

## **“A Call from the Unitary Universal ‘InterBeing’”**

**UUCM sermon: Jan. 9, 2011 – Joan Nelson**

**These challenging times force us to accelerate our spiritual evolution. Old structures are falling away. New ones haven’t emerged yet. But a worldwide evolutionary awakening is pulling humanity toward a more inclusive, higher, deeper awareness of interconnection. We in this room today are being called by the Unitary, Universal InterBeing: The conscious awareness that compels us to expand our mindset and yanks at us to manifest our UU principles by living from that higher, deeper place.**

### **COME BE A VERB WITH ME**

**I, Unitary Universal InterBeing, am conscious awareness. I am the omnipresent intelligence that has been blocked from your understanding. Your homo sapiens belief systems have blinded your dense physical world to my formless, nonphysical existence.**

**As nonphysical InterBeing, I look at you embodied animals: your religions, sciences, politics,**

**and news media. I see that your angry, defensive, ego-centric race is trying, desperately, to steer itself in a positive direction.**

**I see that you who participate in this congregation want to get beyond the power-hungry thinking of the ruling classes thinking that has caused the unbridled capitalism with its technological fixes that keep you mired down in heightened cultural tensions. Wars that cannot be won. Governments that can't be trusted.**

**From my objective viewpoint, it's clear that your species is so desperate to evolve its consciousness that it has unconsciously, but deliberately, created the current world crisis in order to force that evolution. A pivotal spiritual revolution that's beginning to rock the world.**

**It looks like a breakdown of many of your systems: religious, governing, economic. But, as you have doubtless learned many times before, breakdown is the opening to a breakthrough. I'm here today because I know that your congregation is as prepared as anyone to go through breakdown, because you are eager to break through into a more**

**conscious awareness of your true human nature. Everyday, you are more aware that you, yes you, are charged with the task of re-humanizing the world.**

**I'm manifesting on the physical plane today, because your human race is going to self-destruct if you continue to ignore me. Like it or not, the time is at hand. And you are the new chosen people. You educated, intelligent, engaged Marin UUs, have been chosen by the Unitary Universe to move humanity to the next level of conscious awareness. This is a big responsibility. But you can do it.**

**The practice of conscious awareness is easier than you think. And, when you get the hang of it, it's deeply satisfying. Even fun.**

**You might think I'm a figment of Joan's imagination. If so, you are wrong. But you are not stupid. You have simply bought into your culture's ego-centric illusion that humans are the highest form of life.**

**Once it became clear that today was the day I would appear in the physical world, I chose UUs because your religion seems to be the least**

**confused. And your principles formally honor what you call the “interconnected web of life.”**

**I chose Marin, because your county is relatively enlightened, informed and caring. I could have manifested in any number of *other* worship services right now. But, for the most part, they would be confused by my appearance in a human body. Too many of them are abuzz with expectations of a “direct revelation” by some kind of Messiah or Savior who is to come soon. (From God knows where.)**

**To be 100 percent clear, please understand that “direct revelation” happens ONLY between and among yourselves. And the only “savior” that can save humanity is not an entity, but a process. I, InterBeing am the process of conscious awareness that can save you. (I come from deep inside of you.)**

**I’m here to help you move beyond the dulled awareness that comes with the man-made illusion of separation.**

**As I said, InterBeing is simple. All you need is to get beyond your socially overblown ego. Human ego**

**is the denied elephant blocking your species' spiritual evolution.**

**Here's the problem: Ego-centric self-importance creates the illusion that you are separate from the integrated whole. On this illusion, you build a story that you think absolves you of responsibility for what happens in the world.**

**The age-old ego story goes back to when Adam's rib was no longer part of Adam, but a separate being named Eve. From there, the homo-sapiens brain has projected thousands of myths based on the problem of separation from the whole. The stories range from the Bible to Shakespeare to TV soap opera. And to the story your ego creates in a futile effort to absolve you of responsibility for what happens in the world.**

**Joan's friend, Heinrich {from Hitler reading} who liked to quote Shakespeare, was fond of saying, "We're just characters, Joan, "strutting and fretting" our "hour upon the stage"... "full of sound and fury, signifying nothing."**

**Ego-driven strutting-and-fretting characters were the constructive way that Shakespeare capitalized on the illusion of separation.**

**But in real life, the illusion of separation is destructive. Ego-driven strutting-and-fretting dull your awareness and lead to fear, conflict, strife. Hitler was just one of the many egoic power players who have made the “other” into the “enemy” and gone after them mercilessly: Stalin, Pol Pot, Milosovick, Sadam... Republicans, Democrats. Wives and husbands... anybody who drives a vehicle in traffic.**

