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"You think because you understand 'one' you must also understand 'two' because one and one make two. But you must also understand 'and'" -- Rumi, 13th century mystic

There is something about the whole of a thing which is not found in any of the 'ones' that make up that whole. This something - the x factor, essence, divine spark, life force - exists among the parts, without being a part. It's indescribable, yet we can know its nature in the way we know 'and'.

AND connects. As in 'you and I', together are 'we'. Each and all of us together form humanity. AND is our connective tissue. It moves between us and within us, like the air we breathe exists both within and among us.

AND inspires. It evokes curiosity and creativity in response to the question of what comes after 'and' - as in, 'this and that and that and... ?' And what else? Anything is possible!

AND allows. In a paradox, 'and' allows for contradictory ideas to both be held as true within a larger framework, a space which allows for complexity and diversity; and simplicity and uniformity as well. This is the realm of divinity: a vast field which welcomes all and everything, without preference or fault-finding.

This, too, is the nature of the life force within each sentient being. It is the spark which calls us to Life, to an expression of Life through our being. It is also the force which weaves each of those expressions into abiding relatedness with the field of all and everything -Life itself.

Do you know this place - the land of 'and'? Let us meet here, where the world is too full to fault apart.