

## Daily Meditation 4/26/2023

### Champs, Chimps and Firings at Fox “News”

Good morning.

In today's meditation, which is entitled "Champs, Chimps, and Firing at Fox News," I bring up the story that we shared yesterday from Brian Swimme, cosmologist, about the stadium full of human beings versus the stadium full of chimpanzees. And the chimpanzees, for all their accomplishments, have not been able to expand or grow beyond honoring their small circle, their tribe, but that with other tribes, they tend to go to war: in a stadium of 50,000, chimpanzees, they would be a lot of warring going on... a lot of warring going on. Whereas 50,000 humans can get along, not always, but we can get along in crowds, much bigger, and in circles, much bigger than that of chimpanzees.

So, one response I make to this story is that stadiums are places of athletic contests very often. Of course, they can be places of concerts as well, and so forth. And there too, we're not necessarily going to make war with one another, I believe, knock on wood.

But thinking of stadiums as sports places, which most of them were built for, I think it really behooves us to meditate a little on sport. Because when it comes to war, and murdering one another, and so forth, I see a lot of that as an expression of the reptilian brain out of control. And so we ask as human beings, how do we calm, how do we tame the reptilian brain?

And I think we've come up with amazing technologies and practices from our spiritual traditions. One of them we call meditation, whether it be a sitting meditation or walking meditation or art as meditation, I think there's every evidence that meditation calms the reptilian brain, because the reptile loves solitude, lying in the sun, but is not so good at bonding. Solitude is important to them. And I think that that's how we calm the reptilian brain, and respect it.

But I think another way that humans have devised for calming the reptilian brain, and it's an amazing creation, I think, by humans and we find it in all cultures that I've ever heard of, is sport, playing games.

And in a game, you see, you create parameters, you create rules. So think of a basketball game. You've got a court that's only so big, a parameter, you've got a timekeeper, so there's only so long that you're at it. And you have umpires and referees and rules about things you can't do. You can't beat the other players, etc. You abide by the rules. And if you don't, the umpire, the referee punishes you. Then, with the rules, with the timing, with the limited space parameter, then you go at it: five players on each team do their best to defeat the other team.

So the reptilian energy is out there, I win, you lose. That's the reptilian brain for you. And it really is a marvel, it's almost a miracle, genius work on the part of human beings, Homo sapiens, to create games in which to allow the reptilian brain to play, with parameters, with rules.

So I see that as a tremendous accomplishment by human beings to tame, to corral the reptilian brain. And so I think that reinforces Brian's image and story about the stadium, and how humans are not fated to end up fighting each other in the stands, or even in the playing field; that we can get along, and not just get along, but cheer and celebrate! Oh, yeah, one team loses, and so half the stands may be depressed for 24 hours. But that's the point: that we're playing with the reptilian brain not conquering it, not killing it, and not avoiding it.

And one more point I'd make regarding this meditation today is that tribalism I associate with the first chakra, badly lived. I see the first chakra as about vibration. We know every atom in the universe is vibrating. Therefore it's a cosmic thing: our vibrating. And our first chakra, which is where our tail would be, if we had a tail, is about picking up the vibrations of the universe. It's a cosmic thing when it's healthy. When it's unhealthy, it turns in on itself, and it becomes a tribal thing.

So when there's too much tribalism going on, then it's the time to expand our consciousness and our souls, be more connected to the universe, to the macrocosm, not get bogged down with a microcosm. I think we have that kind of place today as a species. We're being invited to be more macrocosmic, to take in the wonders we are learning daily from Webb telescope and similar science and in that way, to grow our souls, to expand ourselves, not to shut down in a parochial and defensive and tribal way.

Thank you. We'll see you tomorrow.