

*Envisioning the Year with  
Spirit's Highest Vision...  
January 9, 2022 Taizé*



A Beloved Community  
Practicing the Possible Through Prayer

Rev. Diana Johnson, with Sherri Dotter, RScP and Chris Johnson, RScP

**Call to Awareness – 3 Bells**

**Opening Prayer – Sherri**

**Introduction – Rev. Diana**

Good morning. My name is Rev. Diana Johnson, Pastor and Spiritual Director of Mystic Heart Spiritual Center. Welcome Home to our Beloved Community, and welcome Home to your own Mystic Heart. Let's prepare ourselves to *Envision the Year with Spirit's Highest Vision* by affirming together:

 ***I open my eyes to see the Spiritual Truth today.***

 ***I open my ears to hear the Spiritual Truth today.***

 ***I open my heart to receive the Spiritual Truth today.***

**Chant – *Blessing to the World*, by Karen Drucker**

**Rev. Diana**

Feel the shift in consciousness as we join our voices.

This month we are *Beginning Anew* and this week we will be contemplating what it means to *Envision the Year With Spirit's Highest Vision*.

Let's deepen our connection by breathing together as one...inhaling deeply to rejuvenate body, mind, and spirit...and then exhaling, letting go of any tension that you might be carrying in your body...allowing your full focus to settle on your breath...allowing the breath to find its own pace and flow...bringing yourself fully present in this Perfect moment... allowing it to be exactly as it is, allowing yourself to be exactly as you are...Whole, Perfect, Complete, Content...and holding these words as a prayer of connection with our Global Community. Together we envision a web of Consciousness that encompasses the earth, acknowledging each and every being as a point of Spirit's Radiant Light. We feel our own Radiance, and we sense that same Radiance in every human...every single human being, without exception, is an expression of God. We acknowledge all of Nature as part of the

web...every creature that shares this beautiful planet with us, sensing the Light in each one...including the plants and rocks, the sand, soil, and water...

the entire planet, down to the smallest microorganism, all shining with the Light of Spirit...teeming with Life and Intelligence. And we recognize that it goes much further still...into the heavens...the clouds, the stars, and the galaxies are all radiating the same Divine Light...all part of One Eternal and Omnipresent Life.

Taking a moment to really feel our Connection with all of Life, we share a heartfelt intention for our time together. We honor the Light and Beauty in all of Creation; and we commit to *Envisioning the Year With Spirit's Highest Vision*.

In setting this prayerful intention, we empower ourselves to see, hear, and feel the Spiritual Truth that everything God *is* and *has* is freely given. Nothing has ever been withheld from any one of us...nothing is being withheld from us now...nothing ever *will* be withheld in the future...no matter what. Whatever we are looking for is looking for us, right now. But until we can believe that...100%...we can't receive it...it cannot pierce the veil created by our lack of faith.

Until I can *be* the Love I am looking for, I will not find Love. Until I can *be* the Peace I am seeking, Peace will elude me. Unless I can believe that I deserve more than bare minimums...that abundance is mine by Divine Birthright... then Joy, Beauty, Prosperity and Contentment will be beyond my reach.

## **SILENCE – 1 Minute – Bell**

### **Rev. Diana**

As we prepare to *Envision the Year With Spirit's Vision*, it is important to keep this idea before us: memories are for reminiscing, not for future casting. Memories are for reminiscing, not for future casting. Just because something happened somewhere in your past, is no indication that it will happen in your future. Who you are now is different than who you were in the past. You have changed over time...you have evolved psychologically, emotionally, and spiritually. You have the capacity, should you choose to, to bring up any memory and stare into it with the eyes of God.

You have the capacity to remove any negative emotions from your memories. Let go of shame, blame, and guilt. Let go of worry, feelings of fear, lack and being undeserving. All they do is shut the door on the Love, the Peace, and Fulfillment that is trying to find you. There is no Truth in shame, blame, guilt, or lack. They are just leftover thought forms. They have no power other than what you give them. In order to *Envision the Year With Spirit's Eyes*, you must put all that behind you.

