

It's the Law!
Sunday, July 10, 2022



A Beloved Community
Practicing the Possible Through Prayer

Rev. Diana Johnson, with Chris Johnson, RScP

The following is the outline Rev. Diana prepared to guide the Conscious Conversation. You may view the video with subtitles on [our YouTube](#)

[Channel](https://www.youtube.com/channel/UCKHQkXXdy17s2Ubpe3b46sw) at <https://www.youtube.com/channel/UCKHQkXXdy17s2Ubpe3b46sw>.

Call to Awareness – 3 Bells

Chris – Opening Prayer

Opening Music

 **Welcome to the Mystic**, written by Diana & Chris Johnson

 **One Big Family**, written by Robin Hackett & Gary Lynn Floyd

 **Chant – Prayers for Freedom**

Rev. Diana

Filled with the Joyful vibration of Connection, we take that Energy with us as we settle into our chairs, preparing ourselves to acknowledge our Oneness with the Infinite Intelligence that I call God, and with our Global Community...envisioning a web of Consciousness, a field of Awareness, that surrounds and infuses the earth...feeling and knowing yourself as a brilliant point of Light in that web...acknowledging that each and every person on the planet expresses that same Divine Light, each in its own unique way...every creature, every plant, every rock, every grain of sand...every bit of soil...and every drop of water is a perfect and intentional expression of Spirit...take a moment to feel how the Light that *you* are is enmeshed with the Light that *I* AM. We are connected...one Light, one Life.

We intend and know that our time together this morning benefits the Whole.

We acknowledge our responsibility to one another as human family, and as caretakers of the earth. And engaged in Conscious Conversation, we listen for the answers to this question: *“How can I make the best possible use of the Universal Principles that guide the Universe?”*

No matter where we look, to what cultures, times, or religions, we find the same Spiritual Truths voiced in different languages. Some call these Universal Principles, Laws, or Perennial Wisdom.

Dan Millman, in *The Laws of Spirit* said that “All of the world’s great teachings say that there is a Divine Will that transcends time, belief, and culture, revealing the universal laws that are the treasure of God.”

He goes on to say:

Within the mystery of life, the universe operates according to laws as real as the law of gravity. Woven into the fabric of existence, reflecting the primal intelligence of the universe, these laws of Spirit direct the mechanics of the universe – the movement of flowers reaching toward the sun and waves thundering to the shore. They govern the movement of the Earth, the cycles of the seasons, and the forces of nature. To their songs, even the galaxies dance. The laws of Spirit point to the innate order and intelligence of the universe. They transcend concepts, customs, and beliefs. They form the basis of all human morality. Constant as the movement of the planets, they apply not only to the mechanics of nature, but to every aspect of existence.

They apply to every aspect of existence. That means that they are at work in our lives whether we know it or not...whether we like it or not!

What are some of the Spiritual Laws that we are aware of?

Faith (what we place our faith in is what we tend to experience), expectation (we tend to find what we expect to find), action (only action brings potential to life), cycles (waxing, waning, ebbing, flowing)

It is helpful to understand these laws. Why?

I have heard it said that *Love* and *Law* can be seen as the two arms of God, or the two paths that Spirit’s Guidance can take. If we live as loving and compassionate beings, and if we work *with* these laws, our lives tend to unfold smoothly.

If we don’t, then what happens? The consequences of going against the flow will have the opportunity to instruct us.

Today I want to look at four of the Spiritual Laws that are relevant and useful in our daily lives, so that we can put them to more effective use in our lives.

The first is *The Law of Balance: or Finding the Middle Way*

What do we know about this Law?

Again, from Dan Millman:

If gravity is the glue that holds the universe together, balance is the key that unlocks its secrets. Balance applies to our body, mind, and emotions, to all levels of our being. It reminds us that anything we do, we can overdo or underdo, and that if the pendulum of our lives or habits swings too far to one side, it will inevitably swing to the other.

And just as far, I might add. The Buddhists have been teaching this Law for thousands of years.

We are creatures of moderation. Have you ever thought about that? We can swim, but not as well as a fish. We can run, but not as fast as a cheetah. We can lift, but not nearly as much weight as a gorilla. We have all of these abilities, but in moderation, in balance.

The human body yearns for and thrives in a state of inner balance, inner peace.

