

NEW VISION CENTER FOR SPIRITUAL LIVING  
THE SEEDS OF LOVE  
2022



# 12 Sundays: A Personal Journal

OUR 2022 ANNUAL THEME IS *THE SEEDS OF LOVE*. AS HUMANS, WE SPROUT AND GROW JUST LIKE A PLANT, AND OUR LIVES DEVELOP VERY MUCH LIKE A GARDEN. THIS YEAR, WE ARE EXPLORING THE MANY WAYS WE CAN USE THE SCIENCE OF MIND TO CULTIVATE, NURTURE, GROW AND HARVEST LIVES THAT ARE RICH AND SATISFYING.

YOU CAN USE THIS JOURNAL TO RECORD YOUR THOUGHTS AFTER SUNDAY SERVICES, TO DEEPEN YOUR UNDERSTANDING OF SPIRITUAL PRINCIPLES AND TO KEEP TRACK OF YOUR HIGH INTENTIONS.

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## **Spiritual Practice: Meditation**

There are many kinds of meditation, from sitting in silence to walking a labyrinth. All forms of meditation help calm our minds and bring greater clarity and centeredness. You can try:

- **Guided Meditation with apps like Insight Timer**
- **Single Point Meditation with a mantra or affirmation**
- **Sunday Meditations before service on YouTube**
- **NVC Morning Community Meditation at 7AM Arizona Time in Zoom Room 6027878888, Passcode 888888**

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**A seed neither  
fears light nor  
darkness, but uses  
both to grow.**

*Matshona  
Dhlizwayo*



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## **Spiritual Practice: Gratitude**

**Gratitude, as a regular spiritual practice, helps us pay attention to the positive things in our life and activates the Law of Attraction to bring us even more good. You can try:**

- **Listing 3 things you're grateful for each day**
- **Starting a Gratitude Journal**
- **Sending Thank You Notes**
- **Raising and Praising the people in your life**

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## **Spiritual Practice: Spiritual Mind Treatment**

**Spiritual Mind Treatment, our special form of Affirmative Prayer, helps us remember that the Good of Spirit is our Divine birthright,**

- ***Recognition* of all that Spirit is**
- ***Unification* with Spirit as a Divine Expression**
- ***Realization* that the Good of Spirit is already mine**
- ***Thanksgiving* for that Good, right here, right now**
- ***Release* it to the Law: And so it is!**



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**There are always  
flowers for those  
who want to see  
them.**

*Henri Matisse*

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## **Spiritual Practice: Visioning**

**Visioning, as developed by Rev. Dr. Michael Beckwith, is a process in which we meditatively ask questions and record what comes through without judgment, then act upon the answers.,**

- *What is Spirit's highest vision of my life?*
- *What must I become to empower this vision?*
- *What must I embrace to empower this vision?*
- *What must I release to empower this vision?*
- *Is there anything else I need to know?*

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**A weed is a plant  
that has mastered  
every survival skill  
except for learning  
how to grow in rows.**

*Doug Larson*