We can begin to look at our memories with Spiritual Eyes, with the eyes of understanding, when we realize that our memories go so much deeper...are so much broader...that just this one lifetime. Dr. Ernest Holmes reminds us that:

Everything you have ever thought, said, done, seen, learned, or experienced has left an imprint on your subconscious mind. This subconscious also contains memory images of your family life, your ancestral background, and the sum total of what the world has thought or believed. These memories are not dead things. Quite the reverse. They are always active. But there is more to it than this. Just as you are being acted upon by your own memories, the mind of history, and your environment, you are also being acted upon by the Mind of God, which is within and around you.

You are not only human, completely tied to the outcomes of human thoughts, words, and actions. You are Divine Human. And you get to choose which set of eyes to look through.

### **SILENCE – 1 Minute – Bell**

#### **Rev. Diana**

Worry is the biggest block to the flow of Good in our lives. Worry is like praying for what we don't want. But we all have problems, or challenges, in our lives. So how do we stay grounded in the God Perspective? Practice...Practice...Practice. There are no shortcuts. But we all have the capacity. What we might be lacking is the willingness...the willingness to sit in meditation, even when we feel tired...the willingness to hold our tongue, even when we are feeling frustrated, or even outraged...the willingness to pray for one who has offended us, rather than striking back...the willingness to put ourselves in another's shoes...the willingness to give of our time...the willingness. The Spiritual Path is not for sissies. Sometimes it's hard... it requires a lot from us. And we may not like requirements being placed on us. But here's the good news...and maybe the bad news...

Sooner or later, Life is going to move us into a Higher Level of Awareness. This is evolution. And there's nothing we can do to stop it. We can kick and scream...we can resist with all we're worth. We can ignore messages from the Universe...for a while. But sooner or later, we will be required to grow. It might not be in this lifetime...but sooner or later, we will come into closer alignment with the Truth of who we are. It is the way of things.

So why not let go of the habit of allowing our past to determine our future? Why not choose to place our Faith in the Good? After all, what is stronger...the Mind of God, or your personal challenges? Rev. Dr. Michael Beckwith says that "our problems are never as big as our God is...ever. And so, if this is true, we have to act like it's true...we have to live from this Truth.

We must stop letting memories, either personal, familial, national, or global, determine who we are now. When we let our memories, our history define us, we

shut the door on the Power for Good that is trying to get through to us. The seeds of change are within us and those seeds, when tended, are stronger than any memory we've ever had. We are co-creators, not merely creatures. Our self-reflective capacities make it so. The power of conscious choice is ours to use, but it brings with it both freedom and responsibility.

## **Musical Meditation – *The Healing Has Begun*, by Charlie Nimovitz**

### **Rev. Diana**

From the book *Living in Gratitude* by Angeles Arrien:

Hopi Elder Thomas Banyacya reminds us that in visioning it is important to stop, consider, change, and correct. *First, we stop, or pause, so we can truly see what is being revealed, or what wants our attention or thoughtful consideration. After we have stopped and considered what we have seen, we can change or take action. As we change and circumstances change, it is important to correct what does not support the vision and its manifestation...*

What do you need to stop, consider, change, and correct to better support what you envision for yourself in this new year? The stop, consider, change, and correct practice offers a way to align our vision with our choices.

### **Chris – Meditation**

With the outer eyes closed, we now activate our inner vision... We allow our imaging faculties to bring forth pictures... sensations... symbols... Some of these may be memories... echoes of our past... or even images from the collective unconscious... These we gently set aside... making room for a New Vision...

Our memories are always there, should we wish to reminisce... But for now we must clear our mental screen for a new movie... one we've never seen before... To do this we must release control of the projector... We must surrender our screen to a brand-new projection that arises from the Field of Infinite Possibility...

