

Daily Meditation 10/31/2022

Cynicism, Politics and Violence--Signs of Our Times

Good morning.

We continue our meditations on the politics of our time, the upcoming election. And today's meditation is on cynicism, politics and violence, as a sign of our times.

Obviously, this is not good news that cynicism and violence have become embedded with much of today's politics and the media promoting certain politicians. But it's very important to name these realities, not run from them, not sugarcoat them, not cover them up.

In my book on evil, *Sins of the Spirit, Blessings of the Flesh: Transforming Evil in Soul and Society*, I talk about cynicism in the context of the first chakra. And why is that? Because the first chakra is about vibrations, picking up the vibrations of the universe.

We now know that every atom in the universe is vibrating, which also means it's making music. But cynicism is connected to the first chakra because cynicism happens when we're not connected to the goodness of the universe, the goodness of the whole picture. Because we are a part in a great big whole picture. And when I say great big whole picture, I mean 2 trillion galaxies, each with hundreds of billions of stars.

And here we are on this little planet called Earth with tremendous intelligence that we can learn, for example, how vast the universe is, and its age--13.8 billion years, and the age of our precious special little Earth--4.5 billion years old. And to know that our star, the Sun, can hold a million Earths.

Let me say that, again. Our sun could hold a million Earths. It is that big.

And here we are. And we're talking about it, talking about the sun, we're talking about the age of the universe, and the age of our little and special planet, with elephants and giraffes, rainforests, whales, dogs and cats and birds and all the other wonders and miracles of our world.

If we get disconnected from this vast and beautiful and amazing, inspiring, magical universe, if we become so self-centered and narcissistic as a species that we only look at one another and then go into fits of projection and reptilian brain energy--I win, you lose, that proves I'm better than you, and all the rest--if we do that, of course, we are sending cynicism into the air, into the body politic, into the breathing and speaking of our journalists and media, persons and politicians. It's a very small world.

So this is why cosmology has to break us out of this world. And that's what the first chakra is about--connecting to all the vibrations of the universe. That is what we're capable of.

And so, to settle for cynicism--it's interesting, the word "cynic" comes from "dog" in Greek, barking like a dog is what's being said, I think--if we settle for that, instead of the love of the dogs and all the animals and all the beings of the universe that have brought us here and that aspire here on the Earth and in our species to be good to one another, to be kind, to be compassionate, to be caring, to be motherly, to be compassionate, to be just....If that energy is nowhere visible, then yes, we fall into this deep sadness. We saw that we fall into despair. We start to fall into giving up and surrendering.

But if we remain open to the reality of our existence--that it is interdependent with 13.8 billion years of unfolding--if we remain true to that, that is the medicine for cynicism.

That is why the Bible begins in chapter one of Genesis with a declaration of the goodness and the very goodness of all the creatures of the universe, even the humans. Even the humans.

So then the next chapter is where we get into human frailty and mistakes, fumbling, sin. But we got to fill up with the beauty that we have been invited to partake in, by being called to participate, to call into existence.

What goodness, what original goodness. What original blessing, medicine, for cynicism.

Thank you. We'll see you tomorrow.