

Weekly Meditation by Rev. Teri Lubbers

Desire for Who We Are

The desire for satisfaction is perhaps motivated by an innate momentum toward the truth which some call “a homesickness for God.” A desire to participate in the One. The difficulty with our desires is just that they are too small. They are the desires of me and mine. They do not include the universe. They are a desire for what we want, not for who we are. ~Stephen Levine, “Who Dies: An Investigation of Conscious Living and Conscious Dying”

I know that Jesus was Jewish but every once in a while I can't help but wonder if he wasn't just a little bit Buddhist...because like the Buddha, he too knew something about the desires of hearts and how easily we get distracted and caught up with things that aren't really the real deal.

Have you ever felt a homesickness for God? Have you ever felt that sense of Oneness, of soul-longing, of unity – even for a few seconds – that reassures you that you are not alone, and that there is more to this life, to your life, than perhaps you had ever imagined? And if you are anything like me, as soon as you experience one of those moments you may also hear the committee in your head telling you all the reasons that it is just nonsense, not rational, not practical. But you get to choose who to listen to...

All the small, thirsty desires can keep you so busy that if you're not careful you will never get home to your own heart. The well of your heart is deep and never runs dry.

Prayer: God, Move me a little closer to you and to myself. I yield all the little desires for a taste of what it means to be One with you. Amen.