

Weekly Meditation by Lisa O'Grady
(Our guest contributor this week, Lisa, is a member of Agape' MCC)

Do the Right Thing

For the past year or so I have been trying hard to get in shape and last summer began working with a personal trainer. My trainer talks A LOT during my sessions so I have found out quite a bit about her life including the fact that she is an atheist.

Back in November I had an accident while coming down some stairs a week prior to my session, so we were taking great care to work around my injury. At the end of the workout, my trainer asked if I would mind if she touched my back. She did not preface this with any explanation at all of what she planned on doing or how.

I put my trust in her and said yes, upon which she asked me to position myself in a yoga stretch known as "child's pose". This is basically where you get on your knees and stretch your arms straight out in front of you, forehead and forearms on the floor. She then proceeded to push on my back in various places, saying nothing. Actually I don't think a word passed between us. Although I felt much better after this, the story is not about my back

You see, although she is my friend, my trainer is not someone I have known very long and not someone I'd really expect to ask me that simple question and then silently (and as I said, she is never silent) spend nearly 20 minutes trying to ease my pain. In her action there were no words exchanged. There were no rules involved. She did not seek acceptance from me nor did she seek my praise for her help. She owed me nothing and I am sure she was ready to spend time with her husband and kids. But she did this of

She didn't do this for admission into heaven or to rack up a good deed with anyone. When I thanked her and told her I felt much better she almost seemed shamed to accept my thanks. This was no big deal to her. No big deal at all. I realized there was one simple reason for this act- kindness and compassion. And the fact that this meant nothing to her was indeed the true beauty of the whole thing.

My atheist friend has no rules. She does not live in that kind of world. She doesn't get caught up in the hype of religions and what she did touched my heart. I think about that day sometimes. I completely trusted without question and was gifted with a lesson as valuable as the easing of my pain. Like the Nike ads say -"Just DO it." Give without rules. Love one another without reasons.

I wonder what would happen if one day everyone suspended all of the rules, the conceived expectations, the felt need for acceptance and the fears and just DID things for each other out of true and pure compassion. What kind of world would this be?

Prayer: Spirit, please touch my heart and allow me to experience the true freedom of trust without fear in knowing that your love moves through people and not religion, through compassion and not hype through actions - not words. And let me also be a worker of your light by not ever hesitating to express that touch to another soul who may be in need. Amen.