

Do not struggle.
Go with the
flow of things,
and you will
find yourself
at one with
the mysterious unity
of the
Universe.
Chuang Tzu



‘Go with the flow’ is now a common phrase. But what exactly is our mystic guiding us to “do” at the level of behavior? How do we *not* struggle? And how does ‘unity’ fit into it? To explore an answer, it’s useful to investigate the assumption that we are separate. When you look at the above picture, you can see the actual separation between the mountains and the sky. They seem like two completely different things. The same appears to be true for the stream and the rocks.

It becomes a bit trickier trying to separate the ripples in the stream from the water they’re made of – or separating the horizon from the interface of the earth and the sky. You know the ripples are actually made of the water. And you know the horizon can’t exist without the interface of earth and sky. What appears to your physical eyes as separate things are, for your mystical eyes, simply *differences* in the way the Formless (God) is expressing Itself through form.

When you look with your mystical eyes, you can see that differences do not equal separation. The beauty of Life is its majestic capacity for creating distinctiveness, each thing unique in its own way. The mysterious unity is that Life does so without requiring disconnection from Itself.

When your mystical eyes focus your awareness on this level of reality - *even if only for a moment* - you can perceive *everything* as an extraordinary expression of Life’s creativity. And most importantly, you become privy to the paradox of *the part and whole as one mysterious unity*. Viewing life with this awareness causes an automatic loosening of your ‘holding on’ to any particular form. The *notion* of ‘going with the flow’ can then move beyond an idea into a daily life experience.

Take a second look at the picture above. What your eyes are seeing as a whole picture is actually made up of little points of intersection between lines and dots, each line and dot surrounded by space. Nothing you see is actually separate from the wholeness of the image. It's easy to grasp this looking at a photograph, but not so easy to perceive when you're looking at your life unfolding before you.

How easily we watch a movie and, thankfully, forget that the story line scaring us or making us laugh or cry is actually being generated by a moment to moment flow of two-dimensional images. It would take all the fun out of the show. But in real life, it's the exact opposite. When you can perceive with your own eyes that everything is one unified whole, all the forms retain their uniqueness, but your sense of freedom soars. This revelation means you, too, are *an intended part of the world*. When seen from your mystical eyes' point of view, the notion of 'separateness' that dominates the lives of all humans, crumbles as a final statement of truth. And *that* is the beginning of a new movie that turns out to be perhaps the greatest show on earth.

Until next month when another Reflection will arise, may your eyes begin to notice the mysterious unity of the whole in addition to its parts. And may your body allow that feeling of wholeness to bring you a taste of peace - beyond the mind's capacity to grasp, but exquisite food for the heart and soul.

Ragini