

Weekly Meditation by Rev. Teri Lubbers

Looking Deeply

If we look deeply at the bud on the tree, we will see its nature. It may be very small, but it is also like the earth, because the leaf in the bud will become part of the earth. If we see the truth of one thing in the cosmos, we see the nature of the cosmos. Because of our mindfulness, our deep looking, the nature of the cosmos will reveal itself. It is not a matter of imposing our ideas on the nature of the cosmos. ~ Thich Nhat Hanh, "The Heart of the Buddha's Teaching"

Jesus spoke in parables on purpose. I am sure that many people – including his own disciples – wished he would just say what he meant instead of always confusing them with metaphors and images. Things like mustard seeds and bread yeast, fishing nets and lost sheep. Why not speak plainly? Spell it out, nail it down for us! Tell us what to believe, tell us what to do!

We humans have a frantic and frenetic tendency to turn intuition into instructions, to think that head knowledge can be substituted for the knowing heart, to think that checklists are the same as grace. Fortunately for us there are spiritual pioneers who have looked deeply at the world, who have listened with their hearts, and who resisted the temptation to tell us what to believe. Their deep looking invites our own.

There is no need to impose our ideas on the cosmos in which we dwell; the more we do the less we see and hear and feel. There is a need to look deeply...at the bud of a tree, the face of an infant, the night sky, the embers of a fire, the hands of a grandmother, the falling rain, the wind moving the grass...at the infinite cosmos revealing itself again and again to all who pay attention. We don't need to do everything... just one thing at a time, deeply and with wholeness of heart. All paths are leading us home...every living thing a living parable, an entry point into the truth that resides all around us...and deep within us.

Prayer: Maker of the Cosmos, Eyes to see, ears to hear, heart to feel, mind to attend...may these be mine. May grace be mine. Breath of your breath make me this day. Amen.