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The Oasis

Is it not a beautiful day today? The birds are singing and the sun is shining and you are present, are you not? You are experiencing the Presence of God. You desire to be in common with God. You desire to be in community with God. Just as you seek community on this Earth, you are asking where you belong. Where should you move this body? What social events should you attend? That could be music or that could be church. You desire to relate, to be in relationship. You desire to be held. You might say you desire to be home, safe, comfortable, in love. You are choosing your community. You are choosing how to spend your time. How to spend your day or your body.

You can go to a church meeting and feel lonely. Or you can go to a musical event and feel lonely. You can sit in your bedroom and feel lonely. You can have dinner by yourself and feel the aloneness. And yet, when you sit in meditation and feel our presence, you might say our energy move through you, and when you feel the presence of God, when you feel God's stillness within you, you feel complete and whole. You feel that something has deeply satisfied you. As if you were searching for a glass of water in the desert and all of a sudden you come upon a spring of fresh water. You feel that you have found something. You feel that you want to drink from this spring as long as you can.

Everyone seeks the comfort of who they are. Everyone longs for a deep understanding, a deep feeling of who they are. And so you have found this spring, this source of water in your particular desert. And now you can return, over and over. Without guilt. Without thinking that it is a waste of time. In fact this source gives you life, does it not? It gives you purpose and energy. It gives you a place within your life. You might even call it a reference point. Something that you seek, something that you know is there, something that you can depend upon.

As you begin to feel lost, confused or lonely, you might say, "I'm going to go to my oasis, my island in this desert. And sit in front of this beautiful source of water and life."

And you sit down and you listen to the water as it moves over the rocks and over these very small waterfalls to a pool. And once in a while you can dip your cup into the water and have a sip. You begin to glow, moved by the love of God. You begin to relax. And you know that this is a place of safety, a place of community, even though it is just yourself and God, yourself and who we are, yourself and creation, yourself and the source of life. Source of life.

There's absolutely nothing wrong with your desire to be in community and commonality with some thing. There's absolutely nothing wrong with your desire to relate to another person or another thing, even, or things of your world.

There's nothing wrong with these deep feelings of loneliness, even confusion and

lost-ness. Even moments of depression or despair. For they allow you to know that you are not at the source of life. You're not within this oasis. You're not drinking from this spring. You are lost somewhere in this desert and it is dry and hot and lonely.

And so when you see on the horizon the greenness of this oasis, the trees, the plants, and when you begin to sense the source of who you are, approach this oasis with humility and respect. Just as you would approach your own life or the life of another. Or the life of who we are and what God is. Know that this oasis is your home. It is where you were born. You came from this source. And you will lie down one of these days in front of this spring and you will become, again, within this ground, within these waters. And you will be held firmly within the heart of God.

But for now, your life is a life of movement, a life of doing, experiencing, seeing. You move in the morning as you take your walk. You move during the day as you do your activities. But this oasis has not moved. It is forever within you. And so you sit in front of this source of life. And so we, too, are there with you. In front of this source of life. And there God dwells. Dwells. There is God's home as it is your home.

And you sit, do you not today, asking for this oasis. Asking for this love, this bond, this bonding with all things. This commonality. This peace. This knowing.

And as soon as you feel full, that you have refreshed yourself at this source, you might wander off and explore this desert, explore the mountains or the forests or the oceans.

You are never far from this oasis. You are never far from being held by who we are, from being held by God. You are just a moment away. You can be far, far away, on top of the mountain. And yet oasis, the source of life, is just a few steps away. You can be deep in the forest and yet this oasis is just a few steps away. You can be deep in despair, confusion, and yet this oasis, this source that you hold in common with all things is right in front of you.

Do not be afraid to move. Do not be afraid to do your life, to be your life. To be the movement of God, the expression of God. Do not be afraid. You are always in reach of yourself. You are always in reach of God. You are always in reach of who we are. Your mind may wander away. Let it wander. You are always close, close, to that which gives you life, to that which gives you breath. Be not afraid to do your life. To do your passion. To do your love. To sing your song. To write your book. To write words upon a paper. To speak the poetry of your mind, the love of your soul. For when it comes from the source of who you are, when you drink from this spring, you are in common with all things. You are in common with God and you are held by God. When you desire to be with God, God desires to be with you. When you desire to be with life, life desires to be with you. When

you desire to be held in common with all of creation, all of creation is, indeed, in common with you.

When you sit within this oasis in front of the source of life, you will eventually discover that you sit with all things of creation, all peoples of creation, all animals, all plants, trees, all deserts, all oceans, all forests. You sit in front of the source of life and you are held not only by God, you are held by creation. And the depth of love is profound. The depth of feeling at home is profound. The depth of wholeness, completion is for you to hold. It has never been withheld from you. You have wandered off into the desert to feel the absence of this source of life. You have wandered and you have asked who you are, what you are. You have asked, "Where is my home? Where is God? Where is my source?"

And now you have discovered as you sit within this oasis, as you sit in front of this spring of life, these holy waters. You have discovered your home. And you have now discovered that home is very close. And now that you have found home, now that you have found this oasis, this source of life, it is always yours to return to. You shall never be denied entrance into this holy place. And as you explore this oasis, you will find that everything within this oasis holds you dear. Every person. Every object. Every life form honors you as you honor them. Everything within this oasis is in common with you. Is in fact your brother and sister, your mother and father, your friend. Everything within this oasis speaks to you of love and demonstrates love.

And so as you move within your life on this Earth, you will begin to recognize that which is within your oasis. The friend next door, the community down the street, the particular book or DVD or audio recording. You will look up at the blue sky and the white clouds and you will see them in your oasis. When you take your walk in the morning you will notice it feels a lot like your oasis. And when you meet somebody on the trail, they will speak to you and they will recognize that you are of the same source, that you drink from the same stream, the same waters. They will bless and embrace you in their own way. And when you go to the store to shop for food, you will notice the people, the objects in the store speak to you of love.

And so your oasis begins to expand. It begins to include the desert and the forest and the ocean and all of your world. For all of your world and all of you was born from this source and will return to this source. And your community is complete. The family of who you are is held, held by this source of life.

So when you are feeling lonely or even desperate to be with someone, first return to this oasis. Let it guide you. Let it first fulfill you. Let it show and demonstrate what you are being held by. Let it show you your source, your completeness. Let it renew your life. Let it give you permission to move about your world. Let it give you permission to seek your passion, to seek love, and to seek fulfillment within

yourself. To seek peace. Let it be the source of who you are, the guidance of who you are, the home of who you are. The retreat of who you are.

And so it is on this beautiful day today.

The Oasis

The Oasis in the Desert

The Source of Life

The Water of Life

A place in which I can go and be held by creation, by God, by all things. The oasis is my home. It is where I feel comfortable, secure, loved. A place in which loneliness cannot exist. Despair cannot exist. It is always just a few moments away or a few steps away. It is always mine to retreat to, it is always within me, it is forever. I should not be afraid to move within my life or afraid to do my life, do my passion, or I would even say be moved by God. Go out into the desert and explore, or the mountain and explore. I am only a few feet away from the place from which I was born. And so it is.