

**Daily Meditation 08/01/2022**

**On Human Nothingness and Extinction, continued**

Good morning.

We're continuing our meditations on nothingness and applying that to the reality that we face as a species today, the reality of extinction. So many other species are going extinct, and with climate change charging into high gear, we ourselves are by no means exempt.

But I do ask the question at the end of today's meditation: If we do a meditation, put ourselves forward to a period after our extinction, what questions come up? As I say, can we look back and ask, "Might we have done things differently?"

How better might we have responded to the teachings of Jesus and Buddha and Isaiah and Muhammad and Lao Tzu and Black Elk? How much more generous might we have been? And how much more grateful for our existence in this tiny but special planet in a singular galaxy among trillions?

We'll look back and ask, Where's the gratitude? Where is the generosity? Where is the listening to the wise figures who taught us that we are capable of compassion, that we're capable of caring, that we're capable of healing, and of creating balance and justice, therefore; fairness among ourselves as a species, but with relation to all the other species on Earth, and relationship, of course, to the Mother Earth herself?

And how might we have integrated more fully compassion into our ways of life, into our work worlds, into our science, into our law, into our education, business, economics, politics, media, and religion?

So, it's a very valuable thing to project into the future and to look back and meditate on questions like these, because we're still here! We could be answering these questions now and implementing a new version of humanity, a new step in our evolution.

Some people are responding to today's crisis by going into denial, some by going into despair. And neither of those get anything done. If hope is a verb with the sleeves rolled up, we've got to roll up our sleeves and be addressing these questions and living out their answers.

And to me it has everything to do with the gift and virtue of gratitude. How grateful are we? How grateful are we for our existence, and for Mother Earth's brilliant presence, all of her amazing beings that celebrate?

I'm just thinking right now of the birds that sing every morning, trees that talk and reach out to the heavens, literally; and the wonderful animals who live with us and whom we share the planet with. All these beings. The ones swimming in the oceans, the trees, the rain forests.... All these creatures are our peers sharing Earth with us at this time in history, in the history of the universe.

Surely our gratitude is deep enough to express itself in action and caring and sacrifice and letting go and undergoing transformation. Isn't it? Isn't our gratitude capable of inspiring all of that?

Thank you. We'll see you tomorrow.