

Seeing Through the Eyes of Another...



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 contemplate *Seeing through the Eyes of Another*.

I invite you to prepare yourselves for our Taizé Meditation Experience, weaving music, message, and silent contemplation into a deep and peaceful journey into the heart of Spirit. Prepare to become still, to listen deeply for Insight, to allow yourself to simply be. As we prepare to settle into the stillness, let's take a couple of long, deep conscious breaths, letting go of all that has come before this moment...gently allowing your eyes to close. As you relax your body, allow your breath to become slow and quiet. It is in this calm that you find your Center.

This is where you can let go and allow life to unfold in Grace and Beauty...and this centered place is always available. This is your *True Home*, from which all the Goodness of Life is born. This is 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 Beautiful, Perfect, Whole, Complete, 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 there is great *Wisdom* in seeking to *See through the Eyes of Another*. It is only through taking on another perspective that we come to understand one another, and to bring peace to our world. "What is it like to be you?" (Charles Eisenstein) This is the question we will be exploring today.

And we can take it with us into our Practice of feeling our connection with the global community. Together, we envision a web of consciousness that is everywhere present, each of us a Powerful point of Light...each one connected to all others. No matter which country we live in, what our cultural, religious, or political beliefs are...we are connected, we are One. As we now acknowledge the interconnectedness of every human being, each one a point of Radiant Light, we extend our Vision to include all creatures everywhere...each one shimmering with its own unique Light...and then extending further to include every plant and tree, every rock and grain of sand, every drop of water...the soil, the stars, the clouds, all filled

with the Light of Spirit...God expressing and experiencing Itself by means of Its Creation...and we see that there are no spaces between us...our web has become one continuous field of Consciousness...we sense that there is no beginning, no ending...we feel it extending out beyond our beautiful planet, into the cosmos...

Filled to overflowing with Spirit's Light, we share a heartfelt intention for our time together...to feel and experience the Truth of who we are; to acknowledge our responsibility to one another as members of one human family, and as stewards of this beautiful planet; and to shift our perspective so that we might *See through the Eyes of Another*.

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 Compassion and Caring, of Peace and Joy, of Beauty 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.

Rev. Diana

What is it like to be you? This is a question that can serve us well, both individually and collectively. Take a moment to experience the depth of compassion and understanding this calls forward in us.

What is it like to be you? To have your beliefs, your culture...to have had your experiences? What is it like to have been raised by your family...had the opportunities that you have had – or not had? To have your genetics, your job, or no job? What is it like to live on the streets...or in an expensive mansion in a high-rent district? What is it like to have had the role models you have had, the pressures from family and society to be successful...or no positive role models at all? What is it like to work three jobs and still not be able to make ends meet...or to not need to work at all and have everything handed to you? What is it like to have your physical, mental, or emotional challenges or circumstances? *What is it like to be you?*

This is not a question that we tend to ask...it is not a question that I was taught to ask. But it is an important one. It might even be the most important one...because it has the potential to lead us from irritation, distrust, blame, even hatred, to a sense of curiosity. *What is it like to be you?* And if we ask this question sincerely as we navigate the circumstances, situations, and relationships of our lives, it leads to Empathy, Compassion, and Understanding. This single question has the potential to lead each of us to Peace in our lives, and collectively to Peace on Earth.

How do I take this idea into practical use in my daily life? You are driving down the street and someone pulls out in front of you and nearly causes an accident. Your mind reacts with *what's wrong with that jerk? What an idiot?* The implied assumption is that the other person is not as smart, insightful, or careful as you are. Basically,

you are right, and they are wrong. You catch yourself...take a breath...and become curious. *I wonder why she did that? Was she distracted, worried about a loved one, fighting with her partner? Did she just get fired from a job?*

We can use this same process in our interactions with the world, as well. You are watching the news and you witness the accounting of a violent act, or hear comments made by your least favorite political figure. *Why don't they put those guys behind bars? Or I can't believe that woman got elected.* Again, there are implied assumptions...that another culture, race, gender, political or religious perspective is ignorant, or just plain wrong. You catch yourself...take a breath...and become curious. *What is it like to be you?*

In the New Testament of the Christian Bible, the apostle Peter is recounting the teachings of Jesus: "Finally, all of you, have unity in mind, sympathy, brotherly love, a tender heart, and a humble mind. Do not repay evil with evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing."¹

This verse is not making a suggestion. It is stating Spiritual Truth. It is reminding us that whatever we put into the world comes back to us...that if we react to the challenging people and situations in our lives with impatience, blame, irritation, hatred, and arrogance, we are creating more of those things in our own experience.

Musical Meditation– *Let Me Love* by Jami Lula

Rev. Diana

Spending a bit more time with these powerful and prayerful lyrics by Jami Lula...

I want to know what it's like...to hear the whole world sing, to feel one with everything...to forgive myself and then, what it's like to never judge again.

I want to know what it's like to love my enemy...to live God's destiny...to live life free from shame...what it's like to live Love without end.

