

The Twins Perspective [for practicing forgiveness]

Every good screenwriter understands that conflict is essential for a good story. Without conflict, we rapidly grow bored. Conflict is generated by differences, whether that's two personalities who clash, opposing goals that get in the way of each other, or mutually exclusive plans for how to reach those goals. The story shapes itself around the conflict and our efforts to deal with it.

The ego, of course, is all about conflict, and this is reflected in the life story of every human being, whether actual or fictional. In fiction, the hero usually comes up with some kind of satisfying resolution, at which point the end credits roll across the screen, and you get up and go home. Story over. In life there are no such artificial end points. We seem to move from one struggle to the next. There is always another battle to fight, another hill to climb, until at last one of them kills us. This may make for an exciting movie, but it's a lousy script for achieving peace.

What if there were no conflict in your world? What if there were no differences from which conflict could arise, or at least none of any consequence? Without differences, there could be no judgments and no conflict. How might this be possible?

Imagine that you were born into a world populated entirely by identical twins? Everyone you met, everyone you knew—all identical. Each an exact replica of you. You inhabit a world populated by reflections of yourself. Now take this a step further. Each twin has had the same upbringing as you and experienced the same series of events throughout life. Each knows precisely what you and all the others have gone through. There are no surprises and no separate life stories, because all are one and the same.

Pretty dull, you say. Perhaps. But what exactly is it you're missing? Contrast? Variety? Challenge? Call it by any name you like, it is not an experience of peace, and therefore it can only be conflict in one form or another. Once you recognize this, you can ask yourself: *is conflict*

what I really want? A part of you actually does, and we know its name and how it got there. But the ego's goals are not yours. If you seek conflict, you cannot simultaneously seek peace. You can't step left and right, or backward and forward, at the same time. Try it, and you wind up standing still. It is not possible to serve two masters. Your goal is either conflict or peace, one or the other.

To return to our world of twins, isn't this exactly how we appear to the Holy Spirit? He doesn't credit our differences: the myriad variations among bodies and their tales of triumph and woe. He sees only what is true in us, unchanging and unchangeable. He sees spirit. At the level of spirit, we *are* the same. We are identical twins—a set of septabillion-tuplets—all carrying the “genetic” imprint of love from our shared Source: God.

In order to forgive, you must learn to overlook superficial differences and realize that they are superficial. This is not easy, because, in typical ego fashion, you register those differences as real and *then* try to banish them from your mind. But what if you started from a different premise? What if you already understood that everyone is your twin? Then it becomes easier. You naturally look past their differences, because you know that, as spirit, they're identical to you.

It's as if you were born wearing a thick pair of glasses that distorted your vision, forcing you to see everyone as different, and now the Holy Spirit lifts them gently from your eyes and frees you to behold them as they really are. Those differences you once perceived? Gone. It turns out they were never real, just distortions introduced by the ego. All that remains is spirit, which is the same in everyone.

From Loving One to One Love, pp. 244-247