

Daily Meditation 08-16-22

Silence Invites in the God of Nothingness, continued

Good morning.

Today we'll continue our meditation on silence, as related to the God of nothingness: how silence invites the God of nothingness into our presence, and puts us in the presence of the God of nothingness and silence, such as the Psalmist teaches: "Be still and learn that I am God."

I cite Thomas Merton's talks about the Golden Zero - a Catholic monk; I refer to Job, who experienced the need to be silent after he was going on and on criticizing God. But all the stories of the beauty of creation rose. And Job was struck by the awe of it, and awe, of course, releases silence.

And I call on Rumi, the Muslim, Sufi, mystic and his wonderful poem:

*Secretly we spoke,
That wise one and me.
I said, Tell me the secrets of the world.
He said, Sh...Let silence
Tell you the secrets of the world.*

And a Hawaiian elder, Nana Veary, who to the end of her life held retreats entirely around silence. And as she says, "In the silence, one is beyond words and beyond thoughts."

The brain researcher I cited, Andrew Newberg, says that deep states of meditation bring us to an experience of boundlessness. And (psychologist Estelle) Frankel says,

Evidently our brains are hardwired to experience the mystical state of oneness we call God" and Kabbalists (call it) Ein Sof (literally without end). (This) is the boundless and transcendent aspect of divinity that is beyond all form..."

...beyond all form. Here, we dip into states of grace and deeper dimensions of our soul, of our self, come forward.

Then we turn to Taoism, which talks about the Tao as a

...form without form, seamless, unnameable, returns to the realm of nothing. The Tao is a form that includes all forms, image without an image, subtle beyond all conception.

Notice then how the universal teaching there is here when you're talking about the spacefulness and the emptiness, boundlessness, the namelessness of divinity. There is a consensus among mystics around the world.

And I end with Meister Eckhart:

God is a not-God, a not mind, a not-person, a not-image. God is a pure clear One who is separate from all twoness.

What is the path into this one? Silence, the experience of nothingness. Thich Nhat Han says, "You know the Holy Spirit as energy... as energy, and not as notions and not as words."

So, the Holy Spirit, like breath itself, is invisible, but its results are very visible, and it works through all of us and all things. Spirit as the Wind, Spirit as the breath: visible effects, effects are very visible. All this is silence, coming to the fore.

Thank you. We'll see you tomorrow.