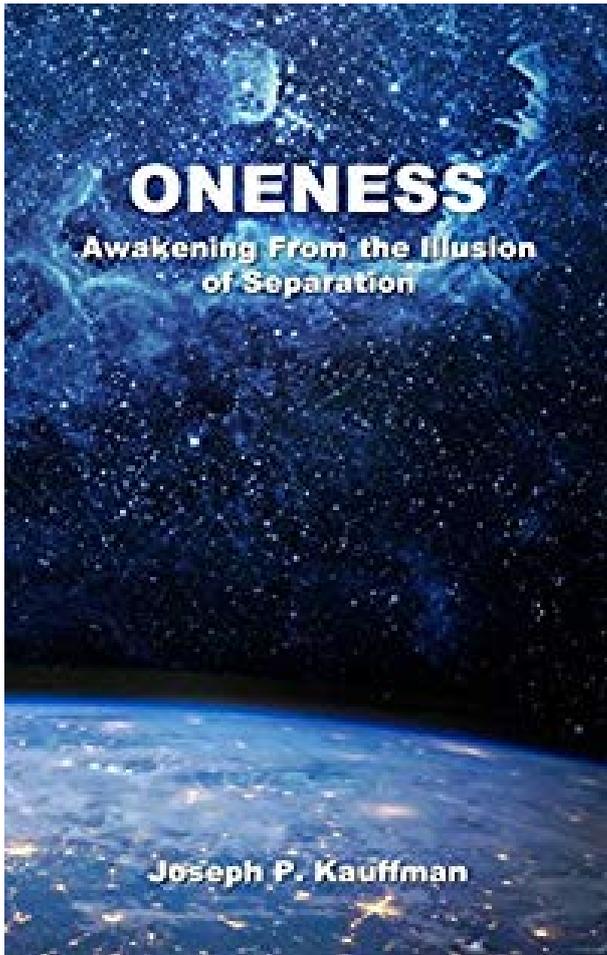


Oneness: Awakening From the Illusion of Separation



Pages:	80
ASIN	B01M0ZW4C8
Language	English
Author:	Joseph P. Kauffman
Genre:	Uncategorized
Goodreads Rating:	4.29
Published:	October 3rd 2016 by Conscious Collective, LLC

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The planet is suffering. Ecosystems are being destroyed, forests are being cut down, oceans are being contaminated, the air is being polluted, animals are being tortured, people are being oppressed, mistreated, poisoned, and killed. So much suffering is happening on the planet right now, and it is all the result of humanity's actions. Clearly our current way of life is destructive, illogical, and unsustainable, and as we evolve our way of life and adapt to a new way of living, we will only create more suffering on this planet, destroying more life, and eventually destroying ourselves in the process. All of the suffering that we experience today arises from humanity's actions, and our actions stem from our thoughts and our delusional perception of life. Humanity is operating on the momentum of an ignorant past, and this outdated worldview needs to evolve. We live with the notion that we are separate from one another, that we exist independently of the world around us, and that our individual actions do not impact the planet as a whole. This illusion of separation is the root cause of our suffering, and if we want to heal the planet, we have to heal our ignorant perception of life so that our actions will no longer reflect our ignorance, but will instead reflect an understanding and respect for one another and for the Earth that we inhabit. This book discusses the causes of our ignorance and our destructive actions, and provides the knowledge needed to undo the conditioning that has been done to us, in order to recondition ourselves to live a lifestyle that is in harmony with the natural

world. If we want to heal the state of the world, we have to evolve our way of thinking and interacting with the world. As long as we view the world as something that exists separately from us, we will continue to create our suffering. If we want to experience peace on Earth, we have to realize our oneness and awaken from the illusion of separation.