

# The Truth About Truth

Rev. Diana Johnson, with Chris Johnson, RScP

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>.



A Beloved Community  
Practicing the Possible Through Prayer

## Call to Awareness – Three Bells

Chris – Opening Prayer

Opening Music

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

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

## Welcome – Happy Father’s Day

Some of us honor our human fathers or the fathers of our children, some honor the Holy Father as Creator. And some may choose to celebrate the masculine energy and qualities that exist in every one of us...volition, structure, action, to name a few.

**And Happy Juneteenth** – “Union General Gordon Granger and his troops traveled to Galveston, Texas to announce that, in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property, between former masters and slaves, and the connection heretofore existing between them, become that between employer and hired labor.”

This proclamation was first made by President Abraham Lincoln in January of 1863. It took until June of 1865 for it to be recognized and enforced.

**Why do I mention this to open our Conversation this morning?** Freedom is a quality of God, inherent in every human being.

**Meditative Music: Circle of Fire**, written by Cari Cole & Don Miguel Ruiz

## Global Connection/Meditation – Rev. Diana

Taking a moment to Connect with our Global Community, we gently allow the eyes to close...taking a couple of deep breaths, we let go of everything that has brought us to this moment...bringing ourselves fully present...

Sensing a great web of consciousness that encompasses the earth, each of us a point of Light in the web...feel that Light shining from the very core of your Being...extending our awareness to the Light that radiates from every living thing, and from that which we would call non-living...plants, rocks, soil and water, stars and planets...one Light...one Intelligence, flowing through all of it...and through each one of us now, offering Its

Wisdom to our time together this morning. As we experience our oneness with All That Is, grounded in the Truth of Who and Whose we are, we build our connection stronger still as we join voices.

**Chant: *God Is, I Am***, written by Eddie Watkins, Jr.

Feel the vibration in the room as we gently open our eyes, fully prepared to have a Conscious Conversation.

I don't know if I'm the only one who has this experience, but sometimes I feel conflicted about something...I have spent 30 years studying *Truth* teachings. **What does that mean? What are Truth teachings?**

When I look up the definition for Truth, I got "the quality or state of being true." Not helpful. "That which is true or in accordance with fact or reality." Again, not helpful...even questionable. Are facts and truth the same thing?

Another definition..."A fact or belief that is accepted as true." Just because I accept something as True, that makes it Truth? That sounds really doubtful..

Let's try my tried-and-true approach...what are the origins of the word Truth? The Old English root points to **constancy**. Facts, beliefs, and opinions are changeable, aren't they? Constancy implies something that is unchanging. So what *is* the truth about Truth?

**Do you ever hear people speaking 'their truth'... do you ever speak about your truth? Do we each have our own individual truths?**

**What is something that might be your Truth but not my Truth?**

**What am I really talking about when I'm speaking my truth?** Experiences, beliefs, opinions, facts, perceptions, feelings, projections.

**Why don't we say what we mean? Does calling it my Truth give it more validity in my mind?**

**Why be so careful about the words we choose?** Words are powerful creative tools. And they reflect our beliefs, our values...the filters through which we are seeing the world.

I tend to use the words **Truth** and **Reality** only when I'm talking about something that is changeless, timeless, eternal...Truth in the Absolute sense.

**I try to be very specific when I'm talking about conditions, especially conditions that I would like to see change. Why?** Seeing a condition as the truth can anchor it in...solidify its existence in my experience.

**What are some things that we might call Truth?** God, Infinite Intelligence, or inherent spiritual qualities...Love, Life, Light, Peace, Power, Joy, Beauty, Abundance, Freedom...

**What if I'm not experiencing them right now? Are they still True?**

As I was listening to Lucinda's awesome talk last week, I heard her say something that she says often, and that I hold as True: "God always has my back." What crossed my mind is how much faith it takes to hold that statement as Truth. **Why?**

'God always has my back' does NOT mean that my life looks the way I think it should. It means that whatever is before me is FOR me, no matter what it looks like. It means that whatever is unfolding in my life is being used for Good...always.

Things are not always as they seem. The Spiritual Truth is that I Am a Perfect, Whole and Complete expression of Divinity, and so are you.

My relative experience is that I still have work to do. **Anybody else here in that same boat?**

Gangaji calls this *recognition*...this moment when we realize we still have work to do...after all these years...our moment of recognition.

She says, "There is an exquisitely shocking and important moment in the course of your life when you recognize the habits, addictions, selfishness, and suffering you have identified as 'yourself'."

