

Daily Meditation 06/08/2022

Light, the 7th Chakra, and the 'Triple A's'

Good morning.

This morning we are meditating on what I call light, the seventh chakra, and the triple A's: the triple A's being our allies, who are light beings and they're working together to bring light alive in our world, in our institutions, in our culture, in all our relationships; the second A being that of the ancestors who are with us still, but who also sought to bring light alive in their own time on earth, and who are hopefully in a place of light at this time.

And thirdly, the angels, who are light beings and spirit beings, intelligent, loving and caring, who also want to assist us in this spreading of the light energy that is the culmination of light: it moves through all our chakras, up our spine, and culminates in the seventh chakra, which puts a light out to the world.

All this light is utilized to combat the darkness, the violence, the self-hatred, the hatred, the projections, the lies, that are so often associated with the shadow side of community and the shadow side of the human individual.

As I point out, Eckhart brings up this important archetype that you find in so many mystical traditions: that of the spark of the soul...the spark of the soul: this is where it all begins, in the spark of our soul. And again Eckhart gives credit to Avicenna, the great Muslim philosopher who lived 200 years before him. And it's from him that he derived this theme of the spark of the soul.

Hafiz, the great Sufi mystic, who actually was a contemporary of Eckhart, near the end of Eckhart's life; he was younger than Eckhart. He has a wonderful poem. This is Hafiz.

*The sun's eyes are painting fields again.
Its lashes with expert strokes
are sweeping across the land.
A great palette of light has embraced
this earth....*

*What excitement will renew your body
when we all begin to see
that His heart resides in
everything?*

...What excitement will renew your body when we all begin to see that His heart resides in everything?

*God has a root in each act and creature
that He draws His mysterious
divine life from.*

...God has a root in each act and creature that He draws His mysterious divine life from.

*His eyes are painting fields again.
The Beloved with His own hands is tending,
Raising like a precious child,
the God's self in you.*

...the God's self in you.

Beautiful telling of the immanence of the divine and the divine named as light, the *doxa*, and the glory that is in all beings. The same word, *doxa*, glory, is applied to the Cosmic Christ in the Christian mystical tradition; it is also the image of God as the Jewish tradition talks about it. The glory of God that fills the whole world is the glow Hafeez is singing about.

So the same insight has been discovered in multiple religious traditions. Wherever we go deep enough, we find a spark of the soul and the spark, the divine spark in all beings.

Thank you. We'll see you tomorrow.