



A Beloved Community
Practicing the Possible Through Prayer

What's in Your Harvest Basket?

Call to Awareness – 3 Bells

Sherri – Opening Prayer

Introduction – Lucinda

Good morning. I am Lucinda Alton. I am a Prayer Practitioner here at Mystic Heart Spiritual Center, and I welcome you Home to our Beloved Community... and welcome Home to your own Mystic Heart.

In the past couple of months, Reverend Diana has been speaking of the way we are forever sowing and reaping in our lives, both consciously and subconsciously. And we know that once the seeds are planted, they will sprout and grow. This morning we will talk about the process of planting.

As we begin our Taizé Meditation, I invite you to relax into your chair, letting yourself be fully supported, and gently allowing your eyes to close...taking a couple of deep breaths, and tracing the breath all the way down into the belly...and then letting it go...releasing any tension in the body...letting go of all that has come before this moment...breathing in the Peace of Spirit, and allow Peace to flow from you on the outbreath. Peaceful within...Peaceful without...surrendered to the Presence of this moment.

I take a moment to acknowledge the miracle of life...the miracle that is my body...my mind, and its capacity for reasoning, and making conscious choices...my emotions that allow me to feel, to love, to experience gratitude...my intuition that guides me toward the Good...and I give thanks for all of it, for the privilege of being alive.

We join our voices as one...we are *Dropping Down* into the Truth of who we are...

Chant – *Dropping Down*, by Karen Drucker

Lucinda

The act of chanting, of singing as one voice, creates a shift in our consciousness...which affects the global consciousness as it ripples out...Chanting is an act of devotion...yet another way to sit in the Presence of God...to experience the sacred. It is our holy expression of praise and thanksgiving...of connection to our deepest Wisdom...and to one another.

Let's take a moment to acknowledge our Oneness with the global Community... knowing that we are intimately connected...of the same Essence and Substance...and our lives unfold according to the same Divine Order.

There is a field of Intelligence, a web of consciousness that encompasses the earth...We see it with the inner eye, and we feel its Presence. Each of us is one radiant point of Light in the web...as is every creature on the planet. We sense the

Light in each one. The Light in the mind's eye grows even brighter as we recognize the oneness we share with every plant, every rock, and every grain of sand. The soil and the water now shining with the Light of Spirit...teeming with Life and Intelligence. We extend our vision into the heavens, and we realize that the clouds, the stars, and the galaxies are all radiating the same Divine Light...there is no separation. We are one continuous field of Intelligence...sharing everything...interdependent, co-existent, eternal...the Light of Spirit, expressing as all of creation.

Feeling our Oneness, we share a heartfelt intention for our time together. We acknowledge the Light that we are; we accept our responsibility to one another as members of one family, and as caretakers of the earth; and we commit to doing our Spiritual Work so that we might make a positive impact on human nature.

We join together in Prayer and Meditation...where two or more are gathered, our Work is empowered. We create a ripple of Peace, of Love and Compassion that leads to great transformation. In the silence, we feel the Power of our collective consciousness...and Wholeness is being revealed.

SILENCE – 2 Minutes – Bell

Lucinda

Reverend Diana has been speaking to us about the good qualities we can benefit from planting in our own personal spiritual gardens. Today, I want to talk about preparing the soil of our gardens. Ernest Holmes says that in the spiritual realm, Universal Subjective Mind as Law is the soil. It is just as dependable, just as reliable, and functions just as naturally as the soil in the garden. It takes whatever you choose to plant in It, and It produces accordingly.

This sounds wonderful. And it is. But here is where we should use caution. Because what is also true is that we are constantly planting seeds in our gardens. When we are in a positive frame of mind, we plant seeds of love, joy, peace, and a lot more. And that is what we will get. Also, if we are wanting something like to find a new home, or get a new car...we are also planting those seeds.

But we are often planting other types of seeds. Seeds of doubt, perhaps. Also, it is so easy to get wrapped up in the news of the day and to accidentally plant seeds of anger, fear, separation. If we are not careful, those are things that we will also grow in our garden. The weeds.

