

Back to the Roots

March 3, 2024

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



An Independent Interfaith Community
Practicing the Possible Through Prayer

Taizé

Rev. Diana – We follow the bell to the stillness within... 3 Bells

Sherri – 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 Independent Interfaith Community that teaches Universal Principles and Practical Spirituality. We open our doors in welcome, trusting that you will be led to the Guidance and Wisdom of your own Mystic Heart.

Rev. Diana & Chris – Taizé Chants

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

 **I Am Remembering**, written by Rev. Melissa Phillippe

Rev. Diana – I invite you to relax more deeply into the Truth of your being. Take a long, slow, cleansing breath in, and on the exhale, soften the forehead...the corners of the eyes...breathing in and out...relaxing the jaw, throat, and shoulders...breathing in and out...relaxing the heart space, the belly, the palms of your hands, the soles of your feet. Now let this next breath move all the way up your spine and into your head, and move it back down, all the way into your legs, feet, and out into the earth below. Feel how the breath connects you to the earth...how the breath moves between us and connects us with one another, and with all that is...with all humans, and all other creatures...with the plants...the rocks and grains of sand...and with every drop of water...with the heavenly bodies. Take a moment to feel the connection.

Sensing our deep connection with all of Life, we know that it is time...it is time that we rise...in awareness and in action...that we show up for one another, and for our beautiful planet, like we've never done before, for the Highest Good of All. And so, we invite the presence of the **Sacred Masculine** to come forward...that Divine Masculine energy that lives in each one of us.

The Sacred Masculine...peaceful and powerful protector of all that has been created...encompassing qualities that support growth, harmony, and strength without the need for dominance or control. But this is not the image of masculinity that we have been handed by modern society.

Go back with me in time to the Greek god Dionysus...sometime between 1500-700 BC...there you stand, in the shadows of a dense forest...and the great god Dionysus stands before you. You kneel and he rests his ivy-wrapped, root-entangled wand on your shoulder. As the tip of the wand touches you, you might be “catalyzed into mystical ecstasy” or transformed into an animal, or a plant. You are being invited into the magical process of creation...transformation.

Now let's move ahead in time to the stories of King Arthur...during the 5th-6th century AD...there is a myth about a sword...it has been driven deep into a large boulder and is stuck...it is told that whoever can dislodge this sword from its stone will be king...will rule all of Britain by the power of that sword.

So tell me, when did the Flowering Wand become the sword? When did the peaceful, playful, creative energy of Dionysus become the divisive, defended, and dominating energy of the patriarchy? Our concern is not so much about when or how it happened. Rather, it is to recognize it for what it is...and to reconnect with the **Sacred Masculine** that lives within us, so that we can bring it into harmony with the Sacred Feminine qualities. Only then will we heal the wounds that are hidden in the shadows of our subconscious and reveal our innate wholeness...only then will we heal the trauma that is buried in the collective consciousness so that true peace on earth will prevail.

The Sacred Masculine is an energetic, spiritual, archetypal ideal that manifests itself through conscious thoughts, plans, processes, goals, and structures. This principle is action-based, focused on doing rather than being. It is represented by power, strength, focus, leadership, and logic.

In proper balance, it is confident without being arrogant, rational without being possessive, and strong while still being gentle. It offers safety and guidance through compassion and support.

Sacred Masculinity is marked by action...taking charge...following through. There is visible passion and power without the need to force or control. Masculine energy will assert itself, stating wants and needs out loud, but with respect. It keeps us grounded in the material world, moving in a forward direction. While our Sacred Feminine will envision future blessings, and place faith in Spirit's Process and Timing, the Masculine will take the necessary steps to physically *prepare* for their arrival.

When left unchecked by the balancing Feminine energies, the Masculine can become aggressive or domineering...can lack empathy or emotional intelligence...may have trouble showing vulnerability or feelings...and can get stuck in the head, forgetting to consult with the heart.

This is the state of our world at this time. We have allowed the Masculine energies to dominate. It is time we come back into harmony, individually and collectively. It is time to call in the Feminine...not to take the lead, but to bring us back to balance...to serve as the much-needed counter-balancing Energy that will heal our world.

Chris – Guided Meditation

The wand and the sword represent two very different approaches to expressing our Sacred Masculine... The wand is a symbol of great Power... whether magical or spiritual... And although we usually think of the sword as indicating Power as well, it actually characterizes *force*, not Power...

