

Weekly Meditation by Rev. Teri Lubbers

Aura of Joy

My observation is that the more expertise the so-called experts appear to have, the less joy they seem to experience, while those who are genuinely wise consistently have an aura of joy that permeates their being and radiates outward, impacting those around them. ~ Wayne Dyer, "Inspiration: Your Ultimate Calling"

Have you ever found yourself in the company of someone whose very presence seems to pulse and emanate with joy? Their joy seems exuberant, extravagant and contagious. Their presence in a room feels like sunshine poking through the clouds, energizing and instilling hope. My guess is that Jesus was like that, and Buddha, and all the other men and women, teachers and poets, who remind us of the God within. Incorrigibly joyful people all.

Children frequently know more about joy than their adult counterparts. We can be too grown up for our own good, but children are great teachers and give us permission (and cover) to enter again into the world of joy, wonder and awe.

Life is more than expertise. Truth is, I don't care how much you know, or what kind of expert you are, unless what you know brings more joy, mirth and love into the world we share. Wisdom and joy are soul mates...where you find one you will find the other...

Prayer: God, may my face be radiant with joy, my heart filled with love, my hands occupied with purpose, from morning till night. Amen.