

Daily Meditation 11-09-22

Consciousness & Conscience: The Interior Life of Humans

Good morning.

In today's meditation, a meditation after our midterm elections -- and I do not know the result of those elections as I am creating this video a day before the elections -- but in today's video I am bringing up the subject of the interior life of humans.

And I begin with the general question that I think is truly a pressing one today: How omnipresent is Consciousness in the Universe?

And I cite Hildegard of Bingen, who says that there is no creature who lacks an interior life. So she is saying that consciousness is everywhere.

And of course, if you have a pet, you know that there is consciousness in dogs and cats, horses and so forth. And if you raise plants, you are probably aware that there's consciousness in plants and trees and other members of their vegetative world.

But we've tried to focus on the interior life of humans, because sometimes we humans act as if we have no consciousness, and no conscience. And consciousness is about awareness and conscience is about choices we make and how they affect other people or other beings, or future generations.

And so I asked the question about how do we name, how do we journey to our interior lives, to the arena of consciousness and conscience? And I do propose that I think the four paths of creation spirituality assist us in naming that journey. The experience of joy and awe and wonder and gratitude and reverence, those are a deep experience of the via positiva.

And then the experience of silence and also the experience of grief and suffering. These are interior experiences of the via negativa. And they are experienced not just as individual humans, but also as circles, as communities, as families, as societies, members of one another, that's why we can go to a concert with 1000s of others and all enjoy the music, or enter into the experience of the music. If it's about sadness, if it's about loss, if it's about exclaiming...in Ode to Joy, for example.

But another interior work we all carry within us is that of birthing: of birthing our thoughts, birthing our experiences, telling stories, sharing what happened today to us, all the interactions we have with others in the process of creativity, receiving it and creating it.

And then, of course the via transformativa is an interior as well as an exterior work. It takes interior courage and strength and decision making and critical thinking to act in the arena of healing and bringing justice where there is injustice; of truth, where there is falsity; compassion, where there is hurt.

All of this then is the sharing of interior lives in a recognition that others are suffering and they deserve our teaming up with them, as Meister Eckhart said: "what happens to another, whether it be a joy or a sorrow, happens to me."

That is the path of compassion. And it's a path far beyond egoism or narcissism or cold indifference to the suffering of others. So it is an interior experience that's made exterior; it is our inner work, becoming our outer work. And conscience certainly kicks in to help us decide what roads to take and what methods to apply, what medicine to apply.

May we all be people of consciousness and conscience with an alive, burning interior life.

Thank you. We'll see you tomorrow.