# ONENESS
# BASICS

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# Foreword

No man is an island and so nobody can fulfill all of his or her responsibilities without the help and motivation of others. Truly, a company, a sports team, or organization will be miserable if the members of it will were not willing to work with one another. A certain group will not be able to achieve its vision and mission if there's no unity and teamwork.

Here in this book, you will learn more about one word: UNITY and its benefits to you, to your peers and to your group. Start reading today and find the right answers to all the questions you have in mind.

# Oneness Basics

# Chapter 1

## *Unity Basics*

Unity is one of the most important things that every person should practice. Wherever you go, you will find that unity matters in everything. It is very essential inside a company, organization, and even in a community.

Just imagine a group of people working and helping each other in doing and completing a certain activity. Visualize how much they care for each other. It seems very pleasing, right? That's what unity can do. With unity, everything works out. When each member of the team starts to care for each other, no problems will be hard to resolve.

If unity is absent and members of the group are not willing to work with one another, problems will arise. If unity is absent in your team, these things will surely happen:

- When there's a problem that could lead to the failure of the team, the members will keep on blaming each other. No one will admit that it's their fault because they will be worried that the other members of the team will blame them. When unity is applied, everyone works together as a whole. There is no blame game to play.

- If someone in the team needs help, other members will simply ignore that person. They also most likely will not give you any of their time. They will keep making excuses because they only want to focus their attention and time on their own responsibilities. A group that

practices unity thinks of helping someone in need of assistance as a very important obligation.

- A group that does not practice unity will be divided into two when it comes to making big decisions. This will lead to misunderstandings and debates.

- The group's goal will be more difficult to achieve. The group will take more time to complete the goal. There will be little to no chance of achieving great results.

- The members of an group that is not united will typically prefer to be alone when working. They will not ask for help from one another even if they are having a hard time with their assigned task.

These are the common issues that a group will face if the members are not united with each other. A "group" that is not united cannot be called or recognized as a group. A group is composed of people who work together with care and concern for eachother. So, if your group is not practicing unity, do you think your "team" is really a team?

## Why Is Unity Important?

Whether you're a player, a member of a certain organization or a part of a very important project inside a company...whoever you are, you must learn to work with others and how to become united. In order for a company or a team to function appropriately and meet its objectives, unity is vital.

Unity affects many different things from a team to a community or a company, and it can either make or break everything. Unity will be sure to make any project or group goal much easier to accomplish because everyone will be looking out for each other.

If unity is valued, these things can be achieved:

**Efficiency and Work Speed**

A united group of people is typically more capable of accomplishing their tasks faster and more effectively. Employing the strength of every team member and dividing the work consequently encourages enthusiasm, a sense of assurance and greater efforts put forward by the group. This in the end will cause a stronger result. With unity, you will find every task is done without exerting too much effort and the team will finish the task in a timely manner. It also means that the whole process becomes smoother.

**Creativity**

Team unity can also go far in terms of creativity and developing brilliant and new ideas and tactics. When people with different minds and ideas gather, the available choices will be plentiful and diverse. Aside from having more ideas to choose from, unity will also produce ideas across a wide range, as the members of a group come from varying life experiences and perspectives.

**Team Power**

As a person joins a group, he or she will become a stronger force. If you are not willing to work with others, no matter how dedicated or talented you might be; there are going to be things that you can't do, either because of

skill limitations, time, or experience. A united group has power and it can complete far greater tasks because it draws different strengths from different people. Along with a variation of strengths you will also be provided with a, collection of skills and experience as well as the united flexibility of the members.

## Learning

In a company of a solid group, the process of learning could also turn out to be significantly easier. When you interact with others, you will find that learning becomes a more substantial and real experience. Being a member of a group allows a person to obtain a fresh perspective on issues.

## Support and Motivation

The members of a group who are united motivate, support and inspire one another. An individual who prefers to work alone has to rely only on themself for enthusiasm to plow all the way through difficult situations. If a person chooses to join a group and work with the members of that team, he or she can depend on their assistance whenever he or she needs it. Besides, a united member helps to motivate others throughout the good and bad times.

