



The principle of **Oneness**

The principle of Oneness provides a spiritual dimension to this work. It highlights that to fully appreciate Nature's principles of Harmony, we need to find our own sense of peace, of belonging, of what some would call the divine.

Moments of silence

Establishing moments of silence in the school day offers a valuable opportunity to still our busy minds. These times of mindfulness or contemplation can be truly transformative and uplifting, taking us from the superficial, the matter-of-fact, the everyday to a more meditative state of awareness and fulfilment – to a place of infinite love. Some might call this a union with God. In all our learning about Harmony, we want our children to understand that they are part of something greater, to realise that the world that exists around them also exists in them through the patterns and proportions of their respective physical forms. In understanding that they are wholly part of Nature, their way of seeing the world shifts to a different, more connected place.

Mindfulness

Devoting time to moments of mindfulness every day enables students to appreciate a sense of oneness more fully. These quiet times in class or outside in Nature can take place at key points, particularly after playtime and lunchtime, and this silent space can be reinforced during their learning – notably when participating in geometry sessions. Many students will really value these times.

Oneness and wholeness

The discipline of mindfulness can help all of us develop a way of finding inner peace – students will be able to reference this throughout their lives. It is fundamental to their understanding of Harmony. And, of course, oneness relates to the fact that all the principles of Harmony are ultimately one. They can be drawn out and explored separately to develop a greater understanding of what they mean, but they are wholly integrated principles that work together as one complex whole.

Enquiries of learning linked to the principle of **Oneness** can explore how it has been interpreted over the years across religions, traditions and ways of life. How can we help our young people to find a sense of peace in their busy lives? How can we provide opportunities for our young people to rejoice in the oneness of life?

Themes could include:

**Oneness in ancient civilizations
(Ancient Greece, Ancient Egypt)**

Oneness in religion

Oneness in other cultures

The oneness of the body and mind

The oneness of our planet

The oneness of Harmony principles



“Oneness is living in
harmony with everyone
and everything.”

“Oneness is harmony
and unity. Everything
around us links to us.”