

**Daily Meditation 03/07/2022**

## **More Teachings from the Mystics on Living Deeply in a Time of Danger**

Good morning.

We continue our meditations on our dangerous times, and some of the wisdom that comes to us, to the mystics, about living and living deeply in a time of danger.

Yesterday we talked about the importance of praise. And especially in a time of danger. You do not just praise when everything is going well for us. We praise also when things break down, and chaos ensues, and suffering strikes.

I love what Adrienne Rich says, in today's meditation, "If we could learn to learn from pain, even as it grasps us."

So, there is so much to learn from pain and suffering.

These can be schools for us. We learn compassion, because we learn and understand other people's pain, because we're in touch with our own in Europe--undergoing ourselves something profound and disrupting.

And there are lessons to learn from Derek Walcott, the Caribbean poet who won the 1992 Nobel Prize for poetry. And in his acceptance speech, he said this. He said that "the fate of poetry is to fall in love with the world in spite of history."

Fall in love with the world, in spite of history.

Well, the history we are going through today, stories from Ukraine, and the awful, unnecessary war that was begun in Ukraine by Putin is horrible. And even the proposal by Putin that nuclear weapons are not off the table to satisfy his rage and anger. And his army actually shelling a nuclear weapons station, the largest one in Europe, has, of course, everyone unnerved.

All the more reason to listen to the wisdom of these mystics and poets. The fate of poetry is to fall in love with the world in spite of history.

So, we can't just look at history, we can't just look at journalism, cannot just look at our news, as the bad news rolls in every day, the evil that is going on in the world.

And it's not just this war in Ukraine, it is the war against Mother Earth that is being carried on daily. And it is a war against democracy, not just in Ukraine, where war is now literally broken out. But certainly in other countries around the world today, including, and especially America.

January 6 was a mini war. And all the lies and all the manufactured causes for new voting rules that are obviously attempts to interfere with the voting rights of others, especially people of color and the poor, and the old and the young. All this is happening as part of the evil of our times.

So, we need to remain grounded in what Derek Walcott calls “the need to fall in love with the world in spite of history.”

And I talked about how, in Creation Spirituality, we are to fall in love three times a day. Three times a day to fall in love with something beautiful.

It may be a blade of grass or two blades of grass. Maybe a tree, maybe a stone. It may be a star. It may be a song. It may be an animal. It may be a friend.

So, this is how we carry on the praise that wraps. Because it is bigger than evil. It wraps evil in something lovable, something positive. And that generates us to be lovers, which is to be peacemakers, as Jesus said. Peace makers.

It's not enough that we feel some peace inside. “Peacemakers” means to go to work on behalf of peace.

And this is how you sustain yourself as a peacemaker. By falling in love at least three times a day.

Thank you. We'll see you tomorrow.