

Taize – Living from the Soul

Call to Awareness – 3 Bells

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

Chant – *I Am Remembering* by Melissa Phillippe

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 focused on *Living from the Soul*. We believe that each one of us is on a soul's journey. The question is, what is the soul? What is its purpose in our lives as we experience this material existence? And how can we connect more deeply with the soul, so that it can guide us through a more Graceful, purposeful, and meaningful existence?

I invite you now to get comfortable and settle into stillness, allowing whatever is happening right now to be exactly as it is...relaxing into this experience, letting yourself be held...letting go of everything else for the next hour. Let your body rest, fully and completely, becoming absolutely still as you allow yourself to be carried away by the meditative tone of Taize...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 we are all One...and feel into this moment together, into the gathering of this sacred community.

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 whole-hearted devotion...feeling the collective intention that brought us here...feeling the impulse to grow and evolve that's awakening in all of us. And yet each of us on a unique soul's journey...

What is the soul? Is it an immortal spirit placed inside each of us by God? This would speak of dualism...God separate from Its Creation. The mystics of the ages have believed that God is an Infinitely Intelligent and Creative Power, Energy, or Consciousness that is compelled by Its own Nature to emanate or express Itself as Its Creation.

So, what then is the individual soul? What if the personal soul is a container for Consciousness as it moves from one lifetime or existence to another?

What if it is that which allows each individual to grow and evolve through each life experience, and then to maintain its growth as it moves from one form to another?

What if the human soul is the formless, weightless, and immeasurable container of continuity that connects each of our incarnations to the others as, over centuries and eons, we grow into the Divine Expressions that we were made to become?

As written by American Philosopher, Elbert Hubbard: "The mind sees, hears, listens, sifts, weighs, and decides. Beyond this, there is something in us that sees the mind and watches its workings. That something is the soul. The soul is the highest conception of excellence and truth we can bring forth. And from seeing what one soul is, we can imagine what all souls may be – and thus, we reach God, who is the Universal soul."

SILENCE – Bell

Chris – Hearing Soul Truth by Parker Palmer

We are invited to conform our lives to the shape of our own souls. We can grow our selfhood like a plant – from the potential within the seed of the soul, in ground made fertile by the quality of our relationships, toward the light of our own wholeness – trusting the soul to know its own shape better than any external authority possibly can.

What sort of space gives us the best chance to hear soul truth and follow it? In our culture, we tend to gather information in ways that do not work very well when the source is the human soul: the soul is not responsive to subpoenas of cross-examinations. At best it will stand in the dock only long enough to plead the Fifth Amendment. At worst it will jump bail and never be heard from again. The soul speaks its truth only under quiet, inviting, and trustworthy conditions.

The soul is like a wild animal—tough, resilient, savvy, self-sufficient and yet exceedingly shy. If we want to see a wild animal, the last thing we should do is to go crashing through the woods, shouting for the creature to come out. But if we are willing to walk quietly into the

woods and sit silently for an hour or two at the base of a tree, the creature we are waiting for may well emerge, and out of the corner of an eye we will catch a glimpse of the precious wildness we seek.

from *Let Your Life Speak* and
A Hidden Wholeness

SILENCE

Musical Meditation – *Get Ready, My Soul* by Daniel Nahmod.

SILENCE – 1 Minute - Bell

Diana – Reading

Author and Philosopher Sam Torode shares his wisdom:

“Many profess a belief in the soul, but few appreciate its immensity. A soul isn’t something you have, like an arm or a leg. It’s more accurate to say that the soul has you. The soul is the very ground of your being. The soul isn’t an organ like a heart or a brain; it is the power which animates your organs. It isn’t a function like memory, calculation, or comparison; it is the intelligence which makes use of these functions. It isn’t a faculty like reason or willpower; it is the Light which guides your faculties – if you let it.”

“All sin (...that is, erroneous living...what we would otherwise call mistakes and misdeeds...) consist in thinking and acting at odds with the soul. All goodness consists in letting the soul express itself through you.”

“The soul shines for everyone. There’s a common wisdom of humanity shared by all people, in all place, at all times. The young and the uneducated have as much access to this wisdom as the oldest and most learned. You are wiser than you know. There’s a reservoir of insight within you, just waiting to be tapped. Awaken to the immensity of the soul, and it will illuminate your path.”

“There is a profound difference between following a religion and living from the soul. Those who rely on church leaders, ancient texts, and other authorities for guidance in life do not realize the depth and dependability of their own inner resources...the infinite law of the Universe – which governs everything in existence – goes on working, silent and unnoticed. The Infinite Law lives within each of us. It is Life Itself. When you turn inward and connect to the soul, you have direct access to it.”

