

Doing, Being... Do, Be, Do, Be, Do

July 16, 2023



A Beloved Community
Practicing the Possible Through Prayer

Rev. Diana Johnson, with Intern Practitioner Chris Netto,
and Chris Johnson, RScP

Taizé

Call to Awareness – 3 Bells


Chris N. – Opening Prayer

Rev. Diana – Welcome...if you're new with us here this morning, my name is Rev. Diana Johnson, and I am the Pastor and Spiritual Director of Mystical Heart Spiritual Center. We are an Interfaith Community that teaches Universal Principles and Practical Spirituality. I welcome you home to our Spiritual Community (should you choose it). I welcome you home to the Guidance and Wisdom of your own Mystic Heart.

This morning we dive deep into the flow of Taizé Meditation as we join our voices in song.

Rev. Diana & Chris – Taizé Chants

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

 **We Are One**, written by Linda Webb-Khakaba

Rev. Diana – We are One in this and every moment, connected by the breath moving into and out of our bodies...by the earth and water that give us nourishment...by the Presence of the Divine that lives, moves, and has its being by means of creation...all nations on the earth, all life upon the planet...nothing can separate us. We are One...

We take a moment to experience our Oneness with all of Life...to honor the connection with our global family...Envisioning a web of consciousness that surrounds and infuses the planet...each of us, a Radiant Spark shining within the web...every human, every creature, every plant, shining the One Light, from the One Source...the rocks and minerals, water and wind, stars and planets...enlivened by the Light of Spirit.

As we acknowledge our Oneness with all that is, we are empowered...there is strength in connection...there is freedom in knowing we are not alone...in belonging to something bigger than ourselves. As we recognize our interdependence, we come to see that our collective Practice leaves an imprint on human evolution and on the world, for all time. In this sacred moment, we set an intention that this imprint be one of Love, Compassion, Kindness, and Peace.

The flow of Taizé this morning invites us to question our priorities around *being* and *doing*. In our daily lives, do we make our state of *being* a priority, or do we get caught up in all the things we want and need to *do*? Of course, it may be easy for our hearts and

minds to jump in with the response we know is true: “Of course, our state of being is most important.” The question is, are we living our lives as if this was so?

Are we taking the time each day to connect with the Peace and Contentment that live within us? Are we actively practicing detachment to outcomes, loosening our need for control, or for the strong desire for things to go our way? Are we caring for our physical bodies with nutritious food and sufficient activity? Are we listening for when our bodies need rest, relaxation, or revitalization? Only when we have embodied these Practices can we say that we are putting our state of *being* into its rightful place.

It can be challenging to retrain ourselves to putting *being* before *doing*. We live in a *doing* culture...one where activity and accomplishment are valued more than reflection and understanding...where we are forever *thinking* about the past, present, and future, rather than directly and intimately *experiencing* each moment...

In doing mode, thoughts are seen as a valid and accurate reflection of reality and are closely linked to action. Feelings are deemed ‘good’ or ‘bad’...things we aim to keep or get rid of, making them into one more thing we have to *do*.

By contrast, in *being* mode, we relate to thoughts and feelings in much the same way we relate to other sensory experiences...passing events that arise into awareness, and then pass away. They do not trigger old habits of action in the mind or body...there is a greater ability to tolerate uncomfortable emotional states.

Centered in *being*, we can be responsive...there is a sense of freedom and freshness, a richness and complexity that accompanies our experience as we allow life to unfold in new ways. Centered in *doing*, we find ourselves focused on one thing – what does this have to say about my progress in reaching my goals? Am I succeeding or failing?

In case we have defined *being* for ourselves as a special state in which all activity has ceased, let’s clarify; both *doing* and *being* are states of mind that can accompany activity, or lack of activity. We can sit down to meditate in the morning as one more thing to check off the ‘to do’ list...or we can use our meditation with the goal of attaining awareness or enlightenment. Our time of apparent stillness then becomes a quiet way of *doing*. In such a case, any noise or distraction might evoke irritation or some other emotional response.

