

Weekly Meditation, September 23, 2009
By Rev. Teri Lubbers

The Root of Inner Wisdom

To allow oneself to be carried by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence. The frenzy of the activist neutralizes his/her work for peace. It destroys the fruitfulness of his/her own work because it kills the root of inner wisdom which makes work fruitful. ~Thomas Merton

The phrase “*the frenzy of the activist neutralizes his/her work for peace*” hit me between the eyes when I heard it yesterday for the first time. I know that feeling, from the inside out; I know it in my bones. I know what it is to look at a calendar all penciled in that has no breathing room. I know what it is to live on buzz of adrenaline. I know what it is to try frantically to go in all directions at once.

My ego and the world I live in are very clever. They collude to keep me busy in whatever context I find myself. Maybe in our past lives we stayed busy drinking or drugging, partying, maybe we were obsessed with the world of academia or books, maybe we were workaholics, maybe making money was the big motivator, or maybe life was consumed with trying to fix a dysfunctional family.

Then we experienced some kind of spiritual awakening, and we latched onto the spiritual quest as our new mission, church as our new community. But nothing changes until something changes. We just end up creating the same kind of frenetic activity, only in a new context; we might even feel more virtuous or self-congratulating.

It’s a trick, this staying so busy all the time. It’s a ploy to keep us so preoccupied that we avoid our real selves. Because if we ever stopped being so busy and came back to the root of our inner wisdom we would never be the same again.

Prayer:

God, help me discern today which things to say “yes” to. Help me recognize the pull and nudge of your spirit in the events of this day. And please grant me courage to say “no” to the things which are not mine to do, but belong to someone else. Keep me company today in the small things. Amen.