



Unification Table of Contents

What is Unification?

page 2

How Unification Works

page 3

Instructions for the Essential Unification Practice

page 5

Overview of Unification

page 14

Variations

Practice in a Specific Relationship

page 15

Practice in a Group

page 17

Practice in Daily Life

page 18

Use of Eye Contact

page 20

Questions & Answers

A. In Unification, what else do I do *besides* love?

page 21

B. How will I know if my Unification practice is working?

page 22

C. When do I switch from one step to the next?

page 23

D. In the Unification process of loving, who or what do I love — or do I “*just* love?”

page 24

E. Why not start with the universal form of love, and skip all objects of love completely?

page 25

F. If I experience Unity once, will that experience be permanent?

page 26

G. What should I do if an intimate doesn't want to join me in Unification practice?

page 27

H. If just one person does this meditation, will it help the relationship?

page 28



What is Unification?

Unification is a spiritual practice that brings us the realization of Unity with Life. It is based on the most universal, natural, and uplifting of all human impulses — LOVE. Progressively and inevitably, Unification relies on the practice and presence of love to carry us — easily and joyfully — into the Realization of sublime Unity: the Oneness of man and man, and of man and God. This is the goal of spiritual evolution.

YOU can do this. You don't need any help to fully realize Unity — no facilitator, priest, or guide is needed. No one can sell or patent Unification, just as no one can do it FOR you. The practice of Unification is absolutely DIRECT — between man and man, and between man and God. This is a real “coming of age” in the spiritual evolution of humanity under the Divine Plan.

The Unification “process” is, in essence, nothing but love. Why *love*? Unity IS an expanded state, and loving is a natural and effective way to expand consciousness. When we reach out in love, we extend beyond the boundaries of who we think we are. As we leave the ego behind, we discover our own inner reality, and the inner reality of all things. In that sense, to expand in love is to accomplish the real goal of “going within.” Love goes within *everything*.

Loving is not only effective, it is right.

- Loving puts us in right relationship with God. In opening our hearts in love, we obey God's commandment: “You shall love God with all your heart, and your neighbor as your self.” In addition, by invoking God's love with our love, we express faith in His promise, “Knock and it shall be opened.”
- Loving also puts us in right relationship with *ourselves*. In loving, we obey our own heart's desire to break free of the small self. We express the homing instinct of a soul flying back into its eternal home in God.
- Finally, love is God's essential nature. Thus, when we wholeheartedly love, human will becomes one with Divine Reality.

For all of these reasons, love is a beautifully appropriate path to God realization and Unification.



How Unification Works

- **The metamorphosis of love in Unification practice**
- **Related questions**
- **Variations of Unification practice**
- **Before practicing Unification socially**

Sit down once or twice a day, maybe for five to twenty minutes, to practice Unification. (Spend any amount of time you feel is right for you. Or, if your schedule permits, leave the time open-ended, and simply sit until you feel satisfied with your practice.) Before you begin each time, offer a short prayer, affirming your intention to love. Then begin the Unification process.

The basic instruction in Unification is:

Love. Love with all your heart. Only love.

To connect with God and your higher Self, the most important thing IS that you love in your heart. As you do so, you WILL begin to feel God's presence. And that's how you know you're loving for real.

The metamorphosis of love in Unification practice

In Unification practice, love reveals itself in four distinct phases. Accordingly, Unification is described in four steps. If you persist in love, you will pass through all four phases eventually. But it is not necessary to do so. Make no effort to rush through the process; just take it as it comes. Even if you do just the first step, you will immediately feel the benefits of your loving — and your associates will feel it too.

Start by reading and practicing Step 1. To avoid information overload, it is best if you don't read the instructions for the later steps until you are ready for them — or at least, until you have become comfortable with the practice of Step 1.

Related questions

In Unification, what else do I do BESIDES love?

[answered in Appendix A, page 21]

How will I know if my Unification practice is working?

[answered in Appendix B, page 22]

When do I switch from one step to the next?

[answered in Appendix C, page 23]

Variations of Unification practice

Unification is a very simple process, but it can be done in slightly different ways to fit different circumstances. These include ways to practice Unification SOCIALLY — in relationship with one other person, or with a group. Social forms of Unification practice harness the considerable powers of soul resonance and joined will. Experience shows that social Unification practice very readily invokes the Divine presence. It unmistakably demonstrates the truth of these Divine promises:

“Where two or more are gathered in my name, there I am also.”

and

“The Kingdom of Heaven is among you.”

