

Daily Meditation 04-24-23

Exuberance, Exaltation, Belonging: Moving Beyond Shame

Good morning.

We're continuing our meditations on exuberance, and the exuberance that is carried in creation itself, including our capacity for exuberance, for joy, exaltation and deep belonging, that shame and aggression come from feelings of not belonging, and that we're in a place where we can choose to belong, to fit in.

And the new creation story from science really assists us in that process of belonging. And we're ready to ask well, when did we not belong? When did these feelings of not belonging occur?

I think they began in the modern age when first religion and science split. I give the date for that, as the Year 1600, when Giordano Bruno was burned at the stake by the Church, and he was an ex-Dominican, trying to bring Copernicus (the new science) into the world of faith, and result was not favorable.

So I think religion and science essentially split, in the 17th century. And religion went exploring the soul, science went exploring the universe. And to split psyche from cosmos is a profound rupture. And it ends very badly.

But this is where today's science comes in. Now, modern science was in its own way. limping along.

So, for example, Newton of course was a genius in his own right; nevertheless, he thought the largest objects in the universe were stars, that they were randomly distributed forever. He knew nothing of the fact that stars are being born every 15 seconds. And that galaxies, there are 2 trillion galaxies, each with hundreds of billions of stars.

And above all, he was part of that consciousness that looked on the universe as a machine. And that pretty much deep-sixes our capacity for relating, for relationship. That is what the new universe is about.

Brian Swimme, in his recent book, "Cosmo-Genesis: An Unveiling of the Expanding Universe," tells us that what's key to the universe as we now know it, and understand it, is what he says, at the end of the book:

The universe rests on relationship. First, elementary particles such as protons, neutrons and electrons, enter into relationships, deepen their relationships, and gave birth to a trillion galaxies. No new particles came along, it was done with the original set. These particles constructed the galaxy by doing one thing: deepening their relationships.

And so the implication is, we deepen our relationships to ourselves, to each other, and to the rest of nature, the rest of creation.

Barbara Ehrenreich tells us that

an epidemic of depression hit the European world in the 17th century, that culminated in a rash of suicides. An anxious self emerged, that transformed the individual into a kind of walled fortress carefully defended from everyone else.

Wow, isn't that the opposite of relationship? Yes. That was launched in the 17th century, when science and religion split.

Today, science and spirituality can come together again. And hopefully bring about deepening relationships.

Thank you. We'll see you tomorrow