That was a jarring passage for me... "the habits, addictions, selfishness, and suffering you have identified as 'yourself'."

But she follows it with this: "Along with this spiritual shock of recognition, a desire often arises to find what is true, real, pure, holy, and free. Because you have identified *yourself* with the negativity and horror, the search for what is pure and holy begins 'out there'..."...and so the conscious spiritual journey begins.

We have many places to look 'out there.' We have sages, saints, messiahs, wise women and wise men throughout time, whose lives we can look to and say, "Ah, there it is. They have it. How can I get it?"

I would like to share a story with you. My first teacher was a fan of Nasruddin stories, and this is one of my favorites:

The great Sufi master Mullah Nasruddin was on his hands and knees searching for something under a streetlamp. A man saw him and asked, "What are you looking for?" "My house key," Nasruddin replied. "I lost it." The man joined him in looking for the key, and after a period of fruitless searching, the man asked, "Are you sure you lost it around here?" Nasruddin replied, "Oh, I didn't lose it around here. I lost it over there, by my house." "Then why," the man asked, "are you looking for it over here?" "Because," Nasruddin said, "The light is so much better over here."

We look to the saints and sages because we think this light is so much better over there. We forget that the Light is within us.

There is nothing wrong with reading, listening, and studying Truth... learning from others who share from their experience and understanding. That is one way that we gather new

ideas to contemplate. That is one way to move from our personal truth into the experience of Absolute Truth...which is already within us.

The process of finding the Light within us is called healing.

Read *The Sacred Yes!*, pages 104-105, sections 3-4.

What is it that gets in the way of our knowing the Truth of who we are?

Read *The Sacred Yes!*, page 106, section 4.

How do we get across the bridge from personal truth to Spiritual Truth?

First and foremost, we have to tell the truth...to ourselves...to others...to God.

Telling the truth about any feeling, any thought, or circumstance paves the way for self-inquiry to begin.

Who am I really? What am I feeling? Feelings are pointers...what are these feelings pointing to?

When we begin this process of self-inquiry, we begin to know who we are. And when we know who we are, we know what we need...and we begin to be open to guidance about how to get there.

And eventually, after wading through the muck, you make a great discovery...there is a purity of being still there, buried beneath the many layers...as we spoke of a few weeks ago – a diamond in the rough.

The core of who you are is still pure, whole, unbroken. It always has been. This is the Truth with a capital T.

Read *The Sacred Yes!*, pages 106-108, sections 5-6.

We hear this so often that it can become almost cliché. Perfect, whole, and complete. It is so easy to feel like everyone else has it together...like we're sometimes going backward. We make comparisons...we judge ourselves so harshly. And then to avoid the pain of self-criticism, we might start to rationalize.

But here is the invitation, and I will be joining you in this...to tell the absolute truth about who you are and what you feel, to yourself and others...respectfully, lovingly and without apology.

### **Chris – Meditation**

What *is* The Truth? ... Do we each have our own personal truths? ... If we each have a personal truth, what happens when my truth and yours clash? ... Or is there One Absolute Truth that is beyond our individual perspectives? ... Is there a higher, transcendental Truth that never wavers or changes? ...

An Absolute Truth would have to include All That Is... in both the material and Spiritual realms... It would have to be Infinite... It would have to be the Omniscient One – God... A

complete understanding of Truth is therefore impossible... Yet Rabbi Yeshua told us, “You shall know the truth, and the truth shall make you free...”

How can we know that which is infinite? ... We can never know Absolute Truth intellectually... But we *have* been endowed with Divine Intuition... an Inner Guidance System... our own Mystic Heart... We hear a new idea and it “rings true...” we *feel* its truth in our heart... some part of us resonates with it... Somehow, we simply *know*...

We are not all that Divine Spirit is... but Divine Spirit *is* all of what we are... When we feel the Truth in a new idea, it is because our God-Self *recognizes* something Spirit has always known... Absolute Truth... It is a moment of High Mysticism... Spirit revealing themselves *to* us by expressing *through* us...

I invite you now to consult your own Mystic Heart... Focus your attention on the area around your heart and lungs... Let your breath be relaxed and slow... As you contemplate questions about the truth of something in your life, expect the answers to come... Believe that Spirit within you desires to reveal the Truth to you... and make you free... Scan your body for its reactions to your thoughts... these sensations are guiding you deeper into the Truth of your Being...

