The Space Between

Sunday, August 16, 2026

Rev. Diana Johnson, IM, RScM, with Lucinda Alton, RScP, and Chris Johnson, RScP

An Independent Interfaith Community
Practicing the Possible Through Prayer

Taizé

Call to Awareness – 3 Bells

Lucinda – Opening Prayer

Rev. Diana – Good morning, and welcome. If you're new with us here this morning, my name is Rev. Diana Johnson, Pastor and Spiritual Director here at Mystic Heart. I invite you to settle in, bringing awareness to the breath, allowing it to ground you in this space and this time, as we begin our Taizé Meditation by joining our voices in musical prayer.

Chris J & Rev. Diana– Taizé Chants

- ***Welcome Home to Your Mystic Heart***, written by Diana & Chris Johnson
- ***O Great Spirit***, written by Gary Lynn Floyd

Rev. Diana – There is no greater blessing than to live a life grounded in Love…trusting and knowing that Love is given freely in any and every moment that we remember…soften…open…and receive. Love *is* the Eternal Goodness of Spirit, forever flowing. We are connected by Love…in Love, we are One.

Moving more deeply into meditation, imagine the breath dissolving any distracting thoughts…moving the energy of the mind down into the heart. Imagine that your heart is beating with the pulsing energy of the One Life, with the Heart of the Mother, with the Heart of the Father…with the Infinite Intelligence living and moving through everything.

And now imagine that your heart is beating with the hearts of all beings…human, other-than-human…and that all of creation is pulsing with this same Life…

…sensing the global web of consciousness that is forever connecting us as we feel ourselves united by the pulse of Life Itself…envisioning the Radiant Light of Spirit that shimmers through all of it…acknowledging all humans everywhere as our brothers and sisters…the two-legged and four-legged creatures…the swimmers, creepers, and flyers, as well…the plants that give us sustenance and purify our air…the lifeforms below the soil, and the soil itself…the water that flows freely, giving us our very lives…all of it family…our family…beings of Radiant Light, inextricable connected to and by the Great Mystery…the Spirit of Love.

We feel and know our oneness with All That Is…and we acknowledge our responsibility to one another as human family, and as caretakers of this beautiful and life-giving planet.

With every breath, and in every moment, we sense into the Truth of our Oneness, allowing all lines of separation to dissolve…we are leaving an imprint of Peace, Love, and Connection on the Whole as we become more familiar with ***The Space Between***.

Each of us, in our own lives, seeks ***Freedom from Discord***…freedom from internal and external conflict…and a greater sense of harmony both within, and without. We can move ever closer to that Freedom by bringing our awareness to ***The Space Between*** our past circumstances and what is yet to be. If we are living our lives with awareness, we can take the time to notice this Sacred Space. As we use our Spiritual Practices to move from fear to Love, we acknowledge that this shift is not always instantaneous…it is a process. And in any process, there is a sacred *liminal space* between here and there…for example, between the person who feared, the one who acted despite the fear, and the person who is no longer afraid.

Liminal, from the Latin *limen,* means t*hreshold*. Liminality is a form of holding the tension between one space and another. It is in these transitional moments of our lives that authentic transformation can happen. But in order to make space for such a transformation, we must leave business as usual and voluntarily enter a world where the rules and expectations are quite different.

Father Richard Rohr:

> When we wake up in this way and find ourselves on the threshold of something new, we are shocked into realizing that our usual trance state is not the only option, and there might just be something more.

But in order to allow that something more to show up, we need to pause…maybe to allow tears to flow in the process of letting go…maybe to embrace our successes and count our blessings…whatever transformation is underway, we need to let everything be as it is.

Musical Meditation – *Let It Be* by Bleeding Strings

https://youtu.be/MLeOvLjipgk?list=RDMLeOvLjipgk (audio only)

There is a saying from the Christian Scriptures…*Christ stands at the door and knocks*. There is a pause, a waiting, for what is yet to come. Christ Consciousness, or Buddha Nature, can only be revealed in and through me as I willingly enter into a real, deep, transformative conversation with my Higher Knowing…right there in the space between who I have been, on the threshold of who I am now, and who I am becoming. To sit in ***The Space Between*** takes a willingness to let go of all that is holding me back…it takes time, patience, intentionality, and consistency. A level of faith, commitment and devotion to the process are required if I am to be truly transformed. I must move in the direction of trusting Life…of knowing that whatever is mine in Consciousness is already moving toward me.

