

Daily Meditation 02/23/2023

Ash Wednesday, 2023: Should We All Give Up Fox News for Lent?

Good morning.

I am making this video on Ash Wednesday; you will be receiving it the day after Ash Wednesday. And I offer a meditation on the meaning of Ash Wednesday, many layers of meaning, and there are more than I have time to talk about in one essay.

But I do offer a practice at the end, which is partly facetious and partly very well intended and directly intended: that people consider giving up Fox News for 40 days and 40 nights. Because clearly, a lot of Americans are very addicted, very attached to that version of news.

We're learning from the trial going on now and the release of many, many emails about the behind-the-scenes goings-on at Fox, that employees making \$45 million a year, \$35 million a year, and many others were on board with delivering to millions of people false lies. And they knew they were lies. And laughed about it behind the scenes, laughed about the very people they were interviewing in front of the cameras, knowing they were crackpots, loony bins, making crazy assertions, but it was enough to rile up the base in terms of anger, resentment and projection and hatred....all these energies, very dark energies, that clearly were on display, literally, on January 6.

So when you deliberately sell your soul for keeping a job, or keeping your corporation going, I have to give credit to Hannity and Tucker Carlson. They sold their soul at a very big price, I think \$35 million a year or \$45 million a year -- I think you could see someone tempted by that. But I would hope I wouldn't do it, and many others would not do it out of integrity, out of love, truth.

And what I'm saying is, it's not just a political thing going on here, folks; it is not just a Wall Street thing going on here, folks, this is an affront to morality at the most basic level. Humans cannot get along, democracy cannot survive without a basic effort at truth.

Of course, none of us are 100% truthful all the time, but it's an aspiration. And it is an agreed-upon value and virtue, the practice of truth, by all religions of the world, and by many, many people who are not religious as such, but there's a recognition of some effort at truth, and putting truth forward as an important element of living together. And certainly an important element of dispensing information: that this is a bottom line.

So we have a spiritual problem here. And this is why truth is identified with the divine around the world, among all religious traditions.

So we are in a struggle here. And if our politicians and our media moguls get away with selling lies, and selling falsehoods, and whipping up hysteria, and crazy, crazy conspiracy theories, and calling that truth, and addicting people to it, that it's time to change course.

It's time to take 40 days and 40 nights to divorce ourselves from that kind of poison, that kind of toxin for our minds and our souls and our hearts.

And we call that 40 days 40 Nights that some people do "Lent" - a preparation for a better time. Let us throw off the Murdoch Empire. It seems not more enlightened than the Roman Empire in terms of taking on the forces of good...the effort at good anyway...by spreading lies.

Thank you. We'll see you tomorrow.