

January 3, 2010

**“The Art & Practice of Living a Spiritual Life: spiritual goal setting”**

Good Morning! Happy New Year to each of you. I appreciate the opportunity to be with you this morning!

To begin, I'd like to acknowledge my mom' Bev,--who is of course, part of your fellowship community here; the reason I am in Sheridan; and why I was invited to speak here today.

This is the first time *ever*, she's been present when I've done a presentation as an adult. She has been there when I've officiated as a minister a couple of times – but not in a “presentation-mode” kind of situation.

---

Just for fun: who was born after 1969? Okay. So you guys weren't even born the last time she saw me present anything. My best guess is that my mom, Bev, saw me speak publically about 42 years ago (holy moly!) when I competed in “drama and poetry interpretation” as a senior on the SHS Forensic team.

Back to today!! This morning we are going to explore the topic of the **“art and practice of living a spiritual life.”**

Our time together is designed to be simple and interactive. Does everyone have a pen and paper?? You will need this as we proceed this morning.

What a great time to explore this topic of living a spiritual life on this, day 3 of a wonderful brand spanking new year,

My first question for you is: what does *living* a spiritual life mean to you? Anyone??

***To me, living a spiritual life*** involves a commitment to learning how to live from the inside out. It means noticing when I start looking outside myself for fulfillment/validation -- ( to my job or a title or my salary; and so forth).

Living from the inside out (for me) means making sure that I have quiet, SOUL-FULL time, and reflective and prayerful periods built into my day, very day!

Living a spiritual life means cultivating my ability to take responsibility for my life; rather than cultivating my ego. Living a spiritual life means - being of service and cultivating a spiritual consciousness.

Before we go further here, let's back up for a minute ---- What do people often do at the beginning of a year? Yes – set “resolutions” or goals. YES, people set goals for themselves for the beginning of the year.

I'm sure most or all of you set personal annual goals. Can anyone give me one example of a past or present goals?

Other typical New Year's goals:

I am going to lose 10#'s; or,

I'm going to exercise 3 days a week; or,  
I'm going to learn to speak conversational Spanish

What dimensions do we set goals in? Often, goal setting would involve professional goals or fiscal goals, recreational or retirement goals.

Goals help us keep our focus on what we really want. The data shows that people who set specific written goals for themselves, have far greater likelihood of success.

To me, setting concrete goals – actually writing them down -- is like programming the universe. We are letting Spirit know our intention. And, intentions, as you know are powerful!

Instead of saying, "I want to take a trip." (which gives the Source NO idea of where you want to go); "I want to go to NYC..." That tells the Universe much more information...and you begin to 'notice' all things NY - you find a special fare or apartment to rent or a friend knows the best restaurant, or you'll get the best tip...etc!

There is a saying: that Spirit meets us at the point of action. Setting a goal establishes the point of action.

When we do this we are establishing the road map; tells Spirit – hey – I am heading for "X." Then we do the next action...the next little 3 ft toss. We don't have to know how to get to the final part of the goal; just keep taking the next step! SpiritUniverse meets us each step of the way.

I understand that you all have done that as a group: you've chosen a 2010 "theme" for your Sheridan UU church: **"Diversity and Spirituality in the Fabric of Life."** This is group 'goal,' essentially and it will focus you automatically; you'll notice things you haven't noticed before.

This is wise!! It is great to have a collective focus as a community. It helps pull you in that direction; to stay conscious, if you will! It is powerful.

Let's keep going, so while many of us set work or family or retirement goals,

- Do you set "spiritual goals" for yourself?
- What would an example of a spiritual goal for you be?

Others could be:

- Keeping a dream journal to deepen my attunement and cultivate my intuition.
- Read a spiritual book **5 x week** (*measurable is always good!!*)
- Listen to a spiritual tape (or beautiful music) 3 x week
- Tithe 10% monthly to my spiritual source – for me that is my church (for others that could be a nature resource non-profit; some people tithe to the University where I work...it is where you consider your spiritual/renewal source. It is personal.
- Talk to God 5 x week and listen to what I hear on the inner – for 5 minutes each time.
- 

#### **KEY QUESTION:**

So here is the question I want you to ask yourself – please jot your response down. (Does everyone have your paper/pen?) CRD write the question on the board.

**What one thing would make a difference in my spiritual life?** (If you *really* did it this year.)



Now if you would please close your eyes -- With your eyes closed, center yourself in your body, and invite Spirit/the Source/God in.

It is one year later -- January 3, 2011.

Feel what it is like to have done this goal 100% this past year...notice how many synchronistic things happened to support you going for this goal.

Notice how YOU speak about it; what are others saying about it/you. How does it feel inside of you? Notice how it has impacted your year...notice how *others* have been impacted by your focus this past year, your partner, your children, your employer...

Breathe in deeply and let it go. Now in your own way, give thanks to Spirit and gratitude to yourself for focusing on this goal and for all the good that has come with it as it has come into fruition!

And when you are complete with that, please come back into the room and open your eyes.

Question: How was that?? Anyone care to share their goal for 2010?? Their **“one thing that would make a difference in your spiritual life?”**

You've planted your seed...

may your seeds be blessed and amplified – for the highest good of each and all keeping in mind each of our unique destinies here on this planet!

**Questions/answers.**

In closing, remember, **God/Spirit/Source/Universe is your partner**...and we are all being guided every step of the way!!

Many blessings to each of you and thank you for being here today!!