Musical Meditation - *I Trust Life* by Fearless Soul

https://youtu.be/O40ruQpZogY?list=RDO40ruQpZogY **(audio only)**

Rev. Diana Trusting Life…truly believing…This is not a journey for the faint of heart. But for those who dare to make the journey, transformation is certain. What awaits the one who is transformed is a deeper sense of Peace, a greater Joy, a more acute awareness of Beauty and of the Miraculous, a greater capacity to see more clearly…to recognize the Majesty and Perfection that is already here…and a contentment like never before. This is the *Kingdom of Heaven*…the *Pure Land*…Enlightenment.

It is in the liminal space, in ***The Space Between***, that this transformation happens… regeneration occurs. Regeneration "manifests outside the realm of the profane, inside the crucible of the Sacred." (Victor Turner)

In other words, the process of renewal may involve physical/biological processes, but the mysterious Force that moves this into action…its First Cause, if you will, is Sacred…Mystical. We would call this a Universal Truth…that everything is in a state of change and flow…creativity and the demand for transformation are embedded in the very fabric of our Universe.

The Tao Te Ching says it this way: "The Tao flows through everything as it gives birth to infinite worlds. The true nature of everything is to be in a state of flow and change."

The Hebrew Scripture reminds us…we are "born in the image and likeness of (a) God" who creates. We are called to be co-creators within the unfolding Divine Plan.

Every moment holds the potential for liminal space…every moment of Now can serve as a ***Space Between***…a point of transition between what has been and what is yet to be. It is an opportunity for Presence, for Awareness, for being with what is, as it is, without judgment, without planning. It is an opportunity to feel, to experience what it is to be you. And if you are sincere in your desire for real transformation, you will know when the time has come to take your next step. Because, let's not forget that transformation is about becoming…and becoming is a verb…it brings about and requires action.

Let's anchor this morning's reflections in Prayer…

Our prayer is an affirmation of Spiritual Truth…that there is, has always been, and will forever be, One Life expressing and experiencing Itself as creation. This One Life is called by many names…Great Mystery, Universal Presence, Spirit, Source, God. But it doesn't matter what we call It. This Life Force is responsive…sentient…intelligent…and responds to our Call, no matter the name or the language. It is the longing of our hearts to feel and know our Connection with the Sacred…to have faith that the Spirit of Life hears, feels, and responds to our soul's deepest desires…to what we called the prayer beneath the prayer.

What a blessing to know that my desire for more liminal spaces in my life, and my willingness to be with what is – as it is - leads me to real transformation…to becoming who I am here to be at this stage of my life. The responsive Universe feels my heart's desire as ceaseless prayer and responds by offering graceful opportunities for stopping,

for being present with what is, for responding with Love. As I attend to what is before me, I am Guided to the people and circumstances that bring greater Freedom to my experience. What a blessing to know that as I commit to a life of greater Love, Awareness, and Presence, and *demonstrate* that commitment through my actions, so do I receive the same in kind.

Thank you, Spirit, for my deepening Wisdom, and my willingness to pause…listen…allow…then follow Divine Guidance. I know that by my Faith and Love, all fear is dissolved, and only Love remains. And with this shift, I know a greater Peace of mind and heart than ever before.

Thank you, Holy One, for my healthy body and the freedom it affords me…for the enriching experiences that move me along my path gracefully…even when it may not look or feel graceful.

Thank you for stretching me and growing me in ways that I could never have imagined…and may this continue until the end of my days on this planet.

Thank you for the abundance that moves freely through my life and through the life of this community, and for the shower of blessings that Grace our world every day. I am humbled by Your Generosity and Goodness. It is from this place of deep gratitude that I release this prayer now, trusting that a prayer powerfully spoken and deeply felt, is a prayer answered.

May I have the eyes to see everything that unfolds from this moment forward as answered prayer. And so it is…Amen!

Let's bask just a little bit longer in this prayerful space…(pause)…

And now returning our awareness to this moment, to our bodies…our senses…the atmosphere in the room…gently opening our eyes as it feels right and taking in whatever is before us. Look around at who is sharing in celebration this morning…your Spiritual Family…your Sangha…and honoring each one for sharing space with you this morning.

Love Offering

As we prepare to close our Taizé Meditation, we offer the opportunity for you to share of your financial good in support of the work we do. Circulation is a Sacred Practice that supports your Mystic Heart.