Before trying to practice Unification socially

Social Unification practices follow the same steps as the Essential (basic) Unification Practice. Therefore, before reading and trying the instructions for practicing Unification socially, first learn the basic technique. After you are comfortable with the practice of Unification, as described beginning on page 5, feel free to study and try any variations which interest you. The variations are listed below:

1. In a SPECIFIC RELATIONSHIP ... p. 15

2. In a GROUP ... p. 17

3. In DAILY LIFE ... p. 18



Instructions for the Essential Unification Practice

The Essential Unification Practice is completely described in the pages that follow. This is the basis for ALL variations of Unification practice — including “social” forms of practice. Therefore, learning this technique is a necessary PREREQUISITE for ALL forms of Unification practice.

1

Unification Step 1: EXPAND IN LOVE

- **Love TO:** Extend love to particular people, to all beings, or to God.
- **Intend:** Make loving your wholehearted purpose.
- **Feel:** Use feeling as your method of tuning to the vibration of love.
- **Radiate:** Send love spherically, in all directions.

What to do: Simply love.

Start by simply loving. Love as you presently know love to be, from your own experience of loving. You might feel outward *and* inward with love. You might extend blessings, affinity, care, energy, to people you know, or to the world, or to God, or to any combination of these. Or you might simply love with no particular object.

No matter how you love and where you direct your love — or whether you *just* love, *without* directing your love to any particular “destination” — the important thing is to love sincerely, and feel it truly. Get in touch with love, and love with your whole heart and mind. As you do this, you will feel your spirit rising up, and your body filling with the power of love.

Related questions

In the Unification process of loving, who or what do I love — or do I “JUST love?” [answered in Appendix D, page 24]

Why not start with the universal form of love, and skip all objects of love completely? [answered in Appendix E, page 25]

When do I switch from one step to the next? [answered in Appendix C, page 23]

When to move on from Step 1 to Step 2

Step 1 — expanding in love — produces changes you will readily feel. You have fulfilled Step 1, and it’s time to move on to Step 2, when you feel:

upliftment — fullness — spaciousness — concentration

The simple act of loving produces *upliftment* — a sense of elevated consciousness. You will feel lighter and higher than when you sat down. (In essence, this feeling of upliftment is a sign that loving has shifted your self-identification away from normal bodily, egoic consciousness, toward your spirit reality.)

Simply loving in Step 1 also produces a feeling of *fullness* — a pleasurable sensation of higher energy filling your body. You may feel it as warmth, a pleasant outward pressure, and/or increased aliveness.

Another result is a feeling of *spaciousness* — a feeling of being *bigger*, and being aware of a larger space. The experience of spaciousness feels like standing on a mountain, beholding a great, expansive view.

The fourth “indicator” of fulfilling Step 1 is *concentration*. By loving so deliberately in this step, you collect or gather up your mind. As a result, you will enjoy a sense of enhanced alertness, clarity, and focus. It will become noticeably easier to concentrate on loving, or on the object of your love, than when you started. (That change is a sign that love is weaning you of the ordinary habit of being inward, mental, and unconscious. When you first begin to open into love, your attention is divided between inward self-focus and outward love-focus. But as you expand with love, love distracts you from your own ego-self concerns, lower mind, and bodily awareness.)

Summary: *When the four results described above have been achieved, AND they are reasonably stable, it's time to move on to Step 2.*

Note: There is no rush to go beyond Step 1, and no need to change what you are doing until it is natural and appropriate to do so.

We recommend that you don't even read the instructions for the later steps until you are ready for them — or at least, until you have become comfortable with the practice of Step 1.

- **Love AROUND:** Envelop everything you are aware of with love.
- **Surround with love:** If you have a specific object of love, or if *any* object appears in your awareness, then provide a cocoon of love for that object. Rather than *extending* or *sending* love to someone, feel that you are providing them an *environment* of love that surrounds and cradles them.
- **Commune in love:** Share in love. Embrace love, and enjoy love's embrace.

What to do: Love in a radiant, spherical fashion

The process of love invokes the presence of Love. As you fill and expand, a “space” opens up. This space could be described in a number of ways:

- getting in touch with your true Self.
- a soul resonance with other souls.
- a Divine response.
- a place where we “overlap” with others — and with God.
- communion with God and others.

This space is a subtle context we call “the Bubble.” This spiritual Bubble IS the *soul essence* of man, and the *presence* of Love, or God. In this Bubble, we commune with our fellow man and with God. We enjoy the *resonance* of loving — an energetic intensification caused by the sympathetic vibrations of two similar beings. And through the Bubble, the *presents* of God — energy, life, light, blessings — flow.

Within this resonance, this blending, this communion, *continue* to love, and continue to feel. Love not in a linear fashion (which is the usual habit), but instead, love in a radiant, spherical fashion, as the Bubble is — radiant and spherical. You will come to realize, progressively, that *this* is Love: this Space; this Divine Presence; this Bubble. The kingdom of heaven is truly at hand.

