



A Beloved Community  
Practicing the Possible Through Prayer

# An Evolutionary Look at Life...

## Call to Awareness – 3 Bells

**Opening Prayer** – Sherri will set the intention to open heart and mind, welcoming whatever is to be awakened today.

## Introduction – Rev. Diana

Good morning. My name is Rev. Diana Johnson, Pastor and Spiritual Director of Mystic Heart Spiritual Center, and I welcome you Home...Home to our Beloved Community...and Home to your own Mystic Heart. So glad you're here this morning. This month we're reflecting on the idea that *It's All About Perspective*. And this morning, we're going to take *An Evolutionary Look at Life*.

I invite you into the experience of Taizé, a weaving of music, message, and silent contemplation into a deep and peaceful journey within...sharing in this experience together yet allowing it to be uniquely personal to you. I invite you to bring your focus to your breath, noticing its movement in and out...grateful that from this breath comes life...allowing your breath to find its own pace and flow, and also realizing that we breathe as one. We are connected by the very air we breathe.

As we prepare to settle into the stillness, to listen deeply for Insight, allow yourself to simply be, letting go of all that has come before this moment...gently allowing your eyes to close. As you relax your body, allowing your breath to become slow and quiet, notice the calm that is your Center.

This is where you can let go and allow yourself to experience Deep Peace...Love...Freedom...Grace...and this centered place is always available. This is your *True Home*, from which all the Goodness flows...there is nowhere to go, nothing to do in finding Goodness. It is about allowing It to radiate from you, from your *True Self*...the part of you that has never strayed, has never been hurt...where there is nothing missing, nothing broken...this is the Perfect, Whole, Complete, Beautiful, Real You.

## Chant – *How Could Anyone Ever Tell You* by Karen Drucker

### Rev. Diana

As we include the Spiritual Quality of *Wisdom* in our meditation, we recognize that taking *An Evolutionary Look at Life* requires great *Wisdom*. It is only when we recognize that our every thought, word, and action leaves a lasting imprint on the Whole that we recognize our individual importance to the evolution of human consciousness and experience. "So, it *is* all about me?" Yes, but not in the way we might have thought.

In Truth, there is not a *me* and a *you*. There is only the Whole...Source expressing and experiencing Itself as all of Creation. Join me for a moment in feeling our connection, our Oneness. In your mind's eye, envision with me a web of consciousness that envelops our beautiful planet, each of us a Powerful point of Light in that web. No matter where on the planet our Light appears, what our cultural, religious, or political beliefs are...we are connected, we are One. As we acknowledge our interconnectedness as human family, we extend our Vision to include all creatures everywhere...each one shimmering with Light...and then extending further to every plant and tree, every mountain and valley, every rock and grain of sand, every drop of water...the soil, the stars, the clouds, all shining with the Light of Spirit...God expressing and experiencing Itself by means of Its Creation. As our web continues to expand and include, we see that there are no spaces between us...there is one continuous field of Consciousness...we sense that there is no beginning, no ending...eternal...beyond space and time.

Joined together in our experience of Spirit's Light, we share a heartfelt intention for our time together...to feel, experience, and share our Light; to acknowledge our responsibility to one another as members of one human family, and as stewards of this beautiful planet; and to recognize the part that each of us plays in the evolution of human consciousness as we *Take an Evolutionary Look at Life*.

As we join in consciousness with all of Creation, our Work here is empowered... Our collective prayer and meditation leave a positive imprint on the world...

on the Whole of Creation. Together, we create a huge ripple of Love and Compassion, of Peace and Presence, of Goodness and Grace, that directly imprints upon the Whole for all time...we invoke a deep Wisdom that gives shape and form to the transformation that is occurring, right here and now. In the silence, Wholeness is being revealed.

