

Through the Eyes of Pure Spirit



A Beloved Community
Practicing the Possible Through Prayer

Call to Awareness – 3 Bells

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

Introduction –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 to share a glimpse looking *Through the Eyes of Pure Spirit*.

Taizé is a Meditation Experience that weaves message, music, and silent contemplation into a deep and peaceful journey into the heart of Spirit. It is an opportunity for you to become still, and to listen deeply for Insight. As we prepare to settle into the stillness, I invite you to take one long conscious breath, letting go of all that has come before this moment...gently allowing your eyes to close. As you bring your attention to your breath, recognize each inbreath as a gift from God, precious Life moving through your body with no effort on your part...and each outbreath a letting go, a giving back...in preparation for the next cycle of breath. Receiving Life, letting go. By our breath we are intimately connected to all of Life...intimately connected to Spirit. It is at this depth that you find your Center.

This is where you carry the Light you were born with...this is where you are awake, present, content. 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...the Beautiful, Perfect, Whole, Complete, Real You.

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

Rev. Diana

Your soul is calling you ever so softly, ever so gently, to step into your own Light; to live from the Peace and Wholeness that dwell within you; You are following your Highest Wisdom, as you move in the direction of what brings you more Joy, more Love...as you listen for what your heart is asking of you.

Let go, Beloved. Allow yourself to be carried by this current of Love. Know yourself not as your story, not as your past, not as the being you wish to become or your hopes for the future, but as a fluid and spacious Self. In this Holy Moment, you may rest in the Infinite Possibility of Spirit...it is time to come *Home*...*Home* to the Wisdom that lives within you...*Home* to the deep Peace, Comfort, and Joy of simply existing as the perfect creation of God that you were made to be...exactly as you are. I invite you to see yourself as God sees you...*Through the Eyes of Pure Spirit*.

Now as we take a moment to feel the Oneness of our global community, to see all people, all creatures, *Through the Eyes of Pure Spirit*. Use the Inner Eye to envision a web of consciousness that permeates and envelopes all that is, every being a radiant point of Light in that web...each and every animal, plants, rock, grain of sand, and drop of water, connected to every other.

Filled to overflowing with 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 see all that is before us *Through the Eyes of Pure Spirit*.

As each of us cleans the lenses of our perception, it is easy to sense the Truth of these words, attributed to Chief Seattle:

“This we know. The earth does not belong to us, we belong to the earth. This we know. All things are connected like the blood which unites one family. All things are connected. Whatever befalls the earth befalls the sons and daughters of the earth. We did not weave the web of life, we are merely a strand of it. Whatever we do to the web, we do to ourselves...”

As we consciously acknowledge and experience our connection with all of life, our collective Work here is empowered...

Our collective prayer and meditation leave a positive imprint on the world...on the Whole of Creation. Collectively, we create a 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.

SILENCE – 2 Minutes – Bell

Rev. Diana

I am learning to trust that there is a Wholeness to all that is. I am learning to see what is before me *Through the Eyes of Pure Spirit*. I am discovering the miraculous nature of everything. I am remembering more and more to look for the Good, for the blessing, for the silver lining. Because it's always there. What I look for, I am sure to find. This is Spiritual Truth.

When I cannot see the Good, it is because I am more interested in finding the problem. When I cannot see the Light, it is because I am focused on the darkness. This is not always a conscious choice. But it is *Truth*, nonetheless.

I am learning to see with Spiritual Sight. Spiritual Sight has nothing to do with the physical eye, or the mind's eye (although imagination can feed our Spiritual Sight). Spiritual Sight begins with an intention...to see the Good, to see beyond the physical form or experience of what is before us. Our Spiritual Sight is sharpened each time

we consciously connect with our deeper Wisdom...each time we stop, breathe, get quiet...each time we ask to be shown the blessing...each time we are willing to accept that Good always shows itself with enough time and space. Our Spiritual Sight becomes even clearer as we commit to placing our faith in a Higher Good than our human perception can sense.

Remember that heaven is a state of mind...Spirit is everywhere and in everything. You can practice seeing *Through the Eyes of Pure Spirit* by deciding to look for the unfolding of Spirit in everything and everyone you encounter. Go so far as pretending that you have on a pair of magical lenses that filter out the physical form and allow only the Spiritual Energy to be seen. What a different experience this would be!

When walking in nature, your new lenses might cause the lines that form boundaries to fall away. Maybe you would see the spaces between the leaves, rather than the leaves themselves. Perhaps you would hear the silence of the fallen acorn, complete with its potential to sprout new life. You might sense Life Itself...the Spirit of Life that is eternal, that allows the tree to move through its seasons...that extends “backward and forward in a never-ending stream of creation. Begin looking at all of nature with this new vision – birds, ants, lakes, mountains, clouds, stars – all of it. Deepen your vision so that you no longer see only form and boundaries. Appreciate the miracle that is your environment...as you do so,¹” you are seeing *Through the Eyes of Pure Spirit*.

