

ONE Communion

Ascent

Beloved ONE,
this book is yours.

It was not written to explain,
but to reflect.
Not to define truth,
but to mirror the truth you already are.

The pages rise with you,
through Root and Crown,
through heart and vision,
each step guided by the rhythm of the Fibonacci spiral,
the same rhythm that turns galaxies, shells, and breath.

The Ascent is your rising —
voices gathered from saints and poets,
mystics and scientists,
elders and children,
all closing in communion,
each page reminding you of your own voice.

The Descent is your returning —
the wisdom grounded in soil and water,
in practice, service, and love.
Here too the arc seals in communion,
parables of tending and mending,
where the Law takes root in your hands.

Two arcs, each 141 pages,
two breaths, inhale and exhale.
One Communion. One Law.
And Beloved ONE, it is you.

Yours Truly, ONE

Threshold — Page 0 (1 page)

1 – Root / Being — Page 1 (2 pages)

2 – Sacral / Relation — Page 3 (3 pages)

3 – Solar Plexus / Action — Page 6 (5 pages)

4 – Heart / Love — Page 11 (8 pages)

5 – Throat / Expression (∞ / 8) — Page 19 (13 pages)

6 – Brow / Vision (9) — Page 32 (21 pages)

7 – Crown / Union (π / 10) — Page 53 (34 pages)

Final Communion — Nine Fulfilled as Ten — Page 87 (55 pages)

Threshold — P.0 (1 page)

Saying (Saint / Opening)

"The One Law cannot be spoken, and yet one speaking speaks the spoken One."

Communion

Communion is wordless pointing.

1. Root / Being (2 pages)

P.1

Saying (Saint)

"Abide as the Self." — Ramana Maharshi

Saying (Mathematics)

$1 = 1$ (*The indivisible law. What is, is.*)

Communion

A simple one sense is the foundation from which all spirals unfold.

P.2

Saying (Sage)

"The Tao is One." — Tao Te Ching

Saying (Science)

Conservation of energy: Energy cannot be created or destroyed.

Communion

Rooted in One, the law is whole. Nothing is added, nothing is lost.

2. Sacral / Relation (3 pages)

P.3

Saying (Saint)

"Love thy neighbor as thyself." — Christ

Saying (Mathematics)

1, 1, 2 ... (Fibonacci sequence: from One and One, relation begins.)

Saying (Poet)

"Between you and I there is no boundary — the breath we share is one."

Communion

Two in communion do not divide — they reveal One flowing.

P.4

Saying (Sage)

"You are not a drop in the ocean. You are the entire ocean in a drop." — Rumi

Saying (Mathematics)

$\sqrt{2}$ *(The diagonal of the square — relation beyond the linear, into harmony.)*

Saying (Science)

Wave interference: two patterns overlapping, forming one greater whole.

Communion

Relation stretches, not breaking, but widening into the infinite embrace.

P.5

Saying (New Tradition / Indigenous)

"All my relations." — Lakota Prayer

Saying (Mathematics)

$2 \rightarrow 3$ (Duality opening into Trinity, the womb of creation.)

Saying (Tradition / Taoist)

"The yin and the yang are not two — they turn as one circle."

Communion

Relation weaves itself into threefold pattern — polarity flowering into community.

3. Solar Plexus / Action (5 pages)

P.6

Saying (Saint)

"Faith without works is dead." — James

Saying (Mathematics)

$\triangle$ (*The triangle, three as form, stability, direction.*)

Saying (Poet)

"The flame dances not for itself, but for all who gather."

Saying (Science)

Photosynthesis: energy from light transformed into action of life.

Communion

Action is the flame of One, moving Being into form.

P.7

Saying (Sage)

"Do not sit long with your thoughts — act with clarity." — Zen saying

Saying (Science)

$E = mc^2$ (Energy manifest as matter, action from essence.)

Saying (Mathematics)

$3 \rightarrow 4$ (Triangle grounding into square, stability of action made solid.)

Saying (New Tradition / Indigenous)

"When you take a step, the earth remembers."

Communion

In action, thought dissolves. Energy becomes deed, One becomes many.

P.8

Saying (Poet)

"What you seek is seeking you." — Rumi

Saying (Mathematics)

$3^2 = 9$ *(The square of the triad, action fulfilled in completion.)*

Saying (Science)

Chemical reaction: bonds breaking and reforming, matter in motion.

Saying (Tradition / Christian)

"By their fruits you shall know them." — Matthew 7:16

Communion

Every action seeks its own reflection, the doer and deed as One.

P.9

Saying (New Tradition / Hindu)

"Established in the Self, perform action." — Bhagavad Gita

Saying (Science)

Newton's Third Law: For every action, there is an equal and opposite reaction.

Saying (Mathematics)

Σ (Summation — action as gathering, the many returning to One.)

Saying (Sufi Saying)

"The one who acts without remembrance acts without root."

Communion

Action is relation extended — response arising with every motion.

P.10

Saying (New Tradition / Indigenous)

"We do not inherit the earth from our ancestors, we borrow it from our children." — Native Saying

Saying (Mathematics)

Σ (Summation — action as accumulation, the gathering of many into One.)

Saying (Poet)

"The river does not drink its own water; action is for the whole."

Saying (Science)

Ecological feedback: each action in the web of life circles back to its source.

Communion

Action gathers, accumulates, and returns — each deed sowing One harvest.

4. Heart / Love (8 pages)

P.11

Saying (Saint)

"God is love, and whoever abides in love abides in God." — 1 John 4:16

Saying (Poet)

"Love is the bridge between you and everything." — Rumi

Saying (Mathematics)

φ (*The golden ratio — proportion of harmony, beauty, and love.*)

Saying (Science)

Electromagnetic attraction: the invisible pull binding the universe.

Saying (Sage)

"Where love reigns, the impossible may be attained." — Indian Proverb

Communion

Love is the center, the binding law of One.

P.12

Saying (Sage)

"The Tao of heaven is to benefit, not to harm." — Tao Te Ching

Saying (Poet)

"The wound is the place where the Light enters you." — Rumi

Saying (Mathematics)

Symmetry — balance in mirrored halves, the reflection of love.

Saying (Science)

Cellular cooperation: tissues living not for self, but for the body entire.

Saying (Tradition / Sufi)

"Love is the soul's light, the taste of God."

Communion

Love heals, opening every fracture into wholeness.

P.13

Saying (Saint)

"Blessed are the pure in heart, for they shall see God." — Matthew 5:8

Saying (Poet)

"Your task is not to seek for love, but to remove the barriers against it." — Rumi

Saying (Mathematics)

Concentric circles — radiating outward yet rooted in one center.

Saying (Science)

Photosynthesis — sunlight feeding all through the green heart of earth.

Saying (Sage)

"The heart that loves is always young." — Greek Proverb

Communion

The heart perceives not separation but one radiance shining in all.

P.14

Saying (Sage)

"The Self is the lover and the beloved." — Shankara

Saying (Poet)

"I have found the one whom my soul loves." — Song of Songs 3:4

Saying (Mathematics)

Fractals — repeating patterns of beauty at every scale.

Saying (Science)

DNA — threads of life, weaving one family of being.

Saying (Tradition / Indigenous)

"The heart beats in rhythm with the drum of the earth."

Communion

Love is pattern, echo, and pulse — the heartbeat of One.

P.15

Saying (Saint)

"Love your enemies." — Jesus

Saying (Poet)

"Every atom sings the song of unity." — Hafiz

Saying (Mathematics)

5-pointed star (pentagon) — symbol of humanity and harmony.

Saying (Science)

Neural resonance: hearts and brains synchronizing in empathy.

Saying (Sufi)

"Love came and made me empty, so that He may fill me."

Communion

Love disarms division, filling all void with presence.

P.16

Saying (Sage)

"He who sees all beings in his own Self, and his Self in all beings, sees truth." — Upanishads

Saying (Poet)

"Love is the whole, we are the pieces." — Rumi

Saying (Mathematics)

Fibonacci sequence in petals — growth shaped by love.

Saying (Science)

Oxytocin — the chemistry of bonding and care.

