

# I Am That!

Taizé, September 20, 2020

## Call to Awareness – 3 Bells

**Opening Prayer** – Chris will set the intention to create a space for Communion

**Chant** – *The Greater Good of All* by David Roth

**SILENCE** – Bell

**Reading** – Diana

Good morning. If you are new with us today, my name is Rev. Diana Johnson, Pastor and Spiritual Director of Mystic Heart Spiritual Center, *and I am Chris Johnson, Prayer Practitioner* and we want to welcome you Home.

Our theme for the month of September is *Living from the Overflow*. And this morning, we are going to lead you on a meditative journey... we've titled the service for today *I Am That*. We believe that each one of us is on a journey of the soul... a journey that allows us to grow and evolve as individuals through this life experience, and to maintain that growth as we move from one lifetime to another.

I invite you now to get comfortable and settle into stillness, allowing whatever is happening right now to simply be... relaxing into this experience, letting yourself be held... letting go of everything else for the next hour. Let your body, mind and soul rest, becoming absolutely still as you allow yourself to be infused with the meditative tone of Taizé... no need to remember the words that are spoken... just allow them to wash over you...

Now, let's take a couple of slow, deep breaths, inhaling through your nose and exhaling through your mouth, and if you feel comfortable doing so, allowing your mouth to open just a little bit. This slight movement allows the muscles in your face to relax... settling into the heart space, where there is only Peace, where there is only Love, where there is only here and now... and feel into this moment together, into the gathering of this sacred community.

I would like to share, as I did at the last Taizé, a short illustration from the Buddhist tradition: "In the realm of the god Indra is a vast net that stretches infinitely in all directions. In each eye of the net is a single brilliant, perfect jewel. Each jewel also reflects every other jewel, infinite in number, and each of the reflected images of the jewels bears the image of all the other jewels — infinity to infinity. Whatever affects one jewel effects them all." This metaphor illustrates the interconnectedness, the interdependence, of all phenomena. Everything contains and reflects everything else. At the same time, each individual thing stands on its own as a unique expression.

Like the Net of Indra, visualize with me now a global web of consciousness, each of us a point of Light, all connected across the planet, all beings who in this moment, might be

sitting in meditation or prayer, might be attending sacred services... acknowledging the Presence of the Divine... consciously connected by our common purpose... feeling the collective intention that brought us here... feeling the deep devotion to that which is bigger than we are... feeling the impulse to grow and evolve that's awakening within us...

“Underneath the sea of our lives, which alternate between storm and calm, ebb and flow, lies the unfathomable abyss of pure being. This is the soul. It has no limits, no need for anything to be added. It is complete within itself... It transcends all categories, swallows all opposites. It simply is.”

It is the inner shrine, offering sacred space for devotion and communion to unfold... offering Its Holy Voice as Inner Knowing... as Guidance.

Christian Mystic, Thomas Merton, tells us that, “Every moment and every event of every man's life on earth plants something in his soul.” Perhaps this has even been true through many lifetimes. It seems to me, then, that we ought to be very careful what we allow to be planted. The soul knows what is nourishing... it knows what will bring fulfillment... it knows who and what we are meant to be... and it will forever guide us in the direction of our Highest Purpose, if only we become quiet and still... and listen.

## **SILENCE – Bell**

**Chris – From *The Voice Celestial*, by Ernest and Fenwick Holmes**

“Man does not *lose* his soul,  
But loses *sense* of soul until a soul  
Like Krishna or the Christ appears so bright  
With consciousness of God that he inspires  
In other hearts the longing for the good,  
And thus he mediates his god to man.  
Divinely human, humanly divine,  
Such souls are seen and heard and so become  
To us the voice of God. How dazzling is  
The vision they inspire! Yet tragic oft  
Their fate, misunderstood alike by all –  
Condemned and persecuted by the race,  
Their mission misconceived by those who wish  
To chain the seeing soul to monstrous creed  
Of fallen man redeemed by suffering.  
The Masters made no claim to pay for sins  
To angry gods for other men, but to

Provide a knowledge of the way whereby  
Man might redeem himself from lust and false  
Desires, and step by step unfold the god  
Already his within. It is their word  
That THOU ART THAT, a god concealed within.  
Revere each avatar for what he was –  
A soul who lived as you yourself can live,  
A soul who knew what you yourself can know,  
A soul who was what you yourself can be.”

**SILENCE – Bell**

**Musical Meditation – *I'm Ready* by Cari Cole.**

**SILENCE – Bell**

**Chris and Diana –**

[C] When I feel,  
the breath in my nostrils,  
I know that Awareness Is,  
and I Am That.

When I sense,  
my feet touching the Earth,  
I know that Awareness Is,  
and I Am That.

[D] When I hear,  
the silence between the sounds,  
I know that Awareness Is,  
and I Am That.

