



The All One Foundation

-Openings Testimonials-



*Openings a Spiritual the Bridge,
The Gentle Path to Enlightenment*



*'Openings' has been experienced by many people from all walks of life.
Here are some of their experiences...*



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"OPENINGS" is a direct spiritual experience.



The growing Presence of Spirit in my life

Kate S

Parole Officer, Transformer and Volunteer
Sydney



I find it challenging to write or talk about Openings as my experience keeps changing. Some days I see from one perspective, other days I see from another. The factor that is most constant is the growing Presence of Spirit in my life.

Openings for me is about God and about change, deep, real, lasting, ongoing change.

When I did Openings six and a half years ago, this is what I was looking for. I had spent a lot of time, years, in conventional therapy, workshops and relationships in a desperate driven search for myself and for purpose and meaning in my life.

Up to that point, my experience of life had been a myriad of physical, emotional and mental traumas that I had lived through and created. I continued to create in this way in the mistaken bewildered belief that somewhere in these situations was the truth and missing link to my sanity, happiness and peace.

Deep in myself I knew this was not the whole story, so I kept searching, not really knowing consciously what I was looking for. All I knew was that I didn't have it. What I got in Openings was the opportunity and permission to experience myself, without judgement or interpretation or expectation, on all levels.

All of my emotions, attitudes, beliefs and insane scenarios were all mine, to own and cherish. As I accepted my experience, I changed, grew and matured and began to know the peace, love and joy in myself that I had locked away, discarded, disowned. What I gained is myself and the missing something. I more and more experience the integrity and truth of myself, my innate capacity to choose and co-create positively and lovingly, in an ongoing, moment-by-moment, day-by-day opportunity. I experience growing and changing as part of my everyday reality. I am active, vital, positive and joyful in my daily actions and decisions. My relationships with people have changed from being dependent, full of expectations and resentments to loving, harmonious and joyful, expanding in a golden glow of intimacy, trust, companionship and self-sufficiency. Instead of reacting out of judgement, I now have security and safety in myself, ongoing developing contentment, peace, maturity and wisdom and the Knowledge that I am truly loved. I can choose and do what I need and want to do. I know my purpose and direction. I go about my day in quiet, sacred joy, in grateful acknowledgement of the active Presence of God in my life.

Kate S

Parole Officer, Transformer, Sydney



Changes

Grace H

Physiotherapist and Transformer, Sydney



I recently started working as a physiotherapist doing a locum for my sister at the local nursing home. This is something I had not done for a long while. I wondered how I'd manage, what would be different, and so on. Initially I found that I fell into old familiar patterns as I, with some trepidation, tackled the job of giving exercises and walking instruction to these very elderly people.

Within a few days, as I relax into the job, I start to notice things. I see how old and frail these people are. I wonder whether they want what I am doing. I start asking them. I listen to them rather than 'do' to them. I see the whole picture, I see our common purpose and where the nursing staff, where the doctors, where the relatives, where the patients and where I am coming from at any given time. I see that this changes. My physio changes.

There's one woman, about 90 years old, who's paralysed in her arm and leg from a stroke and she has lost most of her speech as well. Her days are spent sitting in a wheel-chair or in a bed. Now we sometimes do exercises, she indicates when she wants to. Another time we sit and hold hands and I say what I see her feeling. Her tears and her tight hold on my hand tell me that I'm with her and that's all we do that day, just hold hands and that's my physio for today. Tomorrow the subtle balance between all the elements supporting and caring for this person will be different and what I do as my physio will be different and I don't know until I'm there how that will be exactly.

I notice that I use touch more, often touching hands and smiling, eye contact too, as we say hello or goodbye. I am with my patients, with the doctors and nurses, with myself as I work.

My 6-week locum is now twice a week regular visit. It is time where I experience the changes in my actions more acutely than I do in my everyday life. I treasure this experience of these changes and acknowledge them and me, and acknowledge my Openings, all at the same time.

Love to you all

Grace H
Physiotherapist and Transformer, Sydney

"OPENINGS" creates the opportunity for spiritual experiences of the true self.



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OFF

My spiritual direction

Tracy E

Brisbane

"OPENINGS" provides the spiritual tools to heal and balance yourself well after completion of the training.



