

## Weekly Meditation by Rev. Teri Lubbers

### True Power

***Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power. ~ Lao Tsu, "Tao Te Ching"***

It's usually easier to know stuff about other people than about myself, to have an opinion about what they need, or need to do. Ever heard yourself say: "if you would only..." or "why do you always..." or "what I think you should do is..." Knowing something about what makes other people tick can be a real advantage. Having social skills is an asset. But sometimes getting caught up in other people's business is just a sophisticated – or sneaky – way of side-stepping my own.

The next time you feel the need to direct, control, or otherwise influence someone's behavior, you might stop and ask yourself why it is important to you. Usually there is some hidden outcome for myself that I am really after when I go into my *let-me-choreograph-your-life* mode. Maybe I want something from you; maybe I feel I need your respect, approval, permission or blessing. Maybe I want to be seen as benevolent, kind, spiritual, smart or superior. Maybe I want to stay busy with your life to avoid ever having to look at my own.

Intelligence begins when I know you as you are, and let you be. Wisdom begins when I know me as I am, and am willing to be. Being able to master and lead others is strength. Being able to master myself – seeing my own hidden agendas but also accepting the expansiveness of who I am created to be – that is true power. That is wholeness, where nothing needs to be added, nothing taken away.

**Prayer: God, birth in me the power that is my inheritance and legacy from You. Amen.**