True Power aligns with the Creative Impulse... it works with Spirit to bring more Love, Life, and Beauty into the world... Force has only one purpose... to get its own way... regardless of the cost to others... or to the planet... Power *affirms* others... while *force* is largely unconcerned with its aftereffects...

We all have endeavors that we delegate to our Sacred Masculine... with varying degrees of success... As we share our three minutes of Silent Contemplation this morning, I invite us into self-inquiry... In my ventures am I using the wand or the sword?... Am I invoking Power or force?... Allow yourself to align with the Divine...

Silence – 3:00

As our attention gently flows back into this time and place, we give thanks... Thank you, Creator, for the limitless Power that is ever available to us... for this Spiritual Family that supports us and reminds us of who and whose we are... and for the courage to let down our defenses, so that we may Love Freely...

As Rev. Diana continues her Taizé message this morning, we receive her inspiration with open, undefended hearts... allowing ourselves to be filled with Divine Power... and with the Peace that comes as we remember our True Identity... tracing our journey all the way *Back to our Roots*...

Rev. Diana –

I would like to share a reading from *The Flowering Wand* by Sophie Strand:

Arthur takes the sword out of the stone in order to fight and prove his kingship – his “dominance” over other beings. Perhaps, then, we should put the sword back in the stone, letting it fossilize and become a ...monumental reminder of this time when we cut ourselves off from the land, the animals, the plants, and our interrelated ways of knowing.

Let us give back to the masculine the flowering wand...let him find the water in the land so he can protect it. Let the masculine use his wand to put himself into other modes of consciousness so he can develop a matured ecological empathy. With the wand, he does not have to prove anything through force. His job is to connect, to close wounds – his own and the wounds of other beings and landscapes. As he uses the wand, he will feel its vines begin to snake into his own veins, the magic of the world reinvigorating his own sluggish circulation. And then he, too, can flower alongside his wand, outward, into a power that is soft, curious, connective, and celebratory.

Catholic Priest and Geologist Thomas Berry, wrote these powerful words:

The Great Work now, as we move into a new millennium, is to carry out the transition from a period of human devastation of the Earth to a period when humans would be present to the planet in a mutually beneficial manner.

He continued:

...everything has a right to be recognized and revered. Trees have tree rights, insects have insect rights, rivers have river rights, and mountains have mountain rights...we can no longer hear the voice of the rivers, the mountains, or the sea. The trees and meadows are no longer intimate modes of Spirit presence. The world about us has become an 'it' rather than a 'thou'...the natural world demands a response beyond scientific insight. The natural world demands a response that rises from the wild unconscious depths of the human soul.

This is Spirit's intention for us, for our lives...this is the return to the Garden, the Heaven on Earth that we are free to co-create. Each of us can do our part to re-establish the Harmony that is ours by Divine Birthright. By every loving thought we hold, each kind word we speak, by our conscious intention to do no harm, by our purified motives, and responsible actions...the seemingly little things we do with mindfulness...this is the Great Work that we are called to.

I would like to close with a Prayer to the Sacred Masculine by Nuno Salema :

We call upon the presence of our Spirit Guides and our Internal Masters.

We ask them to bring their Wisdom, their Compassion, and their Love so that it may become our Wisdom, our Compassion, and our Love.

May the fearless Braveheart, the noble King, the knowledgeable Wizard, and the caring Lover manifest.

May we have the courage to share our vulnerabilities, the strength to face our shadows and the will to express our creativity.

May we be brothers in this quest, each of us in his own path, searching for his singular Truth. May we feel the support of our tribe, the incitement of our partners, the dream of our ancestors and the strength of our offspring.

We evoke Mother Earth to receive and support us in its tender embrace and Father Sun to shine its light on us. May our animal instincts unite with our Spirit and our mind resonate with our body.

May Reason, Heart and Gut align and may we be compassionate for our history and our time. May Presence, Listening and Acceptance be our tools, knowing that the path is to be walked but not forgetting that we are already where we should be.

So may it be...And so it is. Amen.

Rev. Diana

I invite you to Come back into the awareness of your body...notice the atmosphere in the room, and when you feel ready, gently opening your eyes and allowing your 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.

Rev. Diana – Love Offering

As we close our Taizé Meditation, we offer the opportunity for you to share your financial good in support of the work we do in the world. 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 – *Create in Me*, by A Capella

<https://youtu.be/noUeQQ64Q1I>

Rev. Diana – Blessing for the Offering

Feel free to grab a cup of something warm next door and meet us back at 10:30 for a Conscious Conversation.

