

## Weekly Meditation by Rev. Teri Lubbers

### Like the Moon in the Night

*I have come to realize that the people I've admired throughout my life, the ones I've tried to emulate, were all like the moon appearing in the night, and though I secretly wanted to be like these wonderful people, it was their openness that allowed them to shine in the middle of my darkness, an openness I didn't need to copy or envy, just uncover in myself. ~ Mark Nepo, "Book of Awakening"*

There are a few bits of creation with which I have had a love affair for as long as I can remember. Trees, the ocean, the moon. I can remember times when my "moon cycle" was really like that...my body so in synchrony that I would ovulate with the full moon. I can remember standing at my kitchen sink looking out the window at dark-thirty in the morning, peering up at the moon and feeling its tug on my body...like gravity to the tides. So this image of Nepo's conjures up other images. If we will allow it, almost any image can be the thread we follow to our own souls...

It was a long time before I began to grasp the truth that those I admired and emulated mirrored to me something of my own soul. Of course I rarely knew it at the time. I perceived them as "farther along" or "more enlightened" or "very deep" and I wanted to grow up to be just like them. I wanted to be like my therapist, my professor, my spiritual director, my pastor...not realizing that it was their openness that beckoned me to come out of hiding.

Today, think about the people whom you most admire. Ponder how they both mirror and call your hidden wholeness into being. Uncover yourself.

**Prayer: God, the psalmist says you desire truth in my inmost being. Thank you for all those who have been like full moons, shining into the darkness of my night. Grant that I also might reflect your light, a light which no darkness can overcome. Amen.**