### **Silence – 3:00**

With gratitude for the gentle music that ushers our awareness back into the here and now, we bring ourSelves fully present... Grateful for this revelation of Truth and the freedom it brings us, we remember that the Truth is always fully available to us... Thank you, God, for everyone and everything...

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 her message this morning, we give heartfelt thanks for our mystical oneness with Spirit that allows us to recognize the Truth About Truth...

### **Rev. Diana – Spiritual Practice/Love-Soaked World**

The book of John tells us, “And you shall know the Truth, and the Truth shall make you free.” And “Dear children, let us not love with words or speech but with actions and in truth.” These mystical writings are not referring to the kind of knowing that happens in the brain. They are talking about embodiment...walking the talk, bringing our thoughts, words, and actions into alignment with our truest values, living the Truth, and living FROM the Truth.

We join together now, grounded in the deep Truth that there is only one Source, one Creator, one Creation, one Creative Process, expressing in every moment as all that is...each of us a perfect and intentional emanation of Divine Life. And in or apparent

individuality, we are one people, writing a new story for humanity and for our planet...we step into prayerful action as we envision and take part in creating a Love-Soaked World.

Together, we feel and know a world where all beings are peaceful, loving, abundant, and free...where all people practice loving kindness with one another and the earth. 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...

We create a world in which every being is valued for their inherent Goodness...where the Peace we cultivate within shows up as a world free of hatred and 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. We are the ones who serve as God's hands, feet, hearts, and voices, and so ***there is no reason we cannot have such a world***. It is our Vision followed by our Action that make it so.

With nothing and no one in our way, we are creating a more beautiful world, right here and right now as we speak our Powerful Word. And so it is...Amen.

We continue our Contemplative Practice, taking time contemplate, and maybe to access the True Self...

Allow your focus to rest on your breathing for a few seconds, as you allow your breath to find its own natural rhythm and flow...

Passage 1 - At the center of our own heart lies our True Self. We don't have to create our True Self, or earn it, or work up to it by our actions in the world. We do not climb up to our True Self...we fall into it. We surrender to who we know we have always been.

30 seconds of silence

Passage 2 - Our True Self knows that there is no place to go or to get to. We are already at home...already free...already living in a state of Grace. With every breath, it is our True Self that breathes God in and breathes God out.

30 seconds of silence

Passage 3 – Telling the truth is your road to freedom. Telling the truth is your road to having an intimate relationship with God. Telling the truth is your road to forgiveness and to being forgiven. Telling the truth is your road to reconciliation and harmony. Telling the truth is the road that opens up the energetic channels for the Good, which you seek, to find you.

30 seconds of silence

Passage 4 – In this sacred moment, Spirit speaks...let yourself tell the truth...let yourself win...let yourself heal. Let yourself have an intimate relationship with me. Oh, there is so

much awaiting us. Dance with Me. Free yourself from your own shackles and dance...for whenever you are dancing, you are dancing with Me.

30 seconds of silence

**Musical Meditation: *Peace Train***, by Yusuf/Cat Stevens

<https://www.youtube.com/watch?v=M9cJRqsKZKo>

Let's take a moment to become fully present in the here and now.

I would like to open a space now for any sharing that may want to come forth.




**Affirmation for the Offering**

**Offertory Video: *The Journey***, by Eddie Watkins, Jr.

<https://www.youtube.com/watch?v=0GX8caJocwM>

**Chris – Blessing for the Offering**

**Invitations**

-  **Tuesdays, 3-5 pm** – Michael Bordeaux's book club is reading *The Untethered Soul* by Michael Singer.
-  **Wednesdays through July 27<sup>th</sup>, 2:00 – 4:30 pm**, *The Wizard of Us*, by Jean Houston – led by Prayer Practitioner Lucinda Alton.
-  **Thursdays, 3-5 pm** – Prayer Practitioner, Chris Johnson, is leading the *Metaphysical Bible Study*.

**Save the Dates...**

-  **Fall Church Family Campout at Sue-Meg State Park. September 24<sup>th</sup> – 27<sup>th</sup>, 2022.** Children's program with Traci included.
-  **2<sup>nd</sup> Annual Spring Retreat at Coram Ranch in Shasta Lake. April 20-23, 2023.** Children's program with Traci included.

**Information Cards, Prayer Invitation,**

**Closing Songs**

-  ***A Soul's Blessing***, written by Chris Johnson
-  ***Love Be With You***, written by Lainey Bernstein, RScP & Gary Lynn Floyd