I finally "woke up." I saw through the veil of illusion and into the true nature of Reality. I lost my little self in the Void and found my big Self on the other side.

For most of those 30 years, I futilely practiced meditation and self-inquiry—practices which are core practices of many spiritual traditions. I say "futilely" because after decades of staring at walls and asking myself, "Who am I?," I still wasn't seeing any lasting results. I kept with it though, because thousands of books and hundreds of teachers advocate the path of inquiry and each claimed that if you just stick with it long enough (and you're lucky), you'll wake up.

One day, while reluctantly participating in a breathwork session (my first), I had a powerful vision of a past life. The experience was so vivid and traumatic that it left me crying like a baby, blubbering on the floor from the traumatic memories suddenly recalled. The experience was so powerful that it changed a fundamental aspect of my identity: *I stopped believing that I was a mortal person, and started believing that I was an eternal soul.*

This change in my identity was so profound that I wrote (and give away) the ebook, [The Implications of the Soul](#). More importantly, my personal self—the very thing that enlightenment seekers wish to drop—"softened" dramatically.

A year and a half later (after nearly 30 years of relatively minor growth) my personal self fell away completely and [I awoke to enlightenment](#).

Mystical Oneness

The path that I advocate, the path that led directly to my awakening, is a practice that I call *The Path of Mystical Oneness*.

"Oneness" because the term *enlightenment* is so misunderstood. Everyone knows what "oneness" means, it means "one, not two." Enlightenment (Oneness) is when the spiritual seeker sees through the illusion of the personal self and realizes that they are actually one with the All. When a raindrop falls into the Ocean, what is left is only the Ocean.

I use the term "mystical" because followers of this path realize—they *affirm*—that there is more going on in our lives than the human brain can perceive. There is an *intelligence* operating behind the scenes that isn't readily apparent—an intelligence that can manipulate the world in ways far exceeding those of humanity. Some call this intelligence *God*, some the *Universe*, some the *Tao*. I simply call it *Her*.

What is really fascinating though, is that nearly all enlightened people—of both the past *and* today—acknowledge the existence of this "unseen intelligence." They speak of "the Universe providing" for them, of God, of Brahman, of synchronicity, powerful insights, and enhanced

psychic abilities (ie: guru's always seem to say exactly what you need to hear.).

Why do they then, *not* focus on this mysterious Intelligence in their teachings? Why do they go to extremes to avoid talking about their experience with Her? Why do they act as if it is taboo to talk of the Divine? I cannot say for sure, but I suspect it is because of a combination of these factors:

- They did not wake up this way, so they don't teach it
- They are afraid of offending the religious or appearing religious themselves
- They subscribe to the opinion that focusing on the Divine is a trap/barrier to "true enlightenment"
- Divine Intelligence requires faith in what cannot be seen

Whatever their reasons, I believe they are doing a tremendous disservice to the millions of people who consider themselves to be "spiritual but not religious." People who believe in "something greater" but who find organized religions to be too restrictive, old-fashioned, or fundamentalist for their tastes. These millions of people often consider themselves to be spiritual beings in a human body.

But is there a better description for the Soul than *a spiritual being in a human body*? With just a slight adjustment to their outlook, these people—the spiritual but not religious—can *easily* find themselves on a direct path to becoming one with the Divine. To becoming one with *God*.

There are three levels on the Path of Mystical Oneness:

- *The Level of the Soul*. The mystic lives as if they were a Soul.
- *The Level of Radiance*. The mystic surrenders to the Divine, allowing the Divine to flow through them.
- *The Level of Oneness*. The mystic dissolves completely into the Divine, becoming one with Her.

This book covers the *benefits* of each level. Before we can do this though, we must first understand the difference between a spiritual seeker and a mystic.

What is a Mystic?

The difference between a mystic and a spiritual seeker is that the mystic has taken the proverbial *Leap of Faith*. A leap that so profoundly changes their outlook on life that it *transforms* them from a typical spiritual seeker who *practices* their beliefs, into a mystic who actually *lives* them. I probably explain the Leap best [in this blog post](#):

As the chapter, *Leap of Faith* was flowing out, I was surprised to realize the exact *reason* that many spiritual seekers, enlightenment seekers, and nondualists alike *fail to progress in their development...* they haven't taken their "leap of faith" yet.

