The Soft Voice of the Soul

Sunday, September 7, 2025

Rev. Diana Johnson IM, RScM, with Chris Netto, RScP,
Chris Johnson, RScP, & musician Marsh Brodeur

An Independent Interfaith Community
Practicing the Possible Through Prayer

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 Independent Interfaith Community that teaches Universal Principles and Practical Spirituality, following the Common Threads of Truth that run through the world's traditions. I pray that this morning will lead you to the Guidance and Wisdom of your own Mystic Heart.

We begin our meditative journey this morning by joining our voices, deepening our Intimate Connection.

Rev. Diana, Chris J, & Marsh – Taizé Chants

- ***Welcome Home to Your Mystic Heart***, written by Diana & Chris Johnson
- ***Dropping Down***, written by Karen Drucker, Amy Bishop, & Gary Lynn Floyd

Rev. Diana – Dropping Down into the Inner Chamber, taking a long, slow, deep breath…feeling the brief pause, and then letting it go…feeling the Presence of New Life entering your being with every breath in…breathing in Vibrant Energy, and then sending that Energy out into the world on the outbreath, creating an atmosphere of Love, Peace, and Wholeness, both within and without…

Taking another moment to follow the breath as it settles into its own natural flow, and then slowing it just a bit…allowing your awareness to move away from the breath, grounding even more deeply into the silence, into the timeless nature of your being…right here, right now…feeling your Oneness with the Creative Intelligence of the Universe…and acknowledging your Oneness with the global community…

…Sensing a web of consciousness that surrounds and infuses the planet, each of us a radiant point of Light in that web…knowing that all beings carry the Divine Spark…every human, every creature, every plant…part of the web…every rock and grain of sand, every drop of water, infused with God's Radiant Light…extending still further into the cosmos, the wind, the clouds, the stars, the planets…one Light, one Life.

Acknowledging our connection with all of life, our collective Work here is empowered…Our collective prayer and meditation leave an imprint of Peace, of Love, of Grace, on the world, on the cosmos, for all time…transformation is under way…Wholeness is being revealed.

By our coming together, sharing in prayer, meditation, and visioning, we are listening for ***The Soft Voice of the Soul***. What is the soul?

Some would say that it is the immaterial aspect, or Spirit that animates the human form…it is the absolutely unique point within us where our humanity and our Divinity are joined…the invisible, immeasurable essence that makes us who we are.

Another definition of soul…"Your soul is your hidden reservoir of limitless Wisdom, Peace, and Joy. Your best guide for setting priorities and living at a sustainable pace…(it is) the part of you God held last, just before releasing your free flight into the world." (*Soul Talk*, Kirk Byron Jones)

Take a moment of silent reflection…is there such a thing as the soul? And if so, what is it? Listen for what Spirit has to say. **(1 minute of silence)**

There is a belief that exists in many traditions that each soul is on a journey…that it travels from lifetime to lifetime, taking form again and again, adapting, changing, and growing by its experiences…that the soul's development is responsible for the inherent qualities we bring into our lives from birth…

…and that it makes its way along a continuum of spiritual development, coming to know itself more and more as an expression of the Divine.

How do we tend to such a nebulous thing as the soul? Where do we look to determine what the soul needs…what it has to say? I believe that we are given the tools we need to hear its soft and gentle Guidance…feelings, intuition, and insights.

The question is, are we attending to our feelings, acknowledging them as pointers to what the soul is calling for? Are we listening for the soft voice of intuitive guidance in our daily lives? Are we using the insights we are given to change direction or behavior?

It is so easy to allow ourselves to be distracted from the inner life. Every moment offers opportunities to place our focus elsewhere. We can become so busy with the *doing* that we lose track of the *being*. While I believe that we are here to *do* things…to be in Sacred Service by growing our human capacities, improving our relationships, and caring for our material surroundings…what matters is our state of *being* as we walk the earth, serving as the hands, feet, hearts, and voices of the Divine.

