



The All One Foundation



The Gift of Life

Melodie R

Recently I was asked to consider, for my own clarity, what I had gained from my Openings intensive and how the Openings experience had changed my life. I was unprepared for my own answer to these questions, as it revealed a breadth and depth of change that I had not taken time to acknowledge fully. The changes were assimilated so naturally into my being that I forgot what I was like before they occurred. I would like to take the time to now acknowledge these changes by sharing some of them here.

Essentially, Openings did more than change my life – it brought into my conscious awareness the Gift of Life itself – the Gift of Me. Prior to Openings, in knowing only my body, mind and emotions, I was vaguely, but painfully, aware that something was missing – something to do with ‘union’ I thought – union, that is, with something other than me. In some obscure recess of my mind I thought that if I worked very hard I might become perfect enough, or God might become forgiving enough, to give this to me. Until Openings, I did not realise that what I was looking for was not ‘missing’ at all – it WAS and IS myself. In other words, Openings extended my understanding of ‘self’ beyond the limitations of body, mind and emotions to include Spirit – Spirit as Reality, not as a concept, but as an experience of My Reality. This experience bridged the gap – the missing piece – between what I WANTED to be the truth, and what IS the Truth about Me – always and forever. Knowing this Truth from my own experience, from this glimpse of eternity, I could never again get totally ‘lost’ in any of the diverse forms of me (at a personality level) that appear to exist apart from My Reality. Best of all, I could stop searching outside myself – either for some formula to make a better me, or for some missing piece to complete me.

In addition to this new experience of Me, this Gift of Life, Openings gave me a new Resource. This Resource was – incredibly – the Light of the Christ Consciousness to call upon for ALL my future needs. With the learning of how to ask and receive the assistance of the Light, and

with the integration of the use of the Symbol, I became the Source of my own healing, and the transformation from ‘one-who-is-run-by’ to ‘one-who-runs’ the nature of my own experience.

So how did this transformation process begin to manifest itself in a practical way? In essence, the certainty (as opposed to ‘hope’) that I was here to go Home placed my earthly experience in a whole new perspective. This perspective basically said ‘There is nothing you want more than to return to your Source. This longing is so great that it will ultimately transcend all fear and dread of ‘sacrifice’ to achieve the Perfect End’. Such a perspective also said ‘You have encountered in The All-One Foundation a magnificent form of spiritual support for your journey Home – go get some more support.’ And so to RTC2, and then a Transformation Circle and Home Meditations, and another Openings as an assistant, and then the Transformation Training, and then being more involved with the organisation because the more I do the more my own transformation evolves.

The effect of all these trainings which stem from the Openings Retreat can be stated quite explicitly: ALL areas of my life involving relationships with others have changed – some dramatically – in a positive way:

- 1. Relations with my mother, father, brothers, children, and ex-spouses have all undergone transformation, so that the level of personal distress arising from interaction with these people who are closest to me has dropped about 70% (or more).*
- 2. People in senior positions with whom I work are less ?likely to evoke my fear ?of? outside ‘authority’, or to receive my permission to impose their will upon me – though I still have a need to be ‘nice’ – sometimes at the cost of my Truth.*
- 3. On average, I am about 60-70% more trusting of others and, therefore, less likely to ‘see’ the need to protect myself.*
- 4. Importantly, my relationship with myself has changed. I’m more compassionate with myself and I estimate that the level of negative ‘self-talk’ (i.e. self-criticism) has dropped by about 60-70%. I ‘manage’ me a whole lot better.*
- 5. Above all, my relationship with God has changed. Suffice it to say that I no longer blame Him for all my discomfort. I have a whole new set of relationships with people I have met through The All One Foundation – a whole new family of like-minded people, to love, and share with, and learn from.*

I am not the chronically dependent person I was 15 months ago.

- 1. There has been a significant and ongoing increase in the level at which I take responsibility for providing for myself financially.*
- 2. I ‘miss’ having a special relationship about 10% of the time instead of 100%. The experience of living alone has been, and continues to be, an opportunity for self-discovery and personal expansion.*

3. I am starting to ask for what I want rather than waiting for ‘proof’ that others care about me.

4. My perception of what constitutes a material ‘necessity’ has simplified.

5. I am basically more flexible and adaptable to unexpected changes in circumstances.



My ‘productivity’ as an individual is on the increase (less time and energy spent being depressed or anxious). I fit more into my day than I used to and this is growing with time. There is more evidence of initiative with decision-making, reaching out, making phone calls to others, and taking risks sharing where I’m at. There is at least 60% less conflict around what I ‘should’ be doing at any given moment.

I take about 95% less medication than I did 15 months ago. In particular, a sinus condition has completely gone since Openings.

People who have known me a long time have recently commented on changes that they have noticed: (To me) ‘You look so much happier and more relaxed these days’ / ‘You’ve certainly changed/grown’. (To my children) ‘Perhaps you should do what your mother is doing – she’s never looked better’. The knowledge that these changes are only a beginning – only one small step through the Openings doorway is another of the gifts of the training.

The gains I describe are true for me, and the external changes I have listed can be validated. It would be wrong, however, to suggest that there has been, and is, no struggle in this growth process. For such is our condition, such is our investment in everything that would keep us separate from joy, that the long-standing ego territories are not relinquished without some degree of opposition between right-minded and wrong-minded ways of perceiving what is apparently ‘out there’. There seems no way of avoiding initially, at least, the perception of ‘sacrifice’ and ‘loss’ in making choices which will lead us to Knowledge and the Truth within and beyond us. And so the ground for new Vision is won slowly at first, with much resistance and much reverting to old patterns, old tapes of fear and doubt, and lust for control. The gifts of Openings and subsequent trainings however, for me, were such as to provide an undeniable new point of reference – the conscious memory of which could not be completely extinguished by any journey into the world my ego made. And as time goes by, that reference point is becoming THE Reference point. THE Truth, against which all else must eventually fade into the nothingness it is.

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