The primary characteristic of this Field is Unconditional Love... we can trust these images... If we sense something troubling or negative, we know that our subconscious has taken control of the projector... casting random content from the collective memories of humankind onto our screen... Simply release it...

As we open to the Divine Vision playing on our imaginal screen, we realize that we can edit out the images that no longer work for us, making room for new inspiration... new ideas... new possibilities... We allow the Divine Projectionist within to show us who and what we might be... What Spirit wants to express through us...

God is always seeking a higher, more loving, more abundant expression through us... There is a Divine Something within each of us that is desiring to be born into this world... it is unique to each of us... nobody else can bring it forth... If your Gift is to enter into Creation, it must do so through you... just as mine must come through me... This is Evolution... the Divine Urge flowing through us into a greater expression of Divinity... Ask with me now, "What is Spirit desiring to give birth to by means of me?"

### **Silence – 3:00**

As the music gently brings our attention back to this place and time, we center ourselves in Gratitude... Thankful for this time of Divine Visioning... opening to the infinitude of possibilities... Grateful for the glorious possibilities revealed in each of our visions... Thank you God, for everything...

I invite you to know with me that Spirit is moving powerfully through each of us, and through our Beloved Community... Individually and collectively, we are a powerful spiritual influence on our world... As we evolve in consciousness, the benefits of our growth ripple out, blessing the entire world...

As Rev. Diana continues this morning, we open more and more fully to the Divine Inspiration flowing through her and meeting and joining that within us that flows from the same Source, revealing Spirit's Highest Vision for us all...

### **Rev. Diana**

There is another Practice I would like to share with you today. It is called Life Visioning. It is different than visualization or using the imagination to manifest change. Rather than a mental creative process that uses the power of the brain, Life Visioning is a prayerful process of listening for the Guidance of Spirit. Let's take a moment to get a taste of Life Visioning.

We begin by bringing our awareness back to the breath...and feeling the Presence of Spirit as it moves in and out of your body. As you look and feel the Divine Energy moving through you, you give your mind permission to take a back seat for a few moments. You are engaging directly with your Highest Wisdom. Silently place your faith in that Wisdom. Now ask Spirit to reveal: what is the highest vision for my life at this time? What is seeking to emerge by means of me?

Inviting more detail...who must I become to manifest this vision? What qualities must I cultivate?

Inviting deeper understanding...what must I embrace to bring this vision fully into being?

And...what must I let go of in order that Spirit's Highest Idea can be made manifest in my life?

Is there anything else I need to know at this time?

You can work more with this simple process anytime you are seeking deeper Wisdom. I have written these questions down on a card that you may take with you if you choose.

Today, individually, and collectively, we *Envision the Year With Spirit's Vision*...we join in prayer to complete our time together. I invite you to take these words as your own, knowing them as the Truth for yourself.

Right here and right now, I feel and know the Truth...that there is only One Life, One Source, One God, and that One lives Its Life as Its creation. There is nothing else.

Experiencing this deep Truth in my body, mind, and spirit, I know that I must be a unique and irreplaceable part of the One...a perfect expression of God in form. I take moment to bask in this knowing.

In this space of Holy Communion, I know that all is well...that God's Highest Vision is always unfolding if only I have eyes to see. I know that the Qualities of Spirit...Peace, Love, Joy, Freedom, Compassion, Beauty, and so many others...are mine by Divine Birthright. And so I reach into the deepest parts of myself...I feel Divine Peace filling me now. I experience the Love and the Joy of Communion, and of Community. Knowing that these Qualities are Real, I move into a Vision of all people living in Peace...