They are still standing on the cliff "playing" with spirituality—thinking about it, talking about it, practicing

it, majoring in it, even teaching it, but they are not actually *living* it—they haven't *jumped*.

How do you tell if you are still "on the cliff?" It's simple: **No spiritual person worth their salt—nondualists included—believe they are mortal.**

Do you fear cancer? Are you afraid to take risks? Are you still afraid to die? Or lose a limb? Or an eye? Or all your possessions? Do you still consider yourself to be human?

Only you can answer these questions of yourself. The Leap of Faith is the litmus test:

Are you still living as a *mortal* being or are you living as an *eternal* being?

Not thinking it. Not talking it. Not even *believing* it. You've got to *feel* it—*feel it to your core*. You've got to *live* it. Anything less and you're still up there on the cliff, looking down into the Abyss. You haven't *leapt*.

So how do we convince ourselves we are a Soul and not a mortal? My blog post [Why I'm Not Afraid To Die: Evidence of the Soul](#) is a good place to start. It presents verifiable, third-party evidence that supports the existence of the human soul.

The first step toward Mystical Oneness is to take the Leap of Faith, to live your life as a soul incarnate.

Before you take this leap though, let us look at *why* one would pursue such a drastic change to their lifestyle. Why

someone would consider walking the Path of Mystical Oneness.

Why would anyone *want* to leap into the Abyss?



INTRODUCTION

The Mystic

Few perceive her. Ever shifting from Human to Soul to Radiance to Oneness, the mystic walks unnoticed among the people.

Few fathom her. To the mystic, wealth, status, possessions, and power have no attraction.

Few see as she sees. To the mystic, all things glow with the Light of the Divine.

Few live as she lives. To the mystic, Death holds no sway.

Because she is empty, Everything is free to move through her.



THE BENEFITS OF THE SOUL

The Leap of Faith

The first step on the path of Mystical Oneness is not a step at all.

It is a *leap*.

Every mystic, before they became a mystic, made a Leap of Faith.

The mystic *is a mystic* because of the Leap.

Every mystic has stood on the ledge and peered into the Abyss.

Every mystic has leapt off the Cliff of Humanity...

And every mystic has drowned.

Drowned in the Sea of the Soul.

As a Soul, the Mystic Does Not Fear Death

For the first few years of her life, the mystic knew her True Nature.

But, in her life before, the World's ways obscured her vision.

Having taken the first step toward Oneness, the mystic now remembers the Joy and Openness of her childhood.

Having taken the Leap, the mystic is absorbed by her soul.

Thinking of herself as, feeling herself to be, living fully as a soul, the illusion of Death is seen through.

Death loses His power over her.

With the death of Death, all the fears that made her feel Human dry up and turn to dust.

The mystic transforms. She becomes *more* than Human...

She becomes a Soul incarnate.

She becomes a *living* Soul.

As a Soul, the Mystic Sees Worldly Life as Momentary

Twenty-six thousand days: A single human lifetime.

Twenty-six thousand days: A flash—a mere instant—in the life of a Soul.

The mystic, having realized her immortality, views worldly affairs as trivial.

She sees this mortal lifetime as but a single day of her *eternal* lifetime.

In her days before, she viewed her mortal life as her entire existence.

As an eternal Soul, she sees this mortal life as but a passing moment.

Twenty-six thousand days—a single second on Eternity's clock.

A single second in the life of a Soul.

As a Soul, the Mystic Takes Risks Easily

Without the fear of Death, the mystic is free to take risks.

Risks that others would shun, she takes with ease.

For what is there to fear? Her life is eternal.

Without the fears that torment society, the mystic is free to live in harmony with her dreams.

With the dropping away of fear, the path to the Divine opens before her.

As a Soul, the Mystic Understands Suffering

The ultimate purpose of life is for the Soul to merge with the Beloved.

The Soul's fundamental aspiration is to become one with the Divine.

The mystic, realizing this, knows that she has taken this mortal form to learn a lesson.

She has taken this form to find harmony with her being.

Knowing she is here to learn, to grow, to release; she remains open to the wisdom this life offers.

Each hardship, once transcended, brings her closer to her Beloved.

Each trial, successfully mastered, brings her closer to God.

As a Soul, the Mystic Transcends

Many people try to fix themselves.

The mystic tries to *transcend* herself.

Because she rises above, she doesn't fight herself.

