

Daily Meditation 03/23/2023

Being & Non-being Rising to Action, Passion & Compassion

Good morning.

In today's daily meditation, we're continuing our reflections on being and its opposite, non-being, while we're relating it to action. And we're really saying what a lot of Eastern philosophy says: that action should come out of non-action.

Action should come out of a place of depth and of silence, so it's not just an action/reaction happening we're involved in, but that our action comes out of a deep place of ourselves.

And of course, the four paths of creation spirituality name those deep places: the Via Positiva, the deep place of joy and delight, gratitude and reverence -- so our action is going to come from there. The Via Negativa is a deep place of silence -- so our action is going to come from there. But also, it's a deep place of suffering, and grief, and loss, and rupture, chaos, all that.

And the very action of going through these chaotic ruptures can deepen us. They bring out the best in us, our survival instincts. So our actions come out of there. And also because we've undergone suffering, we can understand the suffering of others. So there's too, a part of compassion isn't it, empathy and compassion. So our actions come out of that place in the Via Negativa: a place not just of our suffering, but of other people's suffering.

Then the Via Creativa is a deep place, a place of birthing, a place of igniting our imagination and our moral imagination to make a difference and to think out of the box with imagination and creativity. So there too, a way of acting out of a deep place of being.

And then the Via Transformativa names the calling we have to interfere: what are we interfering with? That is what prophets do - they interfere. So what do we say no to? What are we resisting? And that too takes strength, inner strength, and it takes conscience, Thomas Aquinas calls it the purity of conscience. It takes decision making, even when it's not easy to stand up and be counted, and there's a price to pay.

So, all this level of being, named by the four paths, and of non-action, gives thrust and energy and meaning and purpose to our action.

Meister Eckhart maybe said it best when he said:

Worry less about what you do and more about what you are. Because if your being is just, your actions will be just. If your being is joyful, your actions will be joyful. If your being is creative, your actions will be creative. And if our being is committed to justice and to interfering with injustice in all of its expressions, then our actions will be just.

I kind of think it's for this reason that Meister Eckhart said, "The person who understands what I say about justice understands everything I have to say."

Amazing statement from one of the greatest mystics of the West. Being and non-being give birth to justice, and the interfering with injustice.

Thank you. We'll see you tomorrow.