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Foreword.

"The journey to self-discovery and the experience of unity is an adventure that

invites us to dig deeper, discover our true nature, and embrace a  
life of authenticity."

It is with great joy and a deep sense of gratitude that I welcome you to the opening of the pages of *The Voice of Unity*. This book is the result of an inner quest, a desire to explore the essence of our being and share it with a wider audience. It offers an invitation to embark on a journey to the deeper layers of yourself and to discover what it truly means to live from a place of unchanging truth and unity.

In a world often characterized by duality, division, and constantly changing circumstances, *The Voice of Unity* invites you to return to the core of your own existence. It reminds us that we are not bound by the temporary and fleeting aspects of our lives, such as our thoughts, our body, or external circumstances. Instead

there is a deeper truth that connects us, a truth that is unchanging and boundless.

This book explores the core principles of unity, interconnectedness, and inner

peace, and offers practical insights and exercises to integrate these truths into your

daily life. Each chapter offers a path to depth and

self-discovery, from understanding your unchanging nature to

embracing the inescapable interconnectedness that binds us all

together.

The journey you are about to take with this book is one of personal transformation

and discovery. It is an invitation to transcend the limits of your current perceptions

to surpass and to lead a life that is in line with the deeper truth

of who you truly are. Whether you are just starting this journey or are already further

advanced, *The Voice of Unity* offers a guide and a source of inspiration

for the next steps on your path.

May this book be a light that enlightens you, a friend that supports you and

a source of wisdom that encourages you to look deeper into the essence

of your own existence. My hope is that the insights and experiences captured in these

pages will inspire you to live from the core of

unity and authenticity, and to contribute to a world that is rich in

connection and compassion.

Thank you for opening these pages and taking this step on your journey of self-discovery. I wish you much inspiration and fulfillment as you embark on this exploration.

With sincere gratitude and warm regards,  
Maitreya, husband of Jesus.

## Chapter 1: No Healing Needed

"You are not that which grows old, gets sick, or dies."

In our world, there is a deep-rooted belief that we are our body. From the moment we become aware of our existence, the body seems to determine our identity. We identify with our physical form and take changes in the body – such as aging, illness, and ultimately death – as death – as inevitable realities. But the voice of unity asks us to look beyond, to break through this outer appearance and realize that you, the true Self, are not that which is bound by these physical laws.

### 1.1 The Illusion of the Body

The body seems a solid reality, a vehicle that we navigate in the world of forms. We feel pain, pleasure, hunger, satiety, illness, and healing. But all these experiences are temporary and bound to time. Yet we often feel strongly connected to it, as if this physical shell defines us. The voice of unity, however, tells you that you are not your body. The body is an instrument, a temporary form in which the Self, which is timeless

seems to reside. But just as an actor is not truly the costume he wears in a play,

so you are not the body that you carry for a while.

It is merely an appearance, a reflection in the world of duality,

and what the body experiences does not limit the true Self that You are.

What if aging, illness, and death are merely events in a story

that you tell? What if you can see them from a higher perspective as

transitory phases, not as your true reality?

## 1.2 You Are Timeless

The Self that you are is unchanging and timeless. It has no beginning and no end. You need not be afraid of the passage of time or the

changes in your physical form, for these have no effect on who you

truly are. You are the silent witness of all these changes. The body

can age, but you, the Self, remain unchanged. The body can become ill

but the Self knows no illness. The body will one day die,

but the Self was never born and can therefore never die.

When you look at yourself from this timeless perspective, the fear of the

unknown fades away. You have always been the unborn, imperishable Self,

and the experiences of the body are merely like a dream that appears for a while

in your consciousness. What you truly are remains untouched by the

circumstances of physical life.

## 1.3 The Illusion of Healing

In the world we live in, there seems to be a constant quest for

healing. We try to keep our bodies healthy, avoid diseases, and

postpone death for as long as possible. Healing seems to be the highest goal, as if

our happiness depends on a perfectly functioning body. But the voice of unity tells you that in fact there is nothing to heal.

The idea that you need healing arises from the identification with the body. But if you are not your body, how can you need to be healed?

What is unchanging cannot be broken, and what is timeless, cannot die. The idea of healing maintains the illusion of separation as if you are something that can be damaged or needs to be improved.

The true Self, that which you are, needs no healing, for it is always whole.

Healing in the deepest sense means letting go of the illusion that you are limited

to a body that is vulnerable to sickness and death. True healing

is the rediscovery of your timeless nature, the realization that you exist beyond the

physical limitations, always free, always whole.

#### 1.4 Your True Identity

If you are not your body, and if you are not your thoughts, then what are you?

The voice of unity points to that which is always present: consciousness, the Self,

the witness of all phenomena. This is your true identity. This consciousness is

unchanging, even as your body changes, even as thoughts come and

go.