Because she doesn't fight, she lives a life of peace and harmony.

As a Soul, the Mystic Reveres Others

Living for eternity, the mystic sees the physical world as temporary.

Because of this, she reveres the world's fleetingness.

Like a cloud dissolving into the sky, the mystic knows that all things must return to the One.

When she spends time with you, she remembers this may be the last time.

The last time to talk with you, to share with you, to love you.

Because each moment may be the last moment, she cherishes each moment spent with you.

As a Soul, the Mystic is Unconcerned with Social Customs

The mystic is not concerned with power or prestige; her focus lies beyond this mortal life.

The mystic is not concerned with acquiring wealth; for money cannot bring her closer to her Beloved.

The mystic is not concerned about her possessions; for all possessions are soon lost.

The mystic is not concerned for her body; for her body is just a rest stop on her way to the Divine.

What is important to society—to the rests of humanity—is not important to the mystic.

Where others feel restricted and burdened, she roams freely and unencumbered.

As a Soul, the Mystic is Closer to the Divine

When the mystic has fully dissolved into the Soul, she knows it is time to move on.

Without the fear of Death, without the fears that trouble Humanity, the mystic is free to let go.

She is free to relinquish her Soul.

She is free to join her Beloved.

She is free.



THE BENEFITS OF RADIANCE

Surrender

By releasing her Soul, the mystic surrenders to the Divine.

In surrender, the mystic loses herself in her Beloved.

She *opens* completely to her Beloved.

And through the opening, Radiance flows.

As Radiance, the Mystic Releases Control

With Radiance flowing through her, "Thy Will be done," becomes the mystic's way.

Surrendering control, the mystic flows in harmony with Life.

Life, in gratitude, fills the mystic's days with gifts and blessings.

In her days before, she feared the loss of control.

Now, through experience, the mystic knows there is nothing to fear.

The Beloved, flowing through, guides and protects her.

The Divine harbors no ill-will.

As Radiance, the Mystic Gains Mysterious Powers

As the Divine flows through, the mystic's spiritual powers are enhanced.

The more the mystic relinquishes control, the more powerful her gifts become.

Healing energies, psychic abilities, visions and intuition are exponentially increased.

Her life aligns, guidance is provided, and insights into the workings of Nature are revealed.

The less there is of the mystic, the more there is of the Divine...

The less there is of "her," the more there is of "Her."

As Radiance, the Mystic's Life Aligns

For the mystic, as she opens and surrenders to the Flow, the world magically aligns with her vision.

When she needs money—money appears.

When she needs shelter—shelter is provided.

When she feels lost—previously obscured paths appear before her.

When confronted with a problem—solutions are shown.

When confused—wisdom is revealed and clarity arises.

Though she does not always know *how*, she always knows *why*:

Harmony with the One, is harmony with the All.

As Radiance, the Mystic sees the Divine In All

The mystic, feeling the Divine within herself, sees the Divine radiate within all.

She sees the Light of God in the Trees, in the Sky, and in the Waters of the Earth.

Everything is Divine to the mystic.

Everything is *made* of the Divine.

Buried deep below their person-hood, the mystic sees the Divine glowing in others.

She sees her Beloved encased beneath the shell of their Humanity.

Remembering her days before, the mystic remembers the shell she used to wear.

A shell she cracked when she leapt into the Abyss.

A shell she shed when she surrendered to the Divine.

As Radiance, the Mystic's Life is one of Appreciation

As her life aligns with Life around her, the mystic is filled with gratitude.

Seeing the Divine in all things, her emotions are overwhelmed with appreciation.

The song of a sparrow, singing in the morning, floods her with feelings of euphoria.

A flower, gently turning toward the sun, engulfs her with wonder and awe.

A child, joyfully playing in the sand, brings tears of happiness.

Gratitude, Appreciation, Beauty, and Love.

These are the substance of the mystic's life.

These are the joys of Mystical Radiance.

As Radiance, the Mystic Flows with Creativity

Seeing Beauty and Wonder and Love in all, the mystic is overwhelmed with the desire to share.

Creativity, stimulated and filled with Divine Light, comes alive like the Muses of old.

The mystic sings, she dances, she writes and she paints.

She revels in the Wonder.

Others may see her as mad—but she doesn't care.

For the Divine Light moves through her, dances with her, creates with her, sings and paints and loves with her.