It is by your generous gifts that we can continue the Good Work of supporting you and engaging in the greater Community.

If you're joining us online, at mysticheart.org you can use a Donate Button, a Venmo qr code, or our mailing address to make your contribution. We thank you in advance for your heartfelt generosity.

We've committed to bringing more live music into our time together. We are musicians, so we have all that we need right here to do that. Joining our voices and hearing our own voices singing Powerful words of affirmation is an effective tool for transformation. I've

had good feedback about last week's song, so we're going to sing it again this week. There's also Power in making this affirmative music familiar. The lyrics are up on the screen…it's simple, but feel free to stand up and sing out…get your body involved. Here we go.

Rev. Diana & Chris – Offertory Song

- ***I Am as God Created Me***, written by Michael Stillwater

Rev. Diana – Blessing for the Offering

Be sure to get your Namaste Café tickets today. They're going fast. Are there any questions about Namaste Café?

Rev. Diana & Chris – Taizé Closing Song

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

Conscious Conversation

Lucinda – Opening Prayer

Rev. Diana – 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 here at Mystic Heart Spiritual Center. We are an Independent Interfaith Community that teaches Universal Principles and Practical Spirituality, tracing the common threads of Truth that run through all the world's great spiritual traditions. Our job is to point you inward, to the Wisdom that lives within your own Mystic Heart.

Are you ready to get this Conversation going with a little bit of music? Here we go.

Chris Johnson, Rev. Diana, and Marsh Brodeur – Opening Music

- ***Welcome to the Mystic Heart***, written by Diana & Chris Johnson
- ***One Big Family***, written by Robin Hackett & Gary Lynn Floyd
- ***We Stand Strong*** by Mitchell Miller and Alyssa Narum

Rev. Diana – Each one of us has all that is required to stand strong on our own, but how much more powerful we are when we stand together…shine our Light as one, spread our Love as Community. And so we're going to take a few moments to collectively direct our Creative Energies toward a Powerful Vision…a Vision of the world we wish to live in. Visioning is a Powerful form of prayer that gives the Creative Power of the Universe a blueprint…it sets an intention for the creation of what Charles Eisenstein would call *The More Beautiful World Our Hearts Know is Possible*, or what I refer to as a ***Love-Soaked World***. As I said last week, it's not that I am delusional, that I don't see the world as it currently is. It's that if it's ever going to change, it needs to start somewhere. Someone needs to *create* the Vision, needs to *speak to* the Vision, needs to *live into* the Vision. Why not us? So I invite you now to settle in…take a couple of deep breaths and consciously engage every bit of creative power at your command. Are you ready?

We envision ourselves now in a world of our creation…where all humans recognize, and are living from, their inherent Freedom…their deepest Wisdom and Generosity, and their most Loving nature…thoughtful of the impact their thoughts, words, and actions have on one another, the community, and the planet…a world without greed, where there is abundance in having enough…where nutritious food, clean water and air are readily available to all beings…where warm, comfortable, and affordable housing is a given…where all beings feel a sense of safety, belonging, and contribution…To these blessings, we say Yes!

Ours is a world where leaders practice integrity and ethical behavior, leading by example and inspiring trust and engagement among the people…a world where policies and social systems support mental and physical health, education, and healthy relationships, and encourage ecological responsibility and sustainability.

Ours is a world where all beings work and play at whatever feeds their soul and are well compensated for their Service…where authenticity and vulnerability are not only welcomed but celebrated…where the Peace we cultivate within ourselves shows up as a world free of violence, hatred, or indifference…where freedom of thought and open, respectful conversation is modeled, supported and promoted.

Ours is a world where there is respect among people of all nations, and for the fundamental dignity of every human…where the Love that we are here to share is given freely to whomever our hearts are called to love…where we have moved beyond all lines of separation, and live as one human family, caring for one beautiful planet with the reverence she deserves. To these blessings, we say Yes!

We recognize that transformation is an on-going process, and especially in times of great change, people benefit from working, playing, and simply being together.

And so this Community stands as an open and welcoming place for all who seek support, belonging, and a sense of Family. …it redefines *Church* as a place of Self-Discovery, Authenticity, Kindness, Radical Inclusion, and Unconditional Love. To these blessings, we say Yes!