On the other hand, one might weed the garden, or wash the dishes, fully present with the task at hand...less concerned about the completion than the experience...fully engaged in *being*. Any interruption would simply become an invitation to choose a response. Continue the task at hand, or shift to another activity?

In *doing*, we are limited to a particular path...a set goal...a particular way to get there...and an endless flow of mind chatter and emotions. It is in *being* that the mind and heart are free...uncluttered by judgment, doubt, concern, expectation, or frustration...and open for Guidance. It is fully present...following each moment of *now* as it unfolds...

Chris – Guided Meditation

Along our spiritual path we hear so much advice from wise teachers... “ Be here now...” “Do what you love...” “Be mindful...” “Do your spiritual practices...” “Be still and know that I am God...” “Do your best...” “Be the change you wish to see...” It seems that the Spiritual Life is full of both being and doing...

Ernest Holmes reminds us that:

[The human] mind should swing from inspiration to action, from contemplation to accomplishment, from prayer to performance... This would be a well-balanced existence... The Spirit fires the soul with energy and understanding; the soul, which is the subjective mentality, vitalizes the body and animates all that we do...

No greater mistake could be made than to think we must separate life from what it does... We must unify and not divide... The Spirit must go forth into creation through law and action... Life must enter living, and God must flow through [us], if there is to be a real representation of the Divine through the human...¹

The Spiritual Realm and the sphere of human action are not separate... Spirit is fully present in both the visible and invisible worlds... Being and doing permeate and inform one another... They are two aspects of one expression... We are most effective when the yang of our doing flows out from the yin of our being...

As we share these few moments of silent communion with Spirit and with our Beloved Community, we are invited to simply be... to be fully present... to be attentive to the Still Small Voice of Spirit... to be open and receptive to a greater understanding of who we have come to Earth to be... What are the Divine Characteristics that can be expressed by nobody else but me?... As we surrender into deep, radical authenticity, we are shown who we are... the Divine reveals the Original Face of our Soul...

Silence – 3:00

Allowing our awareness to expand outward, we realize that we are truly *Being* together... Each of us part of a Greater Being called Beloved Community... Our collective Beingness blesses and strengthens our Individual Beingness... Together we *are* more... Thank you, God, for everyone and for everything...

As together we endeavor to act from our Spiritual Identity – to make sure that our doing arises from deep within our being – we liberate not only ourSelves, but others as well... And we bring greater freedom for all into our world...

As Rev. Diana continues her inspirational message this morning, we are profoundly grateful that we are empowered to let our *Doing* flow forth directly from our *Being*...

Rev. Diana

It might be tempting to use the importance of *being* as a reason for not taking action in the world. We might think, “I am contributing to making the world a more peaceful place

through my prayer and meditation. I'll just spend more time on my cushion." Saying that it is important to attend to our state of being first, in no way excuses us from taking action in the world.

The Infinite Intelligence of the Universe, by whatever name we call It, has no physical means of creating outside of Its creation. And as human beings, we are given the capacities of self-reflection and choice-making. We are granted a greater level of freedom than other creatures. And it is our responsibility to use our God-given agency consciously, for the Good of the Whole. We are the hands and feet, hearts and voices of the Divine...the ones who can choose Generosity over greed, Compassion over heartlessness, Peace over violence, Love over indifference.

The reason we attend to our states of *being* is to ensure that our actions in the world arise from a Peaceful, Joy-filled, and Loving place...to make sure, that to the best of our ability, we extend kindness and grace to all who cross our paths.

The reason we make presence a spiritual practice is so that our hearts and minds are clear to receive Guidance as to what is ours to do in the world, and what is not...and to bring forth the courage and willingness to do it. As awakening beings, it is ours to speak up, gently but firmly...with our words and our actions. As beings created in the image and likeness of our Creator, it is natural for us to give of ourselves, freely sharing our gifts and blessings with the world.

Closing Prayer – Holding these words as Truth, we close in prayer:

Holy One...Creator of all that is...I know that there is nothing else. One Source of all of Life, freely giving...forever expressing...limited only by our human perception.