Let's take a moment to get really peaceful...close your eyes for just a moment...let all that has happened today float into the background...let go of anything yet to be...and allow your body to relax into your chair as you bring your full attention to your breath. Allow yourself to just be with the natural flow of your breath. (Pause) Now without moving or tensing any other part of your body, open your eyes and simply observe the space around you.

How does that feel? Are you more peaceful than you were a few moments ago? Does your body like this feeling?

When we practice stillness, even for just a few minutes at a time, it gives us a reference point. **What do I mean by that?**

If you know what deep peace feels like, it is easier to notice when that feeling isn't there. You have a memory of what peace feels like and you can simply return to that feeling anytime you choose. This is one of the benefits of meditation.

Balance begins with the breath. Taking in and letting go are the primal rhythms of life. Breathing in, you are literally inspired. Breathing out, you find release.

There must be perfect balance between the in breath and the out breath, the giving and the receiving. And this applies to every area of our lives.

What happens when we give more than we receive?

We feel depleted, physically, mentally, emotionally, financially...

It's simple, but not always easy, to create that balance because many of us have gotten accustomed to physical and emotional tension as our normal state. So shifting to a state of equilibrium may not feel comfortable at first.

How do we retrain ourselves? How do we create a new normal?

The same way we create anything new...practice...often. I've heard it said that you cannot stay clean on yesterday's shower. Any new habit or belief that we're learning to sustain takes Practice. Regular Practice cultivates new habits, new beliefs. Am I right?

Even if it's only one minute at a time, in line at the grocery store, waiting for a stop light...go to that quiet place inside you. Look. Listen. Pay attention to any tension in your body that might indicate too much or too little of anything... eating, drinking, sleep, exercise, work, communication, or outside stimulation.

There is an Intelligence within you that knows...that recognizes where things are out of balance, and that still, small Voice will tell you if you ask.

Okay, the first Spiritual Law is Balance...The second is *The Law of Choice*.

What is the Law of Choice?

Again from Dan Millman:

We are both burdened and blessed by the great responsibility of free will – the power of choice. Our future is determined, in large part, by the choices we make now. We cannot always control our circumstances, but we can and do choose our response to whatever arises. Reclaiming the power of choice, we find the courage to live fully in the world.

Some things to consider about choice:

- ♥ We can never be certain where our chosen path will lead, and yet we must make a choice. And remember, not choosing is also a choice.
- ♥ Decisions are not made with words, but with actions. It is what we *do* in the world that reflects our true choices.
- ♥ Our human destiny is determined, in large part, by the choices we make.
- ♥ We can study, observe, and come to understand the workings of Spiritual Truths, and allow them to guide us gracefully, *or* we can let impulses, fears, and habits run the show. Either way, it's a fool-proof system. Whatever consequence we experience will serve to guide us back to our path sooner or later.
- ♥ Even when fate, or the choices of others appear to be running the show, we choose our internal experience; will we react or respond? Will we resist and resent, accept, and allow, or face and embrace?

It is important to reclaim our power to choose. What do I mean by that?

Is there anyone in this room that has ever said, "I have to go to work tomorrow...I have to go grocery shopping...I have to pick up the kids from school...I have to write that paper...I have to clean the house?"

Who says you have to? You could quit your job or get another one, start your own business...you could get fast food, eat leftovers, grow a garden...you could let the kids walk home, have them take a taxi, get a ride with a friend...you could go to the movies and take the F for not doing the paper...you could just live in a messy house.

And there is no judgement around doing any of these things. It's not about that. It's about doing what we do by choice. And *owning* that choice.

Do you get the message? Reclaim your choices.

I *choose* to go to work at my current job...because it serves me in some way.

I *choose* to eat wholesome food...because my body feels better and stays healthier when I do.

I *choose* to pick up the kids from school because I love them.

I *choose* to write my paper because it furthers my learning, grows my understanding, and serves my future goals.

I *choose* to clean my house because I feel better when my surroundings are clean, or I *choose* to take a nap this afternoon...the housework will still be here.

Are there places that you hear yourself saying *I have to*, instead of *I choose to*?

This tiny change may seem petty, but I invite you to give it a try...it is one of the most empowering things you can do for yourself and your relationships.

