

The One arises through the Many, and the Many arise through the One, by Joules.

We are all different yet the same. We come from the same origins, yet are each unique. When you connect with the common link that exists deep within us all – then you celebrate the magic of the differences more. If we were all the same then life would be incredibly boring and we wouldn't learn anything. Yet we all belong to that field or ocean from which we arise and one day return, that field which gives us consciousness and life, that field which gives us a sense of fundamental peace when we connect with it, and which is also reflected in a lake or a sunset or a view from a mountain top.



One of my favourite Shakespeare quotes is “Her beauty is her infinite variety” (when speaking of Cleopatra). This can apply when describing consciousness or life, which to my mind are much the same thing. You could use it to describe Gaia – the earth, with her infinite variety of ecosystems and amazing things existing in them. I love both the overall imperative of life or consciousness, and the gorgeous details of things.

In our differences, we allow the One to arise in infinite shape, thought, experience, and action. Every one of us is like a uniquely cut chunk of coloured glass in a kaleidoscope, reflecting what life is like for us. The dark or cracked bits of glass are still part of the overall picture. We have to accept them along with the rest, or there would be no contrast. Universal love – or being – embraces even things we do not like as well as those we do – all has its place and purpose. Universal love does not retreat in fear – it knows that suffering is part of experience and learning – we have to accept ALL to be in it. We are here to embrace life in its entirety, take our chances, get on out there and live fully in order to really appreciate it.

The two best ways I know to connect with everything in this way are either through

spending time out in the natural world, or through meditation. Contemplative time in nature does not necessarily mean inactive observation; it could also be active contemplation while walking, running, climbing, swimming, canoeing, surfing etc. The thing is to enjoy the beauty of your surroundings as well as what you are doing.

Neither method, of regaining that connection with the deep thread of consciousness within us and the beauty all around us, should be considered as ways of escaping or retreating from life though, except perhaps for temporary relief and renewal. They are tools for allowing you to de-stress, recharge, and gain a better perspective. The trick then is to bring your revitalised self back to integrate with life in a more balanced and conscious way.

Ideally you would then be both accepting and reflecting the joy - of both the one and the many - both inwards and outwards. At the same time you would be expressing your unique individuality through how you choose to live your life.

Namaste, Joules

Julia Woodman – Life Coach, Counsellor, Stress Consultant, and Writer



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