

**Weekly Meditation by Rev. Teri Lubbers
July 20, 2011**

Inhabit the Fullness of Spirit

...in the Polynesian creation myth...the Tahitian God, Ta'aora, sleeps in a shell, wakes, and standing, breaks the shell only to create the earth. Not long after, he sleeps and wakes again to find himself in yet another shell, and standing again, he breaks this shell, creating the moon. This continues until all of creation has been born...It is the way the God within sleeps and wakes and stands in each of us, repeatedly breaking what has encircled us in order to birth us into a larger experience of life. We all live this way: co-creating the world by birthing the God within. Like a series of cocoons, each phase of life has its own thinking that must be shed if we are to inhabit the fullness of spirit we are given. Interestingly, the shells once broken are not discarded, but transform into the geography of a larger Universe – only limiting and suffocating if we allow any one to become our entire world. ~ Mark Nepo, "The Exquisite Risk"

There are a number of sea creatures that live their lives in a series of shells...as they outgrow one, they leave it and move into another. We are not so different, except the shells we inhabit are not visible to the human eye. There are the ways we protect ourselves, guard ourselves, defend ourselves. Certainly such shells keep us safe for a time, but at some point what has served us so well becomes constraining, constricting and limiting. We reach this crucial tipping point of critical awareness. The point where we know something no longer fits us, but we hesitate to vacate the too-small-space because the next home-shell-space is not yet apparent. Being a soft, tender, vulnerable creature scares us and sometimes keeps us in places we have long outgrown.

So here is faith I think...I believe that God will continually break what has encircled us in order to birth us into something larger. Faith believes something larger exists. Faith trusts that life is a progression of phases to be learned from and let go of. Each phase a nurturing cocoon that furthers our on-going transformation, moves us bit-by-bit toward this space that is no-space, in which we inhabit the fullness of spirit, our birthright...

Prayer: Beloved, I can barely imagine what this fullness of spirit might be, but you give me glimpses of it. Help me trust thee inner flashes of sight that you give, let there be no part of me that would hush the voice of your Spirit's call and invitation to move fully into life this day. Amen.