## **SILENCE – 2 Minutes – Bell**

### **Rev. Diana**

Now is the time...we are being called to wake up to the Truth...that each of us is important to the evolution of Life. Not in the way the ego wants to feel important... that it is all about me and my emotional state, my possessions, and my preferences. But rather, that every thought, word, and action leaves an imprint in the race consciousness, for all time. We are being called to acknowledge that we are always at choice...that we are forever creating heaven on earth or its opposite. This has always been so...it is Spiritual Law. But mankind has not always been so evolved as it is now. With increased knowledge and freedom comes greater responsibility...in other words we must become more able to respond, consciously, for the Good of the Whole...with the future of humanity and our planet in mind...rather than reacting from the fear-based patterns of our past.

We must keep our attention focused on the Good. Chinese philosopher Confucius taught that “To see and listen to the wicked is already the beginning of wickedness.” The same is just as true today. Where we direct our focus is what we will create and experience.

And the Dalai Lama reminds us that “Compassion and love are not mere luxuries. As the source of both inner and outer peace, they are fundamental to the continued survival of our species.”

Recognizing the Truths shared by these Spiritual Masters, how do we proceed as individuals, so that we might give our attention to the unfolding of Good...so that we might offer and experience more love and compassion...so that together, we might create heaven on earth? To offer some suggestions, I share with you the *Principles of Evolutionary Culture*, written by living visionary Craig Hamilton. He says that:

In order to create a “microcosm of Heaven on Earth”, each of us must “**have a wholehearted intention to transform**...The single most transformative power in the world is the power of our intention. If you *want* your life to change in a profound way, it will.”

Next, he says that we must have a **commitment to engage**. I must recognize that **everything** I do either lifts us all up or pushes us all down. It is important that each of us acknowledges the impact we have on the world and on human evolution.

Then, he states the importance of **having a beginner’s mind**...of suspending everything I think I already know about spirituality, psychology, transformation, and the meaning of life...to make room for new ideas and perspectives to emerge. If I want to be available to the movement of the Spirit, I have to be willing to constantly let go of all of my fixed ideas and look again.

Here is another...when I engage with others, I lift up the whole when I **speak only from the deepest parts of myself**...when I allow my Highest Wisdom, or Higher Self to speak.

Then, I practice **listening from the deepest part of myself**, so that I begin to create a powerful and supportive container for others to step into.

Also, he invites us to **take risks**...to be willing to step into new ways of being, even if they feel scary and unfamiliar.

Finally, creating Heaven on Earth means **living as an example for others**. This has been said by the great Masters of all times and traditions. Others are more likely to do as we do than to do what we say.

We live in an amazing time. This life is such a gift...each of us has been given an amazing opportunity to help shape the future of our planet, and the next incarnation of human nature itself. What will be your contribution?

## **Musical Meditation – *Life Means So Much* by Chris Rice**

### **Rev. Diana**

Let's take these powerful & thought-provoking lyrics by Chris Rice into contemplation...

Every day is a journal page, every man holds a quill and ink.  
And there's plenty of room for writing in, all we do and believe and think.

So, will you compose a curse, or will today bring blessings?  
Fill the page with rhyming verse, or some random sketching?

Every day is a bank account, and time is our currency.  
So, no one's rich, nobody's poor, we get twenty-four hours each.

So how are you gonna' spend, will you invest or squander?  
Try to get ahead, or help someone who's under?

Teach us to count the days, teach us to make the days count.  
Lead us in better ways, somehow our souls forgot...Life means so much.

Every day is a gift you've been given.  
Make the most of the time every minute you're living.  
Life means so much.

### **SILENCE – 2 Minutes – Bell**

#### **Chris – Meditation**

Let us take this sacred moment to contemplate our spiritual growth... the evolution of our own awareness of the Divine... Some of us have been on the spiritual path for just a short time, some of us for years... Think back - What was it that prompted you to begin your spiritual quest?...

For some of us, it may have been a friend who seemed to have something special about them... For some it was a life challenge that we could not comprehend with our human understanding... Or perhaps we just felt a deep longing in our heart to dwell in the Presence of the Divine...

Most of us embark on this spiritual journey to grow *ourself*s... to make *our* life better... to form a personal relationship with God... But a funny thing happens along the way... The more we connect with Spirit within, the more connected we feel with others... with all of Creation... My spiritual practice affects more than just me...

