

Daily Meditation 07-29-2022

Experiencing Nothingness

Good morning.

Today has been a busy day, so I'm in a car doing this. And I've been working in Oakland with friends of mine.

But here we are talking about nothingness. And I turned to Meister Eckhart and he has a brilliant sermon on the Sermon on the Mount by Jesus, which some people have called Eckhart's Sermon on the Mount. And he begins this way, he said,

"Blessedness opened its mouth of wisdom and spoke."

It's interesting, he's calling Jesus blessedness. Quote, "Blessed are the poor in spirit, for theirs is the kingdom of heaven." And Eckhart says,

This wisdom has declared that the poor are blessed. There is this kind of poverty, an inner poverty, by which our Lord's word is to be understood when he says, Blessed are the poor in spirit. He is a poor person who wills nothing and knows nothing and has nothing.

And of course, Eckhart goes deeply into the practices of *Abgeschiedenheit* and *Gelassenheit*, which translated is letting go and letting be. So he's emphasizing how we enter into a state of healthy nothingness. by emptying ourselves. He says,

If a person wants to become like God, insofar as the creature can have a need likeness to God, then this can only happen through letting go.

And he says, "We become open and sensitive, to be receptive to all spirit."

...receptive of all spirit.

That's why Christ says, clearly blessed are the poor in spirit. He who has nothing is poor. Poor in spirit means that as the eye is poor, and bare of all color--

...your eye is bare of all color...

...is empty, and yet receptive of all colors, in the same way, the person who is poor in spirit is receptive of all spirit, and the spirit of all spirits is God.

So this is his take on nothingness: that we can be emptied regularly. That's what meditation does, but other experiences too: we learn to be emptied, to let go and to let be, and just like the eye is bare, and therefore can see all colors, so we then are open to all work of the Spirit.

So that is one teaching on nothingness from our brother, Meister Eckhart.

Thank you. We'll see you tomorrow.