

# *Spiritual Practice*

## Visioning

Through the spiritual practice of Visioning, we create a space of deep listening and awareness in order to fully embrace the Divine idea for our highest good. Visioning is an excellent tool for personal direction, ideas for spiritual community or any important project or life structure that you are presently engaged in. There is a spiritual prototype or Divine ideal for all that exists. Through Visioning, we make ourselves available to embrace the highest idea for our lives and work, in order that we may more completely experience and live the highest good.

### **The Process for Visioning**

A group comes together for the express purpose of visioning. A facilitator brings the group together in prayer using the recognition and unification steps of treatment. During the prayer, the facilitator recognizes unconditional love as the field that will hold the vision, guiding the group into their heart. The group rests in this place for a few moments.

### **Out of the silence the facilitator may ask the following questions:**

1. What is the highest vision or perfect idea for (person, project, organization)?
2. What must we become to empower the vision?
3. What must be released?
4. What must be embraced?
5. Is there any other information that we need in this moment?

Participants may write down images, thoughts and ideas that come through for each question. They will not lose center. They simply go back into the silence once they have written down what has come through. Allow 3-5 minutes or more of silence between each question. After the last question is asked, the facilitator anchors the visioning in prayer. This includes the realization, thanksgiving, and release steps of treatment.

### **Recording the Vision**

Each member reports out loud what was “received” for each question, avoiding judgment or evaluation. The facilitator records on a flip chart for the whole group to view. When everyone has reported, together the group may identify themes. Themes are words that appear more than once, images or ideas that are repeated. Facilitator underlines the themes. It is important that people do not interpret the meaning of the words. It keeps the process clean and free of the possibility of personal agendas entering the practice.

### **Tips for the facilitator**

- A) Some aids to consider using: candle, meditation music to aid centering, flip charts, pens, masking tape, sheets with the questions and space for participants to write notes.
- B) As you present each question during the visioning, wait a minute or so and then repeat the question. Especially with new people, doing this helps them to focus.
- C) Reassure participants ahead of time that sometimes we don’t “get” anything. That’s ok. Just stay quiet and “listen”.

### **Tips for participants in visioning**

- A) Remain open, receptive, unafraid, and listen.
- B) A perfect time to practice non-judgment of yourself and others.
- C) Avoid moving to “how” to do something that appears in the vision. Make no effort to design implementation steps or share “how” something might be accomplished.
- D) The vision may appear as color, feeling, words, images or nothing. Everything is valid.

*In flash-like Visions of mystic grandeur, we know we are made of Eternal stuff,  
fashioned after a Divine Pattern. —Ernest Holmes*

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## Meditation

Nearly all great religions and many philosophies embrace meditation as one of the great practices for spiritual growth. A regular commitment to meditation is essential to spiritual living because it is certain to transform, soften, deepen and expand the consciousness of the inner realities of life in a profound way. Once these inner experiences occur, it is nearly impossible to return to old ways of living. Rather, the path becomes easier, clearer and more joyful.

Set aside time every day for meditation. It will change your life.

There are many kinds of meditation and many people use this practice in different ways. You can find many uses for meditation and it is fun to experiment with different methods. Because our essential Oneness is the very truth of our being, meditation is one tool for a conscious experience of this reality. Any type of meditation that brings your attention to this present moment, in which you let go of the mind chatter and the past and future, will also bring to you an experience of Oneness. Following the breath in and out, for example, disciplines the mind to relax, brings calm, and can serve as a way to higher awareness of Oneness. Begin slowly, perhaps a few minutes each day, focusing on the breath, until you can keep your attention on the breath for longer and longer periods. Other methods that can achieve this same end are chanting, movement, such as yoga or Tai Chi, the use of a mantra repeated over and over. All of these train the mind to focus on the present moment and bring you into the Eternal Now that is the true nature of life.

Ernest Holmes used meditation in a specific way, using the power of the mind to focus on a desired state and to increasingly become one with that idea. This is the essence of the Science of Mind teaching, to create through the power of attention. This method may not take you into the altered state sought by other religions, or perhaps it may. In either case, it will change your life in ways that seem miraculous.

To do this type of meditation, put aside time every day to sit quietly and contemplate your good. Begin by centering your attention in the heart and becoming still. Allow the mind to drain out any old worries or events. Give up thinking about what is ahead. Breathe. Bring your full attention to your good and the essential goodness of Life. Bring all of your attention to this great sense of good in your life—not the people or the details—but rather the great Divine expression of life that is so good. Allow yourself to not only think of this but to begin to actually feel what this idea feels like to you. Feel yourself bathed in your good, sharing your good, living your good. Like a living prayer, this meditation on your good creates a new reality in your life, as the Power of God moves through your meditation and you are one with it. Thomas Troward, who was a favorite author of Ernest Holmes, advised doing this type of meditation before sleep. In this way, the mind and the whole being is bathed all night in the cheerful expectation of Good.

*Meditate upon Life until your whole being flows into it and becomes one with it. Now you are ready to prove your principle by allowing this Life to flow through the thing you are working on. Do not will it or compel things to happen. You do not need to energize Being. It is already big with power. All you need to do is realize this fact. The Spirit of God is loosed in your meditation. Where this Spirit is, there is liberty. —Ernest Holmes*