

Getting from Here to There

June 5, 2022




A Beloved Community
Practicing the Possible Through Prayer

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The following is the outline Lucinda 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 Songs:

 *Welcome to the Mystic Heart*

 *One Big Family*

 *Chant: God Is, I Am*

Special Song: *Circle of Life*

Invocation

Welcome and Global Connection

Hello, I'm Lucinda Alton, Prayer Practitioner at Mystic Heart Spiritual Center. And I want to welcome you home.

Please close your eyes if you are comfortable doing so. Let's begin by taking a deep breath...and releasing it. Let go of anything that has come before this moment and anything that will be coming afterward. Please join me in recognizing that we are all connected to each other. Each of us a perfect manifestation of the One. In your mind, see the web that connects us. A gossamer web, a delicate looking web that is unbreakable. Humans, plants, animals...we are all connected. You allow your point of view to pull back and you begin to see that the web is filled with bright sparkling lights. We are a Global Community made up of countless bright sparks of light. Each of us a point of God's radiant light. Each point individual, each different than any other point of light. And the absence of even one of those points would dim the overall light. I stand in awe and gratitude as I contemplate this web of God.

Feel this connection that we have to each other as we share a heartfelt intention for our time together.

Introduction

The theme for this month is: *I Am My Own Destination*. And today for our Conscious Conversation, we will be discussing *Getting from Here to There*.

The day we are born, we begin an awesome journey. At first, our choices are pretty limited but as we grow, we are faced with a growing number of choices – each of which

can set or change the course of our lives. We set goals such as “I want to go to college” or I want to be able to support a family. As we grow older our questions begin to change. We begin to ask questions more like “Why am I here?” “What is my life’s purpose?”

But no matter what the goal, the big question for each one is “How do I get to here from there.”

I remember a Star Trek story from a long time ago where James Kirk goes to his friend Charlie’s wedding, because Charlie always throws a good wedding. Something happened and Jim needed to get to another location quickly, and he doesn’t know his way around the planet. So he asks Charlie. Charlie pulls up a map and says, “Well you go down this street a couple of blocks and then you make a right hand...no, that road is being worked on and no one is allowed through. Well, you could go three blocks...hmm, no that won’t work either.” After considering several suggestions, Charlie says, “You know what, Jim? There ain’t no way to get from here to there right now. May as well just stay here and enjoy yourself.”

The first thing Charlie did when he looked at the map was to find the point where he was right now.

Discussion

Pierre Teilhard de Chardin, S.J., a Jesuit priest from early in the 19th century said, "We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

The thing is that, for the most part, we have forgotten that we are Spiritual Beings. We live our human lives from day to day and, hopefully, we begin to learn that we are on a spiritual journey.

Point 1: Beginning the Journey

So, question – What is a spiritual journey? What would you say that a Spiritual Journey is? Answers will vary but look for close to a journey to Source. A search for love, connection, family, happiness.

And where do you think the best starting point might be? Looking for where I am now, etc.

For me, the description of what my spiritual journey is has changed over the years – from a journey looking for all of my answers outside myself to a journey looking inside. Here is a little secret that I have discovered about my own journey. A few of weeks ago, our speakers spoke of spirals and that is how my journey feels to me. Starting with noticing the many times I find myself going through the same basic experience, but from different points of view. For example, from I was the younger person learning to I was the older person teaching.

Point 2: Steps on the journey

Pema Chodron said: The spiritual journey involves going beyond hope and fear, stepping into unknown territory, continually moving forward. The most important aspect of being on the spiritual path may be just to keep moving.

What does that mean?

For me, it means trust. Putting one foot in front of the other and trusting that your foot will land on firm ground. Realizing that there is a higher power that has my back.

Please repeat after me: “I am fully supported by a Higher Power.” Take a minute and let that sink in. Let yourself feel that support.

You’re here today, that is a step forward on your journey.

In the Star Trek story, there were several ways to make false starts and, even when a path looked good, it was blocked. What do you think are some of the things that can stop us from moving forward on our spiritual path? Can be fear, not listening to our inner voices, letting ourselves get caught up in everyday events...

For me, it has been all of the above.

Point 3: Life has unlimited choices

So, we have chosen our path and we’ve been following it faithfully. And we have seen changes in our outlooks and our lives. But we suddenly realize that we have come to a stop. We’re feeling like we are stuck in one place. What do you think might be some of the reasons why we could get stuck? Possible answers:

I’m comfortable where I am; I can’t see what’s next on the path, so I’ll just stay here – even if staying here is uncomfortable; I’ve made my choices so now I guess I have to live with them.

