

## Daily Meditation 12/09/2022

### The Bhagavad Gita and Upanishads on Peace and Repose

Good morning.

We continue our meditations on the search for peace and repose in nature, in the Godhead, and in ourselves, this time calling on the wisdom of the Bhagavad Gita and the Upanishads from India, from Hinduism.

And here too, we see wonderful parallels between what Black Elk spoke about yesterday in our daily meditations and what the other traditions have been speaking about regarding this topic.

And so the Bhagavad Gita says,

*The Lord dwells in the hearts of all creatures, and hurls them around on the Wheel of Time.*

So all creatures, not just humans, are running places. And it's saying that all creatures have hearts, that all creatures have this interior life, that Hildegard also talks about.

And divinity dwells there, in the hearts and emotion. And time, the Wheel of Time, is part of this center place where the Divinity dwells.

Now, the Upanishads say that

*There is a Light that shines beyond all things on Earth, beyond us all, beyond the heavens...This is the Light that shines in our heart.*

So we've already learned that the heart dwells in all creatures. And divinity dwells in that heart. And now we're learning that there's a Light that shines in our hearts, and this comes very close to the teaching of the Cosmic Christ, doesn't it, that the Christ is the Light in all beings. And it is a divine light. It is the Lord dwelling in the hearts of all beings.

So there's tremendous consensus here in so many spiritual traditions of the world, about what's really going on in our souls and in our psyches.

Now the teaching goes on from the Upanishads, that in the center of the castle -- that is, our own body, which is the castle of Brahman, the castle of the Godhead, there is a small shrine in the form of a lotus flower, with a small space inside, and we should find who dwells here. We should want to learn what's going on inside there. And it is divinity that dwells there. That's what we're being told:

*Who dwells there? The little space within the heart is as great as this vast universe.*

That's really something, that our heart is as vast as the universe.

But Thomas Aquinas talks about being *capax universii*, capable of the universe, when he says,

*This is a great thing about the human, that we are all of us, each of us, capable of the universe.*

Well, this is being echoed thoroughly in this ancient teaching from the Upanishads in India: that the little space within the heart is as great as this vast universe. The heavens and the earth are there, and so everything of the universe is within our hearts.

*And the sun, and the moon, and the stars, fire and lightning and winds are there, and all that now is and all that is not, the whole universe is in (divinity), and (divinity) dwells within our hearts.*

A marvelous picture of panentheism, but also a reminder of the vastness of the human heart, which includes the mind and the imagination of the soul.

*All that is now and all that is not, and all that will be, and all that has been, for the whole universe is in Him and He dwells within our hearts.*

A rich meditation for today or any day.

Thank you. We'll see you tomorrow.