

Spiritual Visioning Process

This is a meditative process that aligns participants with God's Vision for a specific purpose. It is adapted from a process developed and used by Rev. Dr. Michael Beckwith of Agape church of Religious Science, Culver City, California, passed on and used by the Center for Spiritual Living Eastside in Kenmore WA, Center for Spiritual Living in Seattle, the Raising the Bar Conference for music directors and musicians, and the New Thought Choir Retreat at Seabeck, among many other New Thought communities.

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Ask participants to bring paper/pen to record the essence of their experience after the meditation is over. The leader/facilitator guides the participants through the visioning process using the following steps: (introductory soft music optional)

Begin by stating the purpose of the visioning, e.g. to receive God's Vision for the Sunday music program for church X, or the direction of such&such choir, or my voice and musical gifts, etc.' Then lead meditation as follows:

1. Become still in body, mind and spirit in preparation for going into the silence within.
2. Anchor yourself and this process in Unconditional Love.
3. Ask yourself: 'What is the vision God sees for this (state specific purpose or thing)?'
 - o What does it look, sound, feel like?
 - o What are the God-Qualities expressed through this vision?
4. Ask yourself: 'What is my part in this vision?'
 - o What is it I can know?
 - o What is it I can realize (through this vision)?

Note – Avoid using “do” at this point, as it puts the mind to work thinking; we want to stay in the meditative state to catch our God-Vision.

5. Ask yourself: 'What is/are the spiritual gifts(s) I bring to this vision?'
6. Ask yourself: 'What do I need to release to be this vision?'
 - o What do I need to embrace to be this vision?
7. Surrender to the vision ~ to Spirit.
8. Commit to the vision (to this unfoldment).

After coming out of the meditation, have each person write and share the essence of what they received. Notice and connections and/or patterns, and discuss what this might mean. Visioning regularly is a powerful way to co-create in partnership with God. Note that the number of people participating is not as important as the commitment to the process.