

## Weekly Meditation by Rev. Teri Lubbers

### Heartbeats in the World

***People may be the avenue, the channel, through which your happiness, well-being, and prosperity flow, but they are not the cause. The source is God – your Higher Self, your True Self. You and I, each one of us, are like fountains from which love can flow. Unhappily, we often see ourselves as containers into which things are poured. But your True Self, like a clear spring, is outflowing with God as the source. ~ Terry Cole-Whittaker, “What You Think of Me is None of My Business”***

It's funny how some of the hardest things eventually turn out to be the most freeing to our spirits. Many years ago someone said to me, "I am not responsible for your happiness!" I was crushed, what a blow! Really? I remember thinking to myself...well then who is responsible? At the time it didn't occur to me that it might be me. You mean that no matter what was going on, I still could choose happiness and move toward it? That all the wonderful things I sought in others might already be in me? That I was already whole and complete just as I was? It didn't feel that way at the time.

It is very tempting to think that others have what we need. We think they are the source of our joy, sense of fulfillment or feelings of love. We come to expect something from them and feel let down when they don't deliver. Certainly there are people who lift us up, make us smile, challenge our thinking, help us get in touch with feelings, catalyze new spiritual insights. But they are not the source. We aren't empty soup bowls waiting for someone to come along and fill us up with something good. We are already something good. God is our source, God is the heart of everything and everyone. And we are the heartbeat...every one of us an occasion of love flowing into the world.

***Prayer: God, help me not to expect from others what only you can give me. When doubt makes me feel uncertain, free me. Remind me that you have already given me all I need, to do all you are calling me to do. I trust you as my Source. Amen.***