

## Daily Meditation 06/07/2022

### Practical Exercises to Bolster the Seventh Chakra

Good morning.

Today we continue our meditations on the seventh chakra, which when it's off center, as we've been discussing for a couple of weeks now, we get hatred, we get envy, we get violence, we get war and many other shadow practices that humans engage in and are engaging in, even at this time, especially at this time in history. We've talked about the Ukraine war, of course, but also about the war against Mother Earth, matricide that is going on, the war against the feminine which patriarchy has been waging for generations, and many other such wars.

But when the seventh chakra is healthy and centered, balanced and energized, it is a culmination of our spiritual journey, and all that light energy and Kundalini energy, fire, travels up our spine and expresses itself in all seven chakras. In the seventh chakra, it goes out, all this energy goes out. Hildegard, in her marvelous painting on the man in sapphire blue, the healing Christ in all of us, she has an aperture at the seventh chakra. And you can just imagine, because of that aperture, that the Christ energy is going out into the world.

Beyond just the, what Howard Thurman called in yesterday's Daily Meditation, the "quarantine version of community," ...the quarantine version of community: the small, incestuous community versus the extended and diverse and accepting community. Great tension there.

And yesterday's comments...I do really appreciate those who comment, and are creating a community, as someone commented yesterday, by their interaction with these daily meditations and their deep thinking and their deep life experience, and their scholarship and their study and all... really wonderful to read and learn. I'm excited about that.

But one person emphasized the shadow side to community, which of course Howard Thurman is talking about too. So we have to recognize that, the greater something is, the greater shadow it is capable of. As the medievals used to say, "*Corruptio optima, is pessima*," the corruption of the best, is the worst.

So there is corruption of community of course. I'm thinking right now of Hitler's storm troopers and all this: people gathered with energy around dark values, and shadow values as well as their own right ones.

So today, we're talking about the practical exercises to bolster the seventh chakra to make it healthy. And I'd just like to mention a few that I think are especially pertinent today and helpful today.

And first of all, is that realization that we live in many worlds, we don't just live in the world of what's physically present today and what we see today. We live in the world of our ancestors who are deceased. And yet they're not gone, if we remember, if we are aware, we call on them. And a Christian tradition calls this the communion of saints.

But all traditions have this ancestral awareness, to call on for help, and for strength and for insight when things get difficult. So that's one community we link up with, in addition to those that are walking around today.

And a third community we live and link up with, also invisible, not visible most of the time, are the spirits, or the angels, the angel community. They too are trying to connect to us and lend us their energy, their insight, their strength and their intelligence. And God knows we need all of these gifts today.

So we need gifts from many spheres. And that is part of what the seventh chakra is all about. There's one reason that I bring in some of my examples of practice today, the subject of angels, the subject of ancestors, as well as everyday light beings that are walking around like we are, trying to make the world a safer place, a more wonderful place for all, especially the children, and for future generations, and for all beings, because all beings are light beings, or in theological parlance, they are other Christs.

They are other images of God. They are mirrors of God. And they are other Buddhas as well.

Thank you. We'll see you tomorrow.