

# Life is a Treasure Hunt

April 3, 2022 Conscious Conversation



A Beloved Community  
Practicing the Possible Through Prayer


Rev. Diana Johnson, with Sherri Dotter, RScP, Chris Johnson, RScP, and guitarist Gary French.

The following is the outline Rev. Diana prepared to guide the Conscious Conversation. You may view the video with subtitles on our YouTube Channel at

<https://www.youtube.com/channel/UCKHQkXXdy17s2Ubpe3b46sw>.

## Opening Music

 **Welcome to the Mystic Heart**, written by Rev. Diana & Chris Johnson

 **One Big Family**, written by Gary Lynn Floyd & Robin Hackett

**Chant: Behold! I Make All Things New**, written by Dalton Fitzgerald

**Music – Peace is Possible**, written by Karen Mitchell

**Sherri – Invocation**

**Rev. Diana – Welcome & Global Connection**

Good morning, my name is Rev. Diana Johnson, and I want to welcome you home...to spiritual Community, and to your heart's Deep Wisdom. Thank you for joining us this morning for Conscious Conversations.

**What does it mean to have Conscious Conversations? (first Congregation)**

...deep listening, both within and without

...knowing the power of the word and using it carefully...they make impressions

...keeping in mind that as we listen, speak, and act in the world, we are connected.

So let's begin by making a Conscious Connection with the Whole, gently allowing the eyes to close if you are comfortable doing so, and taking a couple of deep breaths...letting go of everything that led to this moment...being fully present...

Feeling and knowing our connection to all of Life...sensing the Radiant Light of Spirit that shines from within us, and honoring that Light in all other beings...human, other-than-human, plants, rocks, soil and water, stars, and planets...one Light...

The Essence, Substance, and Intelligence of all that is, flowing through each one of us now, offering Its Wisdom to our time together this morning. We feel our oneness with All That Is...We're ready for Conscious Conversation.

**Do you remember being a kid and pretending to go on a Treasure Hunt?**

Am I the only one who drew treasure maps...soaked the paper in lemon juice, used matches to burn the edges...and when it was dry, laid it in the dirt, all to make it look authentic?

What I never knew...what no one ever told me...is that I didn't need to pretend...Life **IS** a Treasure Hunt.

### **And what treasure is it that we seek? (Congregation)**

Purpose...meaning...right livelihood...love...joy...authenticity...creativity...

The thing about a treasure hunt is that it sets us on a journey to find something. And where does the map tell us to look? **Out There.**

Okay, hold that thought. Let's shift gears for a moment.

### **Three questions:**

**How many people here think of themselves as creative?**

**How many people in this room practice Creative Living?**

**What do we mean by Creative Living? (Congregation)**

**Does it have anything to do with...**

...living a life that is driven more strongly by curiosity than by fear. Kids know this...they are naturally curious and fearless until they learn otherwise.

Jesus told his followers that "unless you change and become like little children, you will never enter the kingdom of heaven," which is within us and where we find our treasure.

**Or how about...spending as much time as possible in a state of transcendence while we are still here on earth? What does that mean? (Congregation)**

Transcendence isn't about waiting until we die and going up to some heaven in the clouds...it is about **transcending our fears and perceived limitations...here and now.**

...a creative life is an amplified life...a bigger life, a happier life, an expanded life...forever new, changing, growing

...and according to Elizabeth Gilbert, creative living is where *Big Magic* always resides.

**What gets in our way with living creatively? Fear.**

**What are some of the fears that have gotten in our way? (Congregation)**

Read from pp. 13-15

Do we really want limitations? It seems cliché, but you've heard it... **“Argue for your limitations and what? You get to keep them.”**

**How do we defend our weaknesses? (Congregation)**

By playing small...by buying into the story that says “that’s just the way I am”...

No self-criticism...just awareness. We have all done this in one way or another.

**What finally drives us to transcend our limitations? (Congregation)**

...pain pushes until Vision pulls. Desperation drives us until Inspiration Calls, and we listen. Do we really want to wait for pain and desperation to motivate us?

At some point in her teens, Elizabeth Gilbert found a new motivation for breaking through her fear...she decided it was boring...

...it’s the same thing every day. No matter what I’m afraid to do, if I let the fear stop me from doing it, the result is **nothingness**.

...it was the same as everyone else’s fear – where’s the individuality? There’s nothing special, original, or authentic about being fearful...we get no special credit.

**What is it about us that *is* original? (Congregation)**

...our personality

...our creativity

...our dreams, perspectives, and aspirations

Creativity is a path for the brave, not a path for the fear-less.

**What’s the difference? (Congregation)**

...bravery means doing something scary...feeling the fear and doing it anyway.

