

Weekly Meditation by Rev. Teri Lubbers

Sharing Anonymously

Practice sharing anonymously. The goal is to be at one with the Creator, and it isn't looking for credit, a reward, or even a thank-you. The more you practice being a sharing person rather than one who continually wonders, What's in it for me? The more flows back to you when you least expect it. You don't have to make deals with God in which you perform acts of sharing in exchange for special favors - just work at becoming a being of sharing with no expectation of receiving anything in return. ~Dr. Wayne Dyer, "Inspiration"

The whole idea of grace confuses us, don't you think? We tend to relate to others in contractual ways, where we do things only in exchange for something others can do for us. Here are some simple examples: I'll cook if you'll do the dishes afterwards; I will be kind so others are kind to me (an interesting version of the Golden Rule); I will put my whole self into this project if you will acknowledge me, give me credit, praise, appreciation... the list goes on and on. We make deals with each other all the time, and we have conditions we expect to be met in return. Not so with grace.

What if it didn't matter who got credit? What if the motivation for each action was the desire to be at one with all that is around us? What if we made our choices based on whether a particular action, goal, or expression was right for us, helping us fulfill and be true to our most authentic selves and sense of purpose?

Sometime this week practice sharing anonymously. Practice having no expectations. Practice grace in uncommon settings.

Prayer: Thank you God for love and life, and for the gift of discernment. Lead me in the way that leads to more life and more love for all your creation. Amen.