

Daily Meditation 02/03/2022

More on Joy a la Thomas Aquinas

Good morning.

We are continuing our meditations with Thomas Aquinas, and the important experience that we call joy. Notice, he says in today's reading, "God delights, God is always rejoicing."

God is always rejoicing. And can we imitate God? Can we be in a state of always rejoicing? Even when there's suffering, even when life is not easy, there's still a joy to be found in the depths of our hearts, at being alive, at being part of this amazing theater that we call the universe, the cosmos, Earth.

The news by definition gives us the bad stuff, buildings blowing up, people shooting people, wars being threatened. And that's the way News is.

But the news from the media is not the last word. Life is much bigger than the news and much bigger than our television sets, much bigger than human ideologies that define what's on the television set. And so we have to find in our own lives a bigger picture than what news can provide for us.

And that bigger picture, I think, is summarized in that sentence by Aquinas: God is always rejoicing. That there is a yearning in the human heart for the beautiful, for the good, for the truth, and that we humans can choose the good, the beautiful, and the true, that it is a choice. And our culture cannot do it for us.

And as we talked about earlier, from this choice of joy, to imitate divinity, with joy and love, out of that joy and that love, new energy arises; new hope, new possibilities. And of course, the soul grows too, we grow.

Thomas Aquinas says that "joy expands the soul," it expands the soul. We are in a joyful state, we feel this way [arms extended]. Not this way [arms constricted], not a fearful state, but a growing.

And because so, Joy grows a soul, It also instructs us and feeds us with courage. Courage is a big heart, *coeur* [French] large. So Joy does things for us and empowers us, so that we can -- what? -- spread the joy. And by way of working for compassion and justice, because that is our giving back joy, to joy.

So there's so much to dwell on: the via positiva, the beauty, gratitude, memory that calls up the joy in our lives, even when things are difficult. And the gratitude that says essentially, thank you for joy.

Aquinas also says in our meditation today, that is a real relationship between joy and consciousness. And he says, God is supremely joyful and therefore supremely conscious. To be conscious is to be awake and aware. Looking around and seeking beauty, seeking truth, and seeking, seeking the good and seeing love in all its manifestations in our worlds, not just the human world, but the bigger world, the earth World. World of Mother Earth.

There's so much giving and receiving going on. Now that is a passing on of joy.

Thank you. We'll see you tomorrow.