

LISTENING FOR DIVINE GUIDANCE: The Visioning Process

Visioning is different than visualization. In visualization, you have a specific goal in mind. Your attention is then focused on the goal for the purpose of directing the energy to bring it about. Visualization is an effective tool to use for specific purposes, but it generally comes from our incomplete understanding of who we truly are, and therefore can be limiting.

Visioning connects us with the source of our inner wisdom. In the absolute realm, Divine Ideas are always available to us. But we must go into the inner silence and open to Divine Guidance. When we are distracted and stressed in the physical dimension, our minds are too busy to attune to Divine Ideas. Rev. Michael Beckwith (Life Visioning) describes the visioning process as “An intuitive process for opening and sensitizing consciousness to receive Spirit’s vision for one’s life.”

Divine Ideas are the promptings of Spirit within us. We know them in different ways -- sometimes words, sometimes pictures, sometimes a feeling, sometimes a knowing...

When we make a practice of listening to Divine Ideas, we can affirm our desire to express those ideas and then allow Spirit to direct our actions in the world and be alert to the synchronous orchestration of the universe to realize that vision.

UCP makes a practice of following this process of Visioning regularly and tuning in to the guidance we receive in response to our shared desire for abundance, peace, wholeness, and joy. In our leadership meetings, we regularly share this practice. We invite you to do so in your individual life as well. It’s the secret key to experiencing what we desire, as it helps us turn from ego-based thoughts to Spirit-based thoughts.

As a spiritual community, we discern our vision and mission statements through the Visioning process, and we also use our vision and mission as checkpoints for the validity of what we are deciding.

In this class, before you fill out your membership covenant and indicate your choice of places to engage in Sacred Service, you will have the chance to go within and listen to your guidance. It’s always good to follow that guidance -- what we often call “gut feelings”-- even if you feel challenged to do something slightly uncomfortable.

There are specific steps in the visioning process that allows us to open to the Absolute realm more fully. We look forward to sharing in the visioning process with you.