

Weekly Meditation September 29, 2010

By Rev. Teri Lubbers

Sense of Integrity

Okay is a blanket word for most of us. It covers all sorts of squirmy feelings; and it frequently signals a loss. We officially feel okay, but do we? At the root of a successful creative recovery is the commitment to puncture our denial, to stop saying, "It's okay" when in fact it's something else. ~ Julia Cameron, "The Artist's Way"

"How are you today?" "I'm okay."

Sound familiar? Pretty typical exchange? I want to be polite and friendly but I wonder how many of my human interactions are at a pretty superficial level. Frequently there is a gap between what my *official* feelings are what I *really* feel.

When I tell you I am okay, what have I really told you? Have I told you I'm sad, mad, or glad? Have I told you I'm numb, pissed off, scared, or pleased? Have I told you anything other than, "thanks for inquiring but you're not getting close to me today?" Shields up.

Now it's probably good that every thought that pops into my head doesn't come out of my mouth. I'm thankful that most folks are not telepathic or I would live in a constant state of mortification. I also know I am not going to be best friends with everyone I meet. However, it seems like I ought to be able to be authentic and caring of others at the same time. Honesty requires that I break through the barrier of "I'm okay" and look at how I'm really feeling about something. Authenticity requires that I risk sharing it with you, and that involves both gain and loss. I gain my own sense of integrity and congruence. I lose the comfort of illusion and ambiguity.

You will know the truth, and the truth will set you free...

Prayer: Beloved, there are many layers of me. Peel off the ones that are no longer helpful, the ones that hide me from myself, from others, from you. Let your light shine more clearly through me today. Amen.