...fearlessness means not even understanding what the word *scary* means.

Read from pages 22-23

**Does that mean it won’t show up when we are trying out something new? Of course not.**

**Why does Creative Expression stir up so much fear? (Congregation)**

...you’re trying to be inventive or innovative

...you’re entering realms of uncertain outcome and fear **hates** uncertain outcome. Fear is unbelievably overprotective.

This is totally human...nothing to be ashamed of...but something that needs to be dealt with.

**How do we deal with fear? (Congregation)**

...rather than going to war with it, we make space for it. Acknowledge it. Invite it to come along on the adventure as a participant.

Elizabeth Gilbert has a great strategy for inviting fear to come along on all adventures. She prepares a welcoming speech, which she delivers before embarking upon any new project or big adventure. It goes something like this:

Read pages 25-26

### **Is it worth your time to learn to travel comfortably with your fear? Why? (Congregation)**

If we don't, then we will never be able to go anywhere interesting or do anything interesting...we stagnate. Life becomes boring and when we get bored, we can create all kinds of problems for ourselves.

We're not meant to stagnate. We are living, breathing, evolving expressions of the One Divine Energy...God in form, living Their life **as us**.

Our life is short and rare and amazing and miraculous. We have treasures hidden within us... treasures that only we can find. But to find them, we have to be in a place of self-acceptance...of self-appreciation...self-love.

Ernest Holmes tells us:

"Our treasure is already in heaven, and our thought can take us to this treasure only when it is in accord with divine harmony and perfect love."

Let's use the power of thought and deep feeling to take us into this beautiful place of harmony and perfect love...to a place of gratitude for the gift of fear when it serves us...to a place of willingness to let go of fear when it doesn't.

### **Rev. Diana – Contemplation**

If you feel comfortable doing so, I invite you to close your eyes and take a couple of grounding breaths...settling into that quiet place where Inner Wisdom lives...that place where Creativity and Authenticity live...where you are at ease with who you are...comfortable in your own skin...joyful to be you...just let that sink into your consciousness for a moment...

Up until now, there have been areas of life where fear has been an unwelcome traveler.

Allow yourself to become aware of one of these fearful places...one that you may still be dealing with at times...not to get caught there, just to become aware. Maybe it is clear and pronounced...maybe it is subtle...but you know that it is holding you back.

Now I invite you to spend a moment creating a welcoming speech in your mind...inviting fear along for the ride, but informing it clearly that you are in charge of the journey.

Thank it for its concern...show it your appreciation for its assistance in bringing you to this moment...here and now...where you are making a new choice. Lovingly invite it into the back seat where it may ride comfortably, enjoying the view as you create a new experience...an experience that gives birth to the hidden treasure that you have had locked inside of you all along...

### **Chris – Meditation**

Now, with Fear safely in the back seat, you turn to Creativity, next to you and ask her to be your navigator... to read the treasure map and tell you which way to go... But instead of pulling out a map, she crosses her legs, takes a deep breath, and closes her eyes... “Where’s the map?” you ask... She simply replies, “In here...”

After a short silence, Creativity says, “Stop. We have to turn around...” “Why,” you ask... “Because it isn’t out there.” she answers... “Where is it, then?” ... She gently places her palm over your heart, “It’s in here...” Behind you, Fear straightens up and leans forward to hear better... “Ooh,” He thinks, “*this sounds risky...*”

You sense his energy... “But I don’t know...” Creativity gently interrupts you, “It’s OK, Honey... That’s what I’m here for...” Her tone reassures you, and you stop the car... You ignore Fear and decide to follow her guidance... Fear sits back, but remains alert... “Close your eyes and breathe deeply,” says Creativity... “We’ll search together...”

You are reminded of the teaching of the Rabbi Jesus of Nazareth... “Where your treasure is, there will your heart be also...” Creativity whispers, “Your heart *is* where your treasure is... *That’s* the destination...” As you peer into your heart, you see a trove of half-forgotten dreams, hopes, and desires... And you begin to remember...

You pick one up, turning it over and over... and beneath that, you see another jewel, and another... Creativity whispers, “The most valuable treasure may not be on the surface... keep looking deeper...” You breathe deeply as you sort through your treasures... Fear tries to remind you why you abandoned this one or that one, but it is too late... His voice is faint now... he has no power... I invite you now to search through your treasure trove as we enter the Sacred Silence...

### **Silence – 3:00**

Without letting go of our dearest treasure, we allow the music to gently guide our awareness back into the present moment... Grateful for this inward journey... and for the courage to face our fear and no longer let it scare us away from our true calling... Thank you God for everything and everyone...

