

Daily Meditation 06/01/2022

Honoring the 7th Chakra & Steeling Ourselves For Facing Evils

Good morning.

In yesterday's daily meditation we celebrated Walt Whitman's birthday, and the whole concept of listening to the light in nature: to the light in a blade of grass; to the light in a bale of hay. And we carry on our meditation about our seventh chakra today. Because, again, the seventh chakra is a culmination of all the others: of the journey up the other six chakras, which is a journey of light and fire, the Kundalini energy.

And as we said yesterday, then of sending our light into the world. And as we pointed out in previous essays around the seventh chakra and the shadow or evil, that a healthy chakra is celebrating this light, and enjoying this building up of light, with ancestors, with angels or spirits, and with other human beings.

But when the chakra misses the bull's eye, and is off center, then instead of celebrating one another's light, we want to shoot it down. That's what envy is about. That's what resentment is about. That's what self-hatred and hatred and violence are so often about.

So I called Whitman the bard of seventh-chakra luminosity, because he is so adept at talking with his poetic craft, talking about the light in its many dimensions: how it is revelatory for us all. So today, we continue with the theme of community: that this theme of building up the light in one another.

The opposite of community is of course, unraveling, destroying the order of communities, because communities need order: all kinds of communities, that is a kind of order, whether you're talking about eco-communities or human communities.

And I cite from Vine Deloria, the Native American writer, who says that interdependence is key to the identity of the indigenous people, not individualism, which the modern era has run on for centuries and whose bills we are picking up today. But as he says,

The possibility of conceiving of an individual alone in a tribal religious sense is ridiculous. The very complexity of tribal life, the interdependence of people on one another, makes this conception improbable at best, and a terrifying loss of identity at worst.

...terrifying loss of identity. So identity itself is linked to community, linked to interdependence. And as I point out, community is another word for creation. And science today is telling us how light and matter are the same thing. So light is at the heart of all matter.

And it is interesting, isn't it, that Walt Whitman picked up on that whole theme of light. And the seventh chakra picks up on the theme of light. And John's gospel talks about the light that in all beings, that is, the Christ is the light in all things; the Cosmic Christ is the light in all beings.

So the gathering of light is a big part of what the seventh chakra is about. And without this sense of community, as Wes Jackson, a farmer and director of the Land Institute in Salina, Kansas, says, soil itself is in relationship with the human, but we are actually killing the soil; it is disappearing. And when it disappears, he says, it portends our own dying as well, that this community of humans in the soil must not be allowed to die.

But in fact, that is what is going on. I think that 20 years ago, I understood that in Iowa, which had the deepest soil in the country years ago, they lost 16 inches of soil in a matter of last 25 years or so. I'm sure it's gotten worse since those last figures that I had come across.

So, our relationship to the soil, there are so many ways in which we're in community with other beings, with other light beings. We want to preserve them.

Thank you. We'll see you tomorrow.