

Daily Meditation 12/16/2022

Creativity and the Time of Advent, Hannukah and Christmas

Good morning.

We continue our meditations on Advent. And today we are bringing in the theme of creativity, being intrinsic to the season of gestation, quiet, hibernation that is a preparation for a burst of creativity. And I talk about the arrival of the spark of the soul, or the light of Christ, or the light of the Buddha, or the light of the image of God.

There was Zohar, the medieval Jewish mystical work. It says about the spark of the soul, sparks:

"Sparks burst into flashes up high and down below, then quieted down, rose up high, beyond, beyond. The spark expanded whirling 'round and 'round. Sparks burst into flash and rose high above. Heavens blazed with all their powers. Everything flashed and sparkled as one. And the work of the human is to raise those sparks hidden throughout the world, elevating them to holiness by the power of our souls."

So this is mind and creativity at work. It's bringing sparks into the world. And the sparks are in our hearts.

"Love and sparks from the flame of your heart will escort you," the Zohar says. "The sparks of holiness can be found in all things. They intermingle with everything in the world, even inanimate objects."

And they are exhibited, practiced in everyday activities.

"By eating you bring forth sparks that cleave to your soul. When you eat and drink you experience enjoyment and pleasure from the food and drink. Arouse yourself every moment to ask and wonder, What is this enjoyment and pleasure? What is it that I am tasting? Answer yourself, 'This is nothing but the holy sparks from the sublime. Holy worlds that are within the food and the drink.'"

"And there is no greater path," the Kabbalah says, "than to bring sparks alive in life. Educe the spark that lies within. Ordinary things become extraordinary. The profane becomes sacred. When we do this, we draw out the holy spark that dwells within. We bring forth holy sparks from the natural world."

"There is no path greater than this," says the Kabbalah. "For wherever you go, whatever you do, even mundane activities, you are serving God."

So this is certainly an affirmation of the creative process of our imaginations, of our birthing capacities and processes. It's a wonderful way of talking about the spark in all of us, the sparking in action.

And Rumi, too, expounds on the spark in the soul when he says, "Ah, one spark flew and burned the house of my heart. Smoke filled the sky. The flames grew fierce in the wind. The fire of the heart is not easily lit. So don't cry out, 'Oh, Lord, rescue me from the burning flames.'

“Spare me from the army of thoughts marching through my mind. Oh heart of pure consciousness, you are the ruler of all hearts. After countless ages, you brought my soul all it ever wished for.”

So, Rumi, too, the Sufi tradition in Islam, celebrates our creativity, the sparks of our soul, the sparks of our mind, sparks for our imagination that can bring about the fire of love and transformation that we all need, that our species needs.

Thank you. We'll see you tomorrow.