

Daily Meditation 03/22/2022

Letting Go, continued

Good morning.

We continue our meditations on letting go, as Eckhart talks about it. And again, remember his language is about sinking into divinity. And then he says that we should “sink eternally from something to nothing into the One,” the One being divinity. And he says,

I advise you to let your own 'being you' sink into and flow away into God's 'being God,' then your 'you,' and God's 'his' will become so completely one, 'my,' that you will eternally know, with God, the divine changeless existence, and the divine, nameless nothingness.

And he goes on and he says,

God is being, and all being is derived immediately from divinity. Therefore, He alone sinks into the essence of things.

So you see, divinity sinks into things, and then he's urging us to sink into things.

All that is not Being itself stands outside, is alien and distinct from the essence of each thing. Moreover, being is more inward to each thing, than the essence of the thing itself.

So, the sinking that goes on is finding divinity deeply, deeply within oneself. And a lot of this sinking and letting go, of course, implies trust, but it takes expression in many, many ways, for all of us, and certainly Eckhart names many of these ways.

So let me just give you the titles of some of his sermons on letting go, via negativa, because just the titles alone tell us a lot. He says in his sermon 11 here, "Divinity's Dark Side," that love and sacrifice are a dialectic, if you will, between the via positiva and the via negativa. And the final goal of being is a darkness of divinity, which we experienced by letting go.

Chapter 12, "Sinking Eternally into God." Letting go is a process of subtraction that allows us to love God mindlessly... mindlessly...but that might be a lot like Otto Rank's invitation to move beyond the rational, the mind, to the mindlessness.

Chapter 13, Sermon 13, "Outside God There Is Nothing But Nothing." The beauty and blessedness of being united with God, experiences of nothingness with the Soul and Divinity.

Sermon 14, "Letting God Be God in You" and loving God without a Why, living without a Why and tasting the letting-go of our projections, finding God as much in the stable as in the church.

Sermon 15, "How a Radical Letting-Go Becomes a True Letting-Be," how we become free of all things as God is. "I pray God to rid me of God," he says at one point. That letting-go becomes letting-be, and that becomes in turn a reverence for all things.

Sermon 16, "Letting the Will Go." How to free the will. And the way to let suffering and pain go. Letting differences go.

Sermon 17, "Letting the Intellect Go and Experiencing Pure Ignorance." The darkness and ignorance that is knowledge. Solitude, pure nothingness, emptiness.

Sermon 18 "Letting Go of Intellect Creates a Transformation of Knowledge." Finding the treasure that ignorance brings. The need for stillness and silence. And how the soul, alone of all creatures, is generative, like God has.

Sermon 19, "Wisdom and Fiery Love, Not Repression, Are the Results of Letting Go." The soul needs to be on fire.

Sermon 20, "How Letting Go and Letting Be Are to Bear Fruit." This is a beautiful sermon which is a real bridge to the via creativa, about what a true vine really does, and how we're not just to contemplate but to bear fruit.

That's really the substance of Eckhart's spirituality: to bear fruit. And how true fruitfulness takes trust, confidence and self love. How the fruits of the Spirit come with letting go and letting be and how ultimately, letting go includes letting go of letting go...letting go of letting go.

So then we move into our creativity, our fullness, having undergone the emptiness. You might call it mindfulness derived from mind emptiness, but it's not just about mind; it's about imagination, and creativity and giving birth: birth to Christ in all of us.

Thank you; we'll see you tomorrow.