I invite you to know with me now that Spirit is moving powerfully through each of us, and through our Beloved Community... Individually and collectively, we are a powerful spiritual influence on our world... As we evolve in consciousness, the benefits of our growth ripple out, blessing the entire world...

As Rev. Diana continues to guide our conversation this morning, we open to receive encouragement and inspiration from one another... And we remember: where our heart is, there will our treasure be also...

### **Rev. Diana – Envisioning a Love-Soaked World**

Letting go our fears and perceived limitations and stepping into our Highest Potential...Working as the hands, feet, hearts, and voices of God, we create through our Vision “a world that works for all, with nothing and no one left out.” (Buckminster Fuller )

Holding Community Vision is a powerful form of prayer.

Together, we envision a world where all beings are peaceful, loving, abundant, and free...where people everywhere practice loving kindness and care for one another and for our planet.

We envision a world where all needs are met...where all beings have plenty of nourishing food, the safety of a warm and comfortable home, medical care, education, healthy relationships, right livelihood, creative contribution, and a sense of belonging...

A world in which every being is valued for its inherent Goodness and Light...where the Peace we cultivate within shows up as a world free of violence.

Together we feel and know a world without greed, where there is abundance and contentment in simply having *enough*...where every being, as a precious creation of God, is deserving of all the blessings life has to offer and receives those blessings openly and gratefully.

With humanity serving as the vessels through which God’s blessings flow, ***there is no reason we cannot have such a world***. With nothing and no one in its way, we know that our Vision is taking form as we speak our Powerful Word. And so it is! Amen!

### **Welcome back... how was that? (Congregation)**

#### **Rev. Diana – Offertory**

Now is the time for Gracious giving. There is a cycle of giving and receiving always at work. Our desire this morning is to give you a gift...food for thought...something delectable to chew on as you begin to create a new way of thinking, seeing, and

being, leading you to a new experience. In order to complete the cycle, we gratefully receive your gifts.

**If you are online with us today...**

**We also have a Gracious Giving Program...**

**Blessing for the Offering**

**As I awaken to the God within me and all around me, I see Abundance everywhere I look. I consciously step into that flow of Abundance by this act of giving. I offer this gift freely, in the spirit of Love... blessing and sending it forth to heal and prosper. It is evidence of my deep faith. It does good work in the world and blesses all of Creation. I give from a consciousness of Abundance! And so it is! Amen!**

**Offertory Music:**

 **Thank You, God**, written by Eddie Watkins, Jr.

 **And So It Is**, written by Karen Mitchell

**Sherri – Blessing for the Offering**

**Rev. Diana**

I leave you this morning with this thought for contemplation: Our biggest fears point the way to our greatest hidden treasures.

Elizabeth Gilbert tells us that:

Bringing those treasures to light take work and faith and focus and courage and hours of devotion, and the clock is ticking, and the world is pinning, and we simply do not have time anymore to think small.

**Rev. Diana – Closing Prayer**


**Sherri – Invitations**


 **Tuesdays, 3-5 pm – Michael Bordeaux’s Book Club. *Made for Goodness*** by Desmond and Mpho Tutu.

 **Thursdays, 12 - 2 pm Book Club and Meditation Circle - *Heart Minded: How to Hold Yourself and Others in Love***. Drop-ins are welcome.

 **Thursdays, 3-5 pm – *Metaphysical Bible*** led by Prayer Practitioner Chris Johnson. Drop-ins are welcome.

 ***Spring Tea Party and Easter Basket Raffle***, April 9<sup>th</sup>, 1-3 pm.

 Tea Party tickets and Raffle tickets are on sale today. Check with Ellie for more information.

 ***Behold! I Make All Things New!*** ...please invite friends and family to attend our special Easter Service on April 17<sup>th</sup>, followed by Brunch in Suite H.



***Miraculous Spiral: A Conscious Conversation*** ...Join Mystic Heart in welcoming Anton Mizerak and Laura Berryhill as guest speakers and musicians, offering our service on **Sunday, April 24<sup>th</sup>, 10:00 – 11:30 am.**

***Mark your calendars now...***

Remember...there are still a few spaces for our ***Be the Change...Spring Retreat at Coram Ranch in Shasta Lake*** – May 12-14<sup>th</sup> with culminating Retreat Experience on Sunday, May 15<sup>th</sup> here. If you have paid your deposit, payment in full is due by May 1. Check the website or contact Rev. Diana for more information.

**Invitation to fill out information cards**

**Invitation for prayer support**

**Closing Songs**

***A Soul's Blessing***, written by Chris Johnson

***Love Be With You***, written by Lainey Bernstein, RScP & Gary Lynn Floyd