Questions that I use to check in with my state of being…to address ***The Soft Voice of the Soul***…am I being a mindful and loving Presence, improving upon the spaces I enter? Am I at Peace, feeling content? And if not, why not? Am I getting enough rest? Am I engaging with too many activities or people, expecting too much of myself? What is my motivation for doing the things I do? Am I nourishing my physical body with healthy food?

Do I honor my body with healthy movement each day…spend time in nature…take the time to notice the beauty that surrounds me? In short, how am I *feeling* about what I am *doing* and who I am *being*?

We are self-reflective beings…we have the capacity to think, plan, analyze, and choose, and also to reflect upon our own thoughts and choices…we are able to listen to how we are feeling about ourselves and our lives, and to choose again where needed. But do we honor ourselves enough to take the time for reflection? Do we listen, and really attend to, ***The Soft Voice of the Soul***? We have the capacity to ask for Guidance from Life Itself, from Great Spirit…from the Infinite Intelligence of the Universe…and to listen for answers. But do we slow down long enough…become humble in our asking…and listen for a Higher Wisdom than our own?

Musical Meditation– ***Get Ready My Soul***, by Daniel Nahmod

Chris J – Guided Meditation

Get ready, my soul – I'm diving in… to the deepest kind of Love… to the sweetest kind of Life… Everything I've ever done… everything I've ever seen… everything I've lost or won… everything I've ever dreamed has brought me here… Here… to this present moment… here… to a new beginning… here… and I'm seeing things so clearly now…

Here I go… deeper than I've ever been before… Here I go… closer to my Sacred Source… So, get ready, my Soul… get ready to guide me on this journey… to take me into unknown territory… to fulfill your destiny in and as my Life… to show me my original face… the Divine image and likeness that I was created to be…

The Soul is shy… only under very exceptional circumstances will she ever *initiate* a conversation… we must seek her out… coax her into revealing her Wisdom… her Inspiration… We must be very still and patient if we wish to see a deer in the forest… similarly, we must ask gently and wait patiently if we are to hear the Soul speak…

When the Soul *does* speak to us, it is *our* turn to *get ready*… to expect the unexpected… to listen attentively… without judgment… with profound receptivity… humility… trusting that Divine Grace is revealing our truest, most authentic Self to us… and most importantly, we must *get ready* to *act* on what is given to us…

The Soul's message is a Divine Commandment… a Sacred Covenant… the will of the Spirit that indwells us… our Higher Self… it transforms who we *are*… and what we *do*… In our three minutes of shared, Sacred Silence this morning, let us open ourselves fully to the wellspring of Wisdom, Peace, and Joy that bubbles up from the Soul… and let us be transformed… allowing our lives to align ever more completely with our Soul's purpose… to become the highest vision of our Divine Self that we can possibly imagine…

Silence – 3:00

Sacred Source of all blessings… Divine Mother… Holy Father, thank you for this time of intimate communion with you and with these beautiful saints who worship with me…

Thank you for your continued inspiration and guidance… May we always be attentive to your voice as it speaks through our Soul…

The Soul is the Divine Spark within each of us… the Omnipotent, Omniscient, and Omnipresent Creator individualized and personified as you… as me… It is the eternal and infinite part of our beingness… All that God is dwells within us…

With our hearts and minds open and receptive to Rev. Diana's continued inspiration, we allow ourselves to be moved… to be changed… as our Soul joins in the Divine Dialogue… and we listen for the *Soft Voice of the Soul*…

Rev. Diana

The soul is our unique expression of the Divine in human form. It gives us our distinct qualities, characteristics, and gifts so that we can share them with the world. It is our soul's purpose in this lifetime to pour out our gifts…to give unconditionally…to live Whole-heartedly.

Now the question becomes… "what do I have to offer? What are my unique gifts? How will my self-givingness take form in the world?" The first step in answering these questions is to first ask, "What do I love?" St. Thomas Aquinas suggested that "The things that we love tell us what we are."