Openings has given me a renewed connection to spirit that I had been searching for and hadn't been able to find on my own. It has given me the tools to maintain that connection and join with who I truly am. I find myself more balanced and am able to accept and be at peace with my evolution. Before Openings there was a place inside of me that felt alone, I now feel completely supported and loved, and if I feel any doubt, I use the tools that I was given in Openings. From Openings I have received my spiritual direction and the choice to continue to move forward.

Tracy E
Brisbane



Now the confusion seems a long way behind

Julie-Anne G



Prior to experiencing Openings I felt very confused. I was married to a wonderful man. I had three beautiful children. I had moved into an exciting old house in the bush. I had everything that was supposed to “make” me happy. Yet there was a great deal missing and I didn’t know what it was or how to find it.

A number of dramatic experiences led me to giving up my pride and asking. I asked natural therapists, I asked friends and I asked the universe.

The higher realms supported me. I experienced Openings. I don’t know what Openings is! And for me that just doesn’t matter. I feel blessed to have experienced it. I came away knowing love. For the first time I experienced love and acceptance. I spoke with my father for the first time in many years without conflict and without “hooking into” old behaviour patterns. The patterns of “losing my cool” with the children just didn’t seem to be there. I found that I could love. Just simply love another without needing their approval or needing them to behave in a particular way, or even needing them to return the acceptance.

Nine months later I find this still working. At times I blow it and relive old patterns. Yet as I continue to apply the tools I was given I find it harder to find and work these old patterns, even when I actively try!

Now the confusion seems a long way behind. I am learning instead about peace and love and a very special thing called joy. I am learning about a state of mind called neutrality. Through my Openings’ tools I am learning to replace the foundations that supported the confusion with these new and wonderful gifts of God. I am deeply grateful.

I wish to acknowledge and offer my thanks to Adam, Oliver and all those who assisted and supported the training.

Julie-Anne G
Teacher, Brisbane



A spiritual' experience beyond everyday boundaries

Steve Mc

Avalon, Sydney

Through Openings I had an experience of myself which I had not previously consciously recognised or acknowledged. The training offered an atmosphere in which I was able to make a subtle internal shift to who I truly am. This was and is a significant experience for me, significant in that each small step I now take along this path brings me closer to Home and freedom.

Prior to Openings I had been studying various forms of psychotherapy which, while useful, fell short of offering the momentum necessary for a lasting internal shift to take place. Openings offered a space in which I was able to move into a wider 'spiritual' experience beyond my everyday boundaries. The benefits of this for me have been more love, joy, ease and peace, and an increased willingness to just experience events with less expectation or judgement on a particular outcome.

I am both grateful and thankful to Adam, the assistants and to the other participants for their roles within my Openings. I have continued to participate in All One Foundation trainings and I also assist within the organisation. My involvement has further deepened and supported the internal momentum I gained during Openings.

Steve Mc

Avalon, Sydney





Gaining wisdom, integrity and empowerment

Catherine T

Parent and Nurse Palmwoods



My Openings training is a significant milestone, and marker of changes on my life journey. Before Openings I was victim, dissatisfied with life and the world, externalising and struggling for justice for self and others. After Openings I transformed to feeling OK without the dynamic of conflict in my life – being joyful, peaceful, internalising, being accountable for my energy, thoughts, actions, and positivity. Clutter fell away. People noticed a big change in me too.

These gentle but massive changes resulted from direct profound spiritual experiences I had in Openings that I didn't really understand, but could not deny. I experienced a deep sense of inner calm and stillness, and a yearning to re-connect back to this 'stillness-well' inside of me for replenishment. Out of these experiences came realisations and wisdoms for myself. Stumbling across Openings, and experiencing doing it, has revealed a key, defying all labels and boundaries for me. It has enabled me to gain entry to another way of doing and being for me, gaining wisdom, integrity and empowerment. I now have a deep planetary-caring and spiritual and personal change oriented focus, as a result.

I reconnect to my 'stillness waterwell' easily for nourishment, applying the Openings tools to support my upliftment, especially the self-balancing skill. Meditation became easy. Daily life is now my workshop arena, with all these supports that I learnt in Openings to assist me.

Briefly, the multiple effects of Openings I experience relate to feeling expanded love and interconnectedness with all the universe. And, above all, I now have a growing sense of my own power, creativity and purpose on this planet.