Let me love the way You do...let my heart remain wide open no matter what the world reveals to me, let me love, love, love, love, love the way You do.

God so loved the world It created you and me,

That we might express more of Itself, can't you see? Oh, let it be!

Let me love the way You do...let my heart remain wide open no matter what the world reveals to me, let me love, love, love, love, love the way You do.

SILENCE – 2 Minutes – Bell

Chris – Meditation

Please consider the following words: ***Empathy... Compassion... Sympathy...*** All of these express a sense of deep emotional and spiritual connection with another

being... A communion that transcends our ability to describe... We have all felt this profound connection, either through giving, receiving or both... Recall such a time... When you were the recipient, recall how you were uplifted... When you were the source of compassion, recall the sensation of that event... What prompted you to reach out emotionally and spiritually? ... How did you know the other being needed you? ... What mysterious power guided you? ... What necessary capacities miraculously arose in you?...

The Divine Call to Compassion or Empathy brings with it anything and everything we need to respond effectively... As we let the Spirit Within do the work, healing Power flows through us... This Power is ever available to us... ever seeking expression through us... But we are required to make some slight shifts in our perspective...

The first shift is to step aside and let Spirit guide us... to release our idea of “doership,” and let go and let God... We – like Jesus before us – of our own selves can do nothing... it is the Spirit within that does the work... The second shift is to relinquish our own perspective so that we may look through the other’s eyes... walk in their shoes... feel with their heart...

As we move into the Silence, let us ponder, “When was the last time I showed another being true Compassion? ... How authentically unselfish was I being? ... How often have I truly sought to let go and See Though Another’s Eyes?” ...

Silence – 3:00

As we gently emerge from the contemplative Silence, we give thanks... We are profoundly grateful for this time of communion with Spirit and with our Beloved Community... for the Sacred Opportunity to live from our deepest compassion...

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 hearts and minds open to Rev. Diana’s discourse this morning, we move into this new week inspired to welcome one another’s perspectives... the willingness to See Though Another’s Eyes...

Rev. Diana – Invitation to Practice

There is an even broader application to this question... *What is it like to be you?*... that we can use in guiding our interactions with society, and even with our Sacred Mother Earth. Remember that this question leaves space for a radically different way of being... a curiosity that admits that *I don’t know what the real answer is, but I’m willing to look*. Suddenly, I am open to seeing and understanding the deeper causes that are manifesting as the symptoms that we call violence, crime, racism, greed, hunger,

and pollution. When I find my way back to the true cause underlying every symptom...our sense of separation from one another and the earth...I see that this question, asked with curiosity and sincerity, offers healing.

What is it like to be you? Whether I am asking it of another person or group of people, an organization, a system...even to the rivers, the forests, the soil, the air...I am seeking understanding. I am seeking to heal my sense of separation, and to find our Oneness. I am really asking *how can I contribute to your well-being so that you can contribute to my well-being?*

I'd like to roll all that has been said into five basic steps that you can use every day, in any situation. I invite you to give it a try:

Notice - Stop – Breathe - Ask *What is it like to be you?* - Listen for Divine Wisdom

Let's anchor that in Consciousness with a closing prayer...

There is only one Infinite Intelligence, one Source of all that is, one Essence, one Substance, and one Creative Process, from which and through which all of creation is born. I call this one God...Spirit...Loving Father...Sacred Mother. By whatever name It is called, It is eternally expressing Itself and experiencing Itself as Its creation. And so I know that each and every one of us is a complete, perfect, and intentionally created God-being. All of our unique qualities and characteristics are on purpose...God doesn't make mistakes.

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 to ask: *What is it like to be you?* I allow Spirit's Voice to fill my heart and mind as I relate to others and interact with my world. As I stop and breathe, I become less reactive. As I ask and listen, I begin to respond from the Deep Wisdom that is ever available. My life becomes more peaceful, more joyful as my Empathy and Compassion expand. I Am becoming a kinder, gentler, and more loving person. And I know that this greater Love leaves a lasting imprint...it helps to create Peace on Earth.

I Am so grateful for the time and attention given to Practice today. I recognize that not everyone has such an opportunity. I Am grateful for my growing awareness, that I might remember to *see through another's eyes*. I Am grateful for the support of Spiritual Community 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 my needs are met as I seek first the Kingdom, letting Grace bring every added thing into my life.

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. I let it be...and so it is! Amen!

Musical Meditation – *I Wouldn't Be Surprised* by Gary Lynn Floyd

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!***

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** 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 in two weeks, mark your calendars. Here they are, *Riding the Love Bus!*

Offertory Video – *Riding the Love Bus* by Narayan and Janet

<https://www.youtube.com/watch?v=ZXjddkuzuTo&list=PLfL4fLfvVTkgPNjeRrP-M0Nt0DLnfc4M&index=16>

Sherri opens the 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*, written by Lainey Bernstein, RScP & Gary Lynn Floyd

Close of Service

¹ 1 Peter 3:8-9