Together, we envision a world that has been completely transformed by our individual and collective intention and action, and by our commitment to living prayerfully...a world that is peaceful, abundant, beautiful, and free...where all beings practice loving kindness with each other and treat our beautiful planet with care and respect. We envision a world where all needs are met...where all beings have plenty of nourishing food, the safety of a warm and comfortable home, medical care, education, healthy relationships, right livelihood, creative contribution, and a sense of belonging...a world in which every being is valued for its inherent Goodness and Light...where the Peace we cultivate and feel within shows up in the world as Radical Love and Compassion, Integrity, Forgiveness, Kindness, and Generosity. We feel and know a world without greed, where there is abundance in having *enough*...where every being, as a precious creation of God, and 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 am so grateful 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 Am profoundly grateful to the One Life that I call God...for all of the blessings of this and every day.

By this act of prayer, and from this place of gratitude, *we Envision the Coming Year With Spirit's Vision*. We are building our Faith in the world we know can be. There is no lack or limitation in God...there is no reason that we cannot have such a world. Serving as the hands, feet, voice, and heart of God, doing Its work in the world, all things are possible.

I release my Word to the One Power and Intelligence that I call God, sensing and knowing Its immediate Action, bringing these words into form right here and now, as together we say...and so it is. Amen!

**Musical Meditation – *We Hold the Key*, by Charlie Nimovitz**

**Rev. Diana – Moving Into Celebration**

Please repeat after me as together we affirm:

***There is Power in our Prayer...***

***There is Power in our Vision...***

***We are changing the world...right here...right now...***

***And so it is! Amen!***

It's time for Celebration and Gratitude! I'd like to lead into our Celebration of the Good with a very brief story:

A man told the audience about a dream he once had. He dies and as he enters heaven, he sees Jesus waving him over to join him at a small round table. He feels welcomed and accepted as he sits down in this intimate setting with the Lord for tea and conversation.

"I have a question for you," said Jesus.

The man panics.

"Here it comes," he thinks. "I am about to be grilled on how many people I brought to Christ. Or what about that time 20 years ago that nobody knows what I did. Or I'll

have to account for my bazillion lies and failures. And I know I didn't pray enough. Or serve enough. Or love enough."

Jesus leans forward, intently listening for his response to his question:

*"Did you enjoy the gift of life?"*

Please join me now in celebrating the Good Works of these volunteers:

**Good News Video: Senior Volunteers -**

[https://www.youtube.com/watch?v=9Drxyil\\_uDw](https://www.youtube.com/watch?v=9Drxyil_uDw)

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

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, knowing the Power of our word; 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!**

Don't hesitate to get up and move, as we celebrate...

**Offertory Video – *God is So Good*, by Eddie Watkins, Jr.**


<https://www.youtube.com/watch?v=m91GX0nuZWU&t=205s>

**Gratitude Prayer – Sherri & Rev. Diana**


**Invitations – Sherri**


 **Tuesdays, 3-5 pm – Michael Bordeaux's Book Club.** The current book is *Church of the Wild: How Nature* by Victoria Looz.


 **Rooted in Spirit: The Six Pillars of a Spiritual Life, Part 2**

 **Wednesday Classes Return January 5<sup>th</sup>, 2:00-5:00 pm in Suite H.** Join Rev. Diana Johnson in a 10-week foundational journey of Spirit. **This is the last week to join this class.**



 **Thursdays, 3-5 pm – *Metaphysical Bible*** led by Prayer Practitioner Chris Johnson. No knowledge of the Bible is necessary. Drop-ins are welcome.

 ***Dear Self...Another Day of Insight*** Please join Rev. Diana on **Saturday, January 22<sup>nd</sup>** from 10 am to 3 pm for a ***Day Retreat***, designed to guide you in starting or expanding your journaling practice. **Please contact Rev. Diana at [revdiana@mysticheart.org](mailto:revdiana@mysticheart.org) for more information, or to get registered.**

 ***Shrink Your Carbon Footprint, Gently Used Treasures Sale!*** Got stuff? Kris Fortier is going to tell us all about it.

## *Keep Your Eyes Open...*

We're keeping the invitations short again this week. Next week we will announce some upcoming events and activities.

If you'd like prayer support, we have prayer request cards and envelopes on the fireplace, as well. 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 and Gary Lynn Floyd

**Close of Service**