

Weekly Meditation, December 2, 2009
By Rev. Teri Lubbers

Dropping Keys

The small man builds cages for everyone he knows. While the sage, who has to duck his head when the moon is low, keeps dropping keys all night for the beautiful, rowdy prisoners. ~Hafiz, The Gift

Cages come in many forms...so do the keys to freedom.

I guess for me one of the biggest cages has to do with my own expectations. As soon as I settle in on how something “ought” to be, I close off some part of my heart. Instead of being open to the flowing, creative guidance of Spirit, I find myself constructing and defending forts that I think will keep me safe, bunkers in which to hunker down and ward off all I don’t want in my life.

What a crummy way to live! And I suspect that to the degree I create cages for myself, I simultaneously create them for all who interact with me. How about we just let “whatever is out there come charging in?” (Hafiz)

What if we lived gently with ourselves and everyone around us? What if we held our expectations lightly and were willing to surrender them instead of trying to force them into being? Sometimes what looks like disaster is really a key to freedom.

I’m tired of building cages...I would much rather pick up the key Spirit has just dropped outside my door.

Prayer: God, grant me the courage to leave all the cages of my own making and quit building them for others. Teach me how to get rowdy with all the other beautiful prisoners you have set free. Amen.