

Daily Meditation 04/29/2022

A Love Song to the World, The Power of Gratitude and of Art

Good morning.

In today's video, I invite you to look at the video about a love song to the world, called "Grateful: A Love Song to the World." I was really moved by that. But we shared it in yesterday's daily meditation. I was very moved by it when I saw it this morning.

And it just underscored for me the power of art, to heal and to wake us up and to offer us new images of getting along. And this is especially true because the *via positiva* that we've been focusing on in this time of angst and dark night of our species, dark night of our souls, the *via positiva*, I think, takes on new expansiveness in the *via creativa*.

That is to say, that humans, we ourselves bring awe to the universe. Now, every species does in its own way. But just speaking about ourselves, think of all the art, all the music or all the dance, all the ritual, all the poetry, all the stories and storytelling, all the novels, that humans share, and all the paintings, that these, in fact, elicit joy, beauty, gratitude, reverence.

So I've already said there's a special relationship between the *via positiva* and the *via creativa*. Humans are here to bring more awe into the world. And not just painters and artists in that sense of the word, but engineers: think of the Golden Gate Bridge, or have a wonderful building. Or think of the work that goes on underground, with pipes and sewers and water flowing through pipes and so forth. I mean, everywhere we turn, humans are doing some awesome things. Bringing water from places through miles and miles of mountains and the rest. All of it is really very awesome: building airplanes.

So I think it's important to realize the *via positiva* kind of reappears in the *via creativa*, in our works of creativity, and beauty, and art, and, as I say, engineering, and the rest.

There's also special relationship between the *via negativa* and the *via transformativa*, that is to say, when we undergo suffering and grief and the *via negativa*, that purifies our souls, purifies our intentions. But it also prepares us for the *via transformativa*: when you yourself have undergone suffering, you are interconnected with others who undergo suffering.

That is what compassion is, isn't it? It is our working out of our interconnectedness, whether the interconnectedness is about joy, celebration, or whether it's about suffering, as Meister Eckhart said: "what happens to another, whether it be a joy or sorrow happens to me."

That's the essence of compassion. It's the playing out of our interdependence.

So I think it's important to understand these relationships within the four paths: *via positiva*, *via creativa*, *via negativa*, *via transformativa*. And that the suffering we undergo in the *via negativa* that is due to injustice -- that

too, lights a fire in our belly, to be active about assisting others as they undergo their liberations and their throwing off of oppression and injustice: primary cause of suffering that humans inflict on one another and on the earth.

Thank you, we'll see you tomorrow.