

Daily Meditation 9-29-25

Original Blessing as Pronoia: The Antidote to Paranoia

Good morning.

In my previous daily meditation on Saturday, I celebrated with you the insights and writing of Aaron Stern's version of Original Blessing, which he calls "innate goodness," innate goodness. And I think that's a wonderful name experience, indeed, experience of self, and indeed of creation itself. A very, very parallel synonym to Original Blessing.

In today's meditation, I'm following up with another peer of ours, contemporary thinker Rob Brezsny, and his book *Pronoia*, a revised and expanded version of this book. The subtitle is "The Antidote for Paranoia." Pronoia is the antidote for paranoia. And I cite a number of his teachings about how we're being flooded daily with blessings. And I'd like to share some more that comes from his book here. I think what I shared with you is actually his letter or a recent essay of his. So here's his definition of Pronoia.

Pronoia is the antidote for paranoia. It is the understanding that the universe is fundamentally friendly. It's a mode of training your senses and intellect, so you're able to perceive the fact that life always gives you exactly what you need, exactly when you need it.

The universe is fundamentally friendly. I begin my book *The Coming of the Cosmic Christ* with a story from Albert Einstein, who was asked once, "What's the most important question you can ask in life?" And Einstein responded, "Is the universe a friendly place or not?" And I've always appreciated that question and answer from Einstein. And I think it fits perfectly with an understanding of the Cosmic Christ, how the whole Christ is flooded, the whole universe is flooded with the Christ or with the Buddha, Buddha nature, or with the image of God, if you will, from the Jewish tradition. They're all saying the same thing, and so too is Rob Brezsny.

I'm citing now, from page four, early in his book, his hypotheses are these:

Evil is boring. Cynicism is idiotic. Fear is a bad habit. Despair is lazy. Joy is fascinating. Joy is an act for heroic genius. Pleasure is your birthright. Receptivity is a super power.

Joy is fascinating. Thomas Aquinas says, “Joy is a human’s noblest act.” And then he has a title called “Procedure: Act as if the universe is a prodigious miracle, created for your amusement and illumination.”

The poet Rilke says, “Existence is a miracle. Assume that secret helpers are working behind the scenes to assist you, in turning into the gorgeous masterpiece you were born to be. Join the conspiracy to shower all of creation with blessings.” Join the conspiracy to shower all of creation with your blessings. It’s been said that paranoia is a conspiracy that everything is against you, and is opposite a conspiracy that everything is in our favor.

Another section is called “Guiding question.” *The secret of life, says sculpture Henry Moore to pull it downfall, is to have a task, something you devote your entire life to, something you bring everything to, every minute of the day of your whole life. And the most important thing is, it must be something you cannot possibly do.* I like that. That your goal, your sense of the kingdom and queendom of God, is bigger than even our imaginations. “What is that task for you?” asks Rob Brezsny.

He points out that *we have these mythic role models, Prometheus and Pronoia. In Greek mythology, Pronoia was a consort of Prometheus, the divine rebel who pilfered a glowing coal from the fellow Gods, so he could slip the gift of fire to humans.* So Pronoia is a Goddess, and is Prometheus’s consort.

A daily practice: Push hard to get better. Become smarter. Grow your devotion to the truth. Fuel your commitment to beauty. Refine your emotional intelligence. Own your dreams. Negotiate with your shadow. Cure your ignorance. Shed your pettiness. Heighten your drive to look for the best in people, and soften your heart, even as you always accept yourself for exactly who you are, with all your so-called imperfections.

A disclaimer: “The material in this book may be too intense and controversial –” My dog is doing her thing. I Imagine she's guarding my house.

The disclaimer: *The material in this book may be too intense and controversial for some readers. It contains graphic scenes of peace, love, joy, passion, reverence, splendor and understanding. You will not find any references to harsh, buzzing fluorescent lights in a cheap hotel room, where a heroin dealer plots to get revenge against the authorities at his old high school by releasing sarin gas into the teachers’ lounge. Completely absent from these pages are any stories about a psychotic CEO of a Fortune 500 company who has intentionally disfigured his face to help him elude the CIA which wants to arrest him for a treasonous sale of his company's nanotech weapons technology to the Chinese. Ask yourself the question, Am I ready to stop equating cynicism with insight? Do I dare take*

the risk that exposing myself to uplifting entertainment, might dull my intelligence? If you doubt your ability to handle relaxing breakthroughs, you should close the book now.

So this comes off, I think, as a rather unusual book. It's a big book, but it's something you can jump around to, it's not a book you have to read from beginning to end. But there is a lot of practical advice here, and it is advice about maintaining what I'd call a creation-centered view of the world. He begins in the next chapter called "Glory in the Highest:"

Thousands of things go right for you every day, beginning the moment you wake up. Through some magic you don't fully understand, you're still breathing and your heart is beating, even though you've been unconscious for many hours. The air is a mix of gasses that's just right for your body's needs, as it was before you fell asleep. So I sense that not taking for granted is part of this person's worldview.

You can see light of many colors flood into your eyes, registered by nerves that took God or evolution or some process millions of years to perfect. The interesting gift of these vivid hues is made possible by an unimaginably immense globe of fire, the sun, which continually detonates nuclear reactions in order to convert its own body, into light and heat and energy for your personal use. Did you know that this personal star of yours is located at the precise distance from you to be of consummate service? If it were any closer, you'd fry, and if it were any farther away, you would freeze. Is that just a happy accident, or is it a sign of favor, a big, broad hint from the cosmic intelligence that adores you?

And he cites the scientist, Arthur Eddington, the physicist: "Something unknown is doing we don't know what. But what it is doing is blessing us, calling us forward."

Thank you. We'll see you next week.