

## Daily Meditation 05-29-23

### Memorial Day 2023\_ From Self-Hatred to Self-Love & Spreading Love

Good morning.

A blessed Memorial Day to you, and happy holiday to you. Today, Memorial Day, is a remembrance, a celebration, if you will, that was begun after the Civil War to honor the dead, those who had given their lives for the sake of the Union, for the sake of the continued spirit called democracy. And of course, there have been plenty wars since with more people dead.

And as I point out at the very end of today's meditation, this is about remembering, honoring the big Self, the Self with a big S, rather than merely the small self, the ego self: people who commit themselves to causes bigger than their egos.

And certainly many people died in American wars and other wars with some kind of unselfishness and some kind of idealism that brought them to endanger their lives.

Of course, we remember these people, and it's good we do. The deeper lessons that I'm trying to speak to -- how the causes of hostility to our better ideals, such as the cause of slavery that brought on the Civil War, and the causes of Hitler and Mussolini and others that brought about the Second World War and so forth: we can yearn for something greater, give ourselves to something greater, and that would be that which moves beyond fear, beyond pessimism that is born of self hatred, as Otto Rank says.

And this is again what the Mystics are calling us to, that we can stretch our sense of self to connect to the Whole. That Whole might mean today, especially, defending Mother Earth. And even Mother Earth is part of a much larger context.

And this way, the wonders that are being delivered to us from a telescope about how Mother Earth got here, where here is, and therefore how we got here -- all this is something to fill us with gratitude, and even joy. And as Aquinas says, wonder produces joy.

So all this, I think, is part of the ceremony of remembrance today, that we take stock of how interdependent we are with time, with history, with 13.8 billion years that brought us here, and with those who've died while trying to defend democracy, for example.

And how ironic and sad it is that fascism is knocking on our door again, not just in America, but in many places around the world.

So these are the bigger pictures, the bigger story, how our interdependence is knocking on our door, to invite us to participate in the bigger mysteries that have brought us here and are still blessing us every day with our original blessing.

Thank you. We'll see you tomorrow.