

Daily Meditation 11-23-22

More on Grieving the Loss of Young Life

Good morning.

We are continuing our meditations on grieving in the face of the horrible shooting this weekend in Colorado Springs, at a gay club. But also keeping in mind the other young people, three college football players in Virginia and the three young women and young man murdered savagely with big knife at the University of Idaho.

One has a right to expect that a night out at a club on Saturday evening, or playing football at a college where they were students, or being students, as the victims of stabbing were in Idaho -- one would expect that these are places where young people can be themselves, discover themselves, grow, celebrate, develop their talents, athletic and intellectual, social, socializing, just socializing.

And instead all these people had their lives cut short by folly and the ignorance of persons who were ignorant of themselves and had not examined, apparently, their own rage inside, but had to take it out on others with guns or with a big knife.

How important it is that we all undergo self-examination, that we check in with ourselves and with adults we trust about how we are doing. Are we attending to ourselves? Meister Eckhart says compassion begins at home, with one's own body and one's own soul. And he's echoing Jesus, who said "Love others as you love yourself."

People go about killing and murdering others are not loving themselves. Certainly not loving the victims, carrying rage inside. But it seems to me that a lot of young people today carrying rage inside are seeing it in adults. They're not seeing enough adults who have done their inner work. They're seeing adults who are projecting on others. There are many politicians who rage and rage and rage on the radio and on social media and on the public media, who have not done their inner work and show no glimpse of self-awareness or domesticating one's reptilian brain.

It's a pity to see grown-up adults calling other people names, as if they're nine-year-olds in a schoolyard. We've been living with that kind of politics at the highest level of our society, our government, for five or six years now.

As I point out in the essay, it makes money for people, the selling of rage and anger and ignorance, self-ignorance and the projecting onto others of one's own shadow, one's own unexamined self, one's own hatred, including self-hatred, insecurity and fear.

Part of grieving for the young lives today is to ask of the older ones -- Are you doing your inner work? Are you examining your own sense of self, the lack of joy in your life, the emptiness in your soul, the need to project on others, the inability to be still, to know oneself, and to love others as you love yourself?

Thank you. We'll see you tomorrow.