

Discussion Topic December – The oneness of life and its environment

The principle of the oneness of life and its environment clarifies that individuals can influence and change their environment through inner change or through the elevation of their basic state of life. It teaches us that our inner state of life manifests itself in our environment. When we experience the life state of hell it is reflected in our environment and how we respond to events. Likewise, when we are full of joy the environment also reflects this reality. When our basic state of life is compassion, we will enjoy protection and support from the world around us.

One's life and the environment are often viewed as being completely distinct, but from the comprehensive viewpoint of Buddhist philosophy, they are one and inseparable. We often tend to blame our problems and sufferings on things outside ourselves—other people, circumstances beyond our control. The principle of the “oneness of life and its environment,” however, demonstrates that the causes of our joy and sorrow originate within us.

When we base ourselves on this principle, regarding our environment as a reflection of our inner life, we are able to take full responsibility for our lives and in this way become empowered to solve our problems and create positive outcomes in the situations in which we find ourselves.

According to Buddhism, everything around us, including work and family relationships, is the reflection of our inner lives. Everything is perceived through the self and alters according to the individual's inner state of life. Thus, if we change ourselves, our circumstances will inevitably change also.

Everything is interconnected, and our individual lives exert a profound and potentially unlimited influence. The more we believe that our actions do make a difference, the greater difference we find we can make.

1. Do you believe your environment is the mirror of your inner life?
2. Did you ever experience your environment differently and were you able to change your situation through elevating your life condition?