

## Daily Meditation 12-04-23

### The Roundness to the Recent Synod in the Vatican

Good morning.

We are meditating this morning on circles, such as the round tables where people met at the Synod recently in the Vatican.

And as I indicate, I have a little chapter on moving from climbing Jacob's Ladder, to dancing Sara's Circle, in my "A Spirituality Named Compassion." I think it's a very important shift in consciousness, to welcome the circle back.

And remember that Sara, the story of Sara is that she was an old woman beyond childbearing age, and she was told she would bear a child with Abraham, her husband. And they say that God has smiled, God has been kind. That's the name of Isaac. That's what Isaac means. That was her son's name.

So laughter and joy are part of Sara's Circle, because Sara laughed when she heard she was going to be pregnant.

And there are many, I have a whole list of differences between climbing Jacob's Ladder and dancing Sara's Circle. You only climb a ladder that is flat, I mean, it is on a flat surface, right? You don't put a ladder on a ball.

And so the up-down motif is very strong in climbing ladders, whereas in a Circle, in-out is a basic dynamic, not up and down.

E.F. Schumacher said in a lecture years ago, that "anyone who is using the words up and down is 500 years out of date." Because up and down imply a flat surface. And he says, air control power is not very good for pilots, you're flying up and you're flying down. They don't use that language: you're flying in and you're flying out.

That's the language of curves, and of circles: in and out.

The "in" in spirituality language, is going inwards. Looking in, looking inside. The "out" is the prophetic: the going out.

So, Jacob's Ladder implies a flat earth. And dancing Sara's Circle implies a global village, and it implies celebrating and dancing instead of climbing, It has to do with competition. which is a different kind of energy. Whereas the circle has a shared ecstasy. And the circle is more democratic. The ladder is more patriarchal.

And even the idea of panentheism, as distinct from theism, feeds into this difference. With theism, it's about us here, and God up there someplace, outside. Whereas panentheism is how we are in the Divine, the Divine is in us, like fish in the water; the water is also in the fish.

So there's all kinds of differences that follow from following this other energy of meeting in circles. Of course, one such energy is circle dancing, which over the years, I have practiced, and done a lot of leading of, whenever I'm doing workshops in our program. I always begin the morning with circle dancing. Because in that context, the real spirit of community occurs. You're looking each other in the eye, but you're also dancing. And that way, you're awakening not only the body, but playfulness. As we did circle dancing as children, right? We're allowed to do that, at one time in our lives.

Something like AA is also a circle dynamic. And the result is that good things happen, healing happens. One study done on compassion, concluded that every individual case of alcoholics who join AA that they studied, found they passed from being "highly egoistic during the pre-alcoholic and alcoholic periods of their lives, to being altruistic or compassionate." This is what happened. This is scientifically proven.

And so the energy, that moving into circles, is a profound shift, and shifting away from the excessively masculine, to the balancing that we need, in terms of gender balance today.

Thank you. We'll see you next week.