

Weekly Meditation, January 6, 2010
By Rev. Teri Lubbers

Become Light

A moth flying into the flames says with its wingfire, "Try this." The wick with its knotted neck broken tells you the same. A candle as it diminishes explains, "Gathering more and more is not the way. Burn, become light and heat and help, melt." ~ Rumi, "The Glance: Songs of Soul-Meeting"

What is this poem about, these images of release, of being consumed, of melting, of annihilation?

There are many devout, religious people who believe God advocates masochism, suffering and sacrifice. The primary story these folks tell and retell is how much they have suffered; as if the more pain and misery in their lives, the more validated, vindicated and real they feel. Their theme song might be: *Nobody knows the trouble I've seen...*

That's not what mystics mean when they use this kind of language. For mystics, the language of annihilation isn't about being self-destructive. It is about letting go, letting go of anything that blocks or hinders the experience of Spirit and Presence. *Gathering more and more is not the way. Burn, become light and heat and help, melt.* We are choosing every day whether we will lighten the load, lay down the things we no longer need, or whether we will keep picking up stuff that only weighs us down.

Backpackers don't keep adding rocks to their packs. They carefully minimize the amount they carry. Hikers have been known to jettison something they thought they needed, but later found was not worth the added weight. It's a new year. Empty the rocks from your pack. Become light...melt.

Prayer: God, thank you for the New Year that stretches in front of me like a vast field. Help me to let go of what binds me. I surrender myself to your love. Let me become light and heat and help wherever your path may lead. Amen.