

## Weekly Meditation by Rev. Teri Lubbers

June 29, 2011

### Deep Listening

***But how do we listen? It is so simple and so hard. So obvious to begin and so elusive to maintain. In this lies the vitality of deep listening. To keep beginning. Over and over. To keep emptying and opening. And simply to keep listening. For to listen is to continually give up all expectation and to give our attention, completely and freshly, to what is before us, not really knowing what we will hear or what that will mean. In the practice of our days, to listen is to lean in, softly, with a willingness to be changed by what we hear. ~ Mark Nepo, "The Exquisite Risk: Daring to Live an Authentic Life"***

Listening is risky business. Listening means you could hear something that could change everything. Listening means showing up without an agenda, without preconceptions, without a sense of knowing where this train is going. We often listen selectively, hearing only what we already believe, ignoring what might challenge or change us.

This morning I remembered a verse I memorized as a child, and realized that it is talking about listening: "Behold I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me" (Rev. 3:20). It was always a "salvation" verse to me, but now it speaks to me of an ongoing process: listening...opening...inviting Presence in.

Presence...is a choice always available to us. But it is a moment-by-moment rather than once-and-for-all kind of thing. We continually choose - in every situation, every encounter, every unexpected circumstance - whether we will open up, the way flowers open to the sun, We continually choose how attentive we will be, and how deeply we will listen...

**Prayer: God, I am listening. Help me keep beginning today. Help me be as present to you as you are to me. All day long. Amen.**