

## **Addressing the You in Unity**

### **Unity acknowledges diversity**

The Cambridge Dictionary defines unity as “the state of being joined together or in agreement”. While this term patently promotes the idea of oneness, or being whole, what people often fail to recognize is that unity simultaneously admits to conflict or division (between others and within ourselves). To admit to unity is to admit to disunity; to be united means there was initially something to be united. Without diversity, there is no unity.

Taking an introspective approach, this acknowledges that the individual cannot be complete (i.e. united) without accepting that he or she is multifaceted in nature. The diverse experiences, values, morals, needs, desires, skills, culture, religion, and even educational background are all separate entities that formulate the final product: you. In most instances, there is dissent between the facets (e.g. desires can misalign with values or needs), and this conflicting diversity that naturally arises within the self is often what is claimed to make us human. Consequently, it is the duty of oneself, to oneself, to find the means in satisfying all elements. In fact, the process of achieving harmony, or unity, between these dimensions can even be described as life’s journey.

### **Internal disunity is key to growth**

Conflict is a natural occurrence and can sometimes even be encouraged. While the term commonly holds a negative connotation, a pedagogical approach says otherwise. Internal conflict or disunity can emphasize the need to understand one’s introspective self. It forces us to recognize patterns in our behavior, provides predictability, and encourages us to strategize accordingly to prevent internal disagreement in the future. Hence, the more attempts at resolving internal conflict, the closer you are to achieving unity within yourself. Meanwhile, those who do not experience internal conflict – perhaps even choose to ignore it – lose the opportunity to grow as strong and confident individuals. Due to this, it may even be appropriate to label internal conflict as a form of eustress.

The ability to satisfy each facet is key in overcoming disunity within the self. Similarly, to intentionally (e.g. denial), or unintentionally (e.g. due to insufficient time), disregard a facet is a futile attempt in escaping the obligations of life. We must embrace each facet fully since, as addressed previously, without diversity there is no unity. As a result, one might find him or herself having to satisfy the needs of each facet in varying degrees depending on his or her priorities and values. This can be achieved through the building of healthy and consistent habits.

### **The power of unity within the self**

Unity is a muscle that needs to be trained regularly; it is a learning process. When an individual excels in the practice of unity within him or herself, they are working towards becoming someone who is well-rounded and unstoppable. The alignment of values, morals, skills, and other human dimensions catalyzes the beginning of a harmonic lifestyle and the growth of a knowledgeable individual. An individual who is comfortable with embracing the different facets of him or herself, is one who will succeed in life’s endeavors. After all, it takes multiple facets to make a gem shine.

[Word Count: 524]