

## Article 167: The Oneness Of Contradictions, Part 1

The subtitle for this Article is Patterning Conflicts and Contradictions, ...take your choice. This Article can be titled The Oneness Of Uniqueness ...or The Oneness of Individuality, for oneness does not lessen or destroy your uniqueness and individuality, oneness fully supports and nourishes your distinctness, ...so sit back and relax. Only you, living by judgments, limit and suppress your individuality ...and living as you truly desire, so let's see if we can help you understand your difficulties and help you set them aside.

When judging, problems and opportunities look so much alike that you frequently cannot tell one from the other, such that what has the appearance of being an opportunity sometimes turns out to be trouble ...and what seems to be a problem is genuinely an opportunity. To understand what is truly occurring, you must look clearly and carefully ...without judging, for through judgments, you will see problems and contradictions everywhere ...and few solutions and opportunities anywhere.

*In a garden of beautiful flowers,  
only the weed stands out.*

In any attempt to resolve problems with others ...or within yourself, your greatest mistake is that you seldom take the time or make the effort to see and understand the other person's point of view ...or even your own contradictory beliefs and actions. Instead of judging and hastily justifying and defending your own beliefs and actions, begin by correctly identifying and understanding the concepts and aspects which are, as you believe, opposing or contradictory, for such knowledge will quickly lead you to even greater and finer awarenesses. All things, in any form, which seem to be opposing are, in that union, expressing "greater wholes" ...or broader awarenesses and understandings, ...but, by focusing on the "problems" you will miss the *opportunity* to see and live the greater wholes and broader awarenesses being presented.

In this, we are not suggesting that you agree with or approve of an opposing belief or different point of view, only that you understand the issues involved, ...for how can you ever expect to experience greater wholes and awarenesses or hope to resolve what you do not understand? You won't ease the problems, you will continue struggling blindly against others or aspects in your self and life without actually knowing what you are opposing ...and, in that...

*You alone are the problem!*

Of course, by perceiving the greater wholes and awarenesses, the conflict is resolved by fading away. It is all a matter of focus. By judging and focusing on the problems, you experience and continue the conflicts;

...by openly focusing on the greater wholes and awarenesses, you will see finer opportunities; ...but, to see and understand these opportunities, clarification is vital, ...judgment and self-justification are not.

Do you respond to people, criticism, and difficulties from habit ...without knowing what the problem is? Do you tend to interrupt people while they are explaining their position ...so you can repeat and justify your own beliefs and actions? ...or even cut off your own clarifying thinking with self-righteous beliefs, thoughts, and emotions? Do you endlessly continue your own problems ...and make them impossible to resolve?

Other common mistakes are assuming you understand the problem simply because you have known it for years ...or assuming that anyone or anything which is not for you *as you desire* is against you.

Are you willing to look at problems from an entirely different, broader perspective? ...and think deeply and deliberately about them? ...or do you enjoy your endless conflicts ...and revel in them? ...even those that are so subtle that you hardly recognize them? What do you gain from such actions? ...or hope to gain? Is it possible that endlessly maintaining those problems helps you avoid even greater difficulties? What might those greater difficulties be? Are you struggling with and against judgments? Are you afraid of making even larger mistakes or “wrong” decisions? ...and are you concerned about the condemnations and punishment which you believe might follow?

Did you dismiss those last questions simply because they seemed too extreme ...and inapplicable to you? Are you willing to reread our questions and reconsider your off-hand dismissal, your hasty denials, and your instant self-justifications?

All problems and conflicts in your life, including unhappiness and illnesses, occur because, believing it is impossible that two related aspects are both true ...or both false, one thing, *appears* to oppose or contradict the other ...and you constantly live this opposition or contradiction; ...however, regardless of any *seeming* appearance or your beliefs to the contrary, is it actually possible for two things in life ever to be inconsistent or oppositional? Maybe you don't understand the situation or the universe, ...or maybe you're denying the truth of life to struggle endlessly against false adversaries. In fact, it seems that you are not only your own worst enemy ...you are your only enemy.

*You are competing against your self and life!*

Recently, during a discussion of teambuilding, it was correctly presented that individuals, because of their intense awareness of self and purpose, make more-desirable team members than those without a strong sense of personal ability and individuality. One woman in the group vehemently disagreed, saying that team members must give their separate identity and actions over to the team; ...and when it was suggested that,

since a personal relationship is a team of two, she would find it difficult to create and be happily fulfilled in an open, honest, intimate relationship ...because she would be focused more on what she was giving up to the relationship ...than on what she was gaining, she admitted to three failed relationships ...because she had to subordinate herself to her partner, but she still insisted that, for the benefit of the team or relationship, and to avoid conflicts, partners had to give up their individuality.

The greater awarenesses revealed in this conflict is that true individuals who know and like their uniqueness have no problems *cooperating their individuality* with others; ...only people who are uncertain about themselves insist upon maintaining a separate identity.

*By cooperating your identity,  
it grows stronger and more enriching,  
...while insisting upon your particular ways and identity  
only weakens your individuality.*

Continuing our discussion revealed this woman's lifelong conflict between **commitment and independence**. Not only does she constantly struggle with making and fulfilling commitments, she also tries to avoid them and remain uncommitted. She claims to value her independence ...yet wants an intimate personal relationship. She is certain that any form of commitment will limit her independence or create a dependency, ...and she thinks that independence means not committing. She does not believe that commitment and independence are both true ...and mutually supportive; ...and, of course, she does not believe that, **in action**, they are the same.

It was obvious to us that she had not looked very clearly or carefully at commitment or independence ...and does not understand either, ...yet, she had spent her entire life in opposition ...struggling endlessly against what she did not understand, ...and much of her life was wasted in "getting free" ...or getting in and out of problems, difficult situations, opposing beliefs and actions, and unhappy relationships.

*Are your personal conflicts real  
...or self-imposed illusions*