Jesus the Christ said, "And I, if I be lifted up from the earth, will draw all men unto me."<sup>1</sup> ... He wasn't referring to just himself... he meant us... Because all of Creation is a Unity, when we grow spiritually, we lift up everyone and everything just a little... We are an essential part of the spiritual evolution of humankind... We are part of the evolution of Heaven on Earth... What we do matters...

Moving into the Silence, let us inquire, “What is my highest intention for my spiritual practice? ... How does my spiritual growth affect others? ... What is mine to do in realizing the Kingdom of Heaven on Earth?”

### **Silence – 3:00**

As the music gently draws us out of the meditative Silence, we emerge with gratitude... Grateful for this time of blessed communion, we know that our individual spiritual growth deepens the spiritual evolution of our Beloved Community, and all of Creation... Thank you, God, for everything...

Please affirm with me that our thoughts, words, and actions align with our deepest spiritual intention, and that we are all inspired daily to give full expression to the gifts given us. The light of our souls shines brightly as we express powerful spiritual qualities in this world.

With a profound willingness to be moved and changed by Divine Inspiration, we welcome Rev. Diana’s message this morning as we take an *Evolutionary Look at Life*...

### **Rev. Diana – Invitation to Practice**

*Taking an Evolutionary Look at Life* can feel pretty overwhelming...so let’s pick one place to begin. It seems to me that every one of us would benefit from experiencing more Joy in our lives. When we are grounded in Joy, Love, Compassion, and Generosity become our natural responses. When we live in an atmosphere of Joy, we are more likely to set whole-hearted intentions in the direction of graceful change...we are more likely to maintain our stance in Beginners’ Mind...our commitment to engage in meaningful transformation, to speak from our Wisdom, and to listen deeply to others.

I leave you with seven ideas for recognizing the Joy in life. Take one of these as the focus for each day this week and see what happens.

1. Take time to build quality relationships with supportive people.
2. Count your blessings and practice gratitude.
3. Engage in Spiritual study and Practice.
4. Take time to engage in random acts of kindness.
5. Attend to others mindfully, and practice compassion and empathy.
6. Be kind to yourself, rather than overly self-critical or perfectionistic.
7. Savor experiences because this will intensify and prolong your enjoyment of them.

Right here and now, I recognize the Presence of the One. It fills me with a deep and abiding Peace...It reminds me that I am a perfect and intentional expressions of

Spirit...God in form...and so is everyone and everything else. There is nothing else. I take a moment to breathe that in...And so in this Holy Moment, I choose to *Take an Evolutionary Look at Life*...to remember that I Am, that each of us is, the hands, feet, heart, and voice of God in this world. Each of us is directly impacting the Whole with every thought, word, and action. Knowing this is so, I commit to live as a positive influence in the world. I pay attention to what I'm paying attention to...I speak only words of kindness...I listen deeply and compassionately to others...I offer the best of who I am in every moment. And as I seek to make a positive contribution, I recognize the need for self-compassion, as well. I am gentle with myself, as I am with others. I treat myself with Loving-kindness, as I do others. And I practice non-judgment and forgiveness of myself, as I do of others.

As I allow today's message to linger within me...to become part of my being as I change and grow into my next-yet-to-be...I remember that the only certainty in physical life is change. I open myself to graceful, easy changes that lead to permanent transformation in my life...so that I am becoming more Peaceful...experiencing more Joy...and living from a deeper Wisdom, day by day. I Am becoming more and more of mySelf, my greatest potential coming into form and experience. And as one by one, each of us does this work, becoming more and more Spiritually Authentic, our world is transformed...humanity is born anew.

I Am so grateful for the time and attention given to Spiritual Practice in Community today. I Am grateful for my growing Wisdom and Insight as I seek to be a beneficial presence on the planet. I Am grateful for the support of Spiritual Family and the opportunity to share ideas and experiences with like-minded people. And I Am deeply grateful for the many blessings of this and every day. I know that all that I need is already within me, and so it radiates from me, filling my life with every form of abundance. I willingly receive, accept, experience, and express every good thing, as I *consciously* join the Circle of Life...contributing to the evolution of the All That Is in powerful and positive ways.