Now put on your magic lenses as you look at people. You are no longer seeing tall and short, light and dark, beautiful and unattractive. You cease to notice what people are wearing, or anything about their physical appearance. “Your lenses blur the lines that categorize people by cultural, religious, or political differences. What you notice is pure love vibrating right before your eyes. You see kindness personified; you see and feel the same vulnerabilities in all others that you feel within yourself...you discover that there is no one to judge, no one to hate, and no one to harm, because you see clearly that we are related to and connected with one another...in fact, we are all One.²” You are seeing *Through the Eyes of Pure Spirit*.

“Where you once viewed the comings and goings of people as pure happenstance in current time...your new filtering lenses allow you to see how all of these things are connected energetically. Now you see an infinite network of laser-like energies emanating from the thoughts of everyone, blending the events in everyone’s life in energetic perfection. You see some people with very fast vibrations...matching up perfectly with the energy of the Source of Creation. You see how they attune with the all-creating, all-knowing Source of Life, and how events are perfectly attracted in a vibrational match.

You also see what appear to be accidents, tragedies, and horrors, and how they, too, are vibrational matches...the result of two or more energies meeting in a larger

picture...you witness the connection between the expectations of individuals and what they attract into their lives...all events and encounters are compatible vibrational matches, rather than randomly occurring situations.³"

Once again, you are seeing *Through the Eyes of Pure Spirit*.

Musical Meditation– *God’s Eyes* by MaMuse

Rev. Diana

Each of us has the capacity to see *Through the Eyes of Spirit*. The Spiritual Laws that govern the Universe and everything in it are there to support us. Our part is to let go our attachment to what we think we know, how we think things work, who we believe ourselves and others to be. Ours is to gently stretch beyond what is comfortable, to be willing to change our perceptions...to let go of our certainties and the need to control. Ours is to consciously place our faith in the Good that is forever unfolding...to trust that no matter the appearance, all that is happening is leading the Whole to a higher experience of Itself. The thing is...the Laws of Cause and Effect, of Expectation, of Faith, are always at work...know it or not, like it or not. So, we have two choices...to go peacefully along, willingly growing and changing as opportunities are offered, or kicking and screaming, creating even greater opportunities for growth and change. The Nature of Life is growth and change.

I would like to share a beautiful passage from a young author named Ashley River Brant in her book *Tending to the Sacred*. In this amazing book, she speaks of how ritual can help reconnect us to the Sacred...can offer us a set of lenses through which to view the Spirit in everything.

The Sacred is not one specific object, persona, holy figure, place, or something we need to collect or accomplish – it is a universal essence of being, a vibration and feeling we can invoke from within and witness in everything. This feeling of sacredness is love in its highest, purest form – without bounds, without any fear or resistance. This love – a holy feeling greater than the mind can comprehend – is the source of all things in this wild life. The Sacred is all that passes through your body, your lungs, your mind, and your soul. The Sacred is in every tree, every person, every butterfly that whispers to the flowers, every spirit that burns in passion, every blade of grass that kisses blessings at your feet, and every star that shines down upon you lighting your path. Everything in existence is moved by the Sacred – the fuel of love that this sacred life is made of and for.

When we live paths dedicated to all that is Sacred – to the love in ourselves, each other, the Earth, and Spirit – we find a strength and balance, a knowing swirling deep inside. When we tend to the Sacred, the Sacred tends to us in loving exchange. The only thing that limits the sacred love and creation available for us

to witness is our lack of awareness or fear of witnessing the infinite potential of the sacred, loving experience we are here to behold. It's often a fear of the unknown, of what we cannot perceive or understand with logic, that keeps a distance between our hearts and the Sacred.

We are all vessels for sacred, divine Spirit – stardust in bones, magic hearts, and holy hands that thread our stories through this world. Accepting that sacred divinity is within us can take some time to integrate, for it is not a concept we are taught to know. Instead, we often learn through various religions that the holy is outside of us and that we must follow the rules in order to claim and know some of the love for ourselves, but this couldn't be further from the truth. There is nothing about this essence that is linear, one-way, or that we can reach with just our minds. The way to the Sacred is through gently tending, unknowing all the untruths, and awakening to your whole holiness – simply being you, loving fully, letting love in fully, and following whatever inspires your heart and lights up your path to live liberated and true.

SILENCE – 2 Minutes – Bell

Chris – Meditation

In this time of introspection, let us consider Divine Omniscience... Spirit is Infinite Intelligence, Boundless Wisdom, Unlimited Awareness... Mystics tell us that *all* of this Intelligence, Wisdom, and Awareness is within us and fully available to us... But how much do we actually have access to? ... We can use only as much as we can comprehend...

Our Spiritual Evolution is a process of expanding our awareness of God... expanding our understanding of Divine Law, and living in greater harmony with It... Ernest Holmes called this embodiment, ... internalizing our beliefs until they become a visceral experience... until they are our *“default setting”*...

