

Weekly Meditation, June 17, 2009  
By Rev. Teri Lubbers

## I AM

*Yeshua says: I am the light shining upon all things. I am the sum of everything, for everything has come from me, and towards me everything unfolds. Split a piece of wood and there I am. Pick up a stone and you will find me there. - Gospel of Thomas, Logion 77*

Did you ever see the movie “Cocoon”? The scene that is indelibly pressed into my mind is where the alien woman is in a swimming pool and she literally peels off her skin to reveal that in reality she is a being of light.

Last Sunday at our town hall meeting I read a few verses from Matthew 17 (*The Message* translation) about the transfiguration of Jesus. It says there that “he changed from the inside out” and that “sunlight shown from his face and his clothes were full of light”. Then I read from Romans 12 where it basically says that the goal for us is the same: Be changed from the inside out. It is our calling – as individuals and as community.

As you move through your day, imagine that you are a being of light. Imagine that your body houses this amazing body of energy and light and that when you touch someone you are sharing your light. Imagine that light flows from your eyes and your smile, that light is carried on your words, that light fills your lungs with every breath. Imagine that every situation you encounter today is an opportunity to “split a piece of wood” and find light flowing; Spirit flowing in and through everything, including yourself.

Do all the ordinary things today that you always do, but do them with awareness. They are full of Light and Spirit and so are you.

**Prayer:** *Beloved, help me see with new eyes. Help me trust with new courage that everything in my ordinary life is flowing from you and moving towards you. May your Light escape from me today and benefit someone else. Amen.*