

## Daily Meditation 11-27-23

### Joy & Justice, Birds of a Feather

Good morning.

In today's meditation, we're talking about the relationship between joy and justice, birds of a feather.

And I ask the question at the end: Do you agree with the poet Rilke, whom I cite in the meditation, that "we do justice only where we praise?" And what examples can we give of this?

It's such an insight from Rilke, that praise and justice go together. And it's interesting, he says, "where we praise," not "when we praise," but "where:" the place, the space, the occasion.

In my book "Creation Spirituality: Liberating Gifts for the Peoples of the Earth," I take the four paths of Creation Spirituality, and turn them into commandments.

And the first is, "thou shall fall in love at least three times a day." That's the commandment, the instruction that derives from the Via Positiva, falling in love at least three times a day.

Now to do this, of course, we have to move out of anthropocentrism. I'm not talking about rivaling your closest relationship, falling in love three times a day. But once we get a sense of cosmic awareness, the bigger picture, a bigger consciousness than just what anthropocentrism has to feed us, then we realize, hey, there's a lot of love going on every day, and in various modes and modalities.

Here over my shoulder, is Miles Davis. So his music, and all music, invites us to fall in love. As does poetry. As do all the arts, dance, and film and video and the rest.

But of course, so does nature itself: that we're here to fall in love with trees, with wildflowers, and with animals, birds and bird songs, galaxies and planets. Now we have 2 trillion galaxies on our plate. We're in this drama, we're in this theater, this universe with 2 trillion galaxies, each with hundreds of billions of stars.

It's a lot to fall in love with. It can be almost overwhelming.

But it's so important because from this Biophilia, the love of life, and life is very profuse. 13.8 billion years of universe that brought life to be.

In falling in love with life, Biophilia is precisely what stands up to necrophilia, the love of death, and preoccupation with death, death-delivering instruments and attitudes and all the rest.

The great Erich Fromm, the great psychologist and cultural critic, says that "necrophilia grows when Biophilia is stunted." So Biophilia is really another word for love of life.

So all this is beginning to add up, isn't it? Justice, Biophilia, the love of life, Joy.

As Aquinas said, "Joy is derived from love." We ground ourselves in love, ground our worldview in love. Not revenge, not hatred, not projecting onto others, not looking for scapegoats, but love.

Falling in love three times a day, if you can do that, you've got the means to stand up to evil, and to resist it, and to be imaginative.

Like the prophets were, like all artists are: imaginative and creative, in turning necrophilia into Biophilia.

Thank you. We'll see you next week.