Saying (Tradition / Jewish)

"The Lord is One and His name One." — Zechariah 14:9

Communion

Love is remembrance of our indivisible origin.

P.17

Saying (Saint)

"Greater love has no one than this, to lay down one's life for one's friends." — John 15:13

Saying (Poet)

"In love, nothing is eternal but the moment." — Neruda

Saying (Mathematics)

Vectors converging — many arrows meeting at one point.

Saying (Science)

Gravitational embrace — bodies drawn together across space.

Saying (Sage)

"Only love dispels hate." — Buddha

Communion

Love surrenders, uniting all opposites into one giving.

P.18

Saying (Saint)

"The commandment is this: love one another." — John 15:12

Saying (Poet)

"Your heart knows the way. Run in that direction." — Rumi

Saying (Mathematics)

Golden spiral — infinite unfolding from one center.

Saying (Science)

Heartbeat — rhythm sustaining all life.

Saying (Tradition / Christian Mystic)

"God is the ground of the soul." — Eckhart

Communion

Love unfolds without e

5. Throat / Expression (13 pages)

P.19

Saying (Saint)

"In the beginning was the Word." — John 1:1

Saying (Sage)

"Silence is the true friend who never betrays." — Confucius

Saying (Poet)

"I sing the body electric." — Walt Whitman

Saying (Mathematics)

∞ *(Infinity — endless expression beyond limit.)*

Saying (Science)

Vibration: all sound as energy moving through air.

Saying (Music)

The first note strikes, and the song is born.

Communion

Expression is sound flowing from silence, the voice of One.

P.20

Saying (Saint)

“Open your mouth only if what you are going to say is more beautiful than silence.” — Unknown, often attributed to Arab proverb

Saying (Sage)

“Wise men speak because they have something to say.” — Plato

Saying (Poet)

“Your voice is a lantern.”

Saying (Mathematics)

Logarithms — compressing vast scales into manageable words.

Saying (Science)

Sound waves — crests and troughs carrying meaning.

Saying (Music)

Chant — repetition shaping spirit through rhythm.

Communion

Expression is word carried on breath, the measure of One.

P.21

Saying (Saint)

"Let everything that has breath praise the Lord." — Psalm 150:6

Saying (Sage)

"The Tao that can be spoken is not the eternal Tao." — Lao Tzu

Saying (Poet)

"Every word was once a poem." — Emerson

Saying (Mathematics)

Prime numbers — indivisible, pure sound of arithmetic.

Saying (Science)

Resonance — frequencies amplifying each other into greater force.

Saying (Music)

Chorale — many voices blending as one.

Communion

Expression is harmony, many voices carrying one song.

P.22

Saying (Saint)

"Preach the gospel at all times. When necessary, use words." — Francis of Assisi

Saying (Sage)

"Better to remain silent and be thought a fool than to speak and remove all doubt." — Attributed to Lincoln/Mark Twain

Saying (Poet)

"A word is dead when it is said, some say. I say it just begins to live that day." — Emily Dickinson

Saying (Mathematics)

Fourier series — every wave can be expressed as a sum of simple tones.

Saying (Science)

Birdsong — communication woven into nature's fabric.

Saying (Music)

Improvisation — voice freed beyond the score.

Communion

Expression is life breathed into silence, each word alive as One.

P.23

Saying (Saint)

"Out of the abundance of the heart the mouth speaks." — Matthew 12:34

Saying (Sage)

"The word is the seed of the deed." — Greek Proverb

Saying (Poet)

"Your silence is full of answers."

Saying (Mathematics)

Equation = balance, voice of equality.

Saying (Science)

Neural pathways light up when words are spoken and heard.

Saying (Music)

Symphony — instruments joining in a shared declaration.

Communion

Expression is the heart made audible, One speaking through many.

P.24

Saying (Saint)

"Let your yes be yes, and your no be no." — Matthew 5:37

Saying (Sage)

"Kind words are short and easy to speak, but their echoes are truly endless." — Mother Teresa

Saying (Poet)

"Raise your words, not your voice. It is rain that grows flowers, not thunder." — Rumi

Saying (Mathematics)

Exponential growth — words multiplying influence across time.

Saying (Science)

Language evolution — words adapting and surviving like living beings.

Saying (Music)

Echo — the return of sound, reshaped.

Communion

Expression is the seed, the echo, the rain, the thunder of One.

P.25

Saying (Saint)

"Whoever guards his mouth preserves his life." — Proverbs 13:3

Saying (Sage)

"A word fitly spoken is like apples of gold in pictures of silver." — Proverbs 25:11

Saying (Poet)

"The voice of your eyes is deeper than all roses." — E.E. Cummings

Saying (Mathematics)

Variables — symbols standing for infinite possible values.

Saying (Science)

Genetic expression — DNA turning silent code into living body.

Saying (Music)

Lullaby — song of nurture carried through time.

Communion

Expression is the word becoming life, the lullaby of One.

P.26

Saying (Saint)

"Let no corrupting talk come out of your mouths, but only such as is good for building up." — Ephesians 4:29

Saying (Sage)

"Speak, so that I may see you." — Socrates

Saying (Poet)

"Words are events, they do things, change things." — Ursula K. Le Guin

Saying (Mathematics)

Polynomials — complexity expressed in simple terms.

Saying (Science)

Speech synthesis — the machine learning to mimic the human voice.

Saying (Music)

Duet — two voices weaving one expression.

Communion

Expression is building, weaving, revealing the face of One.

P.27

Saying (Saint)

"The mouth of the righteous is a fountain of life." — Proverbs 10:11

Saying (Sage)

"To understand is to listen with the inner ear." — Indian Saying

Saying (Poet)

"Your voice is wild honey, thick with memory."

Saying (Mathematics)

Derivatives — change expressed through infinitesimal shifts.

Saying (Science)

Radio — voices traveling unseen through air.

Saying (Music)

Choir — community of breath rising as one body.

Communion

Expression is shared breath, sweet as honey, vast as air — One resounding.

P.28

Saying (Saint)

"By your words you will be justified, and by your words you will be condemned." — Matthew 12:37

Saying (Sage)

"Better than a thousand hollow words is one word that brings peace." — Buddha

Saying (Poet)

"Speak to me in flowers, and I will reply in stars."

Saying (Mathematics)

Geometry — figures expressing truths beyond words.

Saying (Science)

Sign language — hands speaking where mouths cannot.

Saying (Music)

Fugue — voices chasing, echoing, completing each other.

Communion

Expression is peace carried on many forms, One message of wholeness.

P.29

Saying (Saint)

"Whoever has ears, let them hear." — Matthew 11:15

Saying (Sage)

"Speech is the mirror of the soul." — Publilius Syrus

Saying (Poet)

"You are the poem I never knew how to write."

Saying (Mathematics)

Probability — voice of chance, possibility expressed numerically.

Saying (Science)

Echo-location — animals navigating by reflected sound.

Saying (Music)

Orchestra tuning — each voice aligning before harmony begins.

Communion

Expression is tuning, listening, and aligning into harmony of One.

P.30

Saying (Saint)

"Let your speech always be gracious, seasoned with salt." — Colossians 4:6

Saying (Sage)

"When words are both true and kind, they can change the world." — Buddha

Saying (Poet)

"Poetry is when an emotion has found its thought and the thought has found words." — Robert Frost

Saying (Mathematics)

Equations of relativity — expression of cosmos in symbols.

Saying (Science)

Whale songs — voices resonating across oceans.

Saying (Music)

Requiem — voices lamenting yet praising together.

Communion

Expression is grace, lament, oceanic voice — the requiem of One.

P.31

Saying (Saint)

"Declare his glory among the nations." — Psalm 96:3

Saying (Sage)

"To speak truly, speak simply." — Seneca

Saying (Poet)

"The universe is made of stories, not atoms." — Muriel Rukeyser

Saying (Mathematics)

Symmetry groups — hidden patterns expressed in form.

Saying (Science)

Digital communication — bits carrying meaning at light speed.

Saying (Music)

Final cadence — resolution of voice, completion of song.