It is by the Power and Intelligence of the Great Mystery moving through each one of us that this prayer is acted upon, answered even as it is spoken. As one by one, we commit to living *into* and *from* this Vision, it cannot be otherwise…we live in a Responsive Universe! Our Word carries Power. And so it is with deep faith, profound gratitude and great Joy that I release my Word 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 Spiritual Family that is sharing this space with you this morning…

There has been a shift in energy… We have just set a Powerful intention… Our prayer is rippling out into the race consciousness, doing its Good Work. And there's nothing that anyone can do about it…our loving act of defiance for this week. Doesn't it feel good?

Our theme this month is ***Freedom from Discord***, and the topic of Conversation this morning has been ***The Space Between.*** If you were here for Taizé, this will be a bullet-point review, so that we can use it as our starting place for a Conscious Conversation.

We began by acknowledging that each of us seeks ***Freedom from Discord***…freedom from internal and external conflict…and a greater sense of harmony both within, and without, and that we can move closer to that Freedom by bringing our awareness to ***The Space Between*** our past circumstances and what is yet to be…by taking the time to notice this Sacred Space. We recognized this shift as a process. And in any process, there is a sacred *liminal space* between here and there…for example, between the person who feared, the one who acted despite the fear, and the person who is no longer afraid.

Liminal, from the Latin *limen,* means t*hreshold*. Liminality is a form of holding the tension between one space and another. It is in these transitional moments of our lives that authentic transformation can happen.

We looked at examples from the Hebrew and Christian Scriptures and from the Tao Te Ching. We said that sitting in the ***Space Between*** takes a willingness to let go of all that is holding me back…it takes time, patience, intentionality, and consistency. A level of faith, commitment and devotion to the process are required if I am to be truly transformed. I must move in the direction of trusting Life…of knowing that whatever is mine in Consciousness is already moving toward me…and that this is not a journey for the faint of heart.

It is in the liminal space, in ***The Space Between***, that transformation happens… regeneration occurs. While the process of renewal may involve physical/biological processes, the mysterious Force that moves this into action…its First Cause, if you will, is Sacred…Mystical.

Finally, we said that every moment holds the potential for liminal space…every moment of Now can serve as a ***Space Between***…a point of transition between what has been and what is yet to be. And that if you are sincere in your desire for real transformation, you will know when the time has come to take your next step. Because transformation is about becoming…and becoming is a verb…it brings about and requires action.

There were two beautiful musical meditations, more detail, and a powerful closing prayer. If you're curious, you can find it online in the coming week. But for now, let's use that little refresher as a place to jump into a Conscious Conversation.

We are encouraged by Margaret Wheatley, who says, "Be brave enough to start a conversation that matters." That's what we do here every week. And you are brave enough to take part.

First of all, why is it important to have conversations that matter?

One way to build understanding between people is to talk about something meaningful. When we listen more than we talk, we have the opportunity to drop into another person's

world for a bit. When we're really listening with our full attention, we refraining from judgment and focusing on the relationship. It's important to remember that there is a difference between acceptance, agreement, and approval. We can have differing beliefs and opinions and still love another for who they are.

Why does it take courage to have conversations that matter?

In the Prayer of St. Francis, he says that we should seek first to understand, rather than to be understood. What do you suppose that means?

The ego can get a little bit charged up…a little fearful of being proven wrong, or even of having to change a perspective. But we can only be truly open when we seek first to understand. Other things to keep in mind when having a Conscious, meaningful conversation – give advice only when asked. This creates an atmosphere of safety where people feel free to be themselves. Only from our authentic and open-hearted selves can we build bridges and create strong relationships. When people feel seen, heard, and understood, they know they belong.

Okay, another pivot…One of the references I made to the Hebrew Scripture this morning is that "We are made in the image and likeness of our Creator." We are creative beings by our nature. I find it interesting that in the Tibetan language, there is no word for creativity. The closest word they have means *natural*. For a Tibetan, to be human is to be creative. We are all blessed with our own creative muse.

How do we usually define or think about creativity?

What are other forms that creativity takes?

I have read that the Creative Process requires liminal space. First of all, somebody remind us of what liminal space is.

Why does creativity require liminal space?

If you want to generate a new idea, or do things differently, you have to let go of, or separate yourself from, familiar ways of seeing and being. This is how the brain works. To create something new, we have to develop new neurological circuits. This is liminal space…the space between setting down the old and stepping into a new pattern or insight. The brain requires new input to create new circuits. Liminal spaces give us time and space to take in the new…it gives us a period of rest, an incubation space…time for our perception to shift, time to embody a new idea or insight… to really make it ours. This is real transformation.

