

Here are some thoughts about how to create the “container” or the foundation to bring about positive change within and without:

1. Meditate – on Oneness

Cayce says we need to meditate on Oneness for at least six months in order to begin to understand the depth of its meaning and application. Buddhism uses a different word – one that is not easily translatable but carries the same energy – Dharmadatu – which means everything is included; nothing is left out. In Buddhism, Dharmadatu is symbolized by the circle which includes all and has no beginning nor end. It is beyond conceptual understanding and every meditation begins with a contemplation of this energy.

- a. Make an effort to see connections.
- b. See beyond distinctions to what is held in common.

2. Make friends with uncertainty and change.

- a. Uncertainty and change are “givens” of this dimension of experience.
- b. Through meditation and prayer, we can influence the direction of change and bring about a positive impact on change.

3. Be open yourself to new ideas; challenging ideas; different ideas and strive to be understanding and patient toward what seems beyond understanding.

- a. Don't demonize, diminish or dismiss.
- b. Rather, question, be curious and courteous.

4. Be hopeful and pessimistic simultaneously – hopeful pessimism.

- a. Make an effort to engage difficulty.
- b. Make an effort to avoid falling into a sense of helplessness.
- c. Cultivate an inner posture of hope and determinism while engaging what is challenging.

5. Work every day on strengthening your resilience – supporting your body, mind, emotions and spiritual life.

- a. Cultivate an attitude of seeing every experience as an opportunity to come to know yourself and strengthen your container.

b. Take good care of your body, emotions and mind.

6. Other ways to “become the prayer/ channel / container” for powerful and positive energies to flow through you?