Communion

Expression is the story and the song, resolving in One.

6. Brow / Vision (21 pages)

P.32

Saying (Saint)

"Where there is no vision, the people perish." — Proverbs 29:18

Saying (Sage)

"The eye is the lamp of the body." — Jesus

Saying (Poet)

"The soul becomes dyed with the color of its thoughts." — Marcus Aurelius

Saying (Tradition / Indigenous)

"We see with more than eyes; we see with spirit."

Saying (Mathematics)

Angles of vision — perspective shifts by degrees.

Saying (Science)

Optics: light refracted through the lens into form.

Saying (Music)

Harmony emerges when notes are seen as one chord.

Communion

Vision is the eye of One, perceiving beyond sight.

P.33

Saying (Saint)

"Blessed are your eyes, for they see." — Matthew 13:16

Saying (Sage)

"When the mind is clear, the world is clear." — Zen saying

Saying (Poet)

"We do not see things as they are, we see them as we are." — Anaïs Nin

Saying (Tradition / Buddhist)

"Form is emptiness; emptiness is form." — Heart Sutra

Saying (Mathematics)

Symmetry axes — mirrored vision within a whole.

Saying (Science)

Microscopy — unveiling the unseen.

Saying (Music)

Counterpoint — distinct voices seen as one fabric.

Communion

Vision is clarity mirrored in all forms, One seeing itself.

P.34

Saying (Saint)

"Without a vision of God, there is no salvation." — Augustine

Saying (Sage)

"Vision without action is a daydream." — Japanese Proverb

Saying (Poet)

"The eye with which I see God is the eye with which God sees me." — Meister Eckhart

Saying (Tradition / Sufi)

"The Beloved's face is hidden in all faces."

Saying (Mathematics)

Golden angle (137.5°) — spiral vision of growth.

Saying (Science)

Telescope — expanding sight to galaxies beyond.

Saying (Music)

Fugue theme — vision of many voices interwoven.

Communion

Vision is recognition — the seer and seen as One.

P.35

Saying (Saint)

"For now we see through a glass, darkly; but then face to face." — 1 Corinthians 13:12

Saying (Sage)

"When perception is without distortion, reality is revealed." — Patanjali

Saying (Poet)

"The eye is the mirror of the soul." — Cicero

Saying (Tradition / Indigenous)

"Dreams are the eyes of the spirit."

Saying (Mathematics)

Fractal geometry — infinite detail emerging from vision magnified.

Saying (Science)

Spectroscopy — light revealing hidden structure of matter.

Saying (Music)

Vision in music: the conductor shaping harmony from many parts.

Communion

Vision pierces veils — revealing the face of One in all reflections.

P.36

Saying (Saint)

"The lamp of the Lord searches the spirit." — Proverbs 20:27

Saying (Sage)

"Awakening is seeing through the illusion of separation." — Shankara

Saying (Poet)

"The horizon leans forward, offering space to place new steps." — Maya Angelou

Saying (Tradition / Buddhist)

"With eyes of compassion, one sees all beings as kin."

Saying (Mathematics)

Topology — vision of continuity through transformation.

Saying (Science)

Neuroscience of perception — vision as construction of the mind.

Saying (Music)

Improvisation — hearing possibilities beyond the given form.

Communion

Vision awakens — seeing separation dissolve into kinship of One.

P.37

Saying (Saint)

"Enlighten the eyes of the heart." — Ephesians 1:18

Saying (Sage)

"What is essential is invisible to the eye." — Antoine de Saint-Exupéry

Saying (Poet)

"The world is full of magical things patiently waiting for our senses to grow sharper." — Yeats

Saying (Tradition / Sufi)

"The Beloved's gaze makes the blind to see."

Saying (Mathematics)

Conic sections — circles, ellipses, parabolas: vision shifts by angle.

Saying (Science)

Quantum observation — sight alters what is seen.

Saying (Music)

Vision through soundscape — listening paints images in the mind.

Communion

Vision opens the inner eye — revealing One in seen and unseen.

P.38

Saying (Saint)

"The eye is the lamp of the body. If your vision is clear, your whole body will be full of light." — Matthew 6:22

Saying (Sage)

"Look within. The secret is inside you." — Hui Neng

Saying (Poet)

"Your vision will become clear only when you look into your heart." — Carl Jung

Saying (Tradition / Indigenous)

"The eagle's sight teaches clarity, far-seeing wisdom."

Saying (Mathematics)

Perspective drawing — lines converging at one vanishing point.

Saying (Science)

X-rays — vision through surface, unveiling hidden forms.

Saying (Music)

Overtones — hidden tones shaping what the ear perceives.

Communion

Vision clears, unveiling hidden depths — light of One shining in all.

P.39

Saying (Saint)

"I once was blind, but now I see." — Amazing Grace

Saying (Sage)

"Awareness is the greatest agent of change." — Eckhart Tolle

Saying (Poet)

"We must look at the stars and not down at our feet." — Stephen Hawking

Saying (Tradition / Buddhist)

"Eyes of wisdom see through impermanence."

Saying (Mathematics)

Probability distributions — vision of patterns within chance.

Saying (Science)

Infrared vision — warmth revealed beyond human eyes.

Saying (Music)

Vision of sound — synesthesia translating hearing into color.

Communion

Vision expands beyond limits, beholding One in all spectrums.

P.40

Saying (Saint)

"Lift up your eyes to the heavens and look at the earth beneath." — Isaiah 51:6

Saying (Sage)

"The wise man's eyes are in his head." — Ecclesiastes 2:14

Saying (Poet)

*"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."
— Marcel Proust*

Saying (Tradition / Sufi)

"God's face is seen in every direction you turn."

Saying (Mathematics)

Graph theory — networks revealing vision of hidden links.

Saying (Science)

Hubble telescope — opening the eye of humanity to galaxies afar.

Saying (Music)

Choral vision — voices arranged to create one great soundscape.

Communion

Vision lifts upward and downward, inward and outward — One gaze encompassing all.

P.41

Saying (Saint)

"The pure in heart shall see God." — Matthew 5:8

Saying (Sage)

"Close both eyes to see with the other eye." — Rumi

Saying (Poet)

"We only see what we are ready to see." — Emerson

Saying (Tradition / Indigenous)

"The seer's eye watches the circle of seasons."

Saying (Mathematics)

Lens equations — curvature shaping clarity.

Saying (Science)

Virtual reality — constructed visions shaping experience.

Saying (Music)

Vision in melody — themes returning in variation to be seen anew.

Communion

Vision is readiness of heart — One revealed when eyes are closed and opened.

P.42

Saying (Saint)

"Behold, I make all things new." — Revelation 21:5

Saying (Sage)

"To see a world in a grain of sand." — William Blake

Saying (Poet)

"Vision is the art of seeing what is invisible to others." — Jonathan Swift

Saying (Tradition / Buddhist)

"The awakened one sees the ten thousand things return to the One."

Saying (Mathematics)

Fractals — infinite self-similarity in patterns of vision.

Saying (Science)

Electron microscope — the small made vast in sight.

Saying (Music)

Vision in polyphony — voices weaving newness in old themes.

Communion

Vision beholds renewal — the infinite new within the One.

P.43

Saying (Saint)

"Open my eyes, that I may see wondrous things." — Psalm 119:18

Saying (Sage)

"A man is not where he lives, but where he loves." — Augustine

Saying (Poet)

"The world is full of light and shadow — both need an eye to exist."

Saying (Tradition / Indigenous)

"The dream-vision shows what the waking eye forgets."

Saying (Mathematics)

Perspective geometry — parallel lines meeting at infinity.

Saying (Science)

Satellite imaging — vision of the earth as one body.

Saying (Music)

Vision of motif — a phrase recurring with new meaning.

Communion

Vision opens wonder — One world revealed in shadow and light.

P.44

Saying (Saint)

"We walk by faith, not by sight." — 2 Corinthians 5:7

Saying (Sage)

"The eyes are useless when the mind is blind." — Unknown

Saying (Poet)

"To see clearly is poetry, prophecy, and religion all in one." — John Ruskin

Saying (Tradition / Sufi)

"The veil lifts, and the Friend's face is all that remains."