When to move on from Step 2 to Step 3

You have fulfilled Step 2, and it's time to move on to Step 3, when you feel:

intensification — togetherness — affinity — connection

As you radiate with love and “love around” in Step 2, your being will naturally rise to higher, more vibrant levels. We refer to that enhanced vibrancy as *intensification*. The qualities of inner strength, attentiveness, bright awareness, feeling, and energy are all intensified.

Also, as you surround all you feel or envision with love, a strong sense of togetherness, affinity, and connection will come over you.

Togetherness feels like, “We are close, we are together” (in contrast to the common conviction of being separated, or at a distance from, others and Life as a whole). *Affinity* feels like, “We are similar, we are in agreement at heart” — a welcome relief from feeling different, in competition with, or at odds with, others and Life as a whole. Sometimes, a sense of natural attraction may arise out of affinity as well. *Connection* feels like, “We are in touch.” It’s a feeling, really, of being in contact with Life as a whole, and with God. It dissolves all sense of being isolated, cut off, and vulnerable.

In Step 2, a “we” develops where *I* and *you* once stood, staring at each other across the imaginary chasm that seemed to separate us. As you will see in Step 3, this feeling — “we” — represents a significant increment in the surrender of the basic presumption of other-ness and separation.

Summary: *When the four results described above have been achieved, AND they are reasonably stable, it's time to move on to Step 3.*

3

Unification Step 3: SURRENDER TO LOVE

- **Love THROUGH:** Feel the transparency of all objects to love. Allow your love to move through and beyond its objects — to infinity.
- **Channel God’s love:** Allow God to use you as a conduit for His love.
- **Release everything:** Let go of everything that arises in consciousness, within and without.
- **Blend with love:** Release the sense of separateness, so as to be non-different than the love that exists all around.

What to do: Transcend thoughts and impressions.

Love has the power to release us from the limits of our minds and our sense of self, and to carry us to true Unification. But for the release to be complete, we must continue to love, and not become focused on the thoughts, feelings, and impressions that arise as we love. We must continue to love, even *beyond* the objects of our love. And even as we persist in loving, we must also eventually release (transcend) all objects of love. This release is *essential* for true Unification.

During your practice of Unification you will experience the arising of your own psychic content — thoughts and feelings of various kinds. Also, if you have been directing love to others, your heightened sensitivity and connection to them may make you aware of their thoughts and feelings — at least in the form of a deep and sympathetic understanding, if not as actual words and pictures!

Release your attention from all the various objects that you become aware of, both within and without. This shift of focus may feel like you are changing horses in midstream, but in truth, all you are really doing is following love’s unfolding.

Shine on (ignore) this arising content of your lower mind. Whatever arises within the Bubble, simply redirect attention to the Presence which resonates in it, the presence of God (which IS love). The more you surrender your attention into the space where you “overlap” with all that is, the more you find God in that space. Thus, the *medium* of communication/communion becomes the *message*, and the message becomes the messenger: God *is, here and now*. And God is love.

Step in the Love that surrounds you and flows through you. See the Bubble, rest in the Bubble, and, when it becomes evident that you *are* the Bubble, be the Bubble.

When to move on from Step 3 to Step 4

Essentially, Step 4 is not the deliberate act of a sovereign creature — it is a Divine Grace. Therefore, you will not “move on” from Step 3 to Step 4 in the deliberate way that you moved into previous steps. Simply fulfill Step 3, and the rest is Given. The signs described below show that you are progressing toward the fulfillment of Step 3:

Sameness — Universal love — Divine Love transmission — Bliss fullness — Peace

The feeling of similarity experienced in Step 2 deepens into a feeling of *sameness* in Step 3. Sometimes people deeply in love, while sharing rapt attention, are heard to say, “I was looking at you and it seemed to me that we were the *same*,” or, “I was looking at YOU and it felt to me like I was looking at *myself*.” In Step 3, you will find yourself feeling that way. A profound soul recognition dawns as you discover your Self in the “outer world” — and “within” becomes the same as “without.”

The result of the identity experience in Step 3 is a feeling of loving affinity with everyone and everything. This is *universal love*, or agape.

A Divine wind. When the higher Self that you *are* feels a sense of identity with Itself in every form, love awakens the sleeping giant of the spirit, and stirs up a powerful wind of towardsness (outward-moving affinity). Affinity makes a quantum leap. Resonance rises to such a degree that energy itself becomes palpable, perhaps even visible as spiritual light. Process becomes Presence.