Conscious choice means weighing your options and intentionally deciding on one over all of the others. The more you honor the *Law of Choices*, the more you live with clear intention, creating your life *on purpose* as you go.

Let's take a look now at the *Law of Process*. **What is the *Law of Process*?**

Again quoting Millman:

Process transforms our journey into a series of small steps, taken one by one, to reach any goal. Process transcends time, teaches patience, rests on a solid foundation of careful preparation, and embodies trust in our unfolding potential.

Is there anyone in the room who is engaged in a process of some kind?

Does what I just read sound true of the process you are engaged in?

The Law of Process ensures that we can achieve nearly any goal, no matter how lofty, by breaking it down into small, sure steps.

We break any goal down into manageable steps; then we can have success each step of the way.

What is the first step in any process? Creating a goal that shines for you, that inspires you to begin.

Go toward what attracts, excites, or inspires you...what speaks to your heart.

Then start building a strong foundation. Step by step, your goal will be attained if you just keep moving forward.

"People rarely ever fail...they only stop trying."

What is required? Persistence, consistency

What is persistence? I look at it as a blending of **discipline** and **patience**.

Also, remember that it is your level of **enthusiasm** that sets the pace.

All of these factors are part of the *Law of Process*.

Finally, the fourth Spiritual Law we will look at this morning is the *Law of Presence*. Any idea what the ***Law of Presence*** is?

Millman says that “Time is a paradox, stretching between a ‘past’ and ‘future’ that have no reality except in our own minds. The idea of time is a convention of thought and language, a social agreement. Here is the deeper truth: We only have this moment.”

Say I’m living in regret. Am I living in the past, present, or future?

I’m reminiscing about the good old days...past, present, or future?

I’m worrying...past, present, or future?

I’m thinking about what might happen if I retire...past, present, or future?

I’m obsessing over every detail of an up-coming trip...past, present, or future?

I’m planning for my retirement...past, present, or future?

And while we’re stuck in the past or the future, what happens? The present becomes the past, moment by moment, and often we miss it.

Our lives happen in the present. Every moment is now. Every experience happens in the now.

Does anyone have questions, arguments, or other commentary going through their minds right now? So how do I plan for my future? Isn’t it irresponsible to not make plans? Didn’t we just talk about setting goals? Absolutely.

When do I do all that? Now.

And as I do, I am careful to be fully present with the process. Then I let it go until the next time I am directed to take a step. And when will I take that step? In the Now moment. I think you understand. There is only ever Now.

In order to have presence, you have to *be* present, which means remembering *where* you are and *when* you are. **Where are you?** Here. **And when are you?** Now. This seems so simple, so obvious. But it isn’t always easy to remember.

Chris – Meditation

We tend to think of laws as being human made... but human laws are actually simply rules of conduct... societal norms that we agree to live by... Science defines law as a statement based on repeated experiments or observations, which describes the consistency of a range of natural phenomena... The Divine Order of the Universe...

Laws don’t explain *why* things unfold the way they do; they just describe the process... We can never know *why* the Infinite Intelligence of the Universe does what it does... but we *can* discover how Spiritual Laws work... we can find the connections between causes and effects... and we can learn to cooperate with these Laws...

There is nothing supernatural about prayer... Prayer is not about God suspending Natural Law on our behalf... It is not a Divine Intervention from outside of ourself changing the Cosmic Order... The purpose of prayer is to align our heart and mind with Universal Law... and to allow Spirit to bring forth our good...

Spiritual Law tends toward balance... toward equilibrium... That balance can only be experienced in the here and now... in the present moment... If we are out of balance, Nature nudges us back toward alignment... we may resist the process, but not successfully... Choosing to follow this guidance enhances our Spiritual Evolution...

I invite you to ponder these questions in our silent time together... How much time do I spend thinking about past events and situations? ... How often do I worry about the future? ... Am I waiting for some future event to make me happy or fulfilled? ... Where is my life not in balance right now? ... What processes is Spirit unfolding in my life experience in order to get me back on track? ... As we listen in the Sacred Silence, let us consciously choose to follow the Divine Guidance we are given...

Silence – 3:00

Grateful for the music that directs our awareness back into the present moment, we sense the Divine Presence within us and all around us... embracing us... guiding us... supporting us... Gently bringing us back into alignment with our Highest Good... our Divine Nature... Thank you, God, for everyone and everything...

