

Oneness Consciousness

Love based God...

Love, Wholeness, Peace, Connection, Acceptance, Trust, Valuing Everyone, Kindness, Compassion, Internal Valuation is all you need, Worthiness for all, Equality, Grace, Mercy, Joy

Steadfast, Loyalty no matter what happens, Unconditional love, Never abandoned, Forgiveness, Accountable

Empire Consciousness

Fear based God...

Power, Control, Fear, Hate, Anger, Scarcity, Hierarchy, Domination, Abandonment, Punishing, Need to negate others who are in the way

Illusion: If I am in control I will have everything; however something is still missing.

Isolation, Idealism, Not Enough, Perfectionism, Hypervigilance, Shame, Addiction, Abuse, Loss of Authentic Self, Self-Righteousness, External Validation, Competition

People who see and experience more fully Oneness Consciousness

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Oneness Consciousness and Empire Consciousness Connection

All is Oneness, connected with the entire Universe.

Empire Consciousness is created from fear, the illusion of separation and abandonment. It expresses a false sense of control based on hierarchy, power and domination.

Growing awareness of one's Oneness Consciousness is the re-connecting with the genuine power of love, equality and compassion.

Storytelling in small groups or through personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share about what you learned as a child about God. (was it fear based or love based?)**
- 2. Tell an experience about how living in “Empire Consciousness” has impacted you.**
- 3. Share a story of feeling loved by God, by another person, or loving yourself. (How did that make you feel at that time?)**

Check out our and download more small group storytelling reflections and prompts at:
<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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