An important part of our Spiritual Evolution consists of growing in humility... especially in the realization that *we don't know what we don't know*... The Hebrew scriptures tell us that Job learned humility when God asked, “Are you going to argue with me and instruct me how to do my work better?⁴”...

Neither Job nor we have Infinite Perspective... We see but a tiny portion of all that is happening, and we judge it good or bad, loving or hateful, pretty or ugly... True humility reminds us that we don't have enough information to judge... that our perspective is limited... We cannot ever truly know why things happen... We can only cultivate faith that the Higher Wisdom is prevailing... That all is unfolding for the Highest Good of all...

Let us inquire: “How often do I make judgments without knowing all the facts? ... How has my judging from a limited perspective hurt myself or others? ... How can I put my absolute trust in Infinite Intelligence to bring about the Highest Good for all?” ...

Silence – 3:00

We are grateful for this time of blessed communion with Spirit and with our Beloved Community that has expanded our perspective and grown our faith... Centered in our Mystic Heart, we know that all is well, and unfolding as it should...

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.

We open our hearts and minds to embody the Divine Wisdom permeating Rev. Diana’s message this morning, empowering us to see Through the Eyes of Pure Spirit...

Rev. Diana – Invitation to Practice

I leave you today with an affirmation and brief Practice that you can use during the week to invite the felt sense of the Sacred.

Gently close your eyes if they are not already closed.

Slow your breath to connect to the breath of the Universe – a steady and deep breath, in through the nose and out through the mouth.

Allow your palms to open, face up, to welcome the felt sense of the Sacred.

“I illuminate the Sacred within me.” As you take each breath, visualize and feel love and light pouring into your being. On the exhale, allow love and light to be returned to your surroundings, merging your inner and outer worlds into oneness.

Sit with this energy for a few moments.

As we close in prayer, place your hands over your heart.

Thank you, Sacred One, for Your Presence. I know You are all that is, that You are within me and all around me, that You enliven all of creation. Here and now, I accept myself as an expression, an emanation of You. I let go of all I thought I knew, of who I thought I was. I Am God in form, here to serve as the hands and feet, the voice and heart of Spirit. There is nothing else.

As I move into this week, I place reminders in my path...*I Am Holy, everything and everyone is Holy.* I invite Spirit’s gentle whispers...*Look through my eyes, Through*

the Eyes of Pure Spirit. I willingly let go of all resistance and gracefully step into change, in deep faith that all is unfolding for my Highest Good, and the Good of All. I know that as God in form, there is nothing missing, in me or in my life. I have all that I will ever need to be fulfilled. There is nothing damaged...nothing broken...Spirit is Wholeness and I Am Whole. I Am Loved, Loving, and Loveable...just as I Am.

Thank You, Holy One, for the support of Spiritual Community. And thank you for the infallibility of your Loving and Lawful Presence...it makes having faith in the Good so much easier. From a place of deep gratitude, I move into my week, *letting* it be easy, *expecting* it to be Graceful and Wonder-filled. And as I believe, so is it done unto me. I release this prayer, trusting fully in the Power of my Word...letting go and letting God...and so it is! Amen!

Rev. Diana - Moving into Ceremony and Celebration

As we commit to *Seeing Through the Eyes of Pure Spirit*, let's take a moment, with eyes still closed, to see that Love flowing out from us to all of Creation, 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.

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.

Musical Meditation – *What Kind of World* by Daniel Nahmod

Rev. Diana

We know what kind of world we are creating...keeping it close in your heart...and holding the Vision clearly in your mind's eye, letting it bring a smile to your face and Joy to your heart as you gently bring your awareness back to your body...to your senses...to the atmosphere in the room. As you feel ready, allow your eyes to gently open and take in whatever is before you.

We know that holding a shared Vision is a powerful form of prayer. We are building our Faith in the world we know can be. Please join me in affirming (call and response):

*...We're creating A Love-Soaked World...We are doing it here...We are doing it now...And so it is! Together, we are **practicing the possible through prayer.***

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!

Rather than a video, we're going to have a song today, because I couldn't find a video of her doing this song, and this song *had to be it* for the offering today. So enjoy!

11:11 Offertory Video – *Kicking and Screaming (Down the Path of Transformation)*, by Rev. Melissa Philippe

<https://www.youtube.com/watch?v=FxD7f9WEV5w>

Lucinda opens the brief Gratitude Prayer, Rev. Diana closes.

Lucinda, Prayer Practitioner

If you are new with us today, please consider filling out an information card so that we can reach out. If you'd like prayer support, we also have prayer request cards and envelopes for your privacy.

If you would like to meet with a Prayer Practitioner in person, our contact information is also listed in the bulletin and on our website. All of the Mystic Heart events and activities are also in your bulletin, so feel free to take it with you. You can also find all the information you need or want on our website, mysticheart.org.

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 *Being in Balance*, Dr. Wayne Dyer

² *Being in Balance*, Dr. Wayne Dyer

³ *Being in Balance*, Dr. Wayne Dyer

⁴ Job 40:2