

Daily Meditation 03/13/2023
Joy! Why We Are All Here

Good morning.

In today's meditation, we are asking the question: Why are we all here? Why is there a universe? Why have we humans been invited into it after 13.8 billion years?

And isn't it amazing that our universe is so grand, so full of grandeur and expanding? And already we've detected that it is over 2 trillion galaxies big, each with hundreds of billions of stars. That here we are, this modest little species, that is capable of discovering these things.

It's not just about knowledge and knowing, it's also about joy. That's the theme of our meditations today.

And I call on Thomas Aquinas: "Sheer joy is God's and this demands companionship."

There was joy that birthed the earth and keeps us going. Now Aquinas, of course, wrote in the 13th century, and here we are in the 21st century. Is this thesis still viable?

Over my shoulder is a scene of joy that Miles Davis brought in his vocation as a musician, and throughout his life as we see pictures of him as young and older. The gift of music, a gift of the arts, to speak joy to people of all religions and none. Music does that.

And of course, John of the Cross is over my right shoulder and he talks about how love is all he does. So we are here to pour love to the world and to our work. He did it through his poetry, his teaching and preaching.

And love is about joy, isn't it? Joy is triggered by love. Joy is a fruit of the spirit, the spirit of love.

And in our own time, cosmologists and poets, mystics like Pierre de Chardin and Thomas Berry have come to the same conclusion that Thomas Aquinas came to.

Here's Thomas Berry:

"The human adventure depends absolutely on this quality of awe and reverence and joy." (There's that word.) "Joy in the earth, and all that lives and grows upon the earth. In the end, the universe can only be explained in terms of celebration. It is all an exuberant expression of existence itself."

And he says that "Within the context of our waking up to receive the total spiritual heritage of the human community, along with the total spiritual heritage of the universe, we can overcome the antagonisms of the past and particular traditions can be revitalized. And the feeling of presence during sacred universe can appear once more to legitimize and sustain human affairs."

So this is a promise of the return of joy. Yes, it has a lot to do with the return of recognizing our place in a vast and beautiful and joyful and challenging cosmos.

Thank you. We'll see you tomorrow.