

Weekly Meditation, August 5, 2009
By Rev. Teri Lubbers

Encouragement of Light

How did the rose ever open its heart and give to this world all of its beauty? It felt the encouragement of light against its being, otherwise we all remain too frightened.

~Hafiz

Nature holds so many secrets. There are so many things I do not know; so much I do not understand. Flowers open their petals to light during the day and close them at night. My houseplants turn all of their leaves to the source of light in the room; if I turn the pot around they will just do it again. Simple plants know. They are drawn to light, hunger for it, seek it out. How do they do that? Light is life to them.

Light is life to us as well. So many scriptures talk about light: ~ *God is light ~ May the light of God's countenance be upon you ~ I am the light of the world ~ In Thy light we see light ~ Even darkness is as light to Thee ~ If your eye is single your whole body is filled with light ~ the Life-Light blazed out of the darkness, and the darkness couldn't put it out.*

How do you open your heart and give to the world all your beauty? Close your eyes and feel where Light is encouraging your being. Just for today, let go of being afraid, throw back the curtains and let Light stream in. If you open up and lean into the Light – even a little – you will flower in ways you have yet to imagine.

Prayer: *Creator, you provide all that I need – Light, Life, Love. Thanks for this human existence and for grace that allows me to be aware of you. Help me believe in Light more than I believe in fear today. You are the Light of my life. Amen.*