

# Who Am I, Really?

Sunday, July 3, 2022



A Beloved Community  
Practicing the Possible Through Prayer

Rev. Diana Johnson, with Lucinda Alton, RScP & Chris Johnson, RScP

Call to Awareness – 3 Bells

Lucinda – Opening Prayer

Opening Music

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

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

Rev. Diana – Good morning/Welcome

This month's theme is **So This is Freedom**...let's begin by joining our voices in an upbeat chant called *Prayers for Freedom*.

**Chant – Prayers for Freedom**, written by Sarah Nutting of MaMuse

Rev. Diana

Filled with the Joyful vibration of Connection, we take a moment to acknowledge our oneness with our Global Community...envisioning a web of Consciousness that encompasses the earth, knowing that every being is a point of Light in that web...we envision that web lighting up as we acknowledge every irreplaceable part of Creation... every human being, every creature, every plant, rock, and grain of sand...all of the soil and water, the wind and clouds...every star in our galaxy, and every galaxy in the cosmos...teeming with Life and Intelligence, radiating the Light of Spirit. Together we see it...we feel it in our bodies. We are connected...one Light, one Life, one Love.

We know that our prayer, meditation, and visioning this morning benefits the Whole.

We acknowledge our responsibility to one another as human family, and as caretakers of the earth; and we ask the question, *Who Am I, Really?* Through our intentional conversation, we lift ourselves to new heights in Awareness.

**Who am I, really? It's a good question, isn't it? Who are you? (Me, myself)**

**What do we mean when we say self? (Personality? Roles?)**

If we want to look into the core Truth about ourselves, we need to go beyond personality and roles.

If you have qualities or personality traits that you are not happy with, that do not serve you well in life, there is nothing wrong with consciously changing our personalities.

**Do you think that finding a sense of deep contentment with who we are is related to, or dependent on, our personalities? What is it dependent on?**

Our basic sense of ourselves as individuals, as separate beings. We sometimes refer to this as our ego. Now there's a word that gets a bum rap.

**What does the word ego actually mean?** It is Latin for *I*. That's not so bad, is it?

Read pages 38-39 in *The Diamond in Your Pocket*. (Pink tab)

So it is our ego, our belief that we are separate individuals that is the root of our fear.

**What does the word individual mean?**

From the Latin, it means 'indivisible' – not able to be divided. Isn't that interesting?

On page 263 of the Science of Mind Text, Ernest Holmes says this:

"The Divine has not incarnated in anyone else in just the same individual way that It has in me. I am unique and forever individualized."

So I am at the same time completely unique and absolutely indivisible...I cannot be separated from my maker or from any of Its other creations.

The trick is that we have to somehow come to know our Oneness in spite of appearances. Children are really good at this. Really young children can see the good in everyone.

I'd like to read a story that illustrates this: Read pp. 37-39 from *Rising in Love*.

**Who was that man really?** A soul who needed someone to see his Divinity, his Wholeness, so that he might step into the Light of Truth.

He needed someone to see his authentic self.

**How did we define authenticity a few weeks back?** The Truth of who we are, our unique selves, unfolding...in process...living our Truth in the world.

Our authentic self is the place of integration between our spirituality and our humanity. When we are living authentic lives, we are reflecting both our **individual uniqueness as humans and our spiritual Oneness**.

There are many reasons that we choose paths that are not authentic, but I can only speak for my own. Maybe there is someone else here that can identify with this:

If I do what feels authentic for me, my friends won't understand. My teachers might think I am ungrateful, short-sighted, or arrogant. My family will think I'm weird. Maybe I *am* weird...maybe they're right. Maybe I'm making this up...maybe my ego is tricking me into doing something that is not really Guided.

**Does this sound familiar to anyone, or is it just me?**

The thing is, to find true contentment and everlasting joy in life, you must find your authentic self. Your *authenticity* is the place where you hear God's voice, feel God's presence, you move in God's Spirit.

**Is anyone here familiar with a teacher named Adyashanti?** He is an American-born spiritual teacher (born Steven Gray in 1962) who lives in the San Francisco Bay Area and is devoted to serving the awakening of all beings. His teachings are an open invitation to stop, inquire, and recognize what is true and liberating at the core of all existence.

Adyashanti offers teachings that are free of any tradition or ideology. "The Truth I point to is not confined within any religious point of view, belief system, or doctrine, but is open to all and found within all."

I have been reading from his book, *My Secret is Silence*, which is a collection of poetry and quotations or sayings.

Adyashanti has much to say about who we are really. He begins with this:

"Because of an innocent misunderstanding you think that you are a human being in a relative world seeking the experience of oneness, but actually you are the One expressing itself as the experience of being a human being."

So who am I really? I Am the One...having a human experience.

What I bring each week is the culmination of my Spiritual Journey for the past week. My talks grow out of my morning Practice. I would like to share some of the poetry that has graced my meditations this past week. You may wish to close your eyes and drink this in.

**Read page 4, *My Secret is Silence*.**

**And then there's *Come to Your Senses*, page 6.** (Orange tab)

This is the beginning of our journey...we are all on this journey, whether we know it or not. We are each in a different place along the path to God, evolving in our own unique ways.

