

Weekly Meditation, August 26, 2009
By Rev. Teri Lubbers

Pendulums in Motion

While we may think that our circumstances are the cause of this frustration, the real source lies in not being aware of our higher self. Thus, the goal in meditation is to reconnect our personal self to this transpersonal dimension of our being.

Another way to picture this process is to think of consciousness as if it were a pendulum. At one end is the dimension of our being that is transient and evanescent, or continually changing and transforming through a process of evolution. At the other end of this pendulum is that part of consciousness that remains immortal and unchanged. Thus our whole being could be said to be a continuity in change – just as it's never the same water that passes under the bridge, yet at the same time it's the same river.

~Pir Vilayat Inayat Khan, Thinking Like the Universe: the sufi path of awakening

I have a little pendulum at home. The frame is made of cherry wood and the pendulum is made of brass and hangs suspended from a chain. When it moves, the pointed tip at the bottom traces designs in a small bed of sand. It fascinates me that pendulums move of their own accord (somehow related to the rotation of the earth and gravity). Anchored at the top and moving freely at the bottom. The designs it creates also fascinate me – intricate, ordered, and beautiful – as if it had a mind of its own.

We are anchored in the eternal. The part of us moving around here – going to work, feeding kids, making love, mowing the yard, reading a book, attending church – that part is continually changing and evolving. But our source, our anchor, our life-line is the Divine. The task of our human existence is to let that eternal part of us be expressed in and through that evolving part of us. Heaven, eternity, peace and transcendence are not just pie-in-the-sky-when-you-die things. They are potential realities now, today, this moment, this instant.

Our lives are not just a collection of totally random events, although sometimes the circumstances and conditions of our lives collude to convince us that this is the case. Really our lives are God in motion, creating designs we could never have dreamed of. Think like the Universe today...

Prayer: Creator, help me remember who I am today. Help me remember that I am always connected to you and that you want to move in and through me today. I am available. Amen.