As you can see, unity can bring many benefits that everyone in the group will certainly enjoy. Your team deserves to experience such benefits and you can start making it possible today. With determination and willingness to succeed, you will soon be able to deal with others well and that will eventually let you learn how to be united with them.

**Two Main Ingredients That Create Team Unity**

New leaders of teams and managers are always curious to learn the secret ingredients which create unity inside a group. They think there's a secret they should know...but the truth is that there's no secret.

Team unity can be formed through combining two essential aspects and they are the following:

- Unity can be created when individuals care about the goal of their team.

- It can also be created when the members of the group care for each other.

Without these two ingredients, unity will never be formed and you will have nothing to promote. On the other hand, the strength of the unity depends on how much concern every person in the group shows. Groups that are low-performing and dysfunctional care very little for any of the two. Meanwhile, those teams that are able to achieve average success might care a little bit for each other. However, high-performing groups care a lot about each member.

The role of the leader here is identifying which of these ingredients is absent or in the least supply. He or she needs to be the catalyst for team improvement. This can be done by providing reflection, motivation and interaction.

# Chapter 2:

*Are You Self Serving*

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Look at yourself.... Can you tell whether you are self serving or not? Are you one of those people who do not care about other people's interest? Being selfish or too concerned with just your needs, feelings and desires in life will definitely prevent you from building a harmonious relationship with others.

Selfishness will certainly prevent a person from having the willingness to work together with others. With selfishness, unity can't be possible. Most people are not aware that they are selfish and perhaps, you are one of them.

So, how can you tell if you are self-serving? Here are six effective ways that can help you determine whether you are selfish or not:

- You like to be in control and you find it hard to compromise.

- You find it hard to share something you have.

- Putting the needs of others as your priority over your own needs is extremely difficult.

- You hear useful criticism as personal attacks.

- You tend to feel bad and your mood suddenly changes when your peers have the attention of everyone.

- You experience difficulties in forgiving someone who offends you.

It is very essential to understand that being self-serving is not the same as being mean-spirited or hostile. Egotism is not actually directed against others but, it is an erroneous way of making a person feels that he or she is more valuable or adequate.

Being self serving is not a trait that you can inherit from your father or mother; it is a behavior that can be learned by anyone. So, if you are self-serving, you can do something to change it and improve yourself for the better. You can use the daily interactions between you and others as opportunities to learn how to become less selfish. Make a mindful effort to change your mindset from "me first" to "we first".

Can you identify yourself as a self-serving person? You should not be ashamed if you have this trait. It is not too late for you to improve yourself. Make a move today and start trying to make yourself a better person. As soon as you have learned how to be concerned about others' needs and interests, you will start to appreciate the value of living with unity and cooperation.

## Ways to Overcome Being a Self-Serving Person

People who care only for their needs concentrate on themselves. This particular attitude stops someone from experiencing how great it is to share, give and have quality and genuine relationships. Because of your attitude, working with others and interacting with people around you is not easy for you to do. Being self-serving prevents you from realizing the value of uniting with everyone. Learning that you have this kind of attitude is one crucial step to improving.

To overcome this negative attitude, you should follow these steps:

1. Change your current way of thinking and embrace changes that will make you a better person. To stop yourself from being self serving, you should focus your attention on the needs and interests of others and not only yours. From now on, you should try to learn how it feels to be helpful and sensitive to people who are really in need of the help you can give. When you care only about yourself, it causes others to feel unsafe and uncared for.

2. You must try to understand that while possessions are nice to have, relationships must be valued more. Learn that good relationships and people are more vital than to have material possessions.

3. Start being charitable, especially to the needy and poor. You can extend your helping hand to these people through coordinating charities and organizations that support your community. Donating time or money is one of way to overcome selfishness. Why don't you try to share some of your material possessions? You will surely enjoy that grateful feeling it can bring to you.

4. You need to become sensitive to people who surround you. Assist those who might need your help and try to reach out to these people in a rightful and caring way. It will surely help you in keeping your focus off of yourself. This in the end will help you to become a more healthy and whole person mentally, emotionally and spiritually.

