

Weekly Meditation by Rev. Teri Lubbers
March 23, 2011

None of My Business

What you think of me is none of my business. ~ Buddy R.

I collect aphorisms, sayings that I live by. The ones I use again and again seem never to exhaust their meaning or relevance. The one above I learned from a man who had 20+ years of sobriety in AA.

We do an awful lot of things so that we will be held in high regard by our peers, or thought well of by those in power from whom we hope to gain something. We are sometimes like a child on the playground calling out to mom or dad as we climb to the top of the slide and shout out, "Look at me!" Something in us craves an audience, as if having someone watching makes us more real. As if someone approving of us will make us feel more whole, someone being proud of us will make us more valuable. And when someone is at odds with us we feel defensive or offended, self-righteous and self-justifying. To what end? Is something really added to my being because I convince you to agree with me?

Praise or blame...both are subtle traps. Both leave us craving and busy and distracted, listening more to someone else's voice than to the often-quiet voice of Spirit within us. This doesn't mean we should live with indifference toward one another. But there will never be a way to please all the people all the time. I can only follow my own heart, you can only follow yours. We needn't hold one another captive...

Prayer: God, may I have courage today to follow where you lead, even when others may not understand. Free me from the cycle of praise and blame that I may be whole in you. Amen.