

# The Oneness Blessing

Unity means Oneness. It is clear that Christ taught a oneness with God that was universal and available to all. Unity believes that there are Universal Truths and processes that become available through God's Grace and our sincere willingness to awaken spiritually and experience oneness with the Divine.

The Oneness Blessing is a direct transfer of intelligent sacred energy which causes the heart to open, quiets the chatter of the mind, opens the door to higher states of consciousness and initiates a process of Awakening into Oneness.

The Oneness Blessing (sometimes referred to as Deeksha), can be transferred by those who have received the initiation, training and transmission through a special process offered in conjunction with the Oneness University and its co-founders, Sri Bhagavan, and Sri Amma.

Experienced practitioners, referred to as Oneness Blessing Givers, transfer the divine intelligent energy by serving as a clear empty vessel for the energy to flow to the recipient. This is done by placing his or her hands onto the crown of the head, a practice referred to in scripture, usually for one or two minutes.

Experiences during the Oneness Blessing vary in each person from strong to subtle, or even delayed for a few days. The recipient may experience a tingling sensation, a blissful energy flowing in the body or sometimes nothing at all. Whatever the experience, the recipient can trust that the process of Oneness has begun, designed by Divine Grace, to lead the individual gradually into their own Awakening. The effects are cumulative and can enhance physical healing, promote inner calmness, well-being, and feelings of joy and Oneness.

The Oneness Blessing is a non-denominational benediction that is a gift for all. It is currently being given every day to people all over the world; people of all nationalities, religions, and spiritual beliefs.

Inner transformation and awakening cannot be achieved through effort alone. Awakening is a process. The Oneness Blessing accelerates that process for many in a permanent and tangible way. It is purely experiential. One cannot figure it out intellectually, but only experience the Spirit in a brighter more pronounced manner as the Divine in you resonates with the Divine everywhere.

Naturally, there will be skeptics of anything new, unfamiliar and unknown. There will be critics of the process and the co-founders of the Oneness University as well.

What we do know and stand behind is the profound personal experience of the Senior Minister, Associate Ministers, other leaders of this ministry, and millions the world over who are currently receiving the Oneness Blessing and reporting on the effects of this most powerful stream of awakening energy. It can harm no one. It is impacting millions. Each individual must decide for themselves.

Among the spiritual principles and teachings of Unity is Oneness. It emphasizes oneness through prayer, meditation, practicing the Presence and various teachings that clear the consciousness of separation and promote a conscious Unity or Oneness with God. That is our foundation in this ministry.

Here is a process which can be added to the toolbox of spiritual transformation and the awakening into Oneness.

Some have said our planet and all humanity is currently undergoing a major, spiritual, evolutionary transformation. It is impacting our environment, social structures, and our individual and collective consciousness. It is obvious that the polarizing energies that divide and separate are significant. The Oneness Blessing and its energies seem to have risen to the surface at this time to counterbalance and overcome these energies in the interest of healing through Oneness.

Won't you enter the process that can awaken and heal you as well as the world?

Rev. Howard E. Caesar