**Effective Cures for Being Self-Serving**

Selfishness is known to be a behavior characterized by how a certain individual views himself with regard to the external world. To start making yourself want to experience and enjoy the benefits of unity, you should start relieving yourself first and make yourself eager to be sympathetic and aware of others' needs. You have to fight your attitude first before you can finally experience the essence of unity and its benefits.  So, you must take into account the following:

**Cures for Selfishness**

**Therapy**

Therapy helps you uncover the main causes of selfishness so that you can come up with a corrective treatment plan. Traditional therapy will usually delve into your past experiences to assist you in understanding the progression of your selfishness. Innovative therapy like balanced emotive attitude therapy is more focused on the way currently-held behaviors, attitudes and emotions are contributing to your bad life actions.

This particular therapy will treat selfishness as a disorder that was driven by character satisfaction and it teaches you the importance of self-acceptance that is not quantified by success and money. Through accepting yourself without attaching external conditions, you will lose your desire to obtain material wealth at the expense of people around you.

## Self-Help Books

These books are usually written by people who have struggled over the problem they are writing about. They are the ones who can provide non-judgmental and authoritative advice to someone who struggles with selfishness. Through illustrating samples based on their personal experiences, these authors reach out to those in need of help that wish to try to do so by themselves.

Usually, it is only when a self-serving person reads about something that is exactly the same as his or her situation that they will be encouraged to start understanding their personal issues and how their problems can be solved. To overcome your problems, you must start looking for these books today and let these authors teach you and guide you towards overcoming selfishness.

## Spirituality

Spirituality is a remedy for being self-serving for the reason that most religions depend on selflessness and teach the happiness one can feel when serving others. For instance, Buddhism is based on the concept of attaining the transcendent condition of Nirvana which is the life tree of desire, suffering and selfishness.

Meanwhile, Christianity demands that a person surrender his or her spirit and will to Jesus Christ while serving God through showing qualities like joy, love, peace, kindness and patience. A person who is selfish and commits themself to a spiritual life might find that they can't sustain their old behavior which will lead to actions which are centered on assisting others.

**Parenthood**

Although some reasons why people prefer to have kids might be deemed selfish, usually, parenting will still be an effective treatment for selfishness, especially in the formative years of a child. Good parenting demands a commitment of resources and energy and limits the amount of extra time a person has to devote to his or her self.

To take care of a baby is a selfless act and it often comes with transitory rewards until the child starts to interact and grow. Parents may not always make the best decisions and still need to take some time for themselves.. But, to become a parent will require a person to do some self-sacrificing and may go a long way to relieving selfishness.

These remedies will certainly help you a lot in addressing your problem. You won't have any regrets about trying to apply them to your case. Back yourself up with confidence. Believe in yourself that you can make a change in your attitude, not only for your own good but for the benefit of others.

# Chapter 3:

## *The Live and Let Live Mentality*

When you hear the phrase "live and let live", what comes to mind? Dictionaries state that it is an idiom that expresses a particular idea and that people must be able to live their lives in a way they desire to, no matter what others might think of them. Then, there's the so called live and let live mentality.

Look at people around you and observe the way they spend each day of their lives. What you will notice is that they have fun and they do whatever they want. They aim for something that makes them happy and they live the most comfortable life.

Having the live and let live mentality means you want to be free and have total control of your life. Nobody can stop you from spending each day of your life the way you want. When you have this kind of thinking, you simply focus your whole attention to what makes you feel good. You do not pay attention to what others think of you. Here isthe problem.

Every person is different and your beliefs in life might be opposed to the viewpoints of your friends or loved ones. There's a conflict, causing both of you to have misunderstandings. The result is that, both parties may not be able to build the realm of unity.

If you ever find yourself wondering what's wrong with the relationships in your life, it is important to take time to think about it. Find out how you can

apply the theory of the live and let live mentality and the diverse meanings it can hold for you. What if you are opposed to the convictions or beliefs of somebody? When the expression of those viewpoints affects you directly, you should stand up for yourself respectfully. Demand a respectful dialogue or try not to show your reactions at all. Always remember that individuals have enormously different experiences and outlooks on almost everything.

