

Twenty Teachings of a Holystic Mystic:

All is Holy, All is Oneness

By Dr. Michael Obsatz – May 2025

Here are twenty short sentences and phrases that help me get in touch with my spiritual connection to myself, all of humanity and all creatures, nature and the earth, and Spirit.

We are all one.

God loves us as we are.

We are blessed.

Live in gratitude.

Kindness is the way to live.

We are in the world, but not of the world.

Be accountable.

Deeds matter, but words are also important.

Experience spirit in everyone and everything.

Help alleviate suffering.

No one is more worthy, or less worthy than anyone else.

Live in process and trust the process.

Everything ends, and everything is always changing.

Plan and dream, but to open to new experiences.

Put out the good stuff and let go of the results.

Savor every minute — life is short — live in the present moment.

Use selective vulnerability — be open where it is safe.

Choose your loving support network with care.

Labels divide — you are an amazing child of the Universe.

Play, laugh, and be spontaneous.