

## The Real Value of Meditation

The real value of meditation is in discovering the truth of who you are. In the shamanic worldview, all that exists is alive, and everything and everyone is interrelated with everything else. Shamans understand the sacred nature of reality and the oneness of all of life: We are all spirits in different physical forms. We are all part of one divine organism.

On one level it sounds like blasphemy of the highest order to think of us as one with God/All That Is. Weren't we taught that God is all goodness and greatness, and we are but His miscreant offspring? Indeed, in the Christian tradition, Jesus had to be sent to save us from our sinful nature. So, how is it that every major religion has also instructed that we are one? Isn't this what it means when we say God is omnipresent? In the Revised Standard Version of the Bible (Ephesians 4:4-6) it states, "There is one body and one Spirit, ...who is above all and through all and in all." In John 14:20, "... I am in my father, and you in me, and I in you." In Matthew 25:40, "Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me." In Psalms 82:6, "I say, 'you are gods, sons of the Most High, all of you...'"

The book, *Oneness: Great Principles Shared by All Religions*, notes similar statements from other religions. In Hinduism, "the individual soul is nothing else in essence than universal soul." In Islam, "On God's own nature has been molded man's." In Sikhism, "God is concealed in every heart; his light is in every heart." In the classic book, *The Religions of Man*, Huston Smith surveys the meaning of the worlds' religions. He cites a statement from Zen Buddhism of Japan: "The One is none other than the All, the All none other than the One." Smith claims that no other symbol or statement makes this more clear than the traditional Chinese symbolism of yin and yang, the all embracing circle, symbol of the unity of all of life. Life does not move onward and upward towards a fixed pinnacle or pole. It turns and bends back upon itself until the self comes full-circle and knows that at center all things are one. He adds in *Forgotten Truth: The Common Vision of the World's Religions*, "at-one-ment is not a state to be achieved but a condition to be recognized." Meditation is an excellent practice to help you realize this Truth. So, my question is: If you truly knew that you are God manifesting in form, do you think you would live your life differently?

Excerpted from *Why Love Heals* by Dean Shrock, Ph.D.