Catherine T

Parent and Nurse, Palmwoods



A New Direction That Never Gets Old

Viviane G

Mother of Two, Full-Time University Student
Sydney



It seems that at least three times a day I look at myself and my life and internally gasp, “is this really me?” It just doesn’t fit with the image I used to have of myself.

When I run around doing twenty things in one day and still make the time and energy to love my children in the evening, I look at myself and I know something is different.

When my whole day goes ‘wrong’ and I can still shrug my shoulders and think, “it’s OK, I know who I am”, I am reminded of how much participating in Openings has changed my life.

My head is stiller these days and I feel a constant, quiet security that lives and blooms inside me. I experience a lot more love in my life, for myself and those around me, and things seem OK as they are. I don’t feel a strong need to change anything or jump up and down to be noticed. At the same time, I am more efficient and productive than I’ve ever been. Somehow in a seven-day week I manage to fit in a full-time University degree, working in The All One Foundation, visits to the gym, mothering, wife-ing and daughtering. I enjoy them all and I wouldn’t give up any. And that is a far cry from how I used to feel.

I know that the joy and beauty in my life is due to having done Openings and continuing to use the tools I learnt there because I watch it happen. Every time I integrate another level of my Openings experience, I watch the changes filter into all areas of my life, and I feel and I know that I am blessed.

Viviane G

Mother-of-Two, Full-Time University Student, Sydney



Tapping Into My Highest Positive Potential

Bronwyn W

Therapist
Port Stephens

Openings accessed a great amount of self-love for me. This happened through me experiencing the uplifting, positive and neutral SPACE made available at the retreat.

The Openings spiritual retreat also gave me an opportunity to experience living in the here and now, each moment, being present with myself and my environment, including other people. The five days of the retreat gave me a taste of what it's like to fully LIVE with all my senses functioning really well, with my body enjoying being here on earth, and yet clearly and strongly connected with my divine essence.

It gave me a sense of limitless-ness just by the very fact of my existence, which is very empowering when I choose to tap into this.

As I am writing I am remembering just how wonderful, beautiful, enriching, uplifting and empowering my Openings was for me. Over four years ago now and it's all still there for me when I choose to remember, connect and share my experience. I realise I gave myself a taste or a small experience of my own vast, positive potential in doing Openings and it's an ongoing journey in realising and activating this potential on the physical level.

Bronwyn W

Therapist, Port Stephens





Green Growth

Oliver B

Carpenter, Brisbane



I was 24 and had just spent 8 months living in a shack on the edge of the rainforest in far-North Queensland recovering from my marriage break-up.

The Douglas Shire Council were proposing to put a road through the Daintree Forest, which has now been nominated as World Heritage listing. I went and joined the blockade to stop the road. It seemed a good cause and I was very enthusiastic and soon got involved in a direct 'action' to halt the works.

The 'action' involved a pre-dawn ascension into the trees in the path of the gazette road and chaining yourself up there making it very difficult for police to get you down and generally slowing the progress up. This I did, and come daylight, the dozer began work and gently nudged my roots reminding me of my mortality and bringing forth the realization that my concern for the rainforest was really a concern for my own survival.

There came a time when the work on the road had progressed so far that if we didn't stop it - tomorrow it was too late. We had a huge meeting with about 60 people and were all trying to agree on a plan of action. It was hopeless as we were not able to even communicate to each other let alone agree on anything, and I was one of them. We were all just as angry and confused as the rest of the world.

I had a realisation that if I wanted to create and live in a better and more peaceful world that I would have to do it internally, trying to do it outside of myself wasn't where it was at.

I dived headlong into my personal and spiritual growth. I participated in a training called Openings as well as many other things.

Ultimately Openings gave me the means to create for myself that better world I was wanting. It gave me the experiences to know that the things I was wanting are within me and the tools to integrate these experiences of my inner peaceful world into this physical reality.

Rather than getting in the way of bulldozers as a way to create positive change in the world, I now do voluntary work for The All One Foundation as an act of service for the highest good of all.

Oliver B
Carpenter, Brisbane



I don't have to work everything out in advance

Hilary M

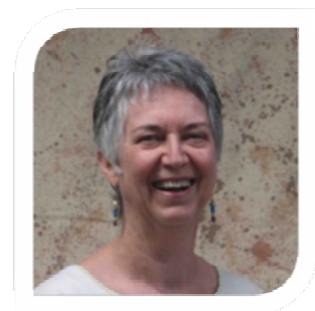
TAFE Teacher Brisbane

"OPENINGS" is beyond the definition of our minds and emotions.

