

## **Weekly Meditation by Rev. Teri Lubbers**

December 16, 2009

### ***Let the Rug be Pulled Out***

*There was a crazy-wisdom teacher in India named Saraha. He said that those who believe that everything is solid and real are stupid, like cattle, but that those who believe that everything is empty are even more stupid. Everything is changing all the time, and we keep wanting to pin it down, to fix it. So whenever you come up with a solid conclusion, let the rug be pulled out. You can pull out your own rug, and you can also let life pull it out for you. Having the rug pulled out from under you is a big opportunity to change your fundamental pattern. It's like changing the DNA. One way to pull out your own rug is by just letting go, lightening up, being more gentle, and not making such a big deal.*

*~Pema Chodron, "Start Where You Are"*

Everything is changing all the time. At the heart of most unhappiness, frustration and drama is a basic reluctance to believe this truth about our existence. I liken it to being at the beach and playing in the sand when my children were young. While the tide was out we would build these elaborate castles and sand cities. Then the tide would turn. Slowly it would creep up, each wave getting closer and closer, to threaten all our hard work. At first we would try to create barricades, barriers to keep the waves from reaching and demolishing our beautiful creations. Barricades never work.

Everything changes. All the time. It's not good, or bad, it's just how it is. But we get to decide whether we will spend our lives frantically trying to pin things down, shoveling sand barriers around us in hopes that we can hold back the sea. We get to decide that another possibility is to fully enjoy – in this present moment – all the amazing things, people, and abilities we have been gifted with. And then when it's time, be willing to relinquish them to the returning tide, release them with grateful hearts, and let them go.

You might say, "But surely some of it's a big deal, some things really matter!" I know it feels that way but none of our "stuff" – whether material, intellectual, emotional, relational, or even our spiritual ideas – is the ultimate thing. Letting go of all our constructs, all our "have to's", all our big deals gets us a little closer to the ultimate thing. The tide always returns to carry us – in our vulnerability and transparency – back to the One who is the Ultimate thing, in whom we live and move and have our being.

**Prayer: Beloved, give me a new perspective today. Let me see my life, my world, everything, through your eyes. Help me to live with gentleness today, for those around me and for myself. Amen.**