

## Daily Meditation 08/25/22

### Grief, Climate Change, Extinction and Appreciation

Good morning.

In today's meditation, I am addressing a question raised by one of our readers about how he finds himself in a place of grief these days. And rightly so.

Of course, a lot of people are in grief today. And it's very important to acknowledge that, and not let it fester. And to pay attention to it, therefore, to find ways to express the grief in appropriate manners.

And of course, the first level of grief is anger. So a lot of the anger in the world today I think is generated by the grief of our times, the loss of so much of nature.

Here we have our major rivers, the Rhine, and Danube in Europe, the Colorado River in America, and rivers in China and so on, disappearing. And we have habits of sending big ships down these rivers, and of course, drawing water from them for our needs, and so forth. Even the Thames in England has periods now of drying up and so forth.

So there's much to grieve. But at the same time, we have to return to the *via positiva* as well.

There was much that brought us here. And we need to remember that, too: the richness of the new creation story from science, 13.8 billion years that brought us here.

And this is one reason that I recommend in my essay today for meditation, and I call Chapters 1, 3, and 3 of my book on *Sins of the Spirit* "Blessings of the Flesh," because the first part of the book is about blessings of the flesh. That's the title, "Blessings of the Flesh, The Sacred Flesh."

And because of today's creation story, we know that all flesh is connected, we are carrying the molecules, atoms of supernovas and stars and all the rest. If you run the movie of the universe backwards to its beginning, we are all connected with one flesh and it is a sacred flesh.

And so the first chapter is called "Redeeming the Word Flesh," because the word "flesh" has taken a lot of beating and battering at the hands of a lot of dualistic religionists, over the centuries.

In Chapter Two, "The Universe Flesh," I offer a litany of the wonders of the universe. And every day we are receiving new wonders from Webb telescope and elsewhere.

And next, "The Earth Flesh" -- there are so many wonders about the earth and all her marvelous creatures and the rest -- we have to fill up on these things. This is the *via positiva* that we have to carry with us in times of grief.

And then comes "Human Flesh," the human body, what a marvel it is, and how it has been put down very often in the name of theology or religion.

And then the fifth chapter is called "The Seven Chakras: Further Blessings of Our Human Flesh." Think: the seven chakras name seven points in our physiology, where our human energy comes together in a very special way. And we should honor that. And that becomes a basis, then for the third part of the book, where I talk about the seven chakras and the seven capital sins.

But it all begins with re-immersing ourselves in the goodness of creation, the goodness of the universe, of the earth, of our bodies, and of our possibilities as a species arriving at this time, on this planet, in this universe, to praise, to lift one another up, to heal. Even and especially in times of grief.

Thank you. We'll see you tomorrow