During Step 3, soul communion seems to take on a life of its own. The vibrancy of communion sustains itself and even intensifies with little or no effort on your part. It behaves something like a chain reaction, a spiral, a vortex. It is a cosmic attraction of God responding to God, that draws us into surrendering the “final other” (which is “*me*,” the I-thought of ego).

Also in Step 3, it becomes clear that the love you feel is not anything you’ve “sourced” or generated on your own — it is really God’s love, expressing itself through you. God IS love. And, God’s Presence becomes God’s Presents. The Divine Presence is, in itself, the ultimate healer, the ultimate solution, the ultimate gift. This love, although it is no longer directed to anyone or any place in particular, benefits all things, everywhere. What you are experiencing is *Divine Love transmission*.

When you release objects, and surrender into the embrace of the Bubble, a sweet sense of fullness and joy arises. God’s love filling you and passing through you creates a feeling of overwhelming *bliss fullness*.

“Be still and know that I am God.” Paradoxically, the transcendent dimension of the Bubble is intensely energetic yet, at the same time, marvelously peaceful. In the full unfolding of love, as you love sincerely and feel into the Real, you will find your mind becoming empty and still. In this sense, the fulfillment of Step 3 is the fulfillment of the commandment, “Be still and know that I am God.” Surely this sublime immersion must be “the *peace* that passeth understanding” described by the poet Wordsworth. Thoughts will fall away naturally, and soon you are *Being* more than *seeing*. Thus you become aware of Reality on the level of *Being*. *Being is*.

Summary: *When God is ready — and God is ready when YOU are truly ready — Divine Grace will bestow upon you the Unitive experience described in Step 4.*

4

Unification Step 4: UNITY

- **Cease:** The disappearance or dissolution of ego consciousness.
- **Be:** The essential condition of Unitive being.

In one sense, Step 4 is no step at all — it is more like a *landing*. Truly, it is the reality toward which the previous steps lead.

As you continue to allow your attention to flow outward through love, you will learn to let go of individualized consciousness, and melt into the intensity and radiance of transcendent Reality.

Reality is realized by surrendering “I,” “you,” “we,” and all arising content into the Bubble of Thee, the Field of Being, the Presence of God that has become apparent in consciousness. Surrender it all into *Being*, and Unification occurs (which is to say, more accurately, Unity is Realized to be the case). In Unity, all that arises is accepted, understood, and loved. Problems disappear in rapture. The essential wrinkle on the brow of existence is gone.

You know, then, that you are not separate or different from so-called others. These people whom you assumed to be so different and so separate, are the same being extended into many bodies. And that being is not separate from God.