Her Beloved, glowing within, is her partner in Eternity.

As Radiance, the Mystic is Divinely Guided

Having dropped her "self," having dropped her soul, to others, the mystic appears mysterious and solitary.

But to the mystic, she never feels alone or isolated.

She lives ever in the embrace of her Lover.

Her Beloved, watching over from within, aligns the World and straightens the path before her.

To others, she appears directionless and wandering.

To the mystic, her walk is Divinely guided.

With the Light radiating from within, she is protected from all dangers.

As Radiance, the Mystic is Prepared for Oneness

Though the mystic sees her Beloved in all things...

Though she feels her Beloved flowing through her...

Though she is closer to Him than she has ever been...

The mystic still feels *separate* from Him.

Though she sees Him in everything, *oneness* with her Beloved is her all consuming desire.

To become one with Him means the annihilation of them Both.

There is no other way.

To make One from the Two, is to destroy the Two.

To become One with the Everything, is to become the No-Thing.



THE BENEFITS OF ONENESS

Two Become One

Sugar added to water sits at the bottom of a glass.

Stirred, the water becomes cloudy.

Stirred more, and the water suddenly becomes clear again.

The sugar appears to have vanished.

The water appears the same, but it is not.

The water is no longer what it was—it is no longer simply "water."

The sugar is no longer what it was.

Both have become something *more* than they were.

When the mystic dissolves into the Divine—each changes.

Each becomes *more* than they once were.

The Sugar and the Water are united.

The Two become One.

As Oneness, the Mystic is Flowing

At once Oneness, at once Radiance, at once the Soul, at once Human; the Mystic flows.

The Air—sometimes Warm, sometimes Cold, sometimes Windy, and sometimes Wet—is always the Air.

As Oneness, the Mystic is Boundless

In dissolving into her Beloved, the Mystic has no borders.

She has no edges.

No sides.

She is Everything and She is Nothing.

She and the All are One.

In an Infinite Sea, there are no drops of water.

As Oneness, the Mystic is Compassion

While the Mystic sees others as the Ocean...

She realizes they feel they are drops of water.

That they *believe* themselves to be separate.

The Mystic knows they suffer *because* of this belief.

She feels their suffering like a cut on her hand.

Though she knows it will soon heal, the pain is still felt.

As Oneness, the Mystic is Love

All creatures love themselves.

It is perfectly natural.

The Mystic, being one with All—loves all.

Each tree, each insect, each person—she loves as herself.

How could she not?

It is as natural as the sun rising.

Life loves Life.

As Oneness, the Mystic is Simplicity

The Mystic lives a simple life.

She is in touch with Nature, for Nature is her body.

She is in touch with Humanity, for Humanity is her heart.

She is in touch with the Divine, for the Divine is her essence.

Being one with All, all of Life is one with the Mystic.

The nature of Life is simplicity and harmony.

The Mystic leads a life of balance and serenity.

As Oneness, the Mystic is Peace

To the Mystic, all conflict is unnatural.

Conflict between nations.

Conflict between individuals.

Conflict with oneself.

None of these arise from Oneness.

Each arises from separation.

The One does not fight Herself.

The Two will always fight.

Peace is the way of the Mystic.

Conflict is the way of Man.

As Oneness, the Mystic is Wise

The religious, the philosophers, and the academics—having learned of the Path—are knowledgeable.

The Mystic—having walked the Path—is wise.

The knowledgeable preach and teach and interpret the Path.

The Mystic lives and thrives and celebrates it.

The knowledgeable are fit to judge, for they know the laws.

The Mystic knows no laws.

The knowledgeable try to bend the World to their will.

The Mystic, having surrendered her will, is one with the World.

The knowledgeable are pure and intelligent and proud.

The Mystic is dusty and ignorant and humble.

The knowledgeable are fools. They break the Path into a thousand pieces.

The Mystic is wise. She walks the Path and is one with the All.

As Oneness, the Mystic is Life

The Mystic is one with her actions.

When she washes the dishes, she *is* the dishes.

She is the soap, the water, and the washing itself.

She is the experience.

Washing the dishes, drinking her tea, walking the Path...

All are done wholly, naturally, completely.

All are *lived*—the experience is her *being*.

The Path of Mystical Oneness is the Path of Life.

It is the Path of God *experiencing* Herself.

Life is *not* God thinking...

Life is God *breathing*.

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