

Tranquility Zone 32

Unity

Unity

Unity is a powerful virtue and it brings great strength. Unity is inclusiveness. It brings people together. We see our commonality without devaluing our differences. We experience our connectedness with all people and all life. Unity frees us from the divisiveness of prejudice and heals our fears. We refuse to engage in conflict, seeking peace in all circumstances. Unity comes when we value every person, in our family or in our world. The joy of one is the joy of all. The hurt of one is the hurt of all. The honor of one is the honor of all.



1. "Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you." ~ Corinthians 13:11

2. "Has it ever occurred to you that one hundred pianos all tuned to the same fork are automatically tuned to each other? They are of one accord by being tuned, not to each other, but to another standard to which each one must individually bow." ~ A.W. Tozer

3. **"So powerful is the light of unity that it can illuminate the whole earth." ~ Baha'u'llah**

4. **"Blessed are they who are the means of making unity** among the friends, and pity on those who in the right or wrong are the cause of discord. For instance: When one is in the right in a case in dispute, and his minority prevents him from establishing this rightful matter, instead of agitating the subject, if he will humbly submit to sacrifice his position for the sake of unity and peace, God will accept that sacrifice and ere long the rightful matter will be established without any further dispute, by the Divine assistance; whereas without such sacrifice and submissiveness great harm might ensue. The friends must be prepared to efface themselves at all times. Seeking the approval of men is many times the cause of imperilling the approval of God." ~ 'Abdu'l-Baha

5. "A choir is made up of many voices, including yours and mine. If one by one all go silent then all that will be left are the soloists. Don't let a loud few determine the nature of the sound. It makes for poor harmony and diminishes the song." – Vera Nazarian

6. ***"Every heart should radiate unity, so that the Light of the one Divine Source of all may shine forth bright and luminous. We must not consider the separate waves alone, but the entire sea. We should rise from the individual to the whole. The spirit is as one great ocean and the waves thereof are the souls of men."*** ~ 'Abdu'l-Baha

7. **"If everyone helps to hold up the sky, then one person does not become tired."** ~ Askhari Johnson Hodari

8. "People normally cut reality into compartments, and so are unable to see the interdependence of all phenomena. To see one in all and all in one is to break through the great barrier which narrows one's perception of reality." ~ Nhat Hanh

9. "And let it be known once more that until woman and man recognize and realize equality, social and political progress here or anywhere will not be possible. For the world of humanity consists of two parts or members: **one is woman; the other is man.** Until these two members are equal in strength, the oneness of humanity cannot be established, and the happiness and felicity of mankind will not be a reality." 'Abdu'l-Baha

10. "Ye are the fruits of one tree, and the leaves of one branch. Verily I say, whatsoever leadeth to the decline of ignorance and the increase of knowledge hath been, and will ever remain, approved in the sight of the Lord of creation. Say: O people! Walk ye neath the shadow of justice and truthfulness and seek ye shelter within the tabernacle of unity." ~ Baha'u'llah

11. "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves." Philippians 2:3

12. "My home is the home of peace. My home is the home of joy and delight. My home is the home of laughter and exultation. Whosoever enters through the portals of this home, must go out with gladsome heart. This is the home of light; whosoever enters here must become illumined. This is the home of knowledge: the one who enters it must receive knowledge. This is the home of love: those who come in must learn the lessons of love; thus may they know how to love each other." ~ 'Abdu'l-Bahá

13. "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity." ~ Colossians 3:13-14

14. "It is not for him to pride himself who loveth his own country, but rather for him who loveth the whole world. The earth is but one country, and mankind its citizens." ~ Baha'u'llah

15. "Unity does not mean sameness. It means oneness of purpose." ~ Priscilla Shirer

16. "We must realize that it is best to focus on our oneness, to re emphasize what is the same about each of us rather than dwell on what is different." ~ Dalai Lama

17. "If five people meet together to seek for truth, they must begin by cutting themselves free from all their own special conditions and renouncing all preconceived ideas. **In order to find truth we must give up our prejudices, our own small trivial notions; an open receptive mind is essential.** If our chalice is full of self, there is no room in it for the water of life. The fact that we imagine ourselves to be right and everybody else wrong is the greatest of all obstacles in the path towards unity, and unity is necessary if we would reach truth, for truth is one." ~ 'Abdu'l-Bahá

18. "A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness." ~ Albert Einstein

19. "He who experiences the unity of life sees his own self in all beings." ~ Buddha

20. "Do not complain of others. Refrain from reprimanding them, and if you wish to give admonition or advice, let it be offered in such a way that it will not burden the bearer. Turn all your thoughts toward bringing joy to hearts. Beware! Beware! lest ye offend any heart. Assist the world of humanity as much as possible." ~ 'Abdu'l-Baha

21. "Behold, how good and how pleasant it is For brethren to dwell together in unity!" ~ Psalm 133:1 (ASV)