

Weekly Meditation, March 24, 2010

By Rev. Teri Lubbers

Cherishing Life

There is an innocence within me that already knows how to trust my Higher Power, to cherish life while holding it lightly, to live fully and simply in the present moment. I will allow that part of myself to come forward and nourish me as I continue on this journey. ~Courage to Change

My step-mother is dying. So right now this idea of cherishing life and living in the present moment is pretty visceral for me. This past week cherishing life meant moments where I fed June and gave her tiny sips of water because she is too weak to feed herself, putting ointment on her dry lips, taking a warm cloth and wiping her eyes. It meant praying with her and other family members to reassure them – and myself – that God is the One in whom we live and move and have our being, the One who brought us here and the One who will take us home. It meant singing to her when she was resting. There is a light deep inside us that is shining and continues to shine even when we leave these bodies behind. I sang to her about this...

There is this cocooning thing that happens when we are caught in such moments. And within this cocoon, transformation is taking place right before our eyes, right within our hearts, altering the form of our lives forever after.

We are busy about many things but only one thing is really necessary. Cherish life. Allow the innocent part of yourself to trust Spirit. Don't worry about how it will look or what others will think. Just open the little door of your heart and allow that part to come forward and nourish your journey, this amazing journey. Today is all we ever have.

Prayer: God, our outer nature wastes away but our inner nature is renewed by you day-by-day. May your light shine brightly in me today. May I learn to live fully and simply in this present moment. Amen.