“We intuitively discern what is beautiful, good, and true. Our inner compass unfailingly points to that magnetic North. The reason you are drawn to beauty, goodness, and truth – in nature, art, and other people – is because these qualities belong to the soul. They were already present within you before you ever saw them outside yourself. To the extent that

you are connected with the soul, you'll naturally pursue these qualities and display them in your life.

SILENCE – Bell

10:37 Chris – PRAYER by Ella Wheeler Wilcox: *Poems of Cheer*

I do not undertake to say

That literal answers come from Heaven,

But I know this— that when I pray

A comfort, a support is given

That helps me rise o'er earthly things

As larks soar up on airy wings.

In vain the wise philosopher

Points out to me my fabric's flaws,

In vain the scientists aver

That "all things are controlled by laws."

My life has taught me day by day

That it availeth much to pray.

I do not stop to reason out

The why and how. I do not care,

Since I know this, that when I doubt,

Life seems a blackness of despair,

The world a tomb; and when I trust,

Sweet blossoms spring up in the dust.

Since I know in the darkest hour,

If I lift up my soul in prayer,

Some sympathetic, loving Power

Sends hope and comfort to me there.

Since balm is sent to ease my pain,
What need to argue or explain?

Prayer has a sweet, refining grace,
It educates the soul and heart.
It lends a lustre to the face,
And by its elevating art
It gives the mind an inner sight
That brings it near the Infinite.

From our gross selves it helps us rise
To something which we yet may be.
And so I ask not to be wise,
If thus my faith is lost to me.
Faith, that with angel's voice and touch
Says, "Pray, for prayer availeth much."

SILENCE

Musical Meditation – *Soul Desire* by Gary Lynn Floyd

SILENCE – Bell

Diana – Closing

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

Thank you...that which has forever been at the core of my being. I know that You are forever present, always available...offering Your Guidance in every moment. As I learn to let go of the many other voices that speak to me...the voices of loved ones, of culture, of my own human self...I can hear You more clearly...I Am Guided by the Divine Urge, by the own impulses of my Soul...

Sacred Soul, as I open myself to your prompting, you will ask that I live my life fully, authentically from my heart. You will demand that I practice trusting myself and the Universe, every day...every moment. You will offer me opportunities to discern what is Guidance from my Higher Self and what is human desire and willfulness.

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

I Am trusting my inner Voice, my inner Compass.

I Am invoking Universal 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 honing my listening skills...listening will all of my senses...

I Am willing to stand in the Light of Courage...courage to let go of people, places, and circumstances that are not aligned with my Highest Good...with my Soul's Highest Expression...

I Am willing to attract into my life people, places, and circumstances that are in full alignment with my Soul's Highest Expression...

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

I choose to give with unconditional love as I share the gifts that are uniquely mine to give...

Diana - Closing Prayer

Diana – Blessing for the Offering

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: *A Million Dreams* – by Dave and Claire Crosby

Closing Gratitude, Brief Invitation, and Benediction (Invitations: Read Slides)

Tuesday (*Tai Chi* with Chris Netto, on-going on Tuesdays and Wednesday-standingfirmfitness.com)

Tuesdays, beginning Sept. 8, 3:00-4:30 pm – Aging as a Spiritual Practice, a book club facilitated by Michael Bordeaux.

Wednesdays, beginning Sept. 9, 2-5 pm – 5 Gifts for an Abundant Life – an 8-week class facilitated by Chris Johnson, Prayer Practitioner.

Thursday - Metaphysical Bible, on-going, Thursdays from 3-5 via Zoom or in person.

Fridays, beginning Sept 11, 2:30-4:30 – Paradigm Shifting: Guiding Evolution from the Inside – an 8-week book discussion and meditation circle led by Rev. Diana.

Saturday, Sept. 12, 10-11:30 am – Praying in Color with Ellie Thompson – Live at the Gathering Place with distancing in place, OR via Zoom.

Saturday, September 19th, 10 am to 5 pm – Mystic Oaks (Outside Adventures for Kindred Spirits) is taking an adventure to McCloud Falls. Bring a snack, comfortable walking shoes, a water bottle, and a face covering. We will be having an early outdoor dinner around 4:30 in Mt. Shasta or McCloud, conditions permitting.

***Be the Change* Meditation Retreat, September 17-19 at Coram Ranch **has been postponed until next September** for the health and well-being of our spiritual family.**

Saturday, Sept. 26th from 9 am to noon, the Monthly Mystic Morning Brew with Prayer Practitioner, Lucinda Alton. Email her at kgfcinda@gmail.com

Sunday Taize and Celebration Services, 10 am via Zoom or limited seating at the Gathering Place...check our website for more information, Zoom Links and passwords.

Visit our website for the details...Options for in-person with physical distancing and safety protocol AND on Zoom unless otherwise indicated.