One of the things that I believe can’t be emphasized too much is this. God is unlimited. When Jesus said, “I give you the keys to the kingdom...,” he didn’t say “but you can only go into one room.” God is unlimited, so the choices that He has available for you are also not limited. If you have chosen a path for your journey and it no longer fits for you, choose another direction. If something isn’t working for you, you don’t have to stay with it – make a different choice.

Point 4

According to Deepak Chopra, awakening happens when you are no longer living in a dream world where you filter everything through your ego and focusing on the future and the past. Instead, you have an almost simultaneous awareness of your individual self and the connection between that and everything else.

Those all too brief times when we feel at peace, part of the whole. Those times when we pause, and just let things be. What are some good ways to practice

being in that state? For me, being in nature. Practicing mindlessness – being present in the now.

So, I asked you what might be some things that could stop us from moving forward on our path. Could it be that some of us are afraid that we will actually reach our destination? Fear that I will reach my destination and there won't be anything left to strive for. Or was that just me? The truth is that our journey doesn't end, it just changes.

So maybe the best way to get from here to there is to just relax and enjoy the journey, knowing that there are no wrong turns on this journey. And that if we discover that we have made a wrong choice, it's ok to choose a different direction.

With all due respect to Charlie, there are always directions that we can choose to travel. But, in a way Charlie was right too. Because the truth is that wherever you go, there you are. So, you may as well relax and enjoy.

For your homework this week, take some time and try a new spiritual practice – one that you haven't tried before – or that you are interested in trying again. See how it works for you.

10:40 – 10:42 Closing Prayer

10:42 – 10:50 Meditation

Bubbles Gratitude Meditation You realize that it is time to leave this place, but you know that you can always come back. It is your place and will always be here for you.

10:50 – 10:55 Love-soaked world

Keeping your eyes closed if you are comfortable doing so, please join me in envisioning a love-soaked world. A world where each person's needs are met daily. A world where each person has choices about what to eat – including dessert, what to wear, what to do.

A world where each person is valued for exactly who they choose to be, where each person knows that their choices are not final. A world where differences are celebrated. A world of peace and joy.

A world where each person is born knowing that they are loved.

Music: *The Adventure*

11:00 – 11:10 Offering and Blessing

Offertory – Blessing for the Offering

Each Sunday, we invite you to join in the celebration of the work we are doing in the world by sharing of your financial Good, should you choose to. And we are definitely in awe of your generosity.

If you are at home, you can go to mysticheart.org to use our Donate Button or to find our mailing address.

We also have a Gracious Giving Program for those who would like to make a heartfelt monthly commitment of support so that we can more effectively plan for our growth and our monthly spending. I would be happy to give you more information.

As we move into this time of giving, let these words come from your heart, knowing the Power of your word; and please feel our deep appreciation for your gifts:

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: *Living in the Moment*

Sherri – Blessing for the Offering

11:10 – 11:15 Invitations

Sherri – Invitations

Tuesdays, 3-5 pm – Michael Bordeaux's book club, *The Untethered Soul* by Michael Singer.

Thursday's Connections Book Study and Metaphysical Bible Study will return a week from this Thursday, 6/16.

New Wednesday Class Starts this Week: *The Wizard of Us*, facilitated by Prayer Practitioner Lucinda Alton is based on the book by Jean Huston. This will be an 8-week class beginning on June 8. Suggested donation for the class is \$80.00, or \$75.00 if a full payment is made at the beginning of the class.

Save the Dates!

Fall Family Campout: Saturday September 24 to Tuesday September 27, 2022.

The cost is \$75 per adult; \$40 per teen (13–17); \$25 per child (5–12); and no charge for tots from 0-4 years of age. Cost includes all meals and camp fees; Junior Mystics children's program supervised by Traci is also included.

Second Annual Spring Family Retreat at Coram Ranch: Thursday through Sunday, April 20-23, 2023. The cost for the 3½ days, including housing, seven wholesome meals, and all retreat supplies is \$225 per adult, \$125 per teen 13–17, \$50 per child 5–12, and no charge for children 0-4 years. Cost Includes all meals and a Junior Mystics Children's program led by Traci Roberti.

11:15 – 11:20 Closing songs

- *A Soul's Blessing*
- *Love Be With You.*

Thank you, and may your life be a wonderful adventure!