

Daily Meditation 11-22-22

Grief in Colorado Springs: The Latest Mass Shooting in America

Good morning.

We find ourselves this week once again in our grieving place, because once again, we've had another mass shooting, this time again, in a gay and lesbian and trans club, owned by a trans person.

And anyone who's been around our political discourse this past couple of years knows that trans have become objects of hate for a lot of social media, and public media, and politicians using the media. So in a way we're not totally surprised, unfortunately.

But I speak of how we have been meditating on the bigger picture, the greater picture, which is what the poet Rilke cause "the miracle of our existence" -- this 13.8-billion year history that science informs us has brought us here. And "here" being to this unique and special planet that we share with unique and special beings, from rainforests to whales and elephants, tigers and polar bears, and rivers and mountains and lakes, oceans.

So much beauty. All of us breathing the same air prepared, fine-tuned for all of us. So we could be kin and community living in this planet.

But of course, an experience like what happened in Colorado Springs, in a gay club, it's a rupture in that sense of community. And in a special way, because that club was a sanctuary for people who often feel put down by the dominant culture, because they're gay, or lesbian, or trans.

So there's special sorrow in the heart of all who in any way, identify with the desire to celebrate on weekends, to go out on Saturday night. To dance, make friends. All the things that most human beings are happy doing, especially in their 20s and 30s.

But a rupture occurs of a horrific nature, of a mortal, deadly nature, when a young man, this shooter being 22 years old, decided to express hate, anger, rage, whatever it is, he's carrying inside.

Whatever it is, he's picked up from politicians, from the media, who of course, make money, make money, make more money, onrage and hate. And it comes to something like this. Now the first level of grief is anger. And there should be anger, there should be more outrage at such injustice from everybody.

Every politician should be not only speaking and not offering prayers and thoughts, but acting to deter the omnipresent guns and gun lobby from providing guns for people as violent as this young man is, and probably as confused.

But we want to go deeper than just the anger, also, to the sorrow, to the grieving, to the beating of the drums and the wailing from our chakras that allows us to get in touch with our grief.

And then, and only then, do we come to the deepest level of letting go, of emptying and being emptied. But letting go does not mean we forget. It means we stand by one another in solidarity and community, taking seriously the injunction to love our neighbor, whether they be like us or whether they be different from us.

Thank you. We'll see you tomorrow.