At the time that I decided to do Openings I was on the dole. It was Christmas time, I was flat broke and I certainly didn't have enough money for a deposit on Openings. However, I filled in a registration form and sent in \$20 as a 'deposit on a deposit', with a promise that I would send in the rest as soon as possible. I felt rather foolish as I couldn't see for the life of me where the rest of the deposit was going to come from, let alone the remainder of the fees.

Next month in January, as I had done for the several years previously, I planned to run a couple of Study Skills workshops, for which I usually enrolled around a dozen or so students in each. This year, however, was to be very different. Despite rather lackluster publicity, the phone didn't stop ringing! In the end, there were enough participants to fill not just one, but three workshops and, by the time Openings arrived, I had exactly enough money to pay for myself, but also to enable a friend to do Openings as well.

Something I learnt from this experience was that I don't have to work everything out in advance, that I don't have to see beyond the next step and that taking just one step at a time is all that I need to do.



Hilary M

TAFE Teacher, Brisbane



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©
OAF

Peacefulness inside never experienced before

Jennie W

Brisbane



After my Openings I felt different but I couldn't put into words what that was. It was probably a year or two after Openings before I realised that many things that had troubled me no longer did. Nothing external had changed, but I had.

From my Openings I gained a love and acceptance of myself and others and peacefulness inside I had never experienced before.

Jennie W

Brisbane



Not a 'hard trip'- economy of effort

Julie K

Brisbane



The experience of Openings was for me the sweetest, the purest, and the most enjoyable I have known. And my life has not been that hard!

Openings satisfied me deeply. It enabled me to consciously travel through my own inner world of what in fact is not mine alone, but the cosmic realm of so-called outer space inwardly apprehendable; this has to be the penultimate journey.

It wasn't a 'hard trip' of the narrow pejorative kind, but one in which I physically and cognitively knew full alertness and clarity of Being – wondrous and joyous. A certain essential integration which rendered me feeling neither here nor there, fat nor thin, but simply clean and sure of something, somehow. Unity.

In writing this I feel words and phrases coming to issue forth! Paradox transcended; the Universal and the in Particular vice-versa; elegant spirit; economy of effort; perfection; wedded bliss; happy heart; and God so loved the World... My cup runneth over...

Julie K

Brisbane



Small Steps

Terry S

Network Computer Programmer
Sydney



I remember when I did Openings, it felt strange... I didn't know what to do with it... There was a space there and I felt helpless. My background had been one of Science... Formulas... do 'this' and then 'that' and out comes 'the desired result'. I knew how the world and people worked. I knew what was what!...but...here...in this space these ideas seemed to go nowhere, fast ... I felt helpless ... I felt angry that it didn't conform to the way I wanted/thought the world and people worked.

Looking back in hindsight eight years later I can see Openings gave me steps to re-orient my life, re-orient what I felt was important in my life. The orientation is more of doing for my real benefit on a lifetime scale (perhaps more...I can't really tell). The orientation was more towards me appreciating what it means to be the individual, Terry.

It happened in steps, very basic steps, some almost babyish. The following words to me best represent the flow of these steps:

I have a body, I've remembered; I have a body
I have hands that can build
I have a mind, it's there to be used for benefit
I have needs
I have wants
I have choice

Terry S

Network Computer Programmer, Sydney





Opened me to Love

Erica W

Daintree
Far-North Queensland



*"OPENINGS" is a
product of your own
innate knowing.*



The notice about Openings seemed to jump off the notice-board at me three years ago. The quote simply stated that the Openings course went beyond all the other courses that this person had ever done. The name Openings struck a chord in me and I knew one day I'd do it.

Now that I've done the course I'd like to share it with others.

The course surely 'opened' me. Opened me to consciously connect with the Energy beyond this reality, within this reality. Opened me to go beyond the emotions and thoughts and the physical that seem to overpower, to a power over and beyond all.

Opened me to Love

What more do I need?

Only to stay connected.

