

Weekly Meditation September 22, 2010
By Rev. Teri Lubbers

Life Before Death

Many think the most important question in the world is: Who is Jesus Christ?" Wrong! Many think it is "Does God exist?" Wrong! Many think it is: "Is there a life after death?" Wrong! Nobody seems to be grappling with the problem of: Is there a life before death? Yet my experience is that it's precisely the ones who don't know what to do with this life who are all hot and bothered about what they are going to do with another life.

~Anthony DeMello, "Awareness: The Perils and Opportunities of Reality"

Perhaps that sounds a bit scandalous coming from a Christian minister. But I agree with DeMello that the real question we need to be asking is: is there a life before death? What might it look like? What are the leading causes of life? What does the eternal now look like?

Be honest. What occupies your waking thoughts? If you are anything like me, it is frequently a rehashing of what I wish had happened or didn't happen, had done or didn't do, had said or didn't say. Geez, what a waste of time! It's like what a friend once told me...we create a great fuss about where we are going to sit on the train but the train has left the station...where we sit isn't the deal, we are already in motion.

I am all for self-reflection, self-observation, where we really pay attention to how we are in real time. But I'm talking here about the incessant internal conversations in my head that can wake me up in the middle of the night. Conversations about stuff that HAS ALREADY HAPPENED! It's kind of like a quake out in the ocean somewhere that generates a tsunami, which wipes my beach clean. Instead of looking for higher ground, I am busy bemoaning why this quake happened and why I didn't stop it!

Is there a life before death? Yes. How do we find it? Relinquish our cherished hopes for a different past. Let go of being proud of our past or being ashamed of our past – either can be a trap. Wake up to the moment we're in. Climb out of the groove habitual thinking can carve and survey the beauty of the landscape that is all around.

Prayer: Creating Spirit, wash me clean of all my crazy notions about the past and awaken my soul to the wonder of the present. Amen.