

Daily Meditation 06-05-23

Seven Precepts Born of the Chakras toward Living a Full and Spirited Life

Good morning.

We are meditating this morning on the seven chakras that we all carry within us, which represent powers and energy, places in our physiology, and our psychology and spirituality.

As Hildegard von Bingen says, "We have what's necessary within us. Everything we need, is within us."

So I'm drawing in today's meditation, and a few meditations that will follow, from the Conclusion chapter of my book on evil, "Sins of the Spirit, Blessings of the Flesh, Transforming Evil in Soul and Society."

So the Conclusion chapter begins with a reminder that Martin Buber says we want to deprive evil of its power. And we have plenty of instances of evil in our recent history, whether we're talking about Hitler, or Stalin, or Pol Pot, or today. Putin's invasion of a sovereign country, Ukraine.

And the psychiatrist Robert Jay Lifton says that technology exacerbates everything, it intensifies every form of disassociation. And of course, this has multiplied since he wrote these words. Because of course, technology continues to do its thing.

And he also points out that, the people who ran the gas ovens in the Nazi days, first had to undergo an extreme and gross form of psychic numbing. Without that, the horrors of the Holocaust would not have happened.

And I think we have to ask, to what extent humanity and our own culture is involved in psychic numbing today. That certainly the impact of our political situation, where lies are now accepted, thousands of them, even from presidents, whether this has created a psychic numbing.

It seems to me that we're involved today in a politics of hate, in many places in our country. The crazy laws against books, to throw out books from libraries, especially for children. And the rage against homosexuals, against trans people, and against the corner of the gay community that actually plays at being trans.

And all that sense of play and laughter is gone, when you start making laws that forbid people to be who they are, and forbid others to learn, as if there's only one way to be a human being, or one color of skin that matters.

There has definitely been this take of hatred, and it is beginning to numb us, I think. That we imagine this is normal, that this is a way that democracy works.

Yes, there have always been people resisting immigration, for example, over the centuries. But that's the wonder of America, that people from all backgrounds and all places were able to find a home here.

So I do think we want to be alert to this reality of numbing our psyches and our politics, so that hate should flow so forcefully.

Thank you. We'll see you tomorrow.