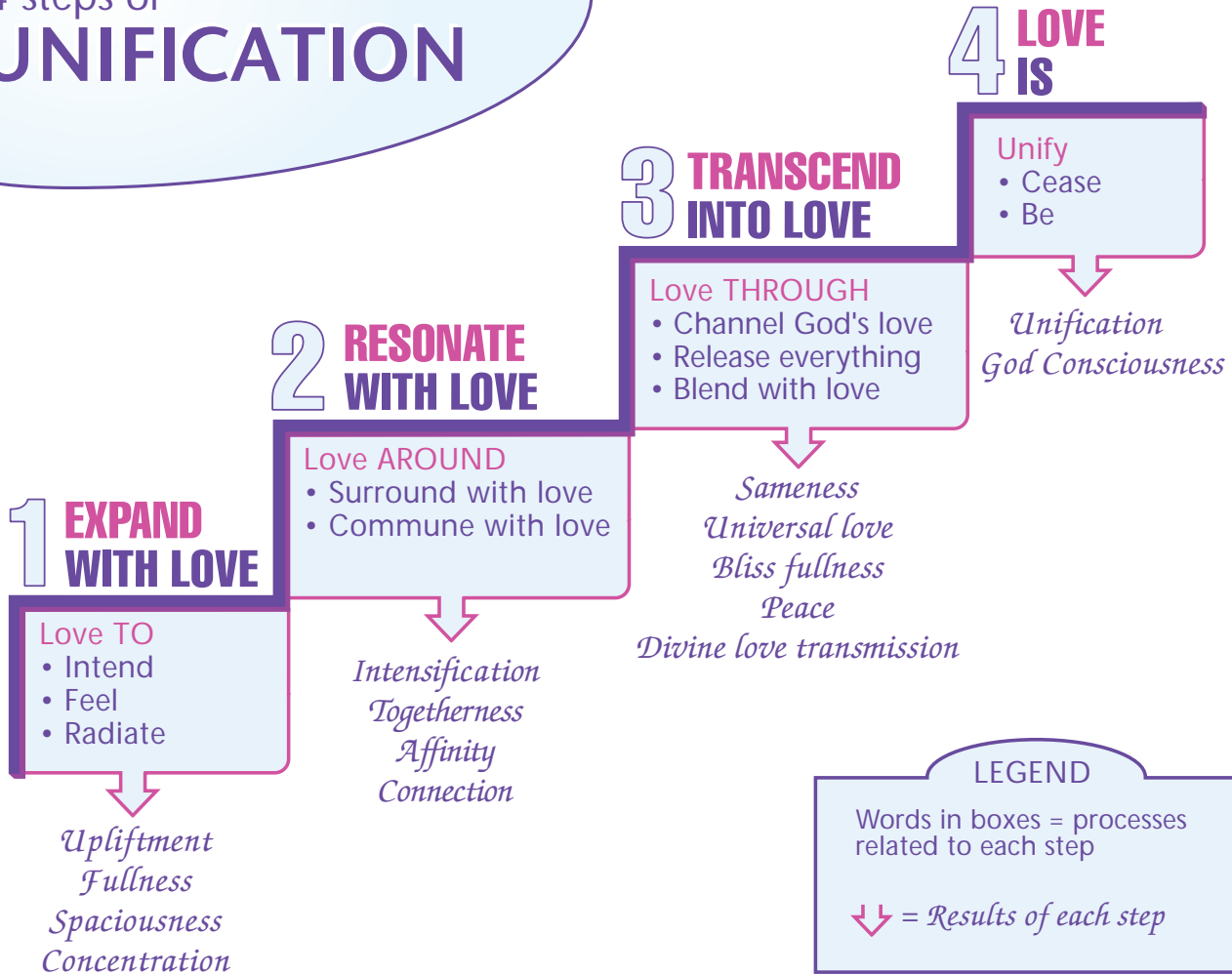
Related question

If I experience Unity once, will that experience be permanent?
[answered in Appendix F, page 26]

NEXT: *For an OVERVIEW of the Unification process, see page 14.*

OVERVIEW of the Unification Process

4 steps of UNIFICATION





VARIATION A: Practice in a SPECIFIC RELATIONSHIP

Although generally, Unification practice is done with no one else physically nearby, it is not necessarily “un-social.” If you wish, you may use Step 1 of Unification to focus love energy on a significant relationship. In this case, your practice is very much a “social” event, even though the other person is not physically present. People have reported that doing Unification socially has dramatically improved the quality of their relationships. (To read more about the effects of Unification practice on a specific relationship, see Appendix H, page 28.)

Unification practice in a specific relationship can be done in pairs by two friends, or by partners in a mated intimacy. In this form of practice, each person uses the other as the love-object of the Unification practice (for as long as the process of loving remains object-oriented). You meditate on each other positively, and connect lovingly in the ether.

Several variations of Unification practice in a specific relationship are described below:

1. Practice independently. Human relationship lives in the mind, heart and soul — it is not essentially bodily. Therefore, to love and relate through the mind and heart — even in the absence of physical proximity — is true relationship. SO . . .

You don't have to make a date with the other person to successfully practice Unification in a specific relationship. (That is, both people do not need to practice simultaneously in time, or be physically together.) You can work your Unification practice into your individual lives as it fits best, and still achieve the benefits. In fact, the other person doesn't have to practice Unification at all — or even know that you are doing it. [*See the Related Questions at the end of this section.*]

2. Synchronize your practice. You may find it helpful if you can arrange to practice *at the same time* (in the same room, or in separate rooms, or even in separate cities). The power of resonance is enhanced by simultaneous meditation. It may be further enhanced by physical proximity. And it may be enhanced still further by eye contact, when appropriate [*see below*].

3. Practice Unification using the conductive process of eye contact. [*For information on the appropriate use of EYE CONTACT in Unification, see page 20.*]

Related questions

What should I do if an intimate doesn't want to join me in Unification practice? [answered in Appendix G, page 27]

If just one person does this meditation, will it help the relationship?
[answered in Appendix H, page 28]



VARIATION B: Practice in a GROUP

In group practice, the Unification process is enhanced by the energy of relationship and the force of shared intention. But the outcome in both group practice and individual practice is the same: Loving opens up a radiant space in which the true and present nature of love -- that is, God — becomes increasingly apparent.

Paradoxically, in group practice, Divine presence gradually outshines the sense of love as an interpersonal activity. Ultimately, we experience love as a Unity, and not as an exchange of any kind.

Unification practice in a group can be done by any number of people in one of three ways:

- 1. Group meditation *without eye contact*.**
- 2. Group meditation *in pairs with or without eye contact*.**
- 3. Group meditation *in circles with eye contact*.**

1. Group meditation *without eye contact*. Unification can be practiced as a form of group meditation, conducted silently, with eyes closed.

