

Daily Meditation 06-12-22

The January 6 Committee Hearing: A Report on the 7th Chakra

Good morning.

This morning we are reflecting on the January 6 committee meeting this week that occurred Thursday evening.

A special appreciation for the policewoman Carolyn Edwards, who manifested great courage and spirit telling her very alarming story of how she and other police officers trying to defend the Capitol and the legislators inside were treated, and the incredible violence of men out of control.

And, of course, this relates to the seventh chakra because, as we've been meditating, the seventh chakra is about community. When it's healthy, it's about sharing the light. It is about linking up with allies who are also eager to share the light to do good work in the world. And this is what she and her fellow officers were trying to do that day.

And so, I named two archetypes that really come forward for me in this story, archetypes of the healthy masculine. Because as more and more truth comes out about January 6, we realize how unhealthy the masculinity was that day, how completely toxic and violent and hate-filled were those leaders drawn from the Oathkeepers and the Proud Boys, gangs of men embodying the worst of patriarchy: I win, you lose, hanging the vice president and so forth, killing as a slogan. All this represents, of course, the shadow side of the masculine.

For the healthy side of the masculine. I name two of the archetypes that are important in my book on Ten Metaphors to Awaken the Sacred Masculine, The Hidden Spirituality of Men. So these important archetypes are, first of all, the hunter-gatherer and I think that the commission itself as summarized by Lynn Cheney, in a fine presentation, represents the healthy hunter-gatherer archetype, the healthy masculine. We all have a hunter-gatherer inside of us: for 95% of our existence as Homo sapiens, we've been hunter gatherers.

And the hunting and gathering that the commission has done over the last many months, has been a very positive thing. It's brought forth the facts, the truth of what occurred on January 6, and that it didn't just occur as a happenstance or bad luck dimension. It was planned, planned for months in advance, and all these gangs that led the charge were planning this for months, planning it with politicians, certain politicians who felt so guilty or afraid afterwards that they begged for presidential pardons. We'll no doubt be hearing more of those facts later.

But another archetype that really comes through is that of the spiritual warrior, a very important, healthy masculine archetype. And in particular, it's the policewoman Carolyn Edwards, who demonstrated that just telling her story of what happened to her on that day and how she came back from being beaten unconscious, to assist in her fellow officers, slipping in their blood, as she told us. And even appearing before the public and Congress on Thursday, it took considerable courage to relive that horrible, traumatic event.

And so, out of this darkness, there is this silver lining, that there are people still working on the healthy seventh chakra, on building healthy community. And good laws and good elections are a part of that community. And in

many ways is almost a drama going on here, a story, a narrative between the off-center seventh chakra of envy and hate and violence, versus the healthy seventh chakra of light and the sharing of light and the building up of light, to create community.

Community comes from two words: to build together, to work together, *com munio*, to share a common task. And the common task January 6 has us reflecting on is the task of a democracy, being a democracy and remaining a democracy and growing as a democracy. That we all be spiritual warriors and hunters and gatherers after the truth. That is healthy masculinity, whether you be male or female.

Thank you. We'll see you tomorrow.