

Weekly Meditation July 7, 2010
By Rev. Teri Lubbers

Don't Go Back To Sleep

The breeze at dawn has secrets to tell you. Don't go back to sleep. You must ask for what you really want. Don't go back to sleep. People are going back and forth across the doorsill where the two worlds touch. The door is round and open. Don't go back to sleep. ~ Rumi

I like this image of doorsill, a threshold, a crossing over place where two worlds touch. Last week it was my privilege to be at General Conference and I am grateful to Rev. David and Agape' to have gone as our clergy representative. While in Acapulco, most mornings I began my day with a swim in the Pacific. Ocean is my favorite metaphor of the Divine. Waves are for me are a "doorsill" reality. They start out as the ocean but then end up on the sand. Then they slide back into being the ocean again. Over and over again. Ultimately the waves always find their way back to their Source.

We can find our way back as well. You and I are "doorsill" creatures – fully human and fully divine – a point of contact between two worlds, seeking every day to be more awake. Sometimes we are asleep, unaware, unconscious of what we really are. Sometimes we are standing right on the doorsill, momentarily suspended in the in-between, neither inside nor out. But every day, every moment, we can ask for what we want, ask to be more fully awake and a little less sleepy, ask for help to be intentional about creating time and space in which spiritual awake-ness can happen. We can be still...we can just be...Spirit takes care of the rest.

Prayer: God, thank you for being my Source. Thank you for creating me and giving me this day. My desire is to be awake to your presence, power and love within me today. May it be so. Amen.