### **Rev. Diana - Moving into Ceremony and Celebration**

Let's complete our prayer today with our Practice of helping to create a ***Love-Soaked World***. Together, we envision it now...a world completely transformed by all of the good we are doing, individually and collectively...a world that is peaceful, joyful, abundant, and free...where all beings live as True Family, caring for one another and our beautiful planet as the Sacred beings that we are...a world where everyone has access to plenty of nourishing food, a warm and comfortable home, medical care, education, creative contribution, and a sense of belonging...a world in which every being is valued for his or her inherent Goodness, Beauty, and Perfection...a world created by our willingness to practice Radical Love and Compassion, Integrity, Forgiveness, Kindness, and Generosity.

We know that our individual lives are enriched by prayer. We know what kind of world we are creating by our shared Practice. We know that holding a shared Vision is powerful. We are building our Faith in the world we know can be. Let this Vision become Real in your heart and mind. Infuse it with your Faith. Feel it...know it...and live it.

There is no lack or limitation in God...there is no reason that we cannot have such a world. With humanity as Its hands, feet, voice, and heart, doing Its work in the world, all things are possible.

Knowing that my word is mighty and active in the lives of each one listening, with absolute faith in the Power of Prayer, I let go and let God, watching in joyful expectation as it moves into form and experience. And so it is! Amen!

### **Musical Meditation: *Earth* by David Roth**

**Rev. Diana**

Please join me in affirming (call and response)...*There is Power in our Prayer...There is Power in our Vision...We're creating A Love-Soaked World...We are doing it here...We are doing it now...* Together, we are ***practicing the possible through prayer.*** And so it is! Can I have an Amen?

We are so grateful to be a part of this Beloved Community. Mystic Heart is an Independent Spiritual Center that is self-governed by Community Agreements and is free to grow and change according to the needs and desires of its members and friends. If you'd like to know more about our philosophy, we have a full description printed in our monthly bulletin. Also, I am always happy to answer any questions you may have.

Celebration is a vital part of our Mission and our Spiritual Practice. We know that life is meant to be Joyful, that we are meant to experience the Goodness of being alive. We understand that by celebrating the Good in our lives, we bring more of it into our experience. I celebrate you and your choice to be here this morning. I celebrate each and every person who contributes time, talent, or treasure to our Beloved Community.

### **Rev. Diana – Blessing for the Offering**

Each Sunday, we offer you the opportunity to share your financial Good, in support of the Work we are doing in the world. You can go to **[mysticheart.org](http://mysticheart.org)** to use our Donate Button or to find our mailing address.

We also have a Gracious Giving Program for those who would like to make a heartfelt monthly commitment of support so that we can more effectively plan for our growth and our monthly spending. I would be happy to give you more information.

As we move into this time of giving, please feel the Truth of these words, and know how much we appreciate your gifts:

**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!**

Narayan and Janet will be here with us in person next week, tell your friends. Let's pack this place! *Be Yourself...no one else can do it for you.*

### **Offertory Video – *Be Yourself* by Narayan and Janet**

<https://www.youtube.com/watch?v=Lyn4utzS9hg>

**Sherri opens the brief Gratitude Prayer, Rev. Diana closes.**

### **Sherri, Prayer Practitioner**

If you are new with us today, please consider filling out an information card...they are in your bulletins... so that we can reach out. If you'd like prayer support, we also have prayer request cards and envelopes in the backs of your chairs.

If you would like to meet with a Prayer Practitioner in person, I am available for a quick prayer after the service. Or contact one of the Mystic Heart Practitioners for a full Session during the week. Our contact information is listed in the bulletin and on our website, as are all of the Mystic Heart events and activities.

To continue the celebration, there is food and fellowship next door immediately following the service. So let's stand and sing our closing song.

**Closing Song: *Love Be with You* by Lainey Bernstein, RScP & Gary Lynn Floyd**

### **Close of Service**

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<sup>1</sup> John 12:32