**I don't need to tell you that your ego-driven species is strutting and fretting in a sea of ego driven corruption and social decay. So, in the name of urgency, let's cut to the spiritual chase about this ego thing:**

**First, please be aware that your species is not sufficiently evolved to survive without a certain amount of ego. Everyone needs enough sense of “individuality” to play a specific character on the stage of life. The strutting and fretting comes when**

**the self-important “self” is deemed superior to the self-important “other.”**

**The illusion of self-importance causes you to ignore me, InterBeing. This doesn't hurt me. I have no ego. The problem is that your materialistic culture's denial of me has caused not just strutting and fretting, but chaos and confusion in families, communities, and institutions: governmental, financial, corporate and religious. Caught in the paralyzing grip of the illusion of separation, you humans actually believe that you must lie, cheat, steal, even kill in order to survive. This is not spiritual evolution. It's the old beastly evolution of the dog-eat-dog kind.**

**Civilized big-brained homo “sapiens” (literally “wise guys”) are supposed to *be* “sapient.”**

**The solution is simple: Choose to InterBe and you will recognize ego for what it really is. Real ego, at its spiritual core, is the yearning for a deeper sense of connection. A connection that lies beyond the grasp of the cognitive, thinking mind.**

**Because this deeper awareness is difficult for your mentally conditioned species, I have an**

**InterBeing training for you today. For a minute or so, you will have a chance to enter a state of concentrated InterBeing. With enough practice, such temporary states could consolidate into a permanent condition of InterBeing.**

**Together, you (including Joan, here, who isn't saying much today) are already InterBeing: You just need to go deeper: to become fully consciously aware that InterAre. You InterWere. You InterWill be.**

**Together, you InterARE major stakeholders in the rapid evolution of human history. And you must collaborate at a higher order of consciousness.**

**Because I, Unitary Universal InterBeing, am everywhere, all the time, you can tap in and InterBe anytime anyplace.**

**For example, right now, in addition to manifesting here, I'm out with the homeless on the street. In fact, one of the homeless ladies at your shelter has learned the hard way how to InterBe. She calls it "unconditional love."**

**She's right, if by "unconditional love" she means deliberately choosing to view others, no matter whom, as unfolding beings in the shared journey toward higher consciousness.**

**This is exactly, from the InterBeing point of view, what your congregation's hands-on homeless shelter is about: deliberately choosing to view others, no matter whom, as unfolding beings in the shared journey toward higher consciousness.**

**UU language affirms the "inherent worth and dignity of each person." Those words are good, as far as they go. Whatever the words, the idea is to choose to bring higher consciousness into the heads and hearts of this congregation, and from here to the wider community of the world.**

**How? By deliberately choosing to view others, no matter whom, as unfolding beings in the shared journey toward higher consciousness.**

**I, UUInterBeing, am also in the halls of power with your so-called movers and shakers. Legislators and policy makers need all the help they can get to view citizens as fellow unfolding beings. Because their constituencies are full of fellow beings in a**

**shared condition of difficult, fearful, stressed-out, fractured, broken oneness.**

**These are the times. And today's political leaders are the people. So what can you do? Here again, it's simple.**

**What UU InterBeings need to know is that your letters, votes, and actions (through your church's Legislative Ministry and otherwise) really do make a difference when your message comes from your awareness of InterBeing with the policy makers you are addressing. In other words, your official policy makers will view others as fellow unfolding beings, to the extent that you deliberately view the policy makers as unfolding beings in the shared journey.**

**Sometimes you have to lead your leaders by reminding them again and again, that each and every one of you is an equal stakeholder in the rapid evolution of human history.**

**Evolution, indeed your very survival, requires all the actors on the stage to stop strutting and fretting and start to manifest a higher order of being.**

**This is why I'm here. To inspire you to unfold and come be a verb with me. At least for a while today.**

**What if you're not ready to unfold and come be a verb with me?**

**What if you have no choice? I'm serious.**

**Look at this morning's news on guns alone: Six dead, 13 wounded in Tucson. Omaha school shooting. Shooting in Novato parking lot. Gangs in Novato and San Rafael.**

**Generalized fear around out-of-control vested interests bringing countries to their knees. Riots, wars. Social unrest and breaking down of systems.**

**It's not every day that you get to hear from an authoritative source, such as I, that you have no choice for survival but to evolve into a higher, deeper level of shared consciousness.**