Some of us are at the point where we are learning and growing through *desperation*...some have discovered the human option of growing through *inspiration*. Some go back and forth...

Each one of us is looking for our authenticity...for our True Self.

Further into the collection, Adyashanti speaks of Communion:

**Read pp. 52-53**

He continues with this very Powerful piece: **pp. 56-57.**

## **Chris – Meditation**

When Moses received his Divine Mandate, he asked, “When they ask who sent me, what shall I answer?”... His intuition replied, “I AM... I am what I am...” *Ehyeh*, or *Yahweh* is a Hebrew word signifying Beingness – “I will be...” Spirit is both Being and Becoming... and the way God is becoming, is through you and through me...

While *Yahweh* has the Hebrew root meaning “being,” the name has its origin in Midian, where Moses served as a shepherd... it derives from an Arabic term for “love, desire, or passion...” God is Love... Spirit expressing Beingness through our love, desire, and passion... The Divine expressing through and as us: their image and likeness...

When we strip away all of our thoughts, superstitions, and beliefs about the nature of God, we are left with only Pure Beingness... Spirit simply *IS*... and as we surrender into that Beingness, we simply *ARE*... We peer deeply into our heart, and find the Face of the Divine gazing back at us... *Thou art That*...

We are forever becoming... forever growing... forever evolving... Spiritual growth means expressing our True Nature more and more clearly each day... It means releasing all that masks our divinity, and letting the Light of Spirit shine forth radiantly through us... Polishing the mirror to clearly reveal our Divine Image...

As we prepare to enter the Sacred Silence, allow your thoughts about Spirit to dissolve... Release any images or concrete ideas about God, and just enter into the Divine Beingness... Spirit is Pure Beingness... Pure Becoming... Allow yourSelf to simply *Be* with God... Spirit desires to *Become* through you... allow yourSelf to let go... let God be God by means of you... Be the Divine conduit through which Spirit enters into the human realm... Be the Beloved One in whom God is well pleased...

## **Silence – 3:00**

As our awareness follows the music back to this place and this time, we give thanks... Grateful for simply being who we really are – the human expression of the Divine... and releasing with gratitude all that does not align with our highest and truest 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...

As Rev. Diana continues her message this morning, we receive her inspired thoughts with open minds and hearts... Grateful that we know Who We Are... Really...

## **Rev. Diana**

We continue our meditation...allowing our focus to rest on the breath for a few seconds...

Just for a moment, don't try to go from point A to point B. Let yourself just be here. Let yourself stop becoming more, or better, or different.

Bell

You live not by your own hand. but depend entirely upon the unseen Friend.

Your truest face has no form. The Friend's Heart beats. Do you hear it?

It is your own. It sounds like this.

Bell

Only a self-concept looks and longs for God. Drop your self-concept and there is only God meeting God.

Bell

Fathom this: there is nothing to grasp. You have been It all along.

Bell

There is a presence that is unnamable which thought cannot touch. It is not your possession: it is what you are.

Bell

Don't forget that you are the clear light of awareness.

Bell

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

I settle into my deepest Knowing...I feel God's Presence in this place. I tap into Source Energy, knowing that It is expressing Itself as each one listening...as the words, the music, the wisdom...as the prayer and meditation....as the world.

Here is what I know...that something has shifted in each of us today...that a seed of openness has been planted our hearts and minds...

That each one comes to accept and know that Truth of who we are...God coming to know themselves as us...God serving God by means of us...

We commit to remembering throughout the week to come...I Am God in form, you are God in form...Namaste.

And by our remembering, and through our action, we are doing our part to create a **Love-Soaked World**. Together, we envision a world completely transformed by all of the Joyful, Creative and Wholehearted Action we are expressing, individually and collectively...a world that is peaceful, joyful, abundant, and free...where all 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 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 – *Prayers for Freedom*, by Ma Muse**

**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](http://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, feel the Power 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!**

**Offertory Music Video – *Living in the Overflow*, by Charity Gayle and Joshua Sherman**




<https://www.youtube.com/watch?v=ImAfEI-lbgc>

**Lucinda – Blessing for the Offering.**

**Lucinda – Invitations**

-  **Tuesdays, 3-5 pm – This week is the last meeting for Michael Bordeaux’s Book Club, *The Untethered Soul*. He will begin a new book TBA on August 9<sup>th</sup>.**
-  **Wednesdays from 2:00 – 4:30 pm. *The Wizard of Us* with Prayer Practitioner Lucinda Alton has been moved to Zoom only. Please contact Lucinda for more information.**
-  **Thursdays, 3-5 pm – *Metaphysical Bible* led by Prayer Practitioner Chris Johnson is on hiatus until September 8<sup>th</sup>.**
-  **Sunday, July 17<sup>th</sup>, 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.**

**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 24<sup>th</sup> – 27<sup>th</sup>, 2022. Children’s program with Traci included.**
-  **2<sup>nd</sup> 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 & Gary Lynn Floyd**