

Weekly Meditation, December 30, 2009

By Rev. Teri Lubbers

An Ancient Circle

One of the great powers of love is balance; it helps us move toward transfiguration. When two people come together, an ancient circle closes between them. They also come to each other not with empty hands, but with hands full of gifts for each other. Often these are wounded gifts; this awakens the dimension of healing within love. When you really love someone, you shine the light of your soul on the beloved.

~ John O'Donohue, "Anam Cara: A Book of Celtic Wisdom"

When two people come together, an ancient circle closes between them. We are familiar with thinking in these terms when it involves our love and partnering relationships. In our coming together we hope to encounter something that runs deep, that reaches to the core of our being, where we feel connected not only to the one we love, but also to All-That-Is. Those flashes of unity, oneness and wholeness – however brief they may be – blaze like lightening in a stormy night sky, lighting up everything around us.

But what if it's not just our closest love relationships? What if *every* encounter held that promise? What if we went about the day holding the awareness that every encounter, however brief, potentially holds the promise of this ancient circle? I know I am human and cannot maintain this kind of awareness for even an hour, but what if we were to set our intention in this direction, expecting that somewhere in the day we would feel the ancient circle closing between ourselves and one other human being?

Our hands and hearts are full of gifts for one another. Even if the gifts are sometimes wounded gifts, they still have the power to shine soul-light and love-healing on at least one person today. So be on the look-out for your opportunity today...

Prayer: Beloved, I offer my intention to you. May every encounter I have today be an opportunity to offer a gift to someone. I want the ancient circle of your love to be present in every action, conversation and train of thought. Lead me to balance and transfiguration today. Amen.