Rev. Diana & Chris – Taizé Closing Song

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

Conscious Conversation

Sherri – 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 here at Mystic Heart. We are an Independent Interfaith Community that teaches Universal Principles and Practical Spirituality. We come together each week to be reminded of the Wisdom and Guidance that live in our own Mystic Hearts. You are hereby invited and welcomed to this Spiritual Family, to our Spiritual Home, should you choose it for yourself.

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

 ***The Light of the World***, written by Chris Johnson

You can stay standing if you wish, or whatever brings the Presence of Spirit into the Body as we join in the creation of a **Love-Soaked World**.

Know with me now that we are creating a world where all humans embody and live from the Qualities of Spirit...Love, Kindness, Generosity, and Compassion...and from this way of being, I can feel the presence of a deep sense of Joy, Contentment, and Sufficiency. Can you feel it?

In this new world, all people honor and care for one another, for all of the life forms that share this beautiful earth, and for the earth Herself.

We remember that we are connected to all of Life...that we are dependent on the planet to sustain us, and on one another.

Being generous by our nature, and living a life true to our nature, we give of ourselves freely, offering the gifts we came here to give. With all needs met for every person, each one is free to share time and talent in ways that feed the soul.

By our every thought, word, and action, we are writing a new story in which all beings are well-fed...have the safety and comfort of home and a deep sense of belonging and purpose. We are so grateful that once and for all, health, education, and healthy relationships are supported by social systems grounded in Integrity, Compassion and Wholeness.

We welcome this new way of living, valuing every being for its uniqueness...we practice living Authentic lives...there is no need to defend or protect. With Love, Generosity and Kindness guiding every human heart, our world is free of hatred and violence. We recognize the abundance that surrounds us...giving and receiving flow freely in every direction and all beings gratefully receive all that is needed to live physically, mentally, emotionally, and spiritually fulfilling lives.

The planet and its beings thrive like never before as we learn to see the sacred in everyone and everything...we walk in reverence and gratitude for all that we have been given.

We maintain this Vision day by day, moment by moment; we are not swayed by appearances. Each of us works to align our actions with our Vision, living these changes first in our own lives, with our families, friends, and neighbors...and a new world is being born. In this process of profound change, this Community stands as an open and welcoming place for all who seek support, belonging, Family.

By the power of our deep faith, this prayer is acted upon, answered even before it is spoken, as Spirit knows our heart's desire and intent. In full expectation of its Graceful unfolding...

...we release it to the Creative Power and Intelligence that I call God...to the One that gets it done...And so it is...Amen! Sathu...Selah...Ashay...Aho!

Bringing awareness back to the body, to the room, to this beautiful life, and to the amazing beings who share this space with us this morning...look around to say good morning to your Spiritual Family.

As promised, our theme this month is **Sacred Masculine**, and the topic of Conversation this morning is **Back to the Roots**. If you were here for Taizé this morning, you will remember what was said...that every one of us is a unique combination of masculine and feminine qualities and traits...that **The Sacred Masculine** is expressed when we are active, focused on *doing* rather than *being*. It is represented by power, strength, focus, leadership, and logic.

...that in proper balance, it is confident without being arrogant, rational without being possessive, and strong while still being gentle. It offers safety and guidance through compassion and support.

The **Sacred Masculine** takes charge...follows through...asserts itself respectfully. It keeps us grounded in the material world and keeps us moving.

And finally, when left unchecked by the balancing Feminine energies, the Masculine can become aggressive or domineering...can lack empathy or emotional intelligence...may have trouble showing vulnerability or feelings...and can get stuck in the head, forgetting to consult with the heart.

We recognized that the patriarchy that results from dominating masculine energy has not always been so, and we talked about the Great Work of bringing the energies back into harmonious balance.

There was a lot more packed in this morning, but that's where I'd like to begin our Conversation this morning.

How do you define Power?

(the ability to do something or act in a particular way, especially as a faculty or quality; the capacity or ability to direct or influence the behavior of others or the course of events; the ability to get things done; from the Latin, to *be able*)

What if I asked, what is True Power? Does that change your definition?

(The Presence of the Divine moving through me, through my life; Life, or Creation, doing what it does)

How do you define force?

(I found these definitions...coercion or compulsion, especially with the use or threat of violence; make a way through or into by physical strength; drive or push into a specified position or state using physical strength or against resistance)

What about a force for Good? (from the Latin, force means strong)

What about 'Use the Force, Luke'? 😊

Why do I bring up Power versus force as part of our Conversation about the Sacred Masculine? (Masculine energy is a powerful energy, but is not forceful by nature; human beings have skewed that Power into something it was never meant to be)

How does this confusion affect our personal lives?

