

Daily Meditation 03/10/2023

Our Chakras and the Search for Truth

Good morning.

We've been meditating on truth and drawing in many teachers about this important topic. Teachers like Gandhi, Dr. Suzuki, Thomas Merton, Julian of Norwich, Jesus, Thomas Aquinas. All the mystics have something to say about truth.

In today's meditation, we're talking about our chakras, we all carry seven chakras within us. Seven points along our spine are in our physiological being as well as our psychological and spiritual being. And I point out that each of the chakras is its own door...its own door to truth. And this is an important way to talk about truth.

First of all, that it's something physiological that we carry it with us. It's not just something in our heads. But also that it's diverse, in that there are at least seven angles on truth when you meditate on this particular daily meditation today. And that each of the chakras gives us a different angle on truth.

So for example, the third chakra is where we often feel kicked in the gut. And that's where compassion begins; that's where moral outrage begins. And that's a matter of truth too, isn't it? Our guts are often ahead of our heads, in terms of feeling that change has to happen. And that is a truth, a moral truth.

Moral outrage is often a path awakening us to truth: the truth of suffering; the truth of people suffering; the truth of injustice; and ways we can therefore relieve the suffering of one another and the suffering of the planet and so forth.

Consider the Ukraine war: how many pictures have we seen that kick us in the gut - of children bombed, entire cities bombed, and so forth, and so forth.

This is a dimension of truth.

Of course, so too is our throats, the throat chakra, we're meant to speak the truth. The word "prophet," means "prophētēs," to speak out, two Greek words for speaking out, speaking your truth, not holding it in, but putting it out there, disturbing the peace.

Making a fuss as this leader of disabled people who just died a day ago, summarized her life when she was 75: that she didn't passively accept her condition, being in a wheelchair her whole life, but she organized and she rebelled and she "made a fuss" -- that's work of the fifth chakra, that's the work of prophets, to interfere. That's truth telling, telling the truth for a larger audience, waking up those of us who are blessed enough with full bodies, too, with those who have limits bodily, or go through every day.

So this one lady overturned the applegart beginning in 1970, the first laws. She got them passed, the first laws on behalf of people with physical limitations, and these laws now have spread around the world.

So that's just a marvelous example of truth telling and feeling one's own truth and not sitting on it and not turning it inwards, to render oneself depressed, or feeling like a victim. Rather, she spoke out, she said, in her words, "I made a fuss."

A lot like John Lewis, who told us, "Make good trouble." This too is truth and truth making.

Thank you. We'll see you tomorrow.