

Daily Meditation 8-11-25: World Lion Day 2025

Good morning.

Today, Sunday morning, as I record this, is Lion's day, and World Lion Day, of course, as you receive this on Monday morning, it will be the day after.

But in today's meditation, I talk about the deeper meaning of this day, and I do the same on Tuesday as well. On Tuesday, the Daily Meditation is called "Evil on the Rise and on the Table: A Call for Lion Energy." So in both meditations Monday and Tuesday, I'm invoking this archetype of the Lion, because it is such a rich archetype, and especially for our moment in history, because the lion is fierce.

Lioness is the main hunter. Among the lion world, 90% of the hunting is done by the females, not by the males. So there is this male energy of hunting and gathering that I talk about in my book on the Sacred Masculine, that is found in both men and women. Just as the masculine is found in women, the feminine is found in men, if we allow that to happen. A healthy culture, an evolving culture, accepts that and recognizes it.

But I think first of all, this day is just to underscore how valuable it is to meditate on lions. And not just lions, but other creatures that we can no longer afford to take for granted on our planet. In fact, the facts are that in 30 years, lions may go extinct: 30 years from now, unless humans do something about that, and we are capable of doing something about it. In fact, that is why we have this day dedicated to the lion, World Lion Day. As I pointed out, the National Geographic has teamed up with the founders of the World Lion Day, to spread the news that the lions are in trouble: that since the early 21st Century, 2005, we've lost over 50% of lions in the world.

So again, let's go back to meditating on the lions. Let's look at the lion as a Via Positiva: the beauty of the lion, the majesty and the regalness of the lion. And like all creatures, in so many ways, the innocence that they have right to be here, and their majesty and elegance is a gift to us. Beauty is that kind of thing, beauty.

And so again, in the Creation Spirituality tradition, obviously we should be meditating on the beauty of each individual species, not just generic animals. See, we are like animals: that each species so beautifully and so elegantly and so miraculously brings forward its story to the world. And each of them have a story, like we do as humans, a 13.8 billion year story. And of course, science plays a tremendous role in uncovering for us the history of the lion, the history of the feline species, cats. And of course, there is that

connection too, between your own home cat, the domestic cat who is your companion, and these giant cats. That too, seems to me kind of underscores a relationship to the lion, that it's a wilder version, a bigger version of our house cats, which are friends to so many.

So, so much of the environmental crisis is that we have not paused long enough to meditate on the beauty and the goodness of all these creatures that are, in fact, endangered today, just as we are as a species. It is this, the Via Positiva, this falling in love, that is the answer to the environmental crisis, to global warming. Because when love stirs in the human heart, then caring stirs, and compassion stirs, and a renewed sense of balance and justice and sustainability.

So people ask me, sometimes, you know what is meditation in the Creation Spirituality tradition? Well, this is part of it. And Thomas Aquinas says, "We meditate on the wonders of creation, and that leads us to the wonders of the Creator." That divinity is present in all these other beings, and their beauty and their elegance and their regality.

And all this is endangered, when we forget, and turn our backs on, or go into denial, which is, in fact, a deliberate thing, now. Whole political parties are in denial about climate change, and about the crisis of the environment, and the crises of individual species such as the lion or the tiger or the elephant or the whale or the rainforest. And we can go on and on.

So this is the kind of time we're living in. And we need, as I especially underscore in my Tuesday meditation, we need the Lion energy. By which I mean, in today's meditation, this energy of caring, and of the Magna Mater that the lion stands for, the Great Mother. So the Return of the Mother, the Great Mother of the ocean, and of the species and of Gaia herself. All this is involved in the abuse that patriarchy and a false understanding of masculinity, is reigning on our planet, and something we can no longer afford.

And so the entire environmental crisis, as scientist Peter Russell has said, is at its foundation, a spiritual crisis: that we have not spent the time in awe and appreciation of gratitude that we need to, to open our hearts to the wonders and the beauty and the gratitude that is elicited, when we spend time with creatures and meditating on them.

So I think that the idea of a World Lion Day is an excellent idea. And when you think about it, you could have a World Tiger Day, a World Rainforest Day, a World Whale Day. Of course, we don't have time for all that. So to just focus on this one species, the Lion today, at this time, ought to be enough to trigger the fires in our hearts and bellies to do something, to discount these lies of denial that are going on in political parties today,

that are, of course, paid for by fossil fuel corporations and others who are making a killing, literally, on those very forces that are killing lions and so much else on the planet today.

So a blessed Lion Day to all, and may you find the lion in yourself. Just stand up and say no.

See you next week.