

Awakening to Who We Are

June 12, 2022



A Beloved Community
Practicing the Possible Through Prayer

Lucinda Alton, RScP

The following is the outline Lucinda prepared to guide the Conscious Conversation. You may view the video with subtitles on our YouTube

Channel at <https://www.youtube.com/channel/UCKHQkXXdy17s2Ubpe3b46sw>.

Opening Songs

 Welcome To the Mystic Heart

 One Big Family

 Chant: God Is, I Am

Music: I Am the Place Where God Shows Up

Invocation

Welcome and Global Connection

Hello, I'm Lucinda Alton, Prayer Practitioner at Mystic Heart, and I want to welcome you home. Home to your own Mystic Heart.

Let's start by recognizing our web of consciousness. Please close your eyes if you are comfortable doing so. Let's begin by taking a deep breath...and releasing it. Let go of anything that has come before this moment and anything that will be coming afterward. Please join me in recognizing that we are all connected to each other. Each of us a perfect manifestation of the One. In your mind, see the web that connects us. A gossamer web, a delicate looking web that is unbreakable. Humans, plants, animals...we are all connected. You allow your point of view to pull back and you begin to see that the web is filled with bright sparkling lights. We are a Global Community made up of countless bright sparks of light. Each of us a point of God's radiant light. Each point individual, each different than any other point of light. And the absence of even one of those points would dim the overall light. I stand in awe and gratitude as I contemplate this web of God.

Feel this connection that we have to each other as we share a heartfelt intention for our time together. Pause

Introduction

The theme for this month is: ***I Am My Own Destination***. And today for our Conscious Conversation, we will be discussing "**Awakening to Who We Are.**"

Ralph Waldo Emerson said, "It's not about the destination, it's about the journey." I see references to this phrase all over the place. But I did a search on the internet to find quotes about the importance of the destination and all I could find were arguments about why the journey is so much more important. But what if the destination is just as important as the journey? What if we just can't accept that the destination really is THE DESTINATION?

I remember a sermon I heard years ago where the minister talked about a man being on a journey to find God. But when he got to what was obviously the end of his journey – angels with trumpets, guy in a white robe standing by a big book – he decided that this wasn't really the right place, and he continued his journey. Let's talk about that.

Discussion

Marianne Williamson said,

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do.

Take a minute and think about that. Our surface voices might say something like well of course I am a child of God. God created me just as I am.

What do you think she means by playing small? In what ways might we play small? For me, for a long time, it meant allowing someone else to dictate what direction I was supposed to be going – even if that was sometimes my interpretation of what I thought they might mean.

And why would we do that? Not wanting to outshine, belief that thinking we are powerful might be from ego and not God... And one of our biggest reasons? Like Marianne said – fear.

And that is the importance of our spiritual journey. Small steps, understanding our beliefs, both conscious and unconscious. To discover where we are holding ourselves back. And to discover why we are holding ourselves back.

We learn to ask internal questions and then to listen for the answers. We learn to trust the answers. To know that when we ask for guidance, we will receive it – if we are willing. A journey to ourselves.

What do you think would be some of the stumbling blocks we can still have along our journey? Trying to be in control, going back to previous roadblocks – still blaming things on my mother, for example, maybe looking for answers from outside? It is as Rev Diana says every Sunday – your answers are in your own Mystic Heart.

So we are on our journey. We meditate, we journal, we pray. And we feel those glancing moments of peace when we are at one with our worlds.

We learn that it's ok to accept and enjoy life qualities like joy, peace, beauty. I say that we learn that it is ok to acceptance qualities like happiness because sometimes we can get so would up in day-to-day life that we forget simple pleasures.

And when we relax and learn to enjoy the steps in the journey, we come to one of life's lessons. As Denis Waitley says: Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

I think that one of the most important parts of our journey is that it leads us to our destination. That might sound like a Duh kind of moment but think about it. One of the great things about taking things in small steps is that by the time we reach our destination, we find that it wasn't that big and scary after all.

Craig Hamilton says: Spiritual awakening occurs when we realize that who we are at the deepest level is something much bigger and more profound than who we thought we were. We see that our true nature is this kind of superconsciousness, intelligence, love, being, and presence that is at the foundation of reality itself.

This essence is already free and whole and perfect. Who we truly are is this sacred dimension of reality that is beyond comprehension. It's missing nothing, lacking nothing, and so full that it endlessly overflows with goodness, love, wisdom, power, clarity, humility, strength, courage, and care.

The journey has brought us back to the beginning – but hopefully we are now ready to accept that we are something truly magnificent – we are children of God. We are God living its life as us.

Meditation

10:58 – 11:08 Love-Soaked World

Song

Keeping your eyes closed if you are comfortable doing so, please join me in envisioning a love-soaked world. A world where each person's needs are met daily. A world where each person has choices about what to eat – including dessert, what to wear, what to do.

A world where A world where each person is valued for exactly who they choose to be, where each person knows that their choices are not final. A world where differences are celebrated. A world of peace and joy.

A world where each person is born knowing that they are loved.

Song: *Who You Really Are*

11:08 – 11:18 Offering and Blessing

Offertory – 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. And we are definitely in awe of your generosity.

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 come from your heart, knowing the Power of your word; and please feel our deep appreciation for 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 offer this gift freely, in the spirit of Love... blessing and sending it forth to heal and prosper. It does good work in the world and blesses all of Creation. I give from a consciousness of Abundance! And so it is! Amen!

Video for the collection: <https://www.youtube.com/watch?v=ddLd0QRf7Vg>

Sherri – Blessing for the Offering

11:10 – 11:15 Invitations

Sherri – Invitations

Tuesdays, 3-5 pm – Michael Bordeaux's book club, *The Untethered Soul* by Michael Singer.

Thursday's Connections Book Study and Metaphysical Bible Study will return a week from this Thursday, 6/16.

New Wednesday Class Starts this Week: *The Wizard of Us*, facilitated by Prayer Practitioner Lucinda Alton is based on the book by Jean Huston. This will be an 8-week class beginning on June 8. Suggested donation for the class is \$80.00, or \$75.00 if a full payment is made at the beginning of the class.

Save the Dates!

Fall Family Campout: Saturday September 24 to Tuesday September 27, 2022. The cost is \$75 per adult; \$40 per teen (13–17); \$25 per child (5–12); and no charge for tots from 0-4 years of age. Cost includes all meals and camp fees; Junior Mystics children's program supervised by Traci is also included.

Second Annual Spring Family Retreat at Coram Ranch: Thursday through Sunday, April 20-23, 2023. The cost for the 3½ days, including housing, seven wholesome meals, and all retreat supplies is \$225 per adult, \$125 per teen 13–17, \$50 per child 5–12, and no charge for children 0-4 years. Cost Includes all meals and a Junior Mystics Children’s program led by Traci Roberti.

Sherri – Information Cards & Invitation to prayer

11:15 – 11:20 Closing songs

- *A Soul’s Blessing*
- *Love Be With You.*