

Weekly Meditation May 12, 2010

By Rev. Teri Lubbers

Letting Illusions Die

We would rather be ruined than changed – even though change is who we are. We would rather die in our anxiety, our fear, our loneliness, than climb the cross of the moment and let the illusions die. And the cross is also the crossroads, the choice. We are here to make that choice. ~Charlotte Joko Beck, “Nothing Special: Living Zen”

This quote interests me because although it talks about the cross (a very Christian symbol), it is written by a Buddhist practitioner. There are some universals in the world. Whether Christian or Buddhist, one universal about the nature of our lives is that our lives are full of change. Change is the nature of who we are. We resist this concept. We get up in the morning and the furniture is where we left it. The children or spouses or co-workers with whom we interact in the morning are still there and we say many of the same things to them every morning. I look in the mirror and I still recognize my face. But underneath the façade of solidity and stability and predictability is this flowing current of change. From one nanosecond to the next, things are always moving, in flux, in transition, always unfolding.

Nothing stays the same. Not the weather, not my body, not my world. Change is who we are. If for a moment we could embrace that reality, entertain that idea and not shrink away, not be afraid of what the day might bring, I think the universe might burst forth in us.

We get to choose whether to “climb the cross of the moment and let illusions die” or just keep going round and round in circles hoping somehow the circles get more comfortable. Change is who we are. Crossroads. Choices.

Prayer: God, I am taking your hand today. Help me navigate the changing landscape of my life with courage, anticipation even. Awaken my awareness to the places where I resist the changes that you bring into my life. Changes that ultimately promise growth, depth and greater connection to you. Amen.