When I see,  
my presence of seeing,  
I know that Awareness Is,  
and I Am That.

[C] When I am aware,  
of my presence of being,  
I know that Awareness Is,  
and I Am That.

[D] When I know,  
the suchness of my own knowing,

I know that Awareness Is,  
and I Am That.

[C] When I understand,  
I am not the one who drinks the tea,  
but I am the awareness in which the knowing of,  
its apparent manifestation and action become known,  
I know that Awareness Is,  
and I Am That.

[D] When I witness,  
all the happenings in both the world and the mind,  
I know that Awareness Is,  
and I Am That.

[C] When I observe,  
the emptiness in which all things seem to appear,  
I know that Awareness Is,  
and I Am That.

[D] When I realize,  
that I am the unchanging stillness,  
within which all impermanent perceptions arise and dissolve,  
I know that Awareness Is,  
and I Am That.

[C] When I know,  
that everything experienced,  
is an aggregate of the six senses;  
of eye, ear, nose, tongue, body, and mind;  
and that I am this presence, this knowing essence,  
in which all such sensations, perceptions and interpretations appear,  
I know that Awareness Is,  
and I Am That.

[D] When I know,  
that nothing is either real nor unreal,  
that all somethings are created by the mind,  
and that even the mind itself does not truly exist,  
for it too is only an appearance within consciousness,  
I know that Awareness Is,  
and I Am That.

[C] When I know,  
I am the formless presence,

perceiving the phenomenal world of changing forms,  
I know that Awareness Is,  
and I Am That.

[D] When I know,  
that I am nothing except this invisible, pure presence,  
and that I am forever this moment, here and now,  
I know that Awareness Is,  
and I Am That.

[C] When I know,  
I am the stillness  
in which the entire universe appears,  
I know that Awareness Is,  
and I Am That.

[D] When I know,  
what I am and what I am not,  
I know that Awareness Is,  
and I Am That.

When I realize,  
that I is Consciousness,  
and that I is all-pervading, infinite, and eternal,  
I know that I am unbound by any thought, concept, or belief,  
and that anything thought is nothing at all,  
I know that Awareness Is,  
and I Am That.

[C] When I know,  
that I cannot be affected by anything whatsoever,  
that I cannot be hurt nor harmed,  
that I was not born and cannot die,  
for I am not the body or the mind,  
I know that Awareness Is,  
and I Am That.

[D] When I realize,  
that my presence alone is absolute,  
that I am everything and yet nothing at all,  
I know that Awareness Is,  
and I Am That.

[C] When I know,  
that all seeming things are apparent only,

and that nothing can be said to truly exist,  
I know that only Awareness Is,  
and I Am That.

[D] I, Exist;  
this, and this alone,  
I am certain.  
I am that,  
by which I know 'I Am'.  
When I know this as my Self,  
as the One True Self of all that Is,  
I know that Awareness Is,  
and I Am That.

[C & D] I AM.

**SILENCE – Bell**

**Musical Meditation – *Why Not Me* by Charlie Nimovitz**

**SILENCE – Bell**

**Diana Closing**

I invite you now to go even deeper into the silence, into the stillness...settling into the depth of your Eternal Soul...

The word *self* has two meanings...One is the limited, physical being with certain attributes and attainments...the limited, fragmentary self. The other is the spiritual being, the Infinite Whole Self. I am not my body...I am not my mind. I am a soul who *has* a body and a mind.

To live from the soul means to be all that I Am...

Sacred Soul, as I hear your Voice more and more clearly, I know the Truth of who I Am.

I Am invoking Your Presence and Intelligence...right here, right now...to speak *to* me, to speak *through* me...

I Am courageously choosing to expand my consciousness and open my heart... to live as the authentic expression of Divinity that I Am..

I Am the Light of Wisdom, the Light of Consciousness, the Light of the Heart...

I Am a powerful co-creator of life...and the more I listen within, the Truer is my Guidance...

I Am inviting intuition to speak through my physical body, my mind, and my emotions...

I Am listening deeply...listening will all of my senses...

I Am willing to give of myself, lovingly and generously, as I share the gifts that are uniquely mine to give...

I Am willing to receive with gratitude as life's blessings are showered upon me...

**Diana - Closing Prayer**

**Diana – Blessing for the Offering/Offertory**

**As I awaken to the God within me and all around me, I see Abundance everywhere I look. I consciously step into that flow of Abundance by this act of giving. I bless this gift, sending it forth to heal and prosper. It is evidence of my deep faith. It does good work in the world and blesses all of Creation. I give from a consciousness of Abundance! And so it is! Amen!**

**Offertory Music – *Perfection*, by Andy Anderson**

**Closing Gratitude, Brief Invitation, and Benediction**