

Weekly Meditation by Rev. Teri Lubbers  
March 30, 2011

**Separateness is the Illusion**

***Why, then, in our ordinary experience do we feel so separate? This separateness, insists the mystic, is an illusion. If we meditate on the true nature of our self, we shall find, as mystics from many ages and times have found, that there is only one consciousness behind all the diversity. This one consciousness/subject/self goes by many names. ~ Amit Goswami, "The Self-Aware Universe"***

Many years ago (like 40!), I used to stand on street corners and pass out tracts to passersby. In these tracts were the "4 Spiritual Laws" in which it clearly explained the human plight: we are wretched, we are separate from God and there exists a great chasm between us, Jesus is the only mediator-bridge, pray this little prayer and you'll be redeemed. Hmm, it was pretty clear-cut and tidy. God systematized.

The journey has shifted my consciousness a bit...well more than a bit...it has rewritten everything I thought I knew. Especially this part of the story where we are told that we are separate from God. We may sometimes feel alone and even believe that for some reason we are outside God's realm but THAT is the great illusion. The being and nature of God permeates everything and everyone. There is no place where God is not. Not possible. Spirit is more than we have begun to imagine.

So, what if we started with a different premise? What if we started by believing that we are already beloved, accepted, and valued by God? That we are swimming in God. That wherever we are, if we would stop and sink into the depths of our own consciousness and ground of our own being, we would touch it, this amazing pervasive Presence. Whether we call it the mind of Christ, the Holy Spirit, the Inner Light, it is there waiting for us to stop long enough to notice and feel. We stand at the shore of a great ocean of love and grace and mercy...the waves are lapping at our feet. Step in...

**Prayer: Beloved, open up space in me to receive you. Erase in me the illusion of distance between us. Open the eyes of my heart to see you in the unexpected today. Thank you for being present in every moment and in every place. Amen.**