2. Group meditation *in pairs with or without eye contact*. The group can be divided into pairs. Then Unification can be practiced in pairs, with eyes closed or open. [*For information on appropriate use of eye contact in Unification, see page 20.*]

3. Group meditation *in circles with eye contact*. Open-eyed Unification practice can be done by the group as a whole. However, as a general rule, this form of practice should be employed only when all the interpersonal relationships in the group are harmonious and well worked out.

In this eye-contact version of Unification practice, the participants arrange themselves in a circle and tune in to the resonance of Being. This is done with prayerful intention *as well as* eye, mind, and heart contact. [*For information on appropriate use of eye contact in Unification, see page 20.*]

People take turns sitting in the center of the circle. The person in the center spends a little while in open-eyed communion with each individual in the surrounding circle, switching from person to person until the circle has been completed. Each exchange may last from thirty seconds to a few minutes, however you wish to set it up. Then, another person takes the position in the center. This process continues until each participant has had a turn in the center.



VARIATION C: Practice in Daily Life

A “secret-but-social” Unification process can be done in ways that are not at all formal — and which, as the word “secret” suggests, are not even noticeable to observers. This way, the Unification process can be integrated into daily interactions of everyday life to a significant extent — and without making anyone self-conscious.

“Loving in secret” is the essential way to bring the practice of Unification into everyday life. It is also a way to make use of the resonance power of the social practice of Unification under circumstances that would otherwise make that difficult or impossible. (For example, if none of your friends are willing to consciously join you in this process; or, if you are not confident about doing the process with one or more others.)

An experience

“While visiting with my mom, I found that she was troubled by things that I couldn’t help her with on an ordinary level, with any personal advice or direct feedback. Still, I wanted to help her in some way, so I gave her a “bubble bath” by extending my love silently to her, as a spherical hug of love and energy around her. We had a good conversation and she seemed relaxed even while telling me her troubles and eventually we went on to other subjects.

“Later she wrote to me that she’d enjoyed our “warm fuzzy” time together, and I was overjoyed to see that although she had been keenly feeling her troubles during our visit, what stood out to her was the feeling of warmth within our visit. That was certainly due to the bubble of love, that bath of attention and energy and care that she felt, and not from anything else that I did or said.

“Her letter was such a beautiful confirmation of the value of pure love, and how much less important it is to have the right answer, compared to loving itself.”

Here are a couple of ways to love informally and in secret, using basic techniques of Unification:

1. On the phone. When you are talking to someone on the phone, or in person, give your heart. Give your tenderness, your feeling, your empathy, your consideration, your realness. Oh, what gifts those are whenever they are shared! Generate/feel the bubble* of love, and envelop the other person in it. (NOTE: *Just* do it. Don't say anything about it. Certain kinds of attention and expressions of feeling may make many people feel self-conscious. If that happened, they would become less receptive to the love.)

* **Bubble of love:** *the natural, spherical form of radiance, energy, and love in which we feel and commune with God and other human beings.*

2. Thinking of someone. When you think of someone, love them in your soul, your heart, and your mind. Then when you see them, that feeling that you stored up for them will come out in some way. OR, they can feel it anyway, even if you don't directly express it. Even when you only *see* and *feel* their beauty and goodness, it will make them feel so much better.

Your thoughts about people *are*, or *can be*, great gifts. You see, everyone *feels* what we think of them, so how you hold someone in your mind and in your heart has a huge effect on them. It is a great thing you can do to help them, to think beautiful things about who they are.

Thinking lovingly about someone is a gift you create in your mind, which you can then give later. It is like making a painting or a poem for someone, because you work on it in advance. It might take hours to make it, but surely, taking time to make a gift is *part* of the giving! By thinking thoughts of loving and blessing for people, you are creating in yourself an attitude that *will* be supportive of them when you see them. It is actually supportive of them even *before* you see them.

An experience

"Through loving people in this way, I have seen so many changes take place I wouldn't have believed possible. Love has worked miracles in my house today. I 'worked on' loving my parents most of this day and by this evening they are more close to each other than I've seen them in years. They are appreciating each other for all that they are. It's as if the love that I purposely gave them today is growing and shining in their relationship with each other. I almost can't wait to get to school tomorrow and love all my friends in the same way."



Using EYE CONTACT in Unification Practice

It is possible — though completely optional — to intensify energy and communion by using eye contact. The following considerations apply:

It is said, “The eyes are the windows of the soul.” Accordingly, the use of eye contact during the Unification process can significantly increase the power of the process. If desired, eye contact can even be maintained to good effect throughout the entire process. But, consistent with the metamorphosis of love, a gradual shift into a more abstract form of awareness occurs *regardless* of continued eye contact. As higher forms of awareness/communion unfold, the initial focus upon human personality and personal exchange diminishes.

