UPLIFT
Love in Action

ONENESS

Take your time, go slowly, and be patient with yourself to get the best results.

Remember, it's through feeling that you activate the frequency and accelerate the vibration of **Oneness**, which then naturally radiates from within you into the world.

It's helpful to set a timer for 5-20 minutes.

Feel your body, take a few deep breaths, and settle into the present moment. Your body holds deep wisdom. Connect with it. Trust in it. Learn from it.

Bring your awareness to the Inner Resource of Oneness.

Allow the word Oneness to drop into your field of being. Keep breathing as you notice your current experience. With curiosity and kindness to yourself, explore how **Oneness** feels within you. Give yourself a few minutes to feel this and write down what you are feeling.

Bring more awareness to what you are feeling. Resist the habit of analyzing. Simply feel your body and emotions; just notice what's happening and what's changing.

Leaving aside any explanation, justification, or story, bring your full attention to what you are feeling. It's natural for there to be changes in the level of your attention. No worries if you get a bit distracted, simply bring your awareness back to the present moment, take a deep breath, and focus on feeling **Oneness**. Write down what you are experiencing as you feel into the Inner Resource of **Oneness**.

Give yourself some more time to feel your body, notice your breathing, and deepen into feeling Oneness.

Be curious to discover how the Inner Resource of **Oneness** supports you in your life, to be who you really want to be, and feel how you really want to feel.

We invite you to continue this journey of self-discovery. It is not a once-and-done experience. Please regularly revisit this exploration into **Oneness** and discover how it continues to deepen and enhance the quality of your life.

Additional Notes: