

Daily Meditation 06/24/2023

Cardenal on Prayer, Body, and Gratitude

Good morning.

Today we continue to meditate with Ernesto Cardenal, Nicaraguan poet, former Trappist monk.

He writes: "Only by dying to ourself, do we encounter our true identity. Because our true identity is not in our ego, but in the all. We are centered in God as are all other beings and things. Our ego is a solitary place, and one who rejects suffering and defies death and refuses to give oneself but wants to retain oneself, shuts himself out of that unity of all things, which is God. That the grain of wheat does not die, it remains alone."

And he writes about the sacredness of marriage.

He says, "Marriage has such enchantment. And there's something divine for us because it is an image of the Divine espousal. All sexual love is a symbol of divine love. As a matter of fact, every poet who celebrates his or her beloved in song, all the love poetry of the world, all human love and even the non-rational love of animals, the fertilization process of plants, and the cohesive force of inert matter is a form and type of Divine Love."

He encourages us to contemplate on nature, its wonders and its beauty.

"Look at the birds in the sky and the lilies in the field. Look at the sea animal, at the humble protozoan and at the Omega Centaurus. They all do neither sow nor reap. They do not have warehouses or bank accounts or life insurance policies. You forget that someone at every moment takes care of every sinew of your body and flows the circulation of your blood and the functioning of all your glands. And you seem convinced that some small problem of your daily life can be solved by no one in the universe but yourself?"

So Cardenal finds many lessons by looking deeply at nature.

"All nature is charity, but only the mystic experientially lives this kind of love. God's love surrounds us on all sides."

So there's much wisdom in the teachings of Ernesto Cardenal and his poetry and prose, which itself is poetry. And I think he invites us into that sacred space on a regular basis.

Thank you. We'll see you tomorrow.