

Daily Meditation 03/29/22

A Sense of the Sacred—Words from Astronauts & Cosmonauts

Good morning.

We've been meditating together for a number of weeks, certainly since Putin's invasion of Ukraine, on the topic of evil. And one of the points I made in a recent meditation is that the authentic opposite of evil is not so much good -- bad is the opposite of good --as it is the sacred.

And today I share with you a few examples of astronauts and cosmonauts, meaning Americans and Russians, who left Earth, some of whom walked on the moon, and the deep experiences that they had by leaving Earth, that they summarize, in their own words, as a transformation, a recognition of the sacred.

For example, James Irwin, who walked on the moon, saying that what really struck him was how fragile the earth was, this "warm living being," as he put it, and his telling us that this has to change a man, it has to make a man appreciate the creation of God and the love of God.

Edgar Mitchell, who travelled over 240,000 miles each way, Earth to moon, summarizes his experience by saying, "I suddenly had an experience that the universe is intelligent, loving and harmonious"...intelligent, loving and harmonious, the universe itself.

And what about Earth? What about Earth? And we earthlings -- how intelligent, loving and harmonious are we? Or might we be before it's too late?

And then the testimony from Russian cosmonaut Boris Volynov: as he says,

The psyche of each astronaut is reshaped, reshaped, transformed, seeing the sun, stars, our planet, you become more full of life and softer

...softer, a very interesting word coming from a man who probably has a background as a fighter jet pilot or something,

...You begin to look at all living things with great trepidation, you begin to be more kind, more patient, with the people around you. At any rate, that is what happened to me.

So each of these witnesses became a softer person, became a mystic, as we are all called to become. Now let me share a few more comments from a few other mystics, who became such leaving the Earth.

Taylor Wang is a Chinese American astronaut. He says,

A Chinese tale tells of some men sent to harm a young girl, who upon seeing her beauty, become her protectors, rather than her violators. That is how I felt seeing the earth for the first time. I could not help but love and cherish her.

Again, this is an example of becoming softer, isn't it?

And a Dutch space traveler, Wubbo Ockels, says, "Space is so close. It took only eight minutes to get there, and 20 to get back." So he's not someone who went all the way to the moon. But he did get into space; he left our atmosphere.

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So all this really raises our awareness, doesn't it, of the presence of the sacred that we can so easily take for granted.

And as I've said on numerous occasions, if you check out what it costs to send these people to the moon and back to become mystics, it's about \$42 million each trip. We have to find a cheaper way to become true to our deepest selves. Those selves that are soft with love and that care. May we all become that kind of mystic, before it is too late.

Thank you. We'll see you tomorrow.