



# Unity In Diversity

By DONNA SELBY

I believe that Mahatma Gandhi speaks of the unknown factor in "Our ability to reach unity in diversity will be the beauty and the test of our civilization." How do we find balanced awareness in our universal world? How do we pay attention without prejudice? How do we find balance while keeping an open mind and heart? I cannot answer these questions for you as these are questions for each individual heart and soul. I can only through daily introspection and action walk my talk or talk my walk.

No one person is alike, not even twins. The way we see our world depends upon our points of view which may be right or wrong. It's like six blind men trying to tell what an elephant is like by feeling it.

"Six wisemen of India an elephant did find and carefully they felt its shape for all of them were blind. The first he felt

towards the tusk, 'it does to me appear, this marvel of an elephant is very like a spear.' The second sensed the creature's side extended flat and tall, 'Ah ah' he cried and did conclude, 'this animal's a wall.' The third had reached towards a leg and said, it's clear to me what we should all have instead this creature's like a tree.' The fourth had come upon the trunk which he did seize and shake, quoth he, 'this so-called elephant is really just a snake.' The fifth had felt the creature's ear and finger o'er it ran, 'I have the answer, never fear, the creature's like a fan!' the sixth had come upon the tail as blindly he did grope, 'let my conviction now prevail this creature's like a rope.' And so these men of missing sight each argued loud and long though each was partly in the right they were all in the wrong." (From *Maps of the Mind*)

"To reach unity in diversity will be the beauty and the test of our civilization." Why? Because we get so caught up with measuring who is right and

wrong that we miss the real beauty of creation. How do we balance our awareness without prejudice? Simply by keeping an open mind and heart. Speak truth as you see it, allowing others to do the same. Remember that diversity is the gift found in unity which works together to create balance.

Nature is our greatest teacher and healer. We take a walk, go to the mountains or ocean when we feel stressed. Why? Because nature in its emptiness is balanced. How does nature heal us? Taking a walk makes us feel better because the natural exchange of energy re-energizes us. We feel more at peace with ourselves and with one another. What more can nature teach us? Nature tells us to slow down, to breathe, to live peacefully. We get out of balance when we try to control life instead of allowing it to unfold naturally. This natural diversity in the change of seasons. Even the process of birth and death are natural changes. This is no different than our

lives.

Even a simple seed is our teacher. Within the seed is an alchemical laboratory of DNA waiting to be birthed out of oppositionary forces, all perfect and necessary for its growth. To look at he seed you would think nothing is going on yet a whole lot is happening. This same principle happens when we go to sleep at night. As our body relaxes into the void or darkness of our dream world, many changes are happening within the seed of us which hold potential for new life. Silence in nature holds the key and as we listen to our soul we will find the beauty in unity and diversity. The sun and moon are good examples of work in harmony in that each work individually yet are fully independent of one another. The balance of power comes through cooperation with each becoming more than the sum of its parts. Be not afraid of the dark of the moon for it is in the stillness of night the dawn of a new reality awakens.



## Sisters Of The Road Cafe Cherish The Dream: Refuse To Hate

Please join Sisters Of The Road Cafe on Monday, January 18th at 5:00pm for the March of the Dream. In honor of the birthday of Dr. Martin Luther King, Jr., Sisters Of The Road Cafe is holding the 6th annual March for the Dream in Old Town/Chinatown. We will march through Old Town/Chinatown, cross Burnside to Pioneer Square, and then return down Broadway to the Downtown Chapel for a short celebration and refreshments. The program will include speakers from Old Town/Chinatown, music, and a

speaking on Dr. King's dream from the audience. For more information on this year's march, please call Nancy or Johanna at 222-5694.

This year we are marching to celebrate Dr. King's message that "Love is the only force capable of transforming an enemy into a friend." In the shadow of recent hate crimes around the country and continuing hardships experienced by homeless people here in Old Town/Chinatown, we are marching in support of tolerance, peace and compassion for all people.

Sisters Of The Road Cafe is a non-profit restaurant in the Old Town/Chinatown Neighborhood. We opened on November 7th, 1979, and operate from a philosophy of non-violence and gentle personalism. The Cafe is open Monday through Friday from 10:00 am to 3:00 pm with the last meal served at 2:45 pm. The office is open Monday through Friday from 9:00 am to 5:00 pm. We invite you to come in and enjoy a meal at the Cafe. At Sisters Of The Road Cafe, "there are no strangers, just friends we've never met."



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*" Somehow we must be able to stand up before our most bitter opponents and say:  
'We shall match your capacity to inflict suffering by our capacity to endure suffering . We will meet your physical force with soul force. Do to us what you will and we will still love you. '"  
- Martin Luther King Jr.*



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