May each of us work consistently to clean our lenses of perception, so that we come to know what is important.

May we start each day in meditation and prayer, that we might come to know the Truth about ourselves, and about our world...that all is unfolding according to Divine Order and Timing...that all things are used for Good.

May we come to understand the Truth about You...that Your Power, Your Presence, and Your Love are Infinite...without limits of any kind...and that we have been gifted with these Divine Qualities, that we might discover them within ourselves and use them for the Good of all.

May our thoughts, words, and actions be Guided...may we each grow in Wisdom, finding and accomplishing those things that are uniquely ours to do. And by our efforts, may the world be just a little more Peaceful and Loving.

Thank You, Giver of Life, for our growing awareness...for our deep connection with You and with one another...thank You for the many blessings of this and every day. Thank You, Great Spirit, for this Spiritual Community and the way it shines Your Light in the world.

Knowing that as I speak my Word, it is acted upon by Your Loving and Lawful Presence, I can let it go in full faith that it is moving into form and experience here and now. And so I do...and so it is...Amen.

Coming back into the awareness of our bodies...our senses...the atmosphere in the room, we open our eyes and allow our gaze to take in whatever is before you. Feel free to look around and say good morning to everyone who is here celebrating with you this morning.

This is your Spiritual Family...one of your support systems. These are some of the people who care about you and are there for you if you need anything.

Rev. Diana – Offering

As we close our Taizé Meditation, we offer the opportunity for you to share of your financial good in support of the work we do should you choose to do so. If you're joining us online, you can find a Donate Button and our mailing address at mysticheart.org. And we thank you in advance for your gifts.

Offertory Video– Last Song by Daniel Nahmod

<https://youtu.be/5w1uQqPcjrk>

Rev. Diana – Blessing for the Offering

I've been asked to talk a bit about the different words we have been using to close our prayers.

When Mystic Heart was conceived, I thought of it as a New Thought Church. This was my background and my credentialing. As time moved on, I realized that our style of teaching was actually more of an Interfaith Approach. I did the required educational work and got my credential as an Interfaith Minister. It was last year that we formally made the transition to being an Interfaith Community. As an Interfaith Church, we are honoring the many traditions in the ways they affirm, "And so it is...Amen"

And so it is...is specifically New Thought, which includes CSL, other Science of Mind and Spirit Spiritual Centers, and Unity.

Amen...is specifically Judeo-Christian, which includes those of the Abrahamic Faith Traditions... Catholicism, Protestantism, Judaism, and Islam. *Note- Unitarian Universalists sometimes add 'Blessed Be.'

Sathu...is specifically Buddhist, and literally means **well done, or excellent**. It is the way a Buddhist states completion and acceptance.

Ashay...is from the African American tradition, and means *power, authority, command...that which I have spoken is made manifest*.

Aho...is from the Native American traditions, and means *Thank You...it is done*.

In order to honor the many traditions, we have begun using these declarations interchangeably. Now that we have established them, I will use *And So It Is*, and then

choose one other, rotating through them to honor all who may be with us. You are always welcome to use whichever suits you, no matter what I'm using up front.

I have felt a little ripple of discomfort moving through some folks in the community. I hope this helps to explain, and to let you know that all are welcome here. Isn't it good that we are all willing to learn and to stretch?

Rev. Diana & Chris – Closing Song

 ***A Soul's Blessing, written by Chris Johnson***

Conscious Conversation

Chris N. – Opening Prayer

Rev. Diana – Good morning and welcome, or welcome back...welcome to those joining online. If you're new with us here this morning... my name is Rev. Diana Johnson, and I am the Pastor and Spiritual Director of Mystic Heart Spiritual Center. We are an Independent Interfaith Community that teaches Universal Principles and Practical Spirituality. We welcome you home to our Gathering Place and to the Guidance and Wisdom of your own Mystic Heart.

