

Daily Meditation 05-17-23

What does Holiness Mean in Our Time_ Continued

Good morning.

In today's meditation we are considering the avenues, the signs, of holiness in our time, one being that of joy and one being that of courage. And courage has so much to do with a big heart, with love, that it's greater than fear. Love that is greater than pessimism; in times like ours, there is a lot of temptation to despair or pessimism.

So I turn to Otto Rank, a great psychologist, father of humanistic psychology. And I write about him in the chapter on the fourth chakra, the heart chakra, in my book *Sins of the Spirit, Blessings of the Flesh*. So this is on page 295.

He says that pessimism is a philosophy of hatred...a philosophy of hatred that is born of self-hatred. So notice, first of all he's saying it's a philosophy, it's a way of looking at the world. And I think that patriarchy always sees the glass as half empty, and tends to be pessimistic.

But is it a philosophy of hatred? Well, Rank says that the hatred of life, and the hatred of possibility, and the repression of creativity, is behind a philosophy of pessimism. And again, the vessel that it comes from is self hatred.

Of course, this attitude is feeding a lot of the darkness in the world today, a lot of the fascism, because fascism too is about control, and hatred, and erasing the personhood in others, so objectifying them, objectifying them, and looking for scapegoats, which is the ultimate form of objectification, certainly, to kill or wipe out those who appear to be different from us.

But again, Rank is asking the deeper question, Where does this come from? And he thinks that it ultimately comes from self-hatred. Jesus teaching "love others as you love yourself," presumes we love ourselves, and love ourselves wisely, not in an exaggerated way, an ego-inflation way, or hypocritical way, but in a truthful way, the true self.

We sink back into pessimism when, it seems to me, we revert to just the self, meaning the small self, not the self that we're loving, the self with the big S, the big Self, who connects to that which is vast and beautiful, the universe itself. This is, again, where the first chakra comes in, to connect us to the whole, all the vibrations of the universe. And we know every atom is vibrating.

So when we cut ourselves off from that greatness, sense of grandeur, that is going to begin to shrink up. And we can give way to that hatred, cover up the source of it, and then project it onto others. So I think this is why Otto Rank connects pessimism to self-hatred.

And it's not about enlarging in the heart, as we were talking about in today's meditation. It's really about shrinking the heart. And this is why community, and the understanding of original blessing, is so primal, to wash out the

self-hatred that results in other hatred and hatred toward life itself, pessimism toward life itself. We're not bound to this pessimism.

Thank you. We'll see you tomorrow.