

Weekly Meditation, January 20, 2010

By Rev. Teri Lubbers

Things Are Just the Way They Are

Who looks out with my eyes? What is the soul? I cannot stop asking. If I could taste one sip of an answer, I could break out of this prison for drunks. I didn't come here of my own accord and I can't leave that way. Whoever brought me here will have to take me home. ~Rumi

Don't know how it is for you but there are days when my heart echoes Rumi: *If I could taste one sip of an answer, I could break out of this prison....*

I had a friend once in Alanon who used to tell me, "Teri, if you know why, things are just the way they are. If you don't know why, things are just the way they are. Knowing why is the booby prize."

Most things that hold me hostage and keep my amazing analyzing mind working overtime, have less to do with things outside me than I like to think. We tend to think things are uncomfortable because we don't have enough money, or because we have a health concern, or because our kids are screwing up, or because some other aspect of our lives is not conforming to our expectations, some person in our life isn't "behaving". But the truth is that things really are just the way they are and most of the time they aren't really directed at us; we haven't been singled out for "special" treatment.

So hear what Rumi shares with us. *Who looks out with my eyes? Spirit. What is the soul? Spirit. I didn't come here of my own accord... Whoever brought me here will have to take me home. Spirit. We are not here alone. We are not separate from the Spirit from who sent us here. We already have all we need to do all we are called to do if we stop and remember our deep connection to Spirit. Breathe...*

Prayer: Beloved, I forget pretty easily that you are the One who has brought me here and you are the One who companions my journey, and you are the One who is my home. I surrender to your love today and wish to live in connection with your Spirit. Amen.