

Weekly Meditation by Rev. Teri Lubbers

Resistance

The way to dissolve our resistance to life is to meet it face to face. When we feel resentment because the room is too hot, we could meet the heat and feel its fieriness and its heaviness. When we feel resentment because the room is too cold, we could meet the cold and feel its iciness and its bite. When we want to complain about the rain, we could feel its wetness instead. When we worry because the wind is shaking our windows, we could meet the wind and hear its sound. Cutting our expectations for a cure is a gift we can give ourselves. There is no cure for hot and cold. They will go on forever...Like the tides of the sea, like day and night – this is the nature of things. Being able to appreciate, being able to look closely, being able to open our minds – this is the core of maitri. ~ Pema Chodron, “When Things Fall Apart”

I don't like to admit it but most of the unhappiness I ever experience comes not from the actual thing I think is the problem, but more often from my expectations. We set ourselves up. We have a plan and things don't turn out the way we thought they would. We didn't get our way.

We resist not getting our own way. We often resent it. We struggle, whine, weep, try harder, blame other people or things or organizations we perceive as obstacles to our desires, rather than be in the present moment where we find ourselves. We mourn the loss of dreams unfulfilled but don't notice all around us the precious signs of the life which is still ours: the sound of baby laughter, the smell of baking bread, the feel of cool water on a scorching day as we step into the pool, the hummingbird at the feeder, the sunrise as it slips in all its colorful glory above the horizon. These seem small in the face of life-changing events that feel overwhelming like tsunamis after a great quake.

But if we will look closely, if we see all around us the circles of life – ever changing, ever moving – we might be able to open our hearts and minds to the beauty and joy which are our birthright, rather than let fear, pain or loss close down our hearts. What if every morning we woke up and acknowledged to Spirit, “I am here...thank you for another twenty-four hours...what shall we do today?”

Prayer: God, sometimes it is just hard to be where I am. Help me to breathe, help me to look into others' eyes and not turn away. Help me to look into my own heart and not be afraid. Love me into being today. Amen.