

## Weekly Meditation by Rev. Teri Lubbers

### Self–Acceptance

***The more we accept of ourselves, the more fully we experience the world. The more we accept our anger, our loneliness, our desire systems, the more we can hear others and the more we can hear ourselves. ~ Stephen Levine, “A Gradual Awakening”***

I cannot remember where I first heard the phrase, “We do not see the world as it is, we see it as we are,” but it is true. There are days when all feels right with the world and no grumpy person, traffic jam, problem at work or home has enough power to dissuade us of the wonder, goodness and intrinsic blessing of life. Then there are those other days when no matter how much is going right, we hear only the missed note in the music, feel anger or sadness but rarely joy, believe that we’ve been singled out by the universe to catch EVERY red light on our way to wherever it is we are trying to get in such a hurry. We begin to wonder if we are cursed or shadowed by a dark cloud.

We spend so much time wishing things were not how they are, wishing that things could be different so we could be happy, that we squander the precious, present moments in which we actually live. We are so busy insisting that life fulfill our desires that we neglect to experience our own lives. This moment, this flicker of thought, this whisper of prayer can open in us space unimaginable if we are willing to be right where we are. Worry yields to wonder.

Self-acceptance leads to a curious discovery that when I accept myself, suddenly I find you easier to accept as well. When I quit judging myself, the need to judge you diminishes. When I struggle and yet treat myself kindly, I experience greater compassion for you and your struggles. Acceptance...

**Prayer: Beloved, let me open to this moment, this feeling, this place where I find myself. Let me open to your Presence, blessing, and joy, and not push myself or you away. Amen.**