Always remember that things are not always going to go in your favor. What is good and dear to you could be disgusting and toxic to somebody else. Unity can be found in naturally by considering various and opposing point of views.

On the other hand, you must show people around you the respect you want from them and learn to speak up instead of keeping your opinions and beliefs to yourself. After all, they are your convictions and beliefs and they offer rules and principles to your life and not for other's lives.

According to researchers, people who are really happy in life are the ones who are eager to continually re-evaluate their convictions and principles. Does somebody have a problem with your religious beliefs? Well, unless you're out of place in conversations and actions, it's their problem...not yours. But, if you're the one who has the problem, learning to have the live and let live mentality can help you see that unless somebody is behaving improperly toward you, the problem is yours, not theirs.

You'll be astonished to learn how most aspects of your life can change dramatically and to a great extent. By having this mentality, you can make new friends instantly and people will find you as someone who can understand them, though their beliefs vary from yours.

Your frustrations in life will be lessened and the pain you feel deeply within your heart will start to fade. Your long-term relationship with someone, that might have become stale or strained, will have a new life. All of this is what you will get once you strive to learn how to gain this kind of mindset.

Having this particular state of mind is one thing that will help you a lot in building a harmonious and happy relationship with people around you. When everything goes fine between you and them, unity will be established. It only means that to live and let live makes it easy for people to be united.

# Chapter 4:

## *Unity Mentality*

There have been a lot of books that were written to discuss the so called "Me Generation". However, it seems that this way of thinking and approach is a long way from being limited to a particular age group or generation.

As you look around, you will find that more and more people today are becoming narcissistic. These people are those who only pay attention to themselves and to their needs. These people tend to take advantage of everything at the expense of others or even the entire society. In reality, there are usually two probable alternatives for a way that a person focuses or proceeds, either with a mindset that is focused on "ME" or "WE".

Those who concentrate on "ME" usually proceed over life in a possessive way wherein they think of everything to be theirs. These people think of themselves most of the time and they do everything just to maintain their personality as a king. With the mindset of these people, it is very obvious that they are the ones who experience difficulties in getting united with others.

Through having the so-called "unity mentality", people will be able to build unity inside the community or group where they belong. You can say that a certain person is having this mindset if he or she thinks of not only the good their self but are more focused on getting the best things that will benefit

everyone. If you have this way of thinking, you understand why people should work and live harmoniously and you know the benefits of unity.

If you really want to see your group united, you should start by thinking about how you should act as a leader and a motivator for your team. Develop your mindset, and if it needs changes, change it. To experience the benefits brought by unity, you must start improving yourself and do everything you need to develop a "unity mentality." As soon as you have it, proceed by helping your group members develop and possess this way of thinking too.

# Chapter 5:

## *Finding the Unity Mentality*

At first you may think that to promote unity is not something that can be possibly achieved by a company, a community or a group. But, for a person with sincerity regarding this matter, even those things that are indeed impossible to achieve will be possible. All you have to do is to develop the right mindset for this time and that is the unity mentality.

You don't have to go anywhere to find this way of thinking because it comes from within you…from your heart. The willingness to see and feel unity that lives within your heart is one thing that will help develop a unity mentality.

Look at the other members of your group, and observe their behaviors. Do you notice any of them that may possibly have this state of mind? You are very lucky if you have even one or two. They can help you a lot in making those self-serving members of the team become people with unity mentalities.

So what are you still waiting for? Make a move now and be determined to achieve your goal.

# Chapter 6:

## *Practicing Unity*

So you are serious of making your community or group united and strong. There are ways to get there and achieving this goal will never be hard for you to do if you know the right steps to take. To give you a jumpstart, here are some of the ways you can promote unity.

## How to Promote Unity?

For sure, all of the benefits that unity can offer will push you to motivate your buddies and make them understand why they need to value unity. Now, you need to proceed to learning how to promote unity.