One example of the Creative Process where spirituality is concerned is the cycle of what has been called the Deconstruction and Reconstruction of what we believe about the Great Mystery, or the Sacred. There is a great deal of this going on in many religious traditions right now.

Can someone share what it means to deconstruct and reconstruct your spiritual life?

Has anyone in this room ever gone through this type of experience?

The act of deconstructing a belief system creates the liminal space needed for new understandings and beliefs to form. It is really helpful to have a safe space to share our experiences. Aren't we blessed to have this place?

Okay, let's bring the Conversation full circle to the idea that each of us is seeking Freedom from Discord, and that grounding ourselves in Love is a powerful way to bring more harmony into our experience. I read a poem this week that I'd like to use as my closing prayer. There was no author cited, only that it came from a collection called *Signposts*. It's called *Give Everything to Love*.

I speak these words now as Truth for myself, and for all who are listening. I trust that they serve to remind us, or maybe to reassure us that we are seen, heard, and understood.

Give everything to Love…

All your doubts and all your desires,

All your fears and all that you hold onto.

Give your very name and all that you are, into the arms of Love.

There is no thing about you that Love cannot hold.

Love is your action and your voice.

Just as silence holds you, you give everything to Love,

And Love gives everything to you.

You are seen and you are known.

Nothing of you is unacceptable.

There is no thing about you that Love cannot hold.

Let Love open you to yourself.

Let it make you congruent with Its force, Its vastness, Its specifics, Its now and always nature.

The end is Love, the beginning is Love.

The choice in this moment is Love.

You know now that it's not even a choice.

There is no thing about you that Love does not already hold.

It is as It is.

I add a word of gratitude… I give thanks for this Spiritual Family…for this beautiful and comfortable, safe space to learn, to share and to grow…and for the real conversations we share each week.

I give thanks for this life and the thousands of blessings that are forever showering down upon us…for every hand that played a part in bringing the food to our table this afternoon. May each one be blessed and know they are a blessing to this world.

Here and now, I breathe in the blessings, remembering Who and Whose I Am. Thank you, Spirit, for opening my heart and mind, making me more and more willing to embody and live from that Truth. I bring to mind one more time these Powerful words…There is no thing about you that Love cannot hold. There is no thing about you that Love does not already hold. It is as it is.

And so, I bask in the Love that holds me and fills me to overflowing, so that I might bless all who cross my path in this coming week. Knowing the immense Power of my Word and knowing that it creates my experience here and now, I release this prayer to the Great Mystery that I call God, knowing beyond all doubt that it is already active and moving my words into form, in more Beautiful ways than I can imagine…in ways that serve the Whole of Creation. It is as it is…already given…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

Thank you so much for joining me here today. We're going to bring this part of the morning to a close, but before we do, we'd like to invite you to join in the celebration of the work we are doing in the world by sharing of your financial Good. 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 Venmo qr code.

We are an independent, self-supporting organization, and your financial gifts are what make it possible for us to do our work and provide this beautiful and safe space to gather. We thank you in advance for your generous hearts and gifts. We acknowledge and give thanks for the Infinite Abundance of Spirit moving through you.

As we pass our basket this morning, I invite you to stand up and sing along with this lyric video by Michael Bolton. Dance if you'd like…I think you'll recognize it.

Offertory Music *Love is a Wonderful Thing* by Michael Bolton

https://youtu.be/DHl5ZDc5dXs

Lucinda – Blessing for the Offering

Lucinda – Invitations

- **All regularly scheduled classes and groups are taking place this week, except for Shining Light on Scripture: Joseph Campbell, which will be back next Wednesday, August 26th.**
- **Tuesday Book Club is beginning a new book, *Theo of Golden,* during its regularly scheduled time, 2 – 4 pm. You're all invited. Chris, feel free to talk more about the book.**
- **Namaste Café is coming up on Friday, August 28th from 6:00-8:30 pm. Tickets are $25 and include a spread of appetizers, beverages, and desserts. Plus, there will be a raffle for some great homespun food and jewelry items and more. Tickets are going quickly. Get yours today!**

Watch your email or get on the WhatsApp Group Chat for more information on new events coming up in the months ahead. If you're not on the WhatsApp group and want to be, please let Rev. Diana know.

Information Cards

Prayer Requests: I am available after service for prayer, in our beautiful Prayer Room or fill out a prayer card and I will get your request to our Prayer Team for daily prayer.

Closing Song

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

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