I invite you to know with me now 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...

Open and receptive to Rev. Diana's continuing message today, we realize that our Divine Guidance comes from within us and from all around us... The Universe always gives us all that we need to live, grow, and prosper – It's the Law!

Rev. Diana

One last question you may be asking...how do I stay present?

Trust and know that the *Law of Presence* is alive and well within you. Anytime you find your mind wandering into past or future, bring it back to Now. Remain aware of *where* you are...here...and *when* you are...now...and you will stay connected to *Who* you are...Presence.

“...No matter how seemingly real or compelling your thoughts may be, you can always call upon the Law of Presence, reminding yourself that only now exists, that only now is real. If you do so as an act of reverence, making the moment sacred, you bow to that quiet self within that knows, and all is well.”

I have noticed that when I remain present, time seems to slow down.

Embrace this moment, put one foot in front of the other, and handle what's in front of you. What is mine to do today? In this moment? Because no matter where your mind may roam, your body always remains here and now. When hurry sets in, rest in the present. Take a deep breath and come back to here and now.

And now together, we anchor our knowing in prayer...

God Is...I Am...here is what I know...

As each of us attends to the here and now, we are doing our part to create a **Love-Soaked World**. Together, we envision a world in which we are Called to a higher state of Awareness and Action, individually and collectively...a world where every being discovers and lives from their Authenticity and Spiritual Authority. "We envision a world where personal responsibility joins with social conscience" in every area of society (Edward Viljoen).

a world that is peaceful, joyful, abundant, and free...where all humans practice loving kindness and care for our planet with respect and intention.

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 justice and deep belonging...a world in which every being is valued for its inherent Goodness and Light...where the Peace we cultivate within shows up as a world free of hatred or violence.

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, and receives those blessings willingly and gratefully. With humanity serving as the vessels through which God's blessings flow, **there is no reason we cannot have such a world**. And so, we know that it is taking form as we speak our Powerful Word.

As we place our faith in the infallible givingness of our Source, and offer our heartfelt Vision, the world is changed...right now...in this instant...and I give thanks.

We are living as the authentic, Divine humans that we were put here to be. And in our authenticity, we are free!

I am deeply grateful for all who are here today in community, and for the commitment to Spiritual Growth and evolution that each one brings. I am grateful for how far we have come, for the many ways we serve our greater community, and for the growth we are experiencing as a Spiritual Community. As we grow, so may we serve more and more people, and in greater and greater capacities.

Knowing the Power of my Word is absolute, I release my prayer to the Loving and Powerful Presence that I call God, with complete faith in Its immediate action. There is nothing more for me to do, so I let go and let God...and so it is. Amen!

Musical Meditation – *Beautiful World* by Michael Bolton

<https://www.youtube.com/watch?v=s9ES-AmDLBo>

Rev. Diana – Affirmation 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. You can find more information on our website.


As we move into this time of giving, hold these words close to your heart 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 Music- *Prayers for Freedom*, Written by Sarah Nutting, Performed by Ma Muse


Chris – Blessing for the Offering

Chris – Invitations

 **Next Sunday, July 17th, Family BBQ and Picnic at Brandy Creek, 4:00 – 7:30 pm.** Light snacks after church that day so that we can have time to meet for the real potluck at Brandy Creek.

 **Tuesdays, 3-5 pm –Michael Bordeaux’s Book Club is on hiatus until August 9th, when he will begin a fun & deeply thought-provoking novel, *Breakfast With Buddha*.**

Mark your calendars now...

 **Wednesdays, August 3 – September 7, 3:00-5:00 pm. *The Power of Myth: A Video Discussion Gathering*** with Prayer Practitioner Chris Johnson. Drop-ins welcome!

 **Fall Church Family Campout at Sue-Meg State Park. September 24th – 27th, 2022. Children’s program with Traci included.**

 **2nd Annual Spring Retreat at Coram Ranch in Shasta Lake. April 20-23, 2023. Children’s program with Traci included.**

As always, more details are in your bulletin and on our website.

Prayer Invitation

Closing Songs

 ***Soul’s Blessing***, written by Chris Johnson

 ***Love Be with You***, written by Lainey Bernstein, RScP & Gary Lynn Floyd

