

Weekly Meditation February 16, 2011
By Rev. Teri Lubbers

In Rhythm

Rhythm is the secret key to balance and belonging. This will not collapse into false contentment or passivity. It is the rhythm of a dynamic equilibrium, a readiness of spirit, a poise that is not self-centered. This sense of rhythm is ancient. All life came out of the ocean; each one of us comes out of the waters of the womb; the ebb and flow of the tides is alive in the ebb and flow of our breathing. When you are in rhythm with your nature, nothing destructive can touch you. Providence is at one with you; it minds you and brings you to your new horizons. To be spiritual is to be in rhythm.

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

We live with a variety of rhythms...not all of them conducive to our wholeness and wellbeing. I read once that our hearts try to get in rhythm and beat at the pace of the things around us. But we are surrounded with machines and things that move at a pace much faster than is good for us. Our poor hearts cannot beat fast enough to keep up. We live with inordinate amounts of stress. We ignore the basic needs of our bodies for sleep, for rest, for good food, for "down time." We impose on ourselves with electric lights that allow us to stay up too long past the setting sun, coupled with alarm clocks which will wake us before we are fully rested.

One of the reasons we often feel soothed when out in the presence of the natural world is that, for those moments, we feel the pulse of a more natural rhythm, a pace that is more in sync with the ancient of which we are a part. If we would waken our spirits, if we would walk with wholeness, it will happen only when we are intentional about finding balance, belonging, and the natural rhythms of our lives. Sometimes it feels like a daunting task but the Spirit is always seeking us, calling us into a deeper equilibrium which will allow what is in us to set our pace, rather than allowing what lies outside of us to force us into conformity and the mediocrity of automatic living. Poke a hole in old habits today and feel the ebb and flow that is moving right below the surface of your life.

Prayer: Beloved, the rhythm of your heart sets the pace of all things. Help me to find that pulse in my own life today. May I honor and value what is in me and not get so overwhelmed with this busy world that I forget the deeper rhythm of my life. Amen.