And the poet, Rumi wrote: "Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray." Love is magnetic…it leads us to our purpose. We can't miss it, and we can't resist it.

In the words of Gabby Bernstein, "If it's your Calling, it will keep calling."

Author Angeles Arrien suggests that, "Where we are full-hearted in our lives, we are deeply engaged, responsible, reliable, and committed." That makes it pretty easy to discover where your own full heartedness lies…where are you fully involved in manifesting what has heart and meaning for you? It can be anything…take a moment and look within yourself…where do you willingly spend your 'free time'? What kinds of activities make time disappear…and move you into a Flow that leaves you feeling peaceful and contented? Listen for what ***The Soft Voice of the Soul*** has to say.

We'll take these questions and more into our Conscious Conversation this morning, but let's take a moment to close our Taizé in prayer. Join me in knowing that…

Closing Prayer

Right here in this Holy Moment, I Am listening for ***The Soft Voice of My Soul***. I Am taking the time to remember Who and Whose I Am…that there is one Source, one Life, and that I Am an integral part of that One. I Am here on purpose…a perfect expression the Divine, uniquely made so that my soul might continue along its amazing journey…and so that I might share my gifts with other souls that cross my path. This life is so much bigger than we realize…there is so much more going on than our human senses can perceive. So I choose to consciously place my faith in the Goodness of Life,

in the perfection of all that is unfolding, and in the Grace of the One I call God. As I make this conscious choice from a place of Spiritual Power and Authority, my life reflects Goodness back to me. I have absolute Faith that my Powerful Word is creative and moving into form and experience right here and now for each one listening. A prayer spoken and deeply felt is a prayer answered. And so, I release it fully and completely to the Loving, Lawful Presence, calling it done. And so it is. Amen!

Coming back into this space, we open our eyes, our hearts, and our minds. Take a look at 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, who are there for you if you need anything.

Love 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. We are a self-sustaining Community, depending on your generous gifts.

Offertory Video – *Better Together*, by Jack Johnson | Playing For Change | Song Around The World

https://youtu.be/GuTIFsvlmAM?list=RDGuTIFsvlmAM

Rev. Diana – Blessing for the Offering

Rev. Diana, Chris J, & Marsh – Closing Song

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

Conscious Conversation

Chris N – Opening Prayer

Rev. Diana, Chris J, & Marsh – Opening Music

- ***Welcome to the Mystic Heart***, written by Diana & Chris Johnson
- ***One Big Family***, written by Robin Hackett & Gary Lynn Floyd
- **Song – *How Can I Serve*** , written by Rickie Byars

Rev. Diana – Good morning and welcome, or welcome back…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, following the Common Threads of Truth that run through the world's traditions. I pray that this morning you are discovering the Guidance and Wisdom of your own Mystic Heart.

Let's keep that Powerful Energy going and growing as we join in the Sacred Practice of envisioning a ***Love-Soaked World.***

We enter the imaginal realm together…that space of Infinite Potential, where Spirit and matter are work together, turning all things to Good. We find ourselves in a world where all humans are living from their deepest Wisdom and Generosity…their most Loving nature…thoughtful of the impact their thoughts, words, and actions have on one another, on the community, and on the planet…

This is a world without greed…where there is abundance in having enough…where all needs are met gracefully and easily…where nutritious food, clean water and air are readily available to all, no matter where you live, the color of your skin, or which family you're born into…

…where warm, comfortable, and affordable housing is a given…where all beings feel a sense of safety, belonging, and contribution…

…where mental/physical health, education, and healthy relationships are ensured by social systems grounded in Integrity, honesty, and Wholeness…

Ours is a world where all beings work and play at whatever feeds their soul and are well compensated for their Service…all are valued and respected for their inherent Goodness. Authenticity and vulnerability are not only welcomed but celebrated. The Peace we cultivate within ourselves shows up as a world free of violence, hatred, or indifference. The Love that we are here to share is given freely to whomever our hearts are called to love. We have moved beyond all lines of separation, and live as one human family, caring for one beautiful planet with the reverence she deserves.