Rev. Diana & Chris – Opening Music

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

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

Rev. Diana – Feel free to stay standing or whatever serves you in noticing the Presence of Spirit in the body...join me in the embodiment of living in a ***Love-Soaked World...***

...where all humans embody and live from Kindness, Compassion, Peace, Joy, Abundance and Generosity, Justice and Freedom as the Living Principles that guide our every thought, word, and action...where all humans honor and care for one another, for the earth that sustains us, and for every life form that shares this beautiful planet with us.

We are creating a world where all needs are met...where all beings are well-fed, and have the safety and comfort of home...

...where mental/physical health, education, and healthy relationships are ensured by social systems grounded in Wellness and Wholeness...

...where all beings Serve the greater community doing whatever feeds their souls and are well supported for their time and talent...and by their Service, each one finds a sense of belonging...A world in which all beings are valued and respected for their uniqueness...where Authenticity and Integrity are the norm...where the Peace and Kindness we cultivate within shows up as a world free of hatred or violence.

With our growing Awareness, and by the Power of our collective intention, we are writing a new story; it is a story where there is no greed, where abundance means having enough to thrive.

We *do not* lower our Vision, no matter the appearances in the world, knowing with our whole hearts that such a world is not only possible, but *inevitable*. We align our actions to support our vision, and a new world is being born.

We open our hearts, our minds, our doors, and our arms in Radical Welcome, erasing all lines of apparent separation. In keeping with our Vision, we create an open and loving community to which all are invited, and *in* which all have an equal voice. Trusting in the power of prayer, we accept its Graceful unfolding, calling it done, and in Sweet Gratitude, we release it now to the Living, Loving, Lawful Presence.

And so it is...Aho!

Let's take a moment to look around to say good morning to your Spiritual Family...some of the people who care about you...people you can count on when you need a hand.

If you were with us at Taizé this morning, you know that we have been considering the difference between ***Doing and Being*** and how they fit together.

What comes to mind when I say *doing*?

(action, movement, accomplishment, attaining goals, growing, learning, etc.)

What about *being*?

(sitting still, being mindful, acting with no goal in mind, allowing what is to be, not letting societal expectations drive you)

Do you think that one is more important than the other?

At the Taizé, we asked the question, “**Do we make our state of *being* a priority, or do we get caught up in all the things we want and need to *do*?**”

Are we living our lives as if *being* is our top priority?

Were we taught that *being* was important?

Why is it so easy to get caught up in *doing*?

(there are so many things we think we have to do, that other people are expecting us, or counting on us, to do; we assign value to our accomplishments; society assigns value to our accomplishments; we're afraid to be alone with ourselves; we don't know how to be focused...habitually distracted)

Are there any negative associations you have around *being*?

(I have to admit that I become a little critical when someone says they're doing their part by praying and meditating if they are not also moving their feet in some way to change a condition. It can feel like an excuse for not doing more.)

What do you think is the ideal relationship between doing and being? When are we in right relationship with them?

Where does *having* fit into the scheme of things?

(We are taught that we have to have something in order to do something, which leads us to being something)

For example, I have to *have* a lot of money in order to *buy* a Mercedes, so that I will *be* happy or fulfilled. I have to *have* an education in order to *make* a lot of money, so that I can *be* a good provider for my family...or *be* happy...or *be* important)

Is this true? No

No, the deeper Truth is that we first have to *be*, then we can *do*, then we can *have*. I want to have a black belt in Karate. Great, first you have to *be* a black belt in the way you live your life. Then you have to *do* the work to learn the art form. Then you get to *have* a black belt.

I wanted to *have* an Independent Spiritual Community called Mystic Heart. First, I had to *be* in a state of integrity and spiritual growth. Then I had to *do* the work to learn the ins and outs of ministry...which is on-going. Then, at some point, when there was some level of consciousness, I got to *have* a Church called Mystic Heart.

Spiritual Teacher and Mystic Christian Larson tells us that, "We don't get what we want; we get what we *are*." In other words, being naturally comes before doing, which comes well before having.

Should someone have taught us this as very young children? Should someone have modeled this... made sure we understood?

