

Weekly Meditation by Rev. Teri Lubbers

Surrendering Illusion

Happiness is not something you acquire; love is not something you produce; love is not something that you have; love is something that has you. You do not have the wind, the stars, and the rain. You don't possess these things; you surrender to them. And surrender occurs when you are aware of your illusions, when you are aware of your addictions, when you are aware of your desires and fears. ~ Anthony DeMello, "Awareness"

Surrender is not everyone's favorite word. Surrender sounds to some like giving in or giving up. Acquiescing to the will of another. Surrender feels akin to losing, complete with waving white flags. Not too surprising; we live in a world that frames so many things in win/lose terms.

I loved the spectacular thunderstorms when I lived in Texas. I loved to stand on the porch or balcony (where I could stay relatively dry) and just be present, feel the wind and hear the rumble of distant thunder, or the startling crash when it was close by. It held me in awe with that same kind of invigorating terror that makes some people love riding roller coasters. I practiced surrendering during those storms, surrendering fear, surrendering illusions of control. I could even sleep through the loudest of storms because over the years they triggered in me a confidence and trust that something bigger than me existed in the universe, and that my appropriate response to that immensity was surrender.

We can't produce, acquire or make love happen; although these are illusions that we nurture. Love and happiness cannot be possessed, but they can possess us and flow through us...when we surrender...

Prayer: Holy Spirit, help me to relax my hold on illusion and fear. May it relax into a yielding that turns to you – not out of fear – but the way flowers turn to light for life. Amen.