Eye contact increases energy and energy exchange — and people love energy. So, naturally enough, some people strongly *prefer* to pursue this “energy-conductive” style of relating in Unification practice. Nevertheless, it is not *always* wise to use eye contact. The desire for eye contact and energy exchange often reflects egoic attachment. If so, the use of eye contact will surely *increase* emotional attachment. It can fuel physical attraction — resulting in obsession, misunderstandings, and other troubles.

The energies associated with ordinary attraction and obsession should NOT be confused with Divine communion. Usually, interpersonal obsession itself is a way of forgetting God — NOT a way of remembering and connecting with God. With that in mind, here is a general rule for the use of eye contact in Unification:

Eye contact should be used in Unification only (1) by couples in a committed relationship, or (2) by friendly associates who are in harmony, and who are NOT sexually polarized to each other.

Please understand the reason for recommending caution in the use of eye contact in the context of Unification. This recommendation is not intended to ignore or invalidate the potential value of energy-conductive interchanges between sexually polarized individuals (including wonderful experiences of sexual polarity, interpersonal magnetism, tantra, and such). It is meant only to protect the spiritual benefits of Unification from the grand distractions of (potentially) ego-influenced adventures.

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Appendix A

Question: *In Unification, what else do I do BESIDES love?*

Answer: In Unification, the only practice is to LOVE. As you proceed, you will see that there are different “what to do” items for each step of Unification. Those items are *part* of loving — not something *in addition* to loving. Therefore, when you do every “what to do” item described at each step in the Unification process, you will still be *only* loving.



Appendix B

Question: *How will I know if my Unification practice is working?*

Answer: It WILL work, no doubt about it. Just *do* the process, as instructed, at each step.

There are certain “results” that are described for each step. Don’t worry about creating those results. They are listed mostly as signs of readiness to move to the next step — and also, to give you confidence that you are on the right track. You can get *off* track if you try to simulate the results, or force them to appear. You can also get off track if you become overly results-oriented, placing too much importance on the results when they appear.

So again, just *love*, and let what happens, happen. That way, you guarantee that your experience of Unification will be perfectly *authentic* — and that you will not be distracted from *love* by its results.



Question: *When do I switch from one step to the next?*

Answer: First and foremost, don't hurry. The Unification process reveals a natural metamorphosis of love — in which love takes new and higher forms as the process unfolds. The form of your loving will shift when appropriate. It makes no sense to try to forcibly change it any sooner than that!

If you simply *do* the Unification process at each step earnestly, the “results” that are described will *naturally* manifest at some point. That will be your sign that the step you are on is fulfilled. Only *then*, proceed to reading about the next step before your next Unification session, and incorporate the new “what to do” items into your practice. Until then, be happy doing exactly what you are doing *indefinitely* — making no attempt to do anything else.

Above all, there's no need to worry! Remember, ALL you will do, in EVERY step, is LOVE.

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Appendix D

Question: *In the Unification process of loving, who or what do we love — or do we “JUST love?”*

Answer: Initially, the process of loving can be directed towards “objects” or not. The recipients of our love could include a single person (such as a friend or lover), or many people, or all people, or God. Alternatively, we can “just love” — without focusing love on anyone or anything in particular.

Either way, we find that love has an undeniably expansive quality. As we continue to love, love expands naturally — from something to everything, from specific to Universal. Love itself will eventually show us the need to love not just *to*, but *through* our beloveds. *To* liberates us from narrow self-consciousness; *through* frees us from the objects of love, and allows us to expand into an even larger space.

Thus, no matter how we start, we will ultimately fulfill the cosmic need to release all objects, and *just love*.

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Appendix E

Question: *Why not start with the universal form of love, and skip all objects of love completely?*

Answer: You may if you wish, and if that works for you. There are some strong arguments in favor of that non-dualistic, object-less approach:

Unquestionably, to focus forever on a person or any external object represents a relatively limited condition of consciousness compared to total awareness of the Unity of all Life. That same pitfall applies to everything that may arise in consciousness — even to focusing on our own thoughts and feelings.

Therefore, the eventual release (transcendence) of all objects of love — indeed, the release of all objects of *any* kind — is essential for true Unification.

Obviously, then, if from the start you *just* love — meaning, love *without* object — you avoid the pitfalls of narrow focus, attachment, etc. However, there are also some reasons to embrace objects of love at the start:

The pure (non-dualistic, object-less) approach is useful only insofar as you can be strongly motivated to do it. If not, having objects of Love — people, or personified notions of God — can provide needed enticement to “go without” (to expand beyond the body). To love anything beyond our bodily limits expands our consciousness appreciably. Thus, it’s far better to love a flower — or even a twig, for that matter — than to suffer smallness and self-isolation.

