

Daily Meditation 03-03-23

Another Mystic, Thomas Aquinas, Speaking Out on Truth

Good morning.

Today we're continuing our meditations on truth. We've already called on Teresa of Avila, Jesus, and Sister Dorothy Stang, among others, to speak to us about truth because there's so much lying going on in our world today and through our media, and particularly this trial that is happening, where in effect, Fox News is on trial.

And of course, I invoke Thomas Aquinas in this particular meditation. He has a lot to say about truth. Truth, after all, is the motto of the Dominican order to which he belonged. And he has this very rich and provocative statement that "the proper objects of the heart are truth and justice; truth and justice reside in the heart."

Now in a rationalistic society, like ours, a rationalistic form of education and academia, we've been taught to think that in the modern era, the truth is in the head, and especially the left hemisphere, if you will, of the head, the rational brain, however, you figure that.

Of course, Einstein resisted this; he said that "We've been given two gifts, the rational brain and the intuitive brain, and we need both. The rational brain should actually serve the intuitive brain, because that is where we find values," Einstein said, so in that sense he and Aquinas are very much on the same page.

And the quest for wisdom is a quest for truth, a fuller truth than the intellectual brain, the rational brain, can give us alone. That wisdom includes play, creativity, and the feminine, as the rational brain alone, knowledge alone, is decidedly masculine.

And I cite bell hooks for reminding us that "the heart of justice is truth telling"... the heart of justice is truth telling."

So when truth telling goes out the window, because big networks want to appeal to the lowest in humanity and don't want to lift people up by giving them some authentic truth, then, of course, justice suffers; injustice is emboldened when truth is no longer on the agenda.

Part of this quest for truth today is a quest for wisdom, which is a fuller truth. It includes knowledge, of course, but it also includes these other elements of the heart, and creativity and play and intuition.

Now, this new movement called HeartMath has done some very interesting scientific studies, and have confirmed that the brain is present in the heart itself. In fact, the heart sends more signals to the brain -- the heart sends more signals to the brain -- than the brain sends to the heart. The heart therefore, directly influences the emotional processing and higher cognitive faculties such as attention, perception, memory, and problem solving. And of course, meditation and contemplation in themselves are ways to learn in deep ways.

So there's been a kind of idolatry of rationalism that has taken over a lot of our educational, especially adult educational programs, in academia. And that's very dangerous, because Einstein insists that values are found in the more-than-rational, therefore intuitive, brain.

So we need the mystics to assist us in offering truth.

Thank you. We'll see you tomorrow.