Erica W

Daintree, Far-North Queensland





New Meaning to My Life

Alex P

Transformation Facilitator



Several years ago my life's journey took me into many streams of therapy as a facilitator and a participant. I was searching for a way to assist others and for my own integration as a happy whole being. I was excited when I heard about Openings. It wasn't a therapy, and it sounded different to my traditional spiritual upbringing against which I had rebelled. In the training I began to experience other levels of myself that I previously didn't know existed. I got to know and connect with what I now call God. Merely by doing what I was told to do, even though it didn't make sense to me at the time, I began to have an experience of myself. What I really liked about it was that I didn't have to follow someone else's belief systems. I had enough of dogma at Boarding School. I also didn't have to do anything uncomfortable or go through a catharsis.

My old references and beliefs started to become redundant, as I allowed myself to operate from a deeper level of awareness. A level inside me that was new. I did not have to swap one set of beliefs for another. I started to get a sense of who I really was, and it became easier for me to check in and see if what I was doing was right for me at the time. All that I had been getting in the past was a new way of looking at old stuff. Now I have a new way of looking at new things.

By completing the training I began a Spiritual growth process that is still ongoing.

Participating in Openings has given me life choices unavailable to me through the cognitive, analytical and experiential therapies in which I trained. Over the last twenty-nine years I have a connection to the real, and my reason for being on the planet is unfolding to me daily. This is a powerful open-ended on-going experience for me, not limited to methods, or to the limitations of teachers of methods. Since doing Openings, I have found the peace and the space that I was searching for during many years of work on myself

Alex P

Transformation Facilitator



My intuition a blessing rather than doubted

Carla D

London

"OPENINGS" touches the source of wisdom within each of us.

I have noticed a large number of changes in my life, my perceptions, and my reactions to each moment of every day. I am enjoying and taking more time to experience the simple things in life and take a lot less of these precious gifts for granted.

I also learnt that I have a choice in every experience or moment, to react in a positive or negative way.

Reacting negatively only used to harm me, and all I did was damage my perception of the experience, and think people were saying things because they didn't like me. I have also found that my confidence in myself has grown, and been noticed and commented on by people I have come into contact with since my Openings. I have let go a lot of inhibitions and a chronic addiction I had for the last five years. My intuition is a blessing and now trusted rather than doubted, due to my faith in myself, and my trust that it is for the higher good of the higher self and of all. I am also healing the world and myself in my meditations through love and light.

Carla D

London

Negative qualities are not my true nature

Chris J



Before participating in Openings I was driven, restless, and rarely content, no matter what goals I achieved. I had created a fair degree of worldly success, yet inwardly felt anything but a success. My inner life was characterized by anxiousness, uncertainty, doubt, and at times, downright despair.

Openings didn't "cure" any of this, however it did lead me to realize that these negative qualities are not my true nature and gave me the tools to transcend these and any other limitations at any time I choose.

I am eternally grateful for being led to this training, and to the people who made it such a worthwhile experience.

Chris J
CEO, Brisbane

So simple, yet profound

John D



Prior to my Openings, I was searching for the love within me that is now emerging like a metamorphosis. I am experiencing wonderful personal insights, and a knowing of what the great masters are referring to with their truth and wisdom.

I now own my experience. I am working and living in the real world, and operating a business in which I have very close personal contact with many people. In communicating or re-living my Openings experience I often express tears of joy and happiness. As I share my human conditions, I am now choosing to observe all events as just passing through.

The tools and practices shared during Openings are so simple, yet profound when used in every moment, always growing and expanding. Some days I tame the tiger, some days he has me for lunch. Thinking is not, knowing is.

John D
Hair Dresser, Mooloolah, Queensland

25 years ago my world changed

Sigrid L



When I participated in Openings 25 years ago, my world changed altogether – the outer and the inner. My all too familiar view of myself as human ego expanded, I experienced myself as Soul, the part of me that is eternal, the I who does not die. As I am embracing this knowledge, my focus for my life has changed – I am heading Home.

Sigrid L

Registered Nurse and Transformer, Sydney



Adam's Biography

Adam Davis

Founder
Spiritual Director of the All One Foundation
Sydney
www.all-one.org



Adam Davis, founder and spiritual director of The All One Foundation was born in Melbourne, Australia. He began his spiritual journey in 1974 when his many years of experience in the field of personal growth led him to question the limitations of working at the levels of body, mind and emotion.

His search for a new modality took him to Israel, Egypt, England, the Caroline Islands, Peru, Central Australia and the USA, where significant experiences and learning have supported the evolution of 'OPENINGS' and other All One Foundation trainings. Adam Davis is available to talk to interested groups.

