Clarion Review

Body, Mind & Spirit

Who Am I? The Mystery of Existence Explored From a Biblical Perspective
Craig Mooneyham
CreateSpace
978-1-4515-7030-4
Three Stars (out of Five)

As an easy-to-read primer for those with little background in biblical symbolism or new age teachings on oneness and ego transcendence, this book is ideal. Craig Mooneyham, a former junior minister and Bible student, appears to have an excellent grasp of his subject matter and seems genuinely wise in his interpretations of biblical verse and allegory. His passionate goal is to show that the Bible is about bringing one to the realization that everything is God, God is love, and love is non-duality.

Unfortunately, great passion for one's subject matter can cloud rationality, and Mooneyham has fallen into this trap. *Who Am I?*, though inspired and well written, leans toward monotony. His thesis that everything is symbolic and it's all about oneness is stated fifty different ways, which makes the book tedious to read, even though each example is valid and meaningful.

The book opens with elementary expositions on evolutionary biology and psychology. The ways that instinct manifests in behaviors such as happiness and fight or flight are clearly explained. From cravings for sex and alcohol to self-preservation at all costs, what makes humans miserable victims of impulse is our insatiable attachment to ego and to duality. Overcoming this wretched state by realizing oneness with God defines the remainder of the book.

It all began with Genesis. "Partaking of the tree of the knowledge of good and evil causes one to be enslaved in and by duality," Mooneyham writes. "…To live in the garden and eat from the tree of life is to live in oneness with God's unending flow of benevolence. The subtle, serpent-like ego lured the mind/soul, represented by Eve, into partaking of the negative side of the tree." The Genesis story is symbolic to the core, and the author's interpretation confirms this and makes it personal. He vehemently wants the reader to see that they can return

to the garden, to oneness, and this is stressed in nearly every paragraph.

Further chapters explore the deeper meaning of the tabernacle in the wilderness, the battle for Canaan, and the life and mission of Jesus Christ. Mooneyham's interpretations can be powerful and persuasive, though there are a bit too many symbolism-drenched examples of why ego has separated us from God and how, through "oneness with love," we can return.

The final chapter is titled "One with Love," and it is a beautifully written summary of what one wants to believe is the true message of God and Christ: love, benevolence, and oneness. This message transcends religion, and Mooneyham is to be commended for articulating it so well. Most Christian denominations would be comfortable with this book and members of the world's other major religions will find it a pleasant reader on the best aspects of Christianity.

Patty Sutherland