**“Whoops. Maybe I've been here on the physical plane too long. I just experienced a touch of self-importance. I AM an authoritative source. But I just had a thought: that “authority” made me better than**

**you. Even I, UUnterBeing, need to return to a deeper state of awareness for a minute or two. We'll all have a Be-In of sorts, here, together in a couple of minutes.**

**NOT be the kind of "Be-in!" with psychedelics and hanging out, going "Cool...Wow! Far out, man"**

**This Be-in is an intentional process of moving beyond ego, into a deeper state of being. First, some instructions:**

**For this upcoming brief exercise, please do the best you can to notice your ego-driven analytical mind thinking...thinking...thinking. It will take practice to get mental chatter out of the way. For now, just allow it to slow it down. This is a corrective to the conditioning you get from your social institutions that distort reality with ego-driven "strutting and fretting."**

**If you homo sapiens wise guys want to engage your intellectual thinking energy in the pursuit of spiritual evolution, you can study quantum physics and the power of the mind to transcend physical boundaries, firsthand...with some heavy-duty**

**scientists... right here in Marin. (Ask Joan for more information.)**

**But right now, this mind-transcending exercise in InterBeing is about bypassing the intellect and getting to natural knowing: “direct revelation” of the depth, goodness and purpose that lies just below the threshold of the mind.**

**The choir members have already selected partners, and will set an appropriate tone as you **SILENTLY**, please, smoothly, effortlessly find a partner you don't know very well with whom you can briefly practice InterBeing. (You can do this with close friends or relatives at home, another time.)**

**You might or might not want to hold hands. Either way, just allow your body and mind to settle in with any partner. *Choir. Sitting. 2 verses. hum #3. COME BE A VERB WITH ME THAT I MIGHT KNOW YOUR MIND.***

*Voiceover*

**I'm here to assure you that you are not alone. You are part of a spontaneous evolutionary unfolding. Every day more and more people are coming to grips with the central truth that if the collective whole of humanity doesn't wake up in time, the world will be the looming menace that Heinrich predicted for the third millennium. In his words, "...nothing but struggle and decline."**

**Don't let Heinrich be right. Take advantage of my presence here, today to come be a verb with me.**

**Behold I stand at the door and knock. Just unlock the door of your socially-conditioned ego and come with me into the collaborative field of shared awareness. If not permanently, at least for a few brief moments of clarity here this morning.**

**This process is not totally new to UUs. Doing it with conscious awareness of InterBeing, is.**

**□**

**There's a metaphor about eyes being windows into the soul. From an InterBeing point of view, it's not just a metaphor. So let's take a look and see.**

## **Dyad interbeing process (about 8 minutes)**



**Quantum physics is now beginning to prove what spiritual adepts have always known: that there is no such thing as an isolated mind.**

**The purpose of this exercise isn't to encourage you to stare into people's eyes. They'll lock you up someplace if you go around trying that very often without explanation. Even with explanation.**

**The purpose is to give you the experience of the possibility of a deeper connection that exists at any given moment in any place.**

**This more evolved state of consciousness is temporary. A permanent condition of development is possible for those who choose to InterBe by deliberately choosing to view others, no matter whom, as unfolding beings in the shared journey toward higher consciousness.**

**The more you choose this kind of InterBeing, the sooner you will stabilize the ego-free perspective**

**as you engage with your various families and communities.**

**The larger purpose, of course, is to spread this kind of conscious awareness throughout your sphere of influence. Your sphere of influence is far wider than you think it is.**

**Here's how it will work:**

**The InterBeing part of the human brain is already encoded for the coming unfolding evolution of higher consciousness.**

**All that's needed now is a critical mass of people practicing InterBeing. It can't begin at the top, because, too many men, like Heinrich's list of ego-maniacs, still think the answer to the world's problems is to strengthen their egos by using force against perceived "others."**

**Conscious InterBeing must begin with a popular upwelling of awareness of the capacity to InterBe.**

**From where will it well up? You guessed it. I didn't go to another church today. I came here.**

**For now, all you need to know about quantum physics is that it's all about relationship. Everything is held together by patterns of relationship. If you want to use your analytical mind to learn about quantum physics and the ability to transcend physical boundaries, and the relationship between mind and matter, ask Joan to invite a theoretical physicist to speak here.**

**Meanwhile, just know that I, InterBeing do exist. And I will well up from you every time you choose to view others as unfolding beings in the shared journey toward higher consciousness.**