Promoting unity is a very vital part of supervising any successful organization comprised of three or more members. Sharing common beliefs and having a sense of a typical purpose is important for unifying a group of coworkers, members of an organization or sports players. Establishing a sense of unity will help your group reach their set goals more effectively.

Here are the crucial steps that you should follow while promoting unity:

## Develop a Universal Objective

Having a common and clearly defined objective will allow your team to know the direction you desire to proceed. Gather the members of your group and ask everybody what their thoughts about the shared objective are, if applicable.

Write down every idea given and validate each. Determine if there's a universal thread. Choose your common aim and set up parameters like the date the objective must be attained.

**Organize Team-Building Activities**

Depending on the kind of your organization, team-building activities can become a fun and lighthearted way of promoting a sense of cooperation and unity. You may organize a set of activities that will be exciting and great for everybody.

**Uphold Open Communication**

You need to encourage every member of your organization to communicate honestly and openly. To encourage a sense of cooperation and unity, each member of the team should feel that he or she is appreciated and acknowledged. When people have objections or recommendations regarding the group's activities or operation, you must permit them to voice these issues. Inside an open forum without judgment and criticism. You can do it in a public discussion setting wherein everybody can point out their concerns or contribute recommendations within a team or have an open-door rule, making the group members know that they can always discuss the issues privately.

**Observe Important Events**

Celebrating important events as a group can also help you to promote a sense of oneness inside of your organization. You can arrange a small celebration to rejoice these events. Plan the party accordingly and you must make it a cheerful and festive occasion. You may buy some decors and hand out flyers to announce the upcoming party.

**Problem Solving**

You must be responsible enough to address any problem that will arise. Nothing will kill a group's sense of unity quickly than ignoring problems. Give time to address the problems and concerns of the members of the group as it makes them feel that you care and that you are committed to encouraging cooperation and unity.

**Tips to Follow for Improving Your Team's Unity**

Once you have seen that everyone in the group starts valuing and showing care for one another, you should not let your team's unity dwindle down. It must be kept forever. Here are some tips to follow so you can effectively improve your team's unity:

- Have an external function – all it takes to make unity last forever is to have an external function to escape from the project. This gives everyone a chance to learn more about each other on a more personal level.

- Have a fundraising project –an activities that will definitely make everyone on your team happy is a fundraising project. It could be as

simple as a car wash or it can be something that is more intense such as a camp. Just choose an activity that is team oriented, which you know will make money for the group, and be sure to include every member of the team to work as a group.

- Team building sports – let all members of the group have fun. You may arrange some team games instead of individual games. Such games will require every member to work together. With these games, everybody will be forced to join, have fun and work together as a group.

- Team drills – when the members of the run through drills and warm ups, just make sure that they are all doing the activity as a group. Things such as running, lining up or leaving together are teaching everyone indirectly the importance of unity.

- Team punishments – if somebody happens to make a mistake or violation, the team will need to decide what kind of punishment should be given as a consequence. This will not only force everyone to follow the rules through peer pressure but it will help you have a better and more united team as well.

- Improve communication – ensure that communication is vivid between the managers and team members. Have open door policies or stand ups as it will help in alleviating confusion while it opens the closed doors for improved communication among the group involving the managers.

- Move people all over –when you can change up the groups of the members of the team, do it. To improve unity, every member should

meet different people from time to time. It will not only help with groups amongst the team. But, this will also become an opportunity for the each member of the group to meet new people. There are times that paring senior members with new people becomes a good practice.

- Have the seniors run practice – at some point of time, it is indeed ideal to have all seniors run projects in order to make them see and feel how hard it is to run projects. This will incorporate a few of their ideas.

- Modify it up – try altering this up every now and then. It will make the practice of unity more engaging, plus it will get the minds of everybody off of any tragedy that might or might not be happening.

When you follow everything that you have learned from this book, you can be sure that developing unity within your group or community will be a reality very quickly. Backup your plan for a change with patience and determination to succeed and soon you will have succeeded!