There’s a natural *progression*, not a *contradiction*, between objective and non-objective love in Unification. For many people, the optimum Unification practice combines both approaches: **FIRST** you love objectively, directing your attention to someone or something. **THEN**, later in the session, you release the objects of love, and rest your attention on the Presence which arises in love — and *just* love. That’s the progressive approach.

NOTE: *The eventual release of objects makes Unification different from both ordinary concentration AND the ordinary practice of loving. Ordinary forms of concentration CAPTURE our attention, and can, therefore, be limiting. The Unification process, when rightly practiced, FREES our attention — FIRST by releasing us completely from self-focus, and THEN by releasing our focus on the objects of love. The ordinary practice of loving tends to omit this second crucial step.*

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Appendix F

Question: *If I experience Unity once, will that experience be permanent?*

Answer: Generally, the experience of Unity in Step 4 is not a one-time event, like arriving at a final destination, and then you are just *there* — not at first, at least. Like everything else in human development, Unity-realization stabilizes progressively.

To some degree, all states of consciousness are impacted by how you live and what you think. On the other hand, given that Unity IS your real condition, and not just another experiential state, it is certainly possible to become continuously aware of Unity. Through the Unification process — and more importantly, as an expression of your *will* — you can easily become accustomed to resting in Love. And you can easily grow so familiar with the condition of Love that you can return to it anytime, at will — even in the midst of ordinary activity. Finally, to the extent that you make resting in Love your continuous activity and commitment, you *will* feel and know the Reality of Unity as your continuous condition, in and beyond all experiential states.

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Appendix G

Question: *What should I do if an intimate doesn't want to join me in Unification practice?*

Answer: Do it anyway — by yourself! There's no doubt that Unification can do wonders for people who practice Unification with each other. But if either party, having been introduced to the idea, is not naturally enthusiastic about it, you can still do wonders for the relationship by practicing Unification independently.

Needless to say, no one should ever be pressured into performing Unification practice. No one can practice Unification effectively unless they sincerely WANT to do it.

NOTE: *Sometimes*, if one person starts doing Unification, the other person feels the effects so strongly that they will eventually be moved to ask, "What's going on?" At *that* point, you can explain what you've been doing, and your partner may be more likely to want to participate. It's a case of leading by example.

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Appendix H

Question: *If just one person does this meditation, will it help the relationship?*

Answer: Just *one* person in a relationship can practice the Unification in that relationship *and* benefit the relationship greatly. As you can imagine, if your partner spent some time thinking of you very fondly, you would feel their loving attitude the next time you meet. You would feel the shift whether your partner said anything about what had caused it. This clearly shows that while a relationship is made of two people, either partner alone, by raising their own orientation, can substantially improve in the relationship. Here's an experience to illustrate:

"The other day one of my co-workers was having a bad time. He was distracted, careless, and uptight all day. It was difficult to work with him, and it felt like I had to walk on eggshells so as not to make him react. Finally, at our company staff meeting at the end of the afternoon, I realized that I needed to make a bubble. My co-worker and I weren't having a one-on-one interaction at this meeting, but I began making a bubble around us and fairly soon felt softer within myself, and more connected to him. From within the bubble, I realized that my negative attitude towards this person had been making our relationship worse. The bubble changed my attitude to love and understanding. After the meeting was through, I felt close to this co-worker again and approached him. Even though he was still somewhat stressed from his challenging workday, our interaction was very warm and connected -- and the problems of the day were completely erased. Love truly saved the day."

As we align ourselves to a relationship in our minds and in our hearts, our attunement changes. Later on, when we meet the other person physically, we find that the relationship is upgraded. That's because we are now relating more from Self to Self, *within* Self, than from self to self, *without* Self.* We enter into the spirit of relating from a higher place.

***Note:** *The word Self with a capital "S" refers to the higher Self — the true and Godly Spirit of a human being. The word self with a small "s" refers to the human personality identified with the ego and directed by the lower mind.*

An experience

"I did the Unification love thing for the first time last night. I began by thinking about what I love about the people closest to me. Concentrating on that made me feel the love I have for them very intensely, I even discovered that I love the things about them that irritate me. I felt the most amazing warmth. It was as if love was flowing through me. Soon I had reached a deep realization about how much I really love every thing and every one, even the people that I don't get along with (including myself). I realized that they are all part of me in a way, and we are all intertwined in each other's lives and beings along with the rest of creation. Even when I stopped concentrating and moved onto some things that I had to get done, the love stayed there. It was still there when I woke up this morning."