This is not meant to lay a guilt trip on us if things aren't going the way we'd like. It's meant to encourage us to use the outer world as a reflection for the inner world.

Okay, prepare your heart and mind...this might get a little pokey. I'll use the first person and speak for myself. I'm either getting the results I want or I'm not. And I can have every excuse under the sun for why I may not be getting those results, but ultimately in order to change the reflection, I have to take ownership of the picture of me that it's revealing. Even if I never say it to anyone else, I have to be honest enough with myself to say, "Something I'm doing is not working, because I'm not getting the results I want." As Einstein said, "Insanity is doing the same thing over and over again and expecting different results." So, when I find myself experiencing the same results over and over again, it's time to do something different.

Final Thoughts?

Closing Prayer: Right here and right now, in the loving Presence of Spirit, we drop down...into the depths of being...knowing that we are One...One with God, One with one another, One with all that is.

I trust and know that I am held and loved by this Great Presence and Power, even as I am an intentional expression of It.

I Am secure in this Love...my deep Faith anchors me...I need nothing else.

I align myself with Its Intelligence, Wisdom, and Grace...and in this Communion, I Am Whole.

I live my life from this state of being, allowing it to give rise to all I do.

By every act, I Am prospered. I have all that I need in every moment.

As I accept and know these words as Truth, my heart is at ease...I Am at Peace.

Thank you, Great Spirit, Father God, for all that I have...for all that I Am.

I appreciate and give thanks for all of it...without exception.

And so it is...Aho!

I invite you to bring your awareness back to your body, to your senses, to the atmosphere in the room. And when you are ready, open your eyes to re-enter the space. Welcome back.

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 offer this gift freely in the spirit of Love, blessing and 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 – *Inside Outside*, by Keb Mo, featuring Daryl Hall

https://youtu.be/AuoCdep_b90

Chris N. – Blessing for the Offering

Invitations

 **The Mystic Heart Book Club** has begun reading ***The Essential Path*** by Neale Donald Walsch, **Tuesdays from 3-5 pm**. Drop-ins welcome.

♥ **Metaphysical Bible Study** is meeting with Chris Johnson on **Thursdays from 3 – 5 pm**. Drop-ins welcome.

♥ Mark your calendars for **the Common Threads of Truth, Tuesday, July 25th, 6:00-8:00 pm** – **Kathy Rutan-Sprague** of the **Baha'i Tradition** will be presenting. Donations gratefully accepted.

Looking Ahead...

♥ Please join Mystic Heart on **Friday, August 4th** for a joyous time of drumming and spiritual togetherness. All are welcome! Drumming will begin at 6:30pm. Please arrive early for parking and set up. Bring your drum or favorite instrument, a chair for outdoor use and your open heart. **Drumming led by April Jimenez**; hosted by Laurie Buckman and James Massengale. Please RSVP for address. Contact April @ 562-440-3785 or Laurie @ 530-440-2924 for more info.

♥ For our next **Celebrating Community Fun-Raiser**, we have joined Unity of Redding in buying out the **Riverfront Playhouse on Wednesday, August 9th, 7:00 pm, curtain at 7:30**. The play is a romantic comedy called **The Rainmaker**. Early bird tickets are \$20 until Sunday, July 23rd, and \$25 after. We are being invited to bring appetizers to share, and beverages will be for sale at the theater.

♥ **Praying in Color – Kindness Rocks!** Join Rev. Diana on **Saturday, August 12th, 1:30–4:00 pm** at the Mystic Heart Gathering Place, Suite H.

♥ **Saturday, August 19th, 10 am – noon**, **Laurie Buckman** will present a **Culinary Herbs Workshop**, including how to mindfully grow and use a variety of herbs to create a varied and healthy range of recipes. More details to come. Suggested donation: \$20. All materials provided

Prayer Requests, Practitioner available after service

Information Cards if new people

Rev. Diana & Chris – Closing Song

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

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¹ Ernest Holmes: *The Science of Mind*, p. 477