The Universe is Kind. That's Why We're Here

Contributed by Depaver Jan
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We're here because we're here because we're here -- one of the wiser songs of my kiddie past, sung to the tune Auld Lang Syne. Later we got too serious and mantraed "Be here now."

Meditating -- it's not what you think.

But if so, why can't we make an exception. I propose something I'll be happy to debate with the toughest meditation gurus: dwelling on the universe can be a kind of meditation. "Okay, now I'm aware I'm thinking about the universe, so I must be meditating."

Oh, to shut off the mind and just be. Perhaps this is one reason humans like to devote themselves to activities that engross, such as a good hike -- so as to meditate in a fashion. Nature is good meditation. Did we need meditation classes in the Stone Age when we had to hear, and we loved to appreciate, the sound of the wind in the trees or the new arrival of a bird nearby? Nature offers meditation, but we moderns are too busy to bother.

Since the universe is really one, and all is one -- as my friend Allisone liked to say -- we are participants in everything going on in the universe. But we don't realize it! Certainly not when we're driving down the street looking for the cheapest gasoline.

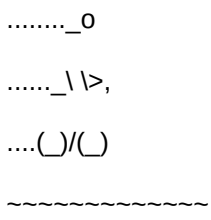
For those troubled by stