

Daily Meditation 08/18/2022

Breaking the Silence: Native Americans & Historic...

Good morning.

In today's meditation, we continue listening to Donna Schindler on her experience of working with the trauma that has followed so many indigenous peoples in our country, and beyond.

In the conclusion of her book, *Flying Horse: Stories of Healing the Soul Wound*, she asks the question,

Why do we have to hear about other people's waking nightmares? Why let their pain become part of our consciousness and disturb our own sleep?

And she answers these questions from Daniel Taylor, a co-worker with her who says,

The stories of the ancestors are crucial to who we are. They help us know that everything is connected. And they give us hope that we do fit into the universe. If we do not share common stories, we are not a nation.

And she compares this experience of listening to these traumatic stories to the dark night of the soul and others' reluctance to venture into the area of the dark night. And she says,

Many we see in America refuse to compare the indigenous story with the Holocaust of the Jews.

And she thinks it is because the Holocaust was over there; it was in Europe, whereas the destruction in the Americas was here, where we live. She says

Some believe we should look toward the dark, not the light, in order to become enlightened.

And she quotes Carl Jung, who says,

One does not become enlightened by imagining figures of light, but by making the darkness conscious. The latter procedure, however, is disagreeable, and therefore not popular.

So once again, we're talking about breaking the silence. And this is a prophetic dimension to meditating on silence. But Donna says that there is a way of descending into the dark side, traversing the dark tunnel, and finding that there may be a light at the other end.

Hiding behind the idea that we were doing the Indians a favor (she says) by repressing them in a wide array of ways, including trying to rob them of their spiritual practices, and saving them with our own: this is truly tragic. Many other superpower countries at different points in history, have quite blatantly performed atrocity in God's name throughout the world. And here in our own country, we use our sense of righteousness, our religion to protect us.

...We use our sense of righteousness and religion to protect us.

But the Dark Night is about delving into the mystery of human suffering and resisting hiding behind platitudes and false assurances of religion. So she says,

Hearing these stories, letting them come out, accepting responsibility, this is really the way one joins the healing process with Native people. And we ourselves become healed in the process as well.

Breaking the Silence.

Thank you. We'll see you tomorrow.