

Daily Meditation 05/23/2022

Pessimism, Hatred, and Self-hatred

Good morning.

In today's meditation we continue our reflections on hatred and, in particular, on pessimism and its cause, which Otto Rank believes is self-hatred. And if he's right, then it means that a culture of pessimism increases self-hatred, whereas a culture of beauty and joy and caring would interfere with self-hatred. And that context then would be seeding alternatives to hatred, and even to pessimism.

And that is the cure that Otto Rank offers, that self-hatred does not have the last word. And Jesus (now this is me speaking, not Rank) talks about this exactly when he says, "Love others as you love yourself." He is presuming that our self-love is real, that we are truly searching for our true self and our lovable self, and that we stand up to those forces wherever they be, whatever form they take. They want to convince us that we are other than loved and lovable.

There's another dimension to pessimism that Otto Rank speaks of elsewhere. And he says that pessimism comes from a repression of creativity.

Pessimism comes from repression of creativity.

And so, self-expression, which is creativity, is so much a part of self-love. And it is also part of the healing of the rejecting of internalizing self-hatred. And rejecting it, when we can truly find the truth inside, and the truth that wants to work through us, to serve others, and to share awe, wonder, beauty, gratitude with the world, this itself is medicine, medicine for hatred. Because it is medicine for self-hatred and it is medicine for pessimism.

And today, science tells us that when we are being creative, meta endorphins go off in our brain. And these, in turn, literally make us happier. And then sharing the gifts of our creativity with others ups the ante on happiness as well, because there's a celebration, there's a shared joy, which of course is part of compassion, isn't it? Compassion is about working out of our interdependence. It's not just about sharing the suffering and trying to relieve one another's suffering, it's also about sharing the joy.

And so, the joy of creativity is this gift that awakens others to celebrate and brings their own joy out, that there is this circle of joy which moves far beyond pessimism, which reinvents the culture, reinvents all of our relations, creates a circle of celebration, thanks and joy and beauty and lots of smiles.

And this is a cure in medicine or pessimism or self-hatred, that in turn gives birth to hatred.

Thank you. We'll see you tomorrow.