

**Weekly Meditation by Rev. Teri Lubbers**  
**May 18, 2011**

**Being Direct**

*We waste so much energy trying to cover up who we are, when beneath every attitude is the want to be loved, and beneath every anger is a wound to be healed, and beneath every sadness is the fear that there will not be enough time. When we hesitate in being direct, we unknowingly slip something on, some added layer of protection that keeps us from feeling the world, and often that thin covering is the beginning of a loneliness which, if not put down, diminishes our chances for joy.*

*~ Mark Nepo, "The Book of Awakening"*

I am not sure about you but I, for one, am not yet ready to live completely in the open. I am not ready to have all my thoughts known. Frequently, I have the internal world of what I think and the external one of what I say. I say what I think will save me or you from confrontation, from hurt feelings, from hard things. Being direct seems harder than dissimulation, where I hide not only from you but also from myself, unable to fully commit to either of us.

There is a high cost to pay for not being direct. We never live. We never feel. We never taste. We move through the world as if swaddled in cotton batting, always slightly removed and insulated from anything too real, muffled from anything too loud. If we could let go of fear we might discover joy. If we could spend even half of the energy in being direct that we spend in covering up who we are, we would feel the world shift beneath our feet...

**Prayer: Creator God, may courage be mine. Help me be willing to speak the truth in love, so that what I say and do might match what I feel and think. May your joy be present in every step, every breath, every moment. Amen.**