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## What is Unification?

Unification is a most wonderful meditation technique for realizing Unity with Life. It is simple and natural enough for even children to easily do, because it is based on the most universal, natural, and uplifting of all human impulses — LOVE. No special initiation is required; we all know how to love, and we all *do* love.



## How to do Unification

The basic instruction in Unification is:

*Love. Love with all your heart. Only love.*

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, and 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. Whatever you are aware of, envelop it with love!

No matter how you love and where you direct your love, the important thing is to 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. You WILL begin to feel God's presence, and that's how you know you're loving for real.

During your practice of Unification, you may experience thoughts and feelings of various kinds. Also, if you have been directing love to others, you may become aware of their thoughts and feelings. However, it is best to ignore everything that arises to consciousness, and simply love.



## When to practice Unification

Sit down once or twice a day, for five to twenty minutes, or longer if you prefer and your schedule permits, to practice Unification. Before you begin each time, offer a short prayer, affirming your intention to love. Then begin the Unification process.



## Unification practice in daily life

“Loving in secret” is the essential way to bring the practice of Unification into everyday life.

### An experience

*“While visiting with my mom, I found that she was troubled by things that I couldn’t help her with, by giving any personal advice or direct feedback. Still, I wanted to help her in some way, so I silently extended my love 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. Eventually we went on to other subjects.*

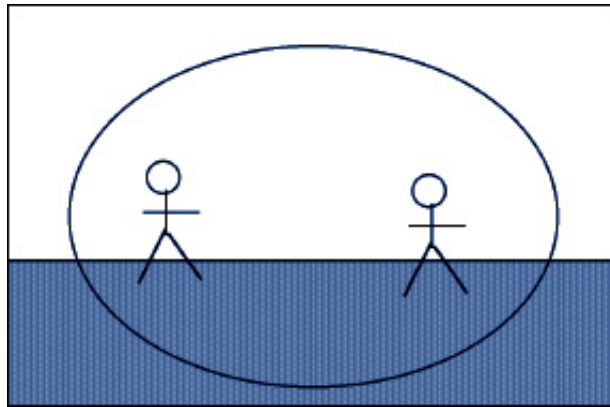
*“Later she wrote to me that she’d enjoyed our ‘warm fuzzy’ time together, and I was overjoyed to see that although she had been keenly feeling her troubles during our visit, what stood out to her was the feeling of warmth within our visit. That was certainly due to the bubble of love I had created between us, 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 and 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, the feeling that you stored up for them will come out in some way. OR, they will feel it anyway, even if you don't directly express it. Even if 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 love 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.”*

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

**Answer:** In Unification, the only practice is to LOVE.



**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. Don't worry about looking for signs that the process is working. Love certainly will produce subtle and tangible results in your life, but those are not your concern. You can get *off* track if you try to simulate any particular 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:** *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*.

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

**Answer:** Generally, the experience of Unity is not a one-time event — not at first, at least. Like everything else in human development, Unity-realization stabilizes progressively.

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.



*For more information:*

[www.soulprogress.com](http://www.soulprogress.com)