

Weekly Meditation, September 16, 2009

By Rev. Teri Lubbers

Letting Go

You've been fearful of being absorbed in the ground, or drawn up by the air. Now, your waterbead lets go and drops into the ocean, where it came from. It no longer has the form it had, but it's still water. The essence is the same. This giving up is not a repenting. It's a deep honoring of yourself. ~ Rumi

Last Saturday night we had a great Open Door Productions concert by Erika Luckett and Lisa Ferraro. The lyrics for the music came from the poetry of Rumi. I have been immersing myself in one of the songs that reflects the thought in the quote above. The line in the song says, "Have you ever seen the ocean wooing the drop? Wooing the drop?"

The idea is that we are a drop that needs to return to the ocean, which is our source, and that the ocean is always calling to us: coaxing, wooing, inviting. But we are so convinced of our separateness that we are afraid to let go of whatever we are clinging to, we are afraid of dropping into that immense unity that beckons. Ego has us so convinced of the importance of our singular existence that we spend most of our lives living in fear of the very thing that would vanquish all fear. Let go... Let go... Let go.

Whatever you find yourself clinging to today...rethink it. Don't let fear hold you back from releasing into the One who already knows and loves you, the Friend who is wooing you, who is calling your name.

Prayer: God, sometimes I panic. I don't want to let go. Transform my fears into trust, and give me the courage to let my drop join your ocean. I really want to be whole, and to feel your presence and peace today. Amen.