As Ernest says,

You cannot afford to be planting bad seeds - thoughts of negation, worries, fears, angers, hates, resentments. Such seeds will grow just as rapidly as the good seeds and will bring forth a crop just as sure and abundant. The soil of the garden

has no power nor inclination to reject bad seeds while accepting good ones. Your subjective-mind level, the creative medium of Law, also is entirely impersonal and will just as readily take your negations and produce a crop of illness, poverty, hardship, difficulty, or inharmony. Be careful about your planting!

We have the choice. But how do we go about making sure that we only plant the good stuff in our gardens. By doing our spiritual practices. We meditate which has many benefits including that it helps us to slow down. We pray. We learn to pay attention to how we are feeling at any given moment.

How do we go about developing a regular practice? We start. We pray. We can explore different forms of meditation. We can explore having a space that we use each time. We can explore the use of music. There are many different things we can explore. The meditation that we do with Reverend Diana on Sunday morning would make a great starting place. But the most important step of all is that we sit down, allow ourselves to be still and we do it.

We work to make our garden a place where we want to spend time.

Musical Meditation – *In the Garden by Alan Jackson*

Lucinda

One of my personal favorite practices is a gratitude practice. When I am concentrating on what I am grateful for, I have no time or desire to think thoughts of anger, fear, or any of the negative emotions. Which makes me feel better. There is the added benefit that what we concentrate on is what we bring more of into our lives. I am happy to accept more of those qualities such as peace and joy that I am grateful for in my life.

When asked how he thought that practicing gratitude benefits society at large, Brother David Steindl-Rast answered: “Well, the first and most obvious answer is: Anything that produces happier, healthier individuals creates thereby a society in which more people are healthy and happy. This alone is a great improvement. But we can go a step further and show that grateful individuals live in a way that leads to the kind of society human beings long for. In many parts of the world society is sick. Keywords of the diagnosis are exploitation, oppression, and violence. Grateful living is a remedy against all three of these symptoms.”

Starting out by sitting down for a few minutes in the morning to make a list of three to five things that you are grateful for is an awesome way to start developing a solid spiritual practice.

Sherri – Meditation

Take a deep breath and slowly release it as you gently close your eyes and allow yourself to settle into your seat.

In your mind's eye, you see that you are in your spiritual garden. You are harvesting some of the items that you have planted. You can feel the warm sunshine and just the right touch of coolness in the air.

You come to an area where there is a bench, so you sit down to rest. As you sit there, you begin to examine the items in your basket. Are you happy with your harvest? Is your basket filled with good things like love, joy, abundance, laughter? Or do you see a few weeds? Did some fear or anger manage to slip in?

Silence – 3:00

It is time now to come back from your garden. But the good news is that you don't have to bring anything from your garden that you don't like. You can leave those things lying on the ground to disintegrate and become fertilizer for your garden.

Allow yourself to feel gratitude for all of the good things that you were able to harvest.

We hold our hearts open and accepting as we say thank you, God, for the blessing we are given each day.

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. Each of us is powerful light in the world as we express the spiritual qualities that flow through us in abundance.

Lucinda – Invitation to Practice

We have begun to develop our spiritual practices. We have begun to meditate daily. We have a gratitude journal that we write in each day. And we might even do a little journaling. And we attend Sunday services on a regular basis. We are building what Holmes would refer to as our spiritual bank account. He said, "Life has enough of everything and to spare. It contains love and faith and peace of mind and joy. Wouldn't it be wonderful if we could build up a spiritual bank account and hold it in reserve -- an account which we know would be sufficient to meet any emergency in our lives? For we are always being called on to meet emergencies -- times when we need more love and tolerance, more kindness and understanding, a deeper faith and a higher hope."

I would like to emphasize the importance of a regular gratitude practice. Jack Cornfield states: "If we see the world as sacred, which is an expression of the spiritual life, then gratitude follows immediately and naturally. We've been given the extraordinary privilege of incarnating as human beings—and of course the human incarnation entails the 10,000 joys and 10,000 sorrows, as it says in the *Tao Te Ching*—but with it we have the privilege of the lavender color at sunset, the taste of

a tangerine in our mouth, and the almost unbearable beauty of life around us, along with its troubles.”

If we take the time to notice the beauty around us, to be grateful for that beauty and the joy of having loved ones, gratitude for our health, and for life, nothing else feels as important. I give thanks for all of the blessings both big and small that I receive on a daily basis.

