

Weekly Meditation by Rev. Teri Lubbers

Being in Harmony

When our spirit and actions are in harmony; when our heart and thoughts are in accord, that is deep meditation. ~ Dharma Master Cheng Yen

During a session years ago, my spiritual director said something that continues to have a profound impact on me. I will never forget his words. He said, "Teri, you know that God is not an analgesic."

It was a moment of spiritual awakening, a flash-of-insight, an "aha!" streak of lightening to my consciousness. God is not an aspirin. God is not an all-inclusive vacation week in the Caribbean. God is not a secret hide-out. Until that moment, I had not realized there was a disconnection between my heart and thoughts, between my spirit and actions.

The God of my childhood was comforting, offering me momentary release from heart-pain. But God was also a secret escape hatch. For the longest time, meditation was a "let-me-outta-here" practice where I went somewhere else, picked up a little peace, and then came back to cope with the "real world". God is not other-worldly. God is not Other.

Someday there will be no space between the thoughts in my head and longings of my heart. I will try to remember until then that God is the very air I breathe, the One who hears my heart as it whispers in the night. God is the child in me whose curiosity and wonder is stronger than any uncertainty or fear. When I am in harmony...God is.

Prayer: God, sometimes life is so beautiful and my heart is so full, I think I will burst. Sometimes life is so hard that I think my broken heart will never mend. In all times may I be here with You, without a hint of separation, without a hint of "two". Remind me we are One. Amen.