

Daily Meditation 05/03/22

## M.C. Richards & Julian of Norwich on Creativity & Motherhood

Good morning.

In today's meditation we're continuing to lead up to Mother's Day by reflecting more on the teachings around motherhood.

And I point out Julian of Norwich, who developed the concept of God as Mother more fully than any theologian until the late 20th century (she lived in the 14th century during the bubonic plague).

She stresses that compassion is the primary signal quality of motherhood. And she does not restrict motherhood to women alone. She says that Christ is our mother.

But also M.C. Richards, whom I invoke early in this meditation, says that creativity is an energy in all of us. We have to get out of its way, if we're going to find peace, let it do his thing in us. She says this about working as a potter, working on the wheel. She says,

*We must be able to have fun. We must feel enjoyment. And sometimes long imprisonment has made us numb and sluggish. We become brighter, more energy flows through us, our limbs rise, our spirit comes alive in our tissues.*

In other words, art. Creativity teaches us to let go. She says,

*We redeem our energies not by wrestling with them and managing them, for we have not the wisdom nor the strength to do that, but by letting the light to shine upon them. The discipline comes in when we have to pay attention to what we don't like, aren't interested, in don't understand, or mistrust, when we have to read the poetry of our enemies, within or without. It is in our bodies that redemption takes place.*

...It is in our bodies that redemption takes place.

*It is the physicality of the crafts that pleases me. I learn through my hands and my eyes and my skin what I could never learn through my brain.*

How powerful that is. And how missing that dimension of learning is in patriarchal education. She goes on:

*How can we not see what our eyes behold? As our perception becomes more and more coordinated, we grow in justice.*

...We grow in justice. And of course, Meister Eckhart says, "Compassion means justice." So justice is an integral part of compassion.

M.C. Richards talks about the moral imagination that art helps to develop. She says,

*From the child's ability to imagine grows as well the adult's capacity for compassion.*

...From the child's ability to imagine grows as well the adult's capacity for compassion...

*...The ability to picture the suffering of others, to identify. In one's citizenship, or the art of politics, it is part of one's skill to imagine other ways of living than one's own.*

And so, MC Richards is celebrating our powers of compassion, which are the presence of the Divine Feminine among us, and our powers that are awakened through creativity in art, to become the compassionate people we are here to be.

Thank you. We'll see you tomorrow.