We allow this heartfelt prayer to become a full-body experience, feeling the Truth of each word, and opening every heart to the Infinite Possibility that lies within us. In this Holy Moment, I accept and know for myself, and for each one listening, that there is a Loving and Lawful Presence at work...I choose to call It God, but by whatever name, It is the Source of all life.

By Its Power and Intelligence all things come into being. And so, I know that each of us is a full and complete expression of the Divine, offering a completely unique experience of humanity to the One. Only by experiencing Life as form can Spirit know Itself fully. Knowing that each of us serves as the hands, feet, heart, and voice of God, we take this time now to move our world toward the experience of Peace, Joy, Abundance, and Freedom. Knowing that Peace exists, that Love is real, we feel and know our world as a Peaceful place...where all beings practice loving kindness, compassion, and generosity with each other...where all humans respect and care for our planet as a cherished Home...where all beings have everything needed to experience fullness of life...nourishing food, the safety and comfort of home, medical care and education, healthy relationships, right livelihood, creative contribution, and a sense of belonging. We feel and know a world without greed, where there is abundance in having *enough*...where every being, as a precious creation of God, is deserving of all the blessings life has to offer. Take a moment to bask in the feeling of living in such a world...

As we consciously place our faith in the consistent givingness of God, offering our heartfelt Vision, the world will never be the same. The entire planet is shifted, is lifted in consciousness...and for this knowing, I give thanks.

I give thanks for each one who is here today, in community, in communion, in celebration of this beautiful life.

I give thanks for all who came together to make this time of celebration possible.

And I give thanks to the One Life that I call God...for all of the blessings of this and every day.

From this place of gratitude, I release my Word, in deep faith that it is being moved into form by the ever-present Power...the ever-present Life...Creation Itself. And so I simply let it be...calling it done...And so it is! Amen!

Musical Meditation – *I'm So Grateful*, Karen Drucker

Lucinda – Moving Into Celebration

Please repeat after me as together we affirm:

There is Power in our Prayer...I feel it...

There is Power in our Vision...I know it...

We feel and know it is done.

And so it is! Amen!

Ok, so I know you are expecting some homework. So for this week, I would like for us to take some time to look at some of the things that we take for granted on a regular basis. And choose one thing that life just wouldn't be the same without. Now I know that some of you think that, for me, that would be coffee. But I would have to say that for me it would be music. I just can't imagine a life not filled with music. I am deeply grateful for music in all of its infinite variety.

Lucinda – Blessing for the Offering

We celebrate this Beloved Community. And each Sunday, we invite you to join in the celebration of the work we are doing in the world by sharing of your financial Good, should you choose to. If you are at home, 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, let these words reverberate in your heart and mind, 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!

Offertory Video


Please enjoy this version of *Heal the World*.

https://www.youtube.com/watch?v=h6d6Yo3DwVI&list=PLHm34fy_fypQ2oK6HrXTZvQyQr9bo3Thx&index=5

Lucinda & Sherri - Gratitude Prayer


April's Invitation to the 12 Days of Kindness

Sherri – This Week’s Invitations


 **Tuesdays, 3-5 pm** – an on-going book club facilitated by Michael Bordeaux (Drop-ins always welcome.) A new book will be starting on October 12 – **Secrets of the Lost Mode of Prayer** by Gregg Braden. Michael Bordeaux returns as your host! Get your books ordered now!

 **Thursdays, 3-5 pm** – *Metaphysical Bible* led by Chris Johnson and Rev. Diana (on-going, drop-ins always welcome)

Looking Ahead...

 **Mystic Morning Brew w/ Prayer Practitioner, Lucinda Alton, Saturday Nov. 6th from 10 am – 12 pm.** Contact Lucinda or the website for more information. Please RSVP.

 **Praying in Color w/ Ellie Thompson - *Opening to Advent* - Saturday, November 13, 10 am – 12 pm.** Join Ellie in prayerfully creating an Advent Calendar Wreath. Contact Ellie for more information. Please RSVP.

 **Reserve your space at the 1st Annual *Be the Change Spring Retreat* at the beautiful Coram Ranch...May 12-14, 2022.** You can reserve your spot with a \$50 non-refundable deposit. Contact Rev. Diana for more information

If you'd like prayer support, we 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, performed by **in2it**

Close of Service