

The Hotel on Treasure Island

by Stewart Blackburn

This was originally written as a meditation intended to give a taste of the various pleasures of the Soul as an invitation for further exploration. We often forget that while the pleasures of the body are truly wonderful, it is the pleasures we encounter as we open to deeper and deeper parts of ourselves that are the genuinely magnificent experiences of life. There is great wisdom in taking the time to look at these pleasures, as they are the rewards for all our spiritual efforts.

Forget about Jim Hawkins, Long John Silver, and buried gold. These days there's a nice hotel on Treasure Island with even better treasures: the pleasures of the Soul. You have a standing reservation and are welcome anytime. Your experience here is totally your own. And you can change your experience any time you wish to. You may want to explore certain rooms, explore all of them, or only one or two. It's entirely up to you. Just be sure to spend enough time in each room you choose to get a full sense of what that room is all about.

On the first floor you'll find the rooms of Peace, Harmony, and Creativity. On the second floor are Humor, Connection, and Beauty, and on the third floor are Love, Freedom and Bliss. None of these rooms is better than any other; they are all just a little different. You probably will find at least one room that stimulates your Soul more than the others. Make a note of it and come back to it as often as you like. You'll find that the hallways are just as lovely as everything else here. A sense of equanimity, benevolence, and grace pervades the entire hotel.

The first room is the room of Peace and it is a very tranquil place. The silence is profound and supremely calming. There may be plants or animals here, but they won't disturb you. There will likely be some serene water like a pond or a lake nearby and a gentle breeze. The disturbances of the world are far, far away and there is nothing here but serenity and relaxation. Allow yourself to enjoy this deep sense of calm,

possibly deeper than you have ever known. Sink into this feeling of tranquility as deeply as you can and let this peace feed your Soul.

The room of Harmony is a dynamic one, ever changing, yet always perfectly pleasing. Everything about this room transforms, sometimes quickly, sometimes slowly, but always gracefully. There is a sense here that even though everything changes, nothing is ever out of place, nothing is ever flawed. Every detail fits with every other detail. And all with the feeling that it couldn't get any better. There is a profound sense of satisfaction that the ever-changing chaos and order are just right. You are invited to let this Harmony seep into every aspect of your being. Let yourself embody Harmony and let that Harmony guide everything you do.

The room of Creativity is a magical place where everything in it has its own imagination. In this room anything is possible and welcome. This is the heart of Fun, the exuberance of inventiveness and playfulness. Here you will find the meeting point of dreams and action. Fantasies are real and daydreams are valuable constructions. Adventure lives here, both in action and in the mind. We can explore countless possibilities and the probabilities of events in the room of creativity before we choose anything. Let yourself be free to consider anything at all! Open to your wildest desires and visions! And revel in the abundance of opportunities for Fun and Excitement.

The room of Humor is a charming place that's filled with the most amusing things in Life. Here everything is lighthearted and buoyant; nothing is taken too seriously. Little jokes, sly comparisons, kindhearted jests, and minute teases sparkle in the air. Silly and wry are welcome here, as are the ridiculous and the droll. We can always laugh here, especially at ourselves—an infinite source of amusement by itself. We can ride upon that sense of levity into greater and greater Hilarity and Fun. In this room let go of seriousness and be transported by the lighter aspects of Life. Laugh with the Angels and sing with the Stars.

The room of Connection is full of the tiniest threads that link all things and beings. Opening any one of these connections excites the Soul. There is a profound but subtle joy in every connection, as we sense

another part of ourselves. And this room is full of those joys. The pleasure of connection relaxes us and feeds our need for relationship and context. We feel a little less alone and isolated in these connections. In this room you are invited to appreciate the delights of connecting to whatever and whoever you like. Meld into them, become them, and explore Life from their perspective. Make love to them by fusing with them and sharing your energies. Bask in the enchantment of Connection!

The room of Beauty is filled with many delightful things each of which is able to touch a part of your Soul. This is a very personal room where the walls are covered in mirrors and what you see are aspects of yourself without judgments or shame. It can be very dark in here, but the more one relaxes the brighter it becomes. There is a sense that each detail has its own meaning and a place in the overall fabric of Life. As you explore this room allow yourself to enjoy and appreciate the splendor and loveliness in everything you see. The room of Beauty may seem like it is about the beauty all around you, but it is actually all about the beauty of who you are.

The room of Love is light and spacious. This room expands in all directions and yet one feels held and safe. There are no specifics here, only a sense that everything is as it is supposed to be. It feels warm here, like the warmth of freshly baked bread or a heart-felt compliment. We can feel an underlying sense of deep friendship with all beings. There isn't a sense of loving or being loved; it is the overwhelming awareness that Love is all there is. We *are* Love. Our sense of Self melts away and we enjoy being one with the vastness of All-That-Is. There is nothing that needs to be done; we can simply savor Being. Feel for yourself this deep essence of Being that is you *and* everything else. Allow yourself to simply Be.

The room of Freedom is a well-loved room with some of the greatest views in the hotel. There is a strong sense in this charming room of weightlessness. There is nothing to which one is tied or constrained by. Unfettered, the heart leaps in the lightness with the abandon and ease of a cloud rolling across the sky. The natural expansion of the Soul is released to show itself in all its radiant glory. In this room enjoy the

uncontrolled, uninhibited, and totally spontaneous expression of your whole being.

The room of Bliss is regarded as one of the very best rooms in the hotel. It's one of those places where people don't want to leave. Yet this room is very intense; everything about this room leaves one breathless. Each detail is an exquisite gem of unimaginable brilliance; each contour is polished elegance. The air is filled with the sweetly fragrant essence of Kindness and Empathy. There is no sense of time or dimension here. Let yourself come into the deepest chambers of your being and feel the heartbeat of your Soul.

You can stay as long as you like in any of the rooms in this hotel. The treasures here are your birthright. Explore them to your heart's content. And be sure to tell your friends about us! Pleasant dreams!