By the Power of our collective intention, imagining, and inspired action, we have undergone an amazing transformation…we are living in a world that works for all beings. Giving no power to appearances, we live according to our highest aspirations…we do not lower our Vision no matter what the world may say. We are at Peace with our families, friends, neighbors, and other nations.

This Community stands as an open and welcoming place for all who seek support, belonging, and a sense of Family during this time of profound transformation…it redefines *Church* as a place of Self-Discovery, Authenticity, Kindness, Radical Inclusion, and Love, as we are Guided to the Truth that lies within every heart.

Giving thanks for the Beauty of our world and trusting that a prayer spoken and deeply felt is a prayer answered, my Word is acted upon here and now. In full Acceptance and great Joy, and with the deepest humility, I release this Prayer to the One Who Gets It Done…And so it is!…Amen!

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…

If you were with us at Taizé this morning, you know that we have been listening for ***The Soft Voice of the Soul***. For those who weren't here, we defined the soul as the immaterial aspect, or Spirit that animates the human form…the invisible, immeasurable essence that makes us who we are.

We considered the belief that exists in many traditions that each soul is on a journey…that it travels from lifetime to lifetime, taking form again and again, adapting, changing, and growing by its experiences…that the soul's development is responsible for the inherent qualities we bring into our lives from birth…and that it makes its way along a continuum of spiritual development, coming to know itself more and more as an expression of the Divine.

We reflected on our individuality and the unique gifts we are meant to offer the world, and how listening for what we love can lead us to our unique purpose of calling. I want to use a favorite quote by Howard Thurman as a springboard for this morning's conversation. Here it is: "Don't ask yourself what the world needs. **Ask yourself what makes you come alive, and go do that**, because what the world needs is people who have come alive."

Okay, first question:

What is it that makes you come alive?

(For me it's being in nature, studying, writing, teaching, cooking, gardening, walking barefoot in the dirt…)

How much of your time do you give to these pursuits, to these activities?

Is it enough? Or do you cheat yourself and the world of your gifts?

I find it sad that, when preparing to choose a career, I wasn't asked, "What do you do with your free time? What do you enjoy the most?"

Were you asked that question?

What kinds of questions were you asked?

When we're engaging in activities that fulfill us, we are living a Whole-Hearted life…we are listening for ***The Soft Voice of the Soul.***

What does it look like to live a half-hearted life?

(letting others/the world determine who I am or should be; a lot of shoulds, rather than wants; "I have to," instead of "I choose to.")

How often do you hear yourself saying, "I have to do this" or "I have to do that?" Not only is that a half-hearted way for me to live, but it also puts me into a victim role and releases me from responsibility. But that's a whole 'nother talk.

Here's an interesting experiment…think of something that you "have to" do during the week. **Anyone want to share?**

Now, instead of saying I have to _____, say "I choose to _____." Because you don't really have to, do you? There are alternatives, aren't there? Of course, every alternative carries a consequence. So we make our choices based on the effects we wish to experience, but they are still our own choices to make.

Do you feel a certain sense of empowerment by owning the choice? Does it feel different in your body?

It's a sign of emotional and spiritual maturity to consciously own the choices we make. I so admire you for willingly walking into a place where you know that I'm going to say things like that. Not everyone is ready to step into that level of responsibility. Okay, let's shift things a bit and talk about another way of listening for ***The Soft Voice of the Soul***.

I am reading a book called ***Soul Talk*** by Kirk Byron Jones. I'd like to share some of his ideas about the soul's voice and then get your feedback.

He says this: "Soul communication comes forth from inside you, and from outside you."

What do you think he means by that?

(feelings, intuition, insight; other people – books, songs, poetry, etc.; situations and circumstances; nature)

Learning to discern the soul's voice from the other voices that live inside our heads can be tricky. This author suggests that there are certain indicators we can look for. His view is that the soul's voice is distinct, non-anxious, clear, lighthearted, challenging, and patient. I'd like to share a couple of pages that offer descriptions. After each section, we'll open it up for Conversation.