How has it affected our world?

What can we do about it? How can we use our greatest Power to affect change? (put down resistance, learn to move with the flow of Life; stand strong, but peacefully...lovingly...in truth; true Power does not need to be loud. That is not to say that it never speaks up, but it does so from a loving place. It's motivations are pure...for the Good of All.)

How do we help shift from a culture of force to a culture of Power?

What would a culture of True Power look like?

Are you ready to claim the shift from force to Power in your life?

Let's anchor this knowing in prayer:

There is one, and only One Power...It is ...It is affirmative...It is forever expressing as all that is.

I take a moment to let that sink in...I Am, you Are, an individualized conduit for that One Power.

It moves through each of us equally...pure potential waiting for our direction.

This Power connects us...and if we let It, It will Guide us.

This Power is infused with Intelligence...*is* Divine Intelligence.

And It is available in any moment that I bring my awareness to It...It is willing.

The Power that I express in the world is active, even while It is stable...It is strong, even while It is flexible...It is rational, even as it tunes into the Heart.

The Power that I express in the world is held and honored as a Loving Power...It is a Power for Good and I wield it as such.

It is the creative Power of the Wand, never the destructive power of the sword. I remember that the sword with its resistance, separation, and violence, is not Power at all, but rather, force.

I consciously use the Creative Power of Spirit...grounded in Love, Compassion, Kindness, and Generosity.

This Loving Power will not, by itself, heal the world.

But until I live *my* life in, from, and *as* the Loving Power of Spirit, the world can never be Whole.

I dedicate myself and my life to Love...to self-givingness...to the True Power that binds us together...that connects us to the earth and to all that lives beyond.

And I trust and know that as I give, so do I receive.

Thank You, Spirit, for Blessings too numerous to name...those gifts that I would call beautiful and graceful, and those that challenge me to grow in character, resilience, and faith.

I walk in reverence, in humility and deep gratitude for Your Powerful Presence and Wisdom in my Life. Thankful for this time of Communion, I rest, knowing that my prayer is answered before it is spoken. And So It Is! Amen!

Take a moment to allow your awareness to return to your body, to this space, to this beautiful gathering...welcome back.

Love Offering

I 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 budget and plan for our growth.

Tying in with our theme, please enjoy...


Offertory Music – *God is Loose in the World*, by Peter Mayer


<https://youtu.be/FHHDewtoftw>


Sherri – Blessing for the Offering


Sherri – Invitations

 **The Mystic Heart Book Club meets on Tuesdays – book is *The Delight in Being Ordinary* by Roland Merullo.**

 **Rev. Diana is offering a new course of study based on the book *Understanding World Religions* on Wednesdays from 2-5 pm. You can still add for another week.**

 **Fast Track to Wellness is meeting on Thursday from noon to 2 pm. Dr. Sharon Brisolara will be presenting the Practice of Mindful Eating this week. Drop-ins are always welcome.**

 **Metaphysical Bible meets on Thursday from 3-5 pm with Practitioner Chris Johnson. Drop-ins are always welcome...BYOB.**

 **Master Gardener Spring Workshop, At The Redding Public Library – This Saturday, March 9th, 10:30 am – 1:00 pm. Join Rev. Diana and a host of Master Gardeners and plant enthusiasts for a morning of workshops designed to prepare**

you for your spring planting and summer gardening. Contact Rev. Diana for more information.

♥ **Spring Forward! Daylight Savings Time starts next Sunday. Be sure to set your clocks.**

Looking Ahead...

♥ **April Jimenez-WinterSky is presenting a workshop on March 16th. April, would you like to come up and tell us about it?**

♥ **Tickets have sold out for the Spring Tea, but raffle tickets for the Easter Basket Raffle will go on sale next Sunday, March 10th. They will be \$2 each or 6 for \$10.**

♥ **And reservations are coming in for our Spring Retreat at The Gathering Place at Shasta Lake. We are collecting your \$100 non-refundable deposit to hold your space. We have 10-15 spots left, depending on sleeping -arrangements. The reservations are first come, first served. The total cost per adult is \$275. Contact Rev. Diana with your questions and to reserve your spot.**

There is more information available in the March Bulletin...take one home with you. And check out our amazing website.

Information Cards if new people

Prayer Requests: I am available after service – We invite everyone to help us make a private space for prayer here in the Sanctuary by joining us next door for lunch

Rev. Diana & Chris – Closing Song

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

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