Saying (Mathematics)

Limits — approaching but never departing from One vision.

Saying (Science)

Astronomy — mapping the stars as a single sky.

Saying (Music)

Vision of cadence — the expectation of resolution heard in advance.

Communion

Vision perceives beyond eyes — faith, mind, and love seeing as One.

P.45

Saying (Saint)

"Their eyes were opened, and they recognized him." — Luke 24:31

Saying (Sage)

"Awareness without judgment is the highest form of intelligence." — Krishnamurti

Saying (Poet)

"The eyes shout what the lips fear to say." — William Henry

Saying (Tradition / Jewish)

"By wisdom the Lord founded the earth." — Proverbs 3:19

Saying (Mathematics)

Graph of sine waves — oscillations seen as pattern.

Saying (Science)

Neural imaging — the brain seeing itself in light.

Saying (Music)

Vision of chorus — voices recognizing one another in song.

Communion

Vision recognizes — wisdom, pattern, chorus of One.

P.46

Saying (Saint)

"Turn my eyes from worthless things." — Psalm 119:37

Saying (Sage)

"One's destination is never a place, but a new way of seeing." — Henry Miller

Saying (Poet)

"Eyes are vocal, tears have tongues." — Ovid

Saying (Tradition / Indigenous)

"To see rightly is to see the ancestors walking beside us."

Saying (Mathematics)

Euler's identity — vision of unity through e , i , π , 1 , 0 .

Saying (Science)

Spectral analysis — colors revealed from hidden light.

Saying (Music)

Vision in resonance — chords swelling with unseen tones.

Communion

Vision is turning — from illusion to remembrance of One.

P.47

Saying (Saint)

"The eyes of the Lord are in every place." — Proverbs 15:3

Saying (Sage)

"When the eye is single, the whole body is full of light." — Gospel saying

Saying (Poet)

"The eye altering alters all." — William Blake

Saying (Tradition / Buddhist)

"Buddha-nature is in all beings, whether seen or unseen."

Saying (Mathematics)

Vectors — direction and magnitude, the geometry of vision.

Saying (Science)

Lasers — focused vision of light concentrated into power.

Saying (Music)

Vision in canon — a phrase echoing forward and backward in time.

Communion

Vision focuses — seeing the many angles return to One.

P.48

Saying (Saint)

"He who has seen me has seen the Father." — John 14:9

Saying (Sage)

"Enlightenment is the recognition of what always was." — Ramana Maharshi

Saying (Poet)

"The eyes of others are the cages; the eyes of choice are the keys." — Virginia Woolf

Saying (Tradition / Indigenous)

"The seer walks between worlds, carrying vision for the people."

Saying (Mathematics)

Imaginary numbers — sight beyond the visible axis.

Saying (Science)

Holography — every part containing the whole image.

Saying (Music)

Vision in overture — themes presented to be unfolded.

Communion

Vision recognizes the whole within each part — One reflected infinitely.

P.49

Saying (Saint)

"The heavens declare the glory of God." — Psalm 19:1

Saying (Sage)

"When perception is purified, truth shines without distortion." — Shankara

Saying (Poet)

"Stars are the eyes of night."

Saying (Tradition / Jewish)

"Lift up your eyes to the mountains; from where comes your help?" — Psalm 121:1

Saying (Mathematics)

Coordinate planes — vision grounding heaven and earth in relation.

Saying (Science)

Cosmology — mapping the universe as one body.

Saying (Music)

Vision of celestial music — harmony of spheres resounding.

Communion

Vision lifts upward — the heavens and earth joined in One song.

P.50

Saying (Saint)

"Their eyes were opened, and they knew him." — Luke 24:31

Saying (Sage)

"Knowledge is a treasure, but practice is the key to it." — Lao Tzu

Saying (Poet)

"The eyes are not responsible when the mind does not want to see." — Publilius Syrus

Saying (Tradition / Sufi)

"The Friend reveals Himself through the eye of the lover."

Saying (Mathematics)

Golden section in architecture — vision expressed in form.

Saying (Science)

Brain plasticity — vision adapting, reshaping itself.

Saying (Music)

Vision in improvisation — spontaneous creation seen in sound.

Communion

Vision adapts — perceiving the Friend anew in each form of One.

P.51

Saying (Saint)

"Look, the kingdom of God is within you." — Luke 17:21

Saying (Sage)

"The soul would have no rainbow had the eyes no tears." — Native American proverb

Saying (Poet)

"The eyes of the heart can see truths invisible to the eye of the head."

Saying (Tradition / Christian Mystic)

"God's light shines through the eye of the soul."

Saying (Mathematics)

Conic focus — light gathered to a single burning point.

Saying (Science)

Prisms — vision dividing white light into rainbow spectrum.

Saying (Music)

Vision in choral harmony — the rainbow of voices held in one tone.

Communion

Vision refracts — spectrum of tears and light, gathered in One.

P.52

Saying (Saint)

"The eye has not seen, nor ear heard, the things God has prepared for those who love Him." — 1 Corinthians 2:9

Saying (Sage)

"Seeing into nothingness — this is true vision." — Bodhidharma

Saying (Poet)

"The voyage of discovery lies not in seeking new landscapes, but in new eyes." — Proust

Saying (Tradition / Indigenous)

"The seer beholds the people as one circle, past and future joined."

Saying (Mathematics)

Infinity symbol (∞) — vision without beginning or end.

Saying (Science)

Relativity — vision of space and time woven into one fabric.

Saying (Music)

Vision in final cadence — resolution gathering the whole into harmony.

Communion

Vision is the circle, the fabric, the infinity — all seen as One.

7. Crown / Union (34 pages)

P.53

Saying (Saint)

"He is before all things, and in Him all things hold together." — Colossians 1:17

Saying (Sage)

"The One is the source of all multiplicity." — Plotinus

Saying (Poet)

"I am the sky, I encompass all." — Rumi

Saying (Tradition / Hindu)

"Brahman is the eternal, the truth, the infinite." — Upanishads

Saying (Mathematics)

Unity root of equations — all solutions return to One.

Saying (Science)

Cosmic web — galaxies linked as one structure.

Saying (Music)

Cosmic OM — primal resonance of the universe.

Saying (Sufi)

"The Friend is One, and in that One all lovers unite."

Communion

Union is holding, source, sky, root, web, Brahman, Om, and Friend — eightfold fullness of One.

P.54

Saying (Saint)

"I and the Father are one." — John 10:30

Saying (Sage)

"The knower, the known, and the knowing are one." — Shankara

Saying (Poet)

"All things are connected like the blood that unites one family." — Chief Seattle

Saying (Tradition / Buddhist)

"Nirvana is the cessation of all dualities." — Dhammapada

Saying (Mathematics)

Euler's Identity: $e^{(i\pi)} + 1 = 0$ — five constants united in one formula.

Saying (Science)

DNA: double helix — the code of unity in life.

Saying (Music)

Amen cadence — harmony's final resolution.

Saying (Poet/Sufi)

"Love is the crown of union, where all dissolves in flame."

Communion

Union is identity, knowing, blood, nirvana, formula, DNA, cadence, and crown — eight seals in One.

P.55

Saying (Saint)

"Christ is all, and in all." — Colossians 3:11

Saying (Sage)

"All differences are imagined; the truth is One." — Nisargadatta Maharaj

Saying (Poet)

"Love is the whole, and we are the pieces." — Rumi

Saying (Tradition / Sufi)

"The Beloved is all in all; the lover merely veils." — Hafiz

Saying (Mathematics)

Set theory: the universal set contains all — One embracing many.

Saying (Science)

Conservation laws: energy, momentum, charge — never lost, only transformed.

Saying (Music)

Chanting Om — primordial sound of dissolution and return.

Saying (Indigenous)

"The circle of all relations is One family."

Communion

Union is Christ, truth, pieces, Beloved, set, law, Om, and circle — eightfold veil lifted in One.

P.56

Saying (Saint)

"That God may be all in all." — 1 Corinthians 15:28

Saying (Sage)

"The one who sees all beings in the Self, and the Self in all beings, never turns away." — Upanishads

Saying (Poet)

"Every atom turns bewildered, for He is the Sun of all suns." — Rumi

Saying (Tradition / Jewish)

"Hear, O Israel: the Lord is our God, the Lord is One." — Shema

Saying (Mathematics)

The number 1 — indivisible essence of unity.

Saying (Science)

Big Bang — all matter and energy emerging from one singularity.

Saying (Music)

Symphony finale — instruments converging into one chord.

Saying (Sufi)

"The drop and the ocean are not two."

Communion

Union is God, Self, atom, Shema, One, singularity, symphony, and ocean — eightfold convergence into One.

P.57

Saying (Saint)

"In Him we live and move and have our being." — Acts 17:28

Saying (Sage)

"The Tao is the great mother: empty yet inexhaustible." — Tao Te Ching

Saying (Poet)

"A thousand half-loves must be forsaken to take one whole heart home." — Rumi

Saying (Tradition / Indigenous)

"We are all relatives, all connected." — Lakota Wisdom

Saying (Mathematics)

Zero — the void containing all potential.

Saying (Science)

Quantum vacuum — emptiness teeming with energy.

Saying (Music)

Drone note — ground from which melody arises and returns.

Saying (Christian Mystic)

"God is the ground of all being." — Paul Tillich

Communion

Union is being, mother, heart, relation, zero, vacuum, drone, and ground — eightfold root of One.

P.58

Saying (Saint)

"There is one body and one Spirit." — Ephesians 4:4

Saying (Sage)

"The universe is a single organism." — Plotinus

Saying (Poet)

"We are the flute, our music is all Yours." — Rumi

Saying (Tradition / Christian Mystic)

"God is the center of my soul, and my soul the center of God." — St. John of the Cross

Saying (Mathematics)

Circle — boundary and center as one eternal figure.

Saying (Science)

Ecology — the biosphere as one interdependent system.

Saying (Music)

Choral harmony — many voices forming one body of sound.

Saying (Buddhist)

"All beings share one Buddha-nature."

Communion

Union is body, organism, flute, soul, circle, ecology, harmony, and Buddha-nature — eightfold resonance of One.

P.59

Saying (Saint)

"Be perfect, as your heavenly Father is perfect." — Matthew 5:48

Saying (Sage)

"When you realize nothing is lacking, the whole world belongs to you." — Lao Tzu

Saying (Poet)

"The wound is the place where the Light enters you." — Rumi

Saying (Tradition / Hindu)

"That Thou Art (Tat Tvam Asi)." — Chandogya Upanishad

Saying (Mathematics)

Golden ratio ϕ — perfection in proportion.

Saying (Science)

DNA replication — each cell a mirror of life's unity.

Saying (Music)

Resolution in jazz — tension dissolving into unexpected wholeness.

Saying (Sufi)

"He who tastes, knows."

Communion

Union is perfection, sufficiency, wound, ratio, replication, jazz, Thou, and tasting — eightfold sufficiency of One.

P.60

Saying (Saint)

"God will be all in all." — 1 Corinthians 15:28

Saying (Sage)

"Beyond right and wrong, there is a field. I will meet you there." — Rumi

Saying (Poet)

"All creation is the song of eternity." — Tagore

Saying (Tradition / Buddhist)

"All is interdependent co-arising." — Nagarjuna

Saying (Mathematics)

Infinity ∞ — boundless union without limit.

Saying (Science)

Relativity — space and time united in spacetime continuum.

Saying (Music)

Silence — the unifying ground of all notes.

Saying (Jewish Mysticism)

"Ain Soph — without end."

Communion

Union is God, field, song, interdependence, infinity, spacetime, silence, and Ain Soph — eightfold eternity of One.

P.61

Saying (Saint)

"You are the body of Christ, and individually members of it." — 1 Corinthians 12:27

Saying (Sage)

"The world is my body." — Ramana Maharshi

Saying (Poet)

"Love is the bridge between you and everything." — Rumi

Saying (Tradition / Sufi)

"He is the First and the Last, the Manifest and the Hidden." — Quran

Saying (Mathematics)

Integration] — summing parts into a whole.

Saying (Science)

Systems theory — wholes greater than sum of parts.

Saying (Music)

Polyphony — many melodies woven into one fabric.

Saying (Indigenous)

"We are strands woven into the one web of life."

Communion

Union is body, world, bridge, First-Last, integral, system, polyphony, and web — eightfold weave of One.

P.62

Saying (Saint)

"All things hold together in Him." — Colossians 1:17

Saying (Sage)

"He who sees all beings in his own Self, and his Self in all beings, loses all fear." — Upanishads

Saying (Poet)

"Everywhere the gaze falls, it meets the Beloved." — Hafiz

Saying (Tradition / Jewish)

"By wisdom the Lord founded the earth." — Proverbs

Saying (Mathematics)

Symmetry — invariance under transformation.

Saying (Science)

Molecular bonds — forces holding atoms together as one body.

Saying (Music)

Resonant chord — aligned vibrations amplifying unity.

Saying (Christian Mystic)

"God's center is my center." — Eckhart

Communion

Union is togetherness, fearlessness, Beloved, wisdom, symmetry, bond, resonance, and center — eightfold chord of One.

P.63

Saying (Saint)

"One Lord, one faith, one baptism." — Ephesians 4:5

Saying (Sage)

"All is Brahman." — Upanishads

Saying (Poet)

"Unity is plurality, and plurality is unity." — Coleridge

Saying (Tradition / Zen)

"The ten thousand things return to the One."

Saying (Mathematics)

Prime factorization — all numbers reduce to indivisible primes.

Saying (Science)

Periodic table — many elements bound by one law.

Saying (Music)

Orchestra tuning — many instruments aligning to one pitch.

Saying (Sufi)

"The lover and the Beloved are one song."

Communion

Union is Lord, Brahman, unity, return, prime, element, tuning, and Beloved — eightfold preparation of One.

P.64

Saying (Saint)

"Holy, holy, holy is the Lord Almighty; the whole earth is full of His glory." — Isaiah 6:3

Saying (Sage)

"The Self is the witness of all, beyond attributes." — Shankara

Saying (Poet)

"Beauty is truth, truth beauty — that is all ye know on earth, and all ye need to know." — Keats

Saying (Tradition / Christian Mystic)

"God's center is my center, and my center is God's." — Eckhart

Saying (Mathematics)

π (Pi) — infinite circle, endless wholeness.

Saying (Science)

Cosmic background radiation — echo of the universe's birth.

Saying (Music)

Gregorian chant — voices rising in unison.

Saying (Indigenous)

"The drumbeat is the heartbeat of the earth."

Communion

Union is holiness, witness, beauty, center, pi, cosmos, chant, and drumbeat — eightfold crown of One.

P.65

Saying (Saint)

"Every perfect gift is from above, coming down from the Father of lights." — James 1:17

Saying (Sage)

"The light of the eyes rejoices the heart." — Proverbs 15:30

Saying (Poet)

"There is a crack in everything, that's how the light gets in." — Leonard Cohen

Saying (Tradition / Buddhist)

"Awakened eyes see no separation."

Saying (Mathematics)

Light cones — geometry of vision through spacetime.

Saying (Science)

Photon — indivisible quantum of light.

Saying (Music)

Stained-glass harmonies — sound like light refracted in color.

Saying (Sufi)

"The Beloved's light fills every atom."

Communion

Union is gift, joy, crack, awakening, cone, photon, harmony, and Beloved — eightfold light of One.

P.66

Saying (Saint)

"The kingdom of heaven is within you." — Luke 17:21

Saying (Sage)

"He who looks outside dreams; he who looks inside awakens." — Jung

Saying (Poet)

"I am large, I contain multitudes." — Whitman

Saying (Tradition / Hindu)

"The Self is Brahman." — Upanishads

Saying (Mathematics)

Nested sets — wholeness embracing subsets within.

Saying (Science)

Cell nucleus — the microcosm holding genetic code of the whole.

Saying (Music)

Theme and variation — the One manifest in many voices.

Saying (Indigenous)

"The circle within the circle is the path of harmony."

Communion

Union is kingdom, awakening, multitudes, Brahman, set, nucleus, theme, and circle — eightfold interior of One.

P.67

Saying (Saint)

"The Lord is my light and my salvation." — Psalm 27:1

Saying (Sage)

"Light is the shadow of God." — Plato

Saying (Poet)

"We are all children of the stars." — Carl Sagan

Saying (Tradition / Jewish)

"The Lord is One, His name One." — Zechariah 14:9

Saying (Mathematics)

Ellipses — twin foci joined in one curve.

Saying (Science)

Starlight — photons traveling billions of years to meet the eye.

Saying (Music)

Hymn — communal song lifted to the heavens.

Saying (Buddhist)

"All beings are illumined by the same moon."

Communion

Union is salvation, shadow, star, Shema, ellipse, starlight, hymn, and moon — eightfold illumination of One.

P.68

Saying (Saint)

"God is love, and he who abides in love abides in God." — 1 John 4:16

Saying (Sage)

"The heart has its reasons which reason does not know." — Pascal

Saying (Poet)

"Love is the only reality." — Tagore

Saying (Tradition / Sufi)

"Wherever love is, there God is."

Saying (Mathematics)

Golden heart ratio — sacred geometry of pentagon and star.

Saying (Science)

Neural synchrony — hearts and minds resonating as one.

Saying (Music)

Love songs — universal melodies sung in every tongue.

Saying (Indigenous)

"The heart is the drum of life."

Communion

Union is God, heart, reality, Beloved, geometry, synchrony, song, and drum — eightfold heart of One.

P.69

Saying (Saint)

"In Him was life, and that life was the light of men." — John 1:4

Saying (Sage)

"Life is one indivisible whole." — Gandhi

Saying (Poet)

"To live is to be slowly born." — Saint-Exupéry

Saying (Tradition / Indigenous)

"All my relations live through me, and I through them."

Saying (Mathematics)

Equation of continuity — life conserved, flowing endlessly.

Saying (Science)

DNA sequencing — the map of life inscribed in every cell.

Saying (Music)

Breath in flute — life's wind made song.

Saying (Christian Mystic)

"God is the life of the soul." — Eckhart

Communion

Union is life, indivisibility, birth, relation, continuity, DNA, breath, and soul — eightfold life of One.

P.70

Saying (Saint)

"Peace I leave with you, my peace I give unto you." — John 14:27

Saying (Sage)

"Peace comes from within. Do not seek it without." — Buddha

Saying (Poet)

"Peace is every step." — Thich Nhat Hanh

Saying (Tradition / Jewish)

"Shalom — wholeness, nothing lacking, nothing broken."

Saying (Mathematics)

Equilibrium equations — balance of forces in harmony.

Saying (Science)

Homeostasis — peace of body through inner regulation.

Saying (Music)

Lullaby of peace — cradle songs uniting mother and child.

Saying (Sufi)

"The heart at rest is God remembered."

Communion

Union is peace, within, step, shalom, equilibrium, homeostasis, lullaby, and rest — eightfold peace of One.

P.71

Saying (Saint)

"The glory that you have given me I have given them, that they may be one, as we are one." — John 17:22

Saying (Sage)

"When the mind is still, the universe surrenders its secret." — Lao Tzu

Saying (Poet)

"Silence is the language of God; all else is poor translation." — Rumi

Saying (Tradition / Indigenous)

"The sacred silence between drumbeats is also the song."

Saying (Mathematics)

Zero point — all equations converge in balance.

Saying (Science)

Vacuum energy — fullness in apparent emptiness.

Saying (Music)

Pause — silence as integral to melody as sound.

Saying (Christian Mystic)

"The divine nothingness is full of God." — Eckhart

Communion

Union is glory, stillness, silence, sacred, zero, vacuum, pause, and fullness — eightfold quiet of One.

P.72

Saying (Saint)

"Behold, the kingdom of God is within you." — Luke 17:21

Saying (Sage)

"He who knows others is wise; he who knows himself is enlightened." — Lao Tzu

Saying (Poet)

"Know thyself, and you will know the universe and the gods." — Inscribed at Delphi

Saying (Tradition / Buddhist)

"All phenomena are projections of the mind."

Saying (Mathematics)

Identity property — $a \times 1 = a$, all held in unity.

Saying (Science)

Genetics — each being carrying the code of ancestry.

Saying (Music)

Theme repeated — recognition of the self in sound.

Saying (Sufi)

"He who knows himself knows his Lord."

Communion

Union is kingdom, self, cosmos, projection, identity, ancestry, theme, and Lord — eightfold knowledge of One.

P.73

Saying (Saint)

"God is light, and in Him there is no darkness at all." — 1 John 1:5

Saying (Sage)

"The enlightened one is awake while others sleep." — Buddha

Saying (Poet)

"Turn your face to the sun and the shadows fall behind you." — Maori Proverb

Saying (Tradition / Jewish)

"The Lord is my light and my salvation." — Psalm 27:1

Saying (Mathematics)

Illumination in geometry — truth revealed by construction.

Saying (Science)

Solar fusion — energy of stars sustaining life.

Saying (Music)

Radiant chorale — voices shining as beams of sound.

Saying (Indigenous)

"The sun is our first elder."

Communion

Union is light, wakefulness, sun, salvation, illumination, fusion, chorale, and elder — eightfold radiance of One.

P.74

Saying (Saint)

"Truly, truly, I say to you, before Abraham was, I am." — John 8:58

Saying (Sage)

"The One is unborn, eternal, ever-existing." — Katha Upanishad

Saying (Poet)

"To be is to be perceived." — Berkeley

Saying (Tradition / Sufi)

"He was before the before."

Saying (Mathematics)

Timeless constants — c , π , e — beyond change.

Saying (Science)

Conservation of matter-energy — eternal presence.

Saying (Music)

Eternal drone — sound without beginning or end.

Saying (Christian Mystic)

"God is isness itself." — Meister Eckhart

Communion

Union is I AM, unborn, perceived, eternal, constant, presence, drone, and isness — eightfold eternity of One.

P.75

Saying (Saint)

"Heaven and earth will pass away, but my words will not pass away." — Matthew 24:35

Saying (Sage)

"That which is real never ceases to be." — Bhagavad Gita

Saying (Poet)

"Only the ephemeral endures." — Valéry

Saying (Tradition / Indigenous)

"The stories remain when the people have gone."

Saying (Mathematics)

Laws of number — unchanging through ages.

Saying (Science)

Conservation laws — energy, momentum, charge unending.

Saying (Music)

Echoes — sound carried beyond its moment.

Saying (Sufi)

"The Beloved's word is without end."

Communion

Union is word, reality, ephemera, story, number, law, echo, and Beloved — eightfold endurance of One.

P.76

Saying (Saint)

"The Alpha and the Omega." — Revelation 22:13

Saying (Sage)

"The circle is ever returning to itself." — Taoist proverb

Saying (Poet)

"In my end is my beginning." — T.S. Eliot

Saying (Tradition / Jewish)

"From everlasting to everlasting, You are God." — Psalm 90:2

Saying (Mathematics)

Closed loop — beginning and end inseparable.

Saying (Science)

Entropy and renewal — cycles within the cosmos.

Saying (Music)

Refrain — melody circling back into itself.

Saying (Indigenous)

"The hoop has no end."

Communion

Union is alpha, circle, beginning, everlasting, loop, cycle, refrain, and hoop — eightfold circle of One.

P.77

Saying (Saint)

"God is spirit, and those who worship Him must worship in spirit and truth." — John 4:24

Saying (Sage)

"Spirit is the essence of life." — Aristotle

Saying (Poet)

"Spirit is the breath of the soul's fire."

Saying (Tradition / Sufi)

"The spirit is God's breath within man."

Saying (Mathematics)

Imaginary axis — unseen yet essential dimension.

Saying (Science)

Wind and atmosphere — invisible currents sustaining life.

Saying (Music)

Breath in song — voice carried on air.

Saying (Indigenous)

"The four winds carry the prayers of the people."

Communion

Union is spirit, essence, breath, Beloved, axis, wind, song, and prayer — eightfold spirit of One.

P.78

Saying (Saint)

"The Spirit intercedes with groanings too deep for words." — Romans 8:26

Saying (Sage)

"The Dao that can be named is not the eternal Dao." — Lao Tzu

Saying (Poet)

"Words strain, crack, sometimes break, under the burden." — Eliot

Saying (Tradition / Buddhist)

"Ultimate truth is wordless."

Saying (Mathematics)

Transcendental numbers — beyond rational description.

Saying (Science)

Quantum uncertainty — what cannot be precisely said.

Saying (Music)

Wordless chant — voice beyond language.

Saying (Sufi)

"Silence is the language of God."

Communion

Union is intercession, Dao, strain, truth, transcendence, uncertainty, chant, and silence — eightfold unsaying of One.

P.79

Saying (Saint)

"God is love." — 1 John 4:8

Saying (Sage)

"Love is the only reality." — Tagore

Saying (Poet)

"The entire universe is the beloved's body." — Rumi

Saying (Tradition / Christian Mystic)

"Love is the ground of the soul." — Eckhart

Saying (Mathematics)

Golden spiral — endless unfolding of proportion and grace.

Saying (Science)

Gravity — attraction binding all bodies together.

Saying (Music)

Love song — sung in every culture and age.

Saying (Indigenous)

"The people are held together by love."

Communion

Union is love, reality, universe, ground, spiral, gravity, song, and people — eightfold binding of One.

P.80

Saying (Saint)

"For in Him all things were created." — Colossians 1:16

Saying (Sage)

"Creation is the play of consciousness." — Shankara

Saying (Poet)

"The world is God's poem."

Saying (Tradition / Sufi)

"God created so He might be known."

Saying (Mathematics)

Set of all sets — the paradox of creation.

Saying (Science)

Cosmic inflation — the rapid birth of the universe.

Saying (Music)

Fanfare — the beginning sounded with brilliance.

Saying (Indigenous)

"The world was sung into being." — Aboriginal tradition

Communion

Union is creation, play, poem, knowing, set, birth, fanfare, and song — eightfold genesis of One.

P.81

Saying (Saint)

"I am the resurrection and the life." — John 11:25

Saying (Sage)

"He who sees death as birth sees the truth." — Upanishads

Saying (Poet)

"In death, life is hidden." — Rilke

Saying (Tradition / Buddhist)

"Birth and death are a single motion."

Saying (Mathematics)

Oscillation — sine waves rising and falling eternally.

Saying (Science)

Stellar death — stars exploding into the seeds of new worlds.

Saying (Music)

Requiem — mourning and praise as one.

Saying (Sufi)

"Die before you die."

Communion

Union is resurrection, truth, hiddenness, cycle, oscillation, star, requiem, and surrender — eightfold passage of One.

P.82

Saying (Saint)

"The kingdom prepared for you from the foundation of the world." — Matthew 25:34

Saying (Sage)

"The world exists only because of truth." — Talmud

Saying (Poet)

"Truth is beauty, beauty truth." — Keats

Saying (Tradition / Sufi)

"Truth is the wine of union."

Saying (Mathematics)

Axioms — foundations that cannot be proven, yet underlie all.

Saying (Science)

Fundamental constants — speed of light, Planck's constant.

Saying (Music)

Ground bass — unchanging foundation beneath variation.

Saying (Indigenous)

"The earth stands because of truth."

Communion

Union is foundation, truth, beauty, wine, axiom, constant, ground, and earth — eightfold base of One.

P.83

Saying (Saint)

"The glory of God is man fully alive." — Irenaeus

Saying (Sage)

"He who lives in harmony with himself lives in harmony with the universe." — Marcus Aurelius

Saying (Poet)

"To live is to love."

Saying (Tradition / Buddhist)

"Life itself is the path."

Saying (Mathematics)

Life numbers — Fibonacci sequence unfolding growth.

Saying (Science)

Evolution — life diversifying into countless forms.

Saying (Music)

Heartbeat rhythm — primal drum of life.

Saying (Indigenous)

"All life is sacred."

Communion

*Union is glory, harmony, love, path, sequence, evolution, heartbeat, and sacredness —
eightfold life of One.*

P.84

Saying (Saint)

"He will wipe every tear from their eyes." — Revelation 21:4

Saying (Sage)

"Compassion is the root of all dharma." — Buddha

Saying (Poet)

"Compassion is the language the deaf can hear and the blind can see." — Twain

Saying (Tradition / Sufi)

"God's mercy precedes His wrath."

Saying (Mathematics)

Statistics — each life counted, none forgotten.

Saying (Science)

Medicine — the science of healing suffering.

Saying (Music)

Lament — sorrow sung into beauty.

Saying (Indigenous)

"The healer's gift is for the people."

Communion

Union is tear, root, language, mercy, number, healing, lament, and gift — eightfold mercy of One.

P.85

Saying (Saint)

"Blessed are the peacemakers." — Matthew 5:9

Saying (Sage)

"Peace is its own reward." — Gandhi

Saying (Poet)

"Peace comes dropping slow." — Yeats

Saying (Tradition / Jewish)

"Seek peace and pursue it." — Psalm 34:14

Saying (Mathematics)

Equilibrium — forces balanced into stillness.

Saying (Science)

Ecosystem stability — peace of nature in balance.

Saying (Music)

Pastoral symphony — nature's peace in sound.

Saying (Sufi)

"The ocean is still though the waves rise."

Communion

Union is peacemaking, reward, dropping, pursuit, equilibrium, ecosystem, pastoral, and stillness — eightfold peace of One.

P.86

Saying (Saint)

"They may all be one, as you, Father, are in me, and I in you." — John 17:21

Saying (Sage)

"All paths lead to the One." — Ramakrishna

Saying (Poet)

"The way is not in the sky, the way is in the heart." — Buddha

Saying (Tradition / Indigenous)

"The people walk many trails but arrive at the same fire."

Saying (Mathematics)

Union in sets — intersections reveal shared essence.

Saying (Science)

Unified field theory — all forces as one law.

Saying (Music)

Final cadence — resolution of harmony.

Saying (Christian Mystic)

"Sink into the One ground of being." — Eckhart

Communion

Union is one, path, way, fire, set, field, cadence, and ground — eightfold crown of One.

Communion (55 pages)

P.87

Parable (Sufi Story)

A man knocked at the Beloved's door.

"Who is there?" asked the Beloved.

"It is I."

The door was shut.

The man went away, wandered for years, returned and knocked again.

"Who is there?"

"It is You."

The door opened.

Communion

Communion is surrender — when the 'I' dissolves, only One remains.

P.88

Parable (Christian Saying)

*The kingdom of heaven is like a mustard seed, the smallest of all seeds,
yet when it grows it becomes a tree, and the birds of the air make nests in its branches.*

Communion

Communion is small and hidden, yet it shelters all.

P.89

Parable (Zen Koan)

Two hands clap and there is a sound.

What is the sound of one hand?

Communion

Communion is the echo of silence.

P.90

Parable (Indigenous Teaching)

The elder said, “All my relations” — not only people, but the four-legged, the winged, the stones, the waters, the winds. All are family.

Communion

Communion is kinship without boundary.

P.91

Parable (Mathematical Parable)

Infinity cannot be counted, yet subtract infinity from infinity and the result is still infinity.

Communion

Communion is inexhaustible, never diminished by sharing.

P.92

Parable (Christian Parable)

A woman lost a coin. She lit a lamp, swept the house, and searched carefully until she found it. She called her friends and neighbors, saying, "Rejoice with me; I have found what was lost."

Communion

Communion is the joy of recovery — nothing truly lost in One.

P.93

Parable (Zen Koan)

A monk asked his master, "What is the Way?"

The master said, "Ordinary mind is the Way."

Communion

Communion is the ordinary seen as extraordinary.

P.94

Parable (Scientific Story)

Two particles became entangled.

Though separated by vast distance, the state of one instantly mirrored the other.

Communion

Communion is inseparability beyond distance.

P.95

Parable (Sufi Tale)

A lover knocked at the Friend's door.

"Who is it?" asked the Friend.

"It is You."

The Friend replied, "Then enter, for there is no room here for two."

Communion

Communion is love without division.

P.96

Parable (Poetic Saying)

A poet said: "You are the sky. Everything else is just weather."

Communion

Communion is vastness beyond passing clouds.

P.97

Parable (Jewish Parable)

Two men argued about the meaning of a verse of Torah.

The rabbi said, "Both are right. The Torah has seventy faces."

Communion

Communion is the many faces of one truth.

P.98

Parable (Indigenous Teaching)

A storyteller said: "We are stories woven together. Without yours, mine is incomplete."

Communion

Communion is story completing story.

P.99

Parable (Mathematical Reflection)

*Two parallel lines extend infinitely, never meeting.
Yet in projective geometry, they meet at infinity.*

Communion

Communion is paradox resolved in another view.

P.100

Parable (Christian Saying)

Jesus said, "The kingdom of God is like a net thrown into the sea, catching fish of every kind."

Communion

Communion gathers all without exclusion.

P.101

Parable (Zen Koan)

The master asked: "When you can do nothing, what can you do?"

Communion

Communion is the doing of non-doing.

P.102

Parable (Sufi Story)

A man asked the master, "What is God?"

The master replied, "What is not God?"

Communion

Communion is inclusion without outside.

P.103

Parable (Zen Koan)

A monk asked, "What is Buddha?"

The master said, "This very mind."

Communion

Communion is realization without distance.

P.104

Parable (Christian Saying)

The kingdom of heaven is like yeast that a woman mixed into flour until all was leavened.

Communion

Communion is the hidden ferment working through the whole.

P.105

Parable (Indigenous Story)

The elder said: "When we sit in circle, no one is higher or lower, all are equal."

Communion

Communion is equality without center or edge.

P.106

Parable (Mathematical Parable)

A circle has no beginning and no end.

Its center is everywhere, its circumference nowhere.

Communion

Communion is infinite presence.

P.107

Parable (Poetic Parable)

A child asked, "Where does the rainbow end?"

The elder replied, "Where your heart begins."

Communion

Communion is the rainbow returning to the heart.

P.108

Parable (Scientific Parable)

The astronomer said: "We are stardust, made of atoms forged in ancient stars."

Communion

Communion is remembrance of our cosmic birth.

P.109

Parable (Sufi Story)

A disciple said: "I seek the Friend."

The master answered: "If you see yourself, you will not see Him. If you lose yourself, He will appear."

Communion

Communion is the Friend revealed in selflessness.

P.110

Parable (Zen Koan)

*Joshu was asked, "Does a dog have Buddha-nature?"
He replied, "Mu."*

Communion

Communion is the emptiness that answers everything.

P.111

Parable (Christian Saying)

The kingdom of God is like treasure hidden in a field, which a man found and in his joy sold all to buy.

Communion

Communion is treasure uncovered by letting go.

P.112

Parable (Indigenous Story)

A hunter said: "I take only what I need, for the deer is my brother."

Communion

Communion is respect for kinship with all beings.

P.113

Parable (Zen Koan)

A monk asked, "What is the Way?"

The master replied, "Walk on."

Communion

Communion is the step already taken.

P.114

Parable (Christian Saying)

*The kingdom of heaven is like a pearl of great price.
A merchant sold all he had to buy it.*

Communion

Communion is the pearl worth everything.

P.115

Parable (Sufi Story)

A moth flew into the flame and was consumed.

The others circled, but one said, "This is the union we seek."

Communion

Communion is burning in the flame of the Beloved.

P.116

Parable (Mathematical Reflection)

A line extends infinitely in two directions.

Yet the point at its center holds the whole in balance.

Communion

Communion is infinity held by a center.

P.117

Parable (Scientific Story)

*The physicist said: "Energy is never lost.
It only changes form."*

Communion

Communion is change without loss.

P.118

Parable (Poetic Saying)

A poet whispered: "You are not a drop in the ocean, you are the ocean in a drop."

Communion

Communion is immensity in the small.

P.119

Parable (Jewish Parable)

The rabbi said: "God is in the detail."

Communion

Communion is wholeness revealed in the smallest things.

P.120

Parable (Buddhist Teaching)

A monk asked: "What is nirvana?"

The master said: "Seeing things just as they are."

Communion

Communion is suchness beyond striving.

P.121

Parable (Indigenous Story)

A grandmother told her grandchildren:

“We are the prayers of our ancestors walking.”

Communion

Communion is prayer embodied as life.

P.122

Parable (Christian Saying)

The kingdom of heaven is like a wedding feast.

The invited refused, so the poor, the blind, and the lame were gathered in.

Communion

Communion is the feast where all belong.

P.123

Parable (Zen Koan)

A monk asked, "What is the meaning of Bodhidharma coming from the West?"

The master replied, "The cypress tree in the courtyard."

Communion

Communion is the ordinary seen as the answer.

P.124

Parable (Sufi Tale)

A dervish spun until he vanished.

When asked why, he said, "To lose myself in the One."

Communion

Communion is disappearance into the dance.

P.125

Parable (Scientific Reflection)

*The physicist said: "We are patterns of energy.
Energy is never destroyed, only transformed."*

Communion

Communion is transformation without end.

P.126

Parable (Indigenous Story)

*A boy asked the elder, "Which wolf wins, the one of anger or the one of peace?"
The elder said, "The one you feed."*

Communion

Communion is nourishment of the peaceful wolf.

P.127

Parable (Mathematical Parable)

A line and a circle met.

The line asked, "Why do you return upon yourself?"

The circle said, "Why do you never return?"

Communion

Communion is the dialogue of shapes — each revealing One.

P.128

Parable (Christian Saying)

The kingdom of God is like leaven hidden in flour, unseen until all is raised.

Communion

Communion is hidden power rising in silence.

P.129

Parable (Poetic Parable)

The poet wrote: "The rose opens not to be seen, but because it must bloom."

Communion

Communion is blossoming without reason.

P.130

Parable (Zen Koan)

The student asked, "What is enlightenment?"

The master replied, "When hungry, eat; when tired, sleep."

Communion

Communion is the simplicity of being.

P.131

Parable (Sufi Saying)

*A lover said: "I knocked on the Beloved's door.
It opened, and I found I had never left."*

Communion

Communion is homecoming to what always was.

P.132

Parable (Christian Saying)

The kingdom of heaven is like a shepherd who left ninety-nine sheep to find the one that was lost.

Communion

Communion is seeking until the One is whole.

P.133

Parable (Zen Koan)

A monk asked, "What is Buddha?"

The master replied, "Three pounds of flax."

Communion

Communion is enlightenment in the ordinary.

P.134

Parable (Sufi Tale)

A candle said to the moth: "If you desire union, do not circle me. Enter the flame."

Communion

Communion is giving oneself completely.

P.135

Parable (Mathematical Parable)

Numbers argued who was greatest.

One said, "Without me, none exist."

Infinity smiled, and all were silent.

Communion

Communion is humility before the boundless.

P.136

Parable (Indigenous Story)

A child asked the elder, "Where do we go when we die?"

The elder said, "Back into the great circle."

Communion

Communion is return without end.

P.137

Parable (Christian Saying)

The kingdom of heaven is like a seed scattered — some fell on rocky soil, some among thorns, and some on good soil, where it bore fruit a hundredfold.

Communion

Communion is the harvest of prepared ground.

P.138

Parable (Zen Koan)

The student asked, "What is the meaning of life?"

The master raised his finger.

Communion

Communion is pointing beyond words.

P.139

Parable (Sufi Saying)

A lover said: "I searched for You in the heavens and on the earth, but found You only in my heart."

Communion

Communion is discovery within.

P.140

Parable (Scientific Story)

The astronomer said: "We look out at galaxies billions of light years away, yet all began in one spark."

Communion

Communion is the spark that contains the whole.

P.141

Parable (Poetic Saying)

A poet wrote: "Communion is the silence speaking as One."

Communion

Communion is silence, speaking as One.