Read pages 11-14, pausing with a question after each section.

Is there anything else that needs to be spoken right now? What are you taking with you from our Conversation today?

Closing Prayer Join me now as we close our time together in a prayer of Powerful Affirmation.

Love, Life, Light…Peace, Power…Joy, Beauty, and Freedom…these are some of the inherent Qualities of the one Source. Right here and right now, I acknowledge and accept these Divine Qualities as part of my human expression. I call them forth to shine Light into every area of my life. In every moment, I remember Who I Am and why I'm here…to offer my gifts to the world…to play my part in this dance of life with authenticity and integrity. As I move into this week, I ask for Guidance…what is mine to do? What is my greatest contribution? I listen…and I act accordingly.

I come into greater and greater alignment with the Truth of who I came here to be. And in walking through the world in this way, I Am tending the soul of Humanity. With a deep sense of Peace, I am grateful for my life…I am thankful for the many blessings of this and every day. I bring an acute awareness now to the many hands and hearts it took to bring the feast to our lunch table…from the ones who planted the seeds, to the ones who tended and harvested the crops…those who drove the trucks, stocked the shelves, and checked out our groceries…and those who generously purchased and lovingly prepared the food for our enjoyment…a Ministry in itself. Filled with deep humility and gratitude, I

release this prayer, trusting that a prayer spoken and deeply felt is a prayer answered. And so, I let it go…I let it be…and so it is! Amen!

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.

Love Offering

As we close our time in Conversation, we offer the opportunity for you to share of your financial good in support of the work we do. If you are at home, you can go to **mysticheart.org** to use our Donate Button or to find our mailing address.

We are an independent, self-sustaining organization, so we depend on your generous gifts of support. If you have found value in our time together this morning, share the Love.

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.

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

https://youtu.be/lmAfEI-lbgc?list=RDlmAfEI-lbgc

Chris N – Blessing for the Offering

Chris N – Invitations

- **The Mystic Heart Book Club meets every Tuesday from 3-5 pm.** We are beginning a new book this week, ***Braiding Sweetgrass*** by Robin Wall Kimmerer. It weaves together Indigenous Wisdom, Ecology, and Spirituality into a rich and beautiful memoir that speaks to the heart.
- **This Wednesday, from 11am – 1pm, Chris begins his study of the *Bhagavad Gita*; and from 2 – 5 pm, Rev. Diana begins *Science and Spirit: A Study in Consciousness*.** Check the bulletin or online for more information and let Chris and Diana know if you plan to attend. There is a pre-reading assignment for Rev. Diana's class.
- ***Fast Track to Wellness* meets every Thursday from 11-1 pm.** We are listening to and discussing an amazing book, *Good Stress: The Health Benefits of Doing Hard Things.*
- **This Thursday from 2-5 pm, Rev. Diana is beginning her Shadow and Story class.** Check the bulletin or online for more information, and let Rev. Diana know if you plan to attend. There is pre-reading assignment prior to week 1.

Looking Ahead…

- **A Mystic Heart Fun-Raiser…*Mexican Train Game Day*, Monday, September 22nd , from 1:00-3:30 pm.** Feel free to BYOB if you prefer something other than

coffee, tea, or water. Suggested donation of $5 - ??? Remaining dates for this month are October 27th and November 17th. No meeting in December.

- ***Echoes of Summer, Whispers of Fall : A Monthly Sound Bath and Mid-Week Re-set, September 24th, 6:30 – 7:30*** **with April and Maile*.***

There is more information available in the new September Bulletin. Remember to take one home with you. Or check online at MysticHeart.org.

Information Cards if new people

Prayer Requests: I am available after service for prayer, in the Practitioner Prayer room or if you like, fill out a prayer card and I will get your request to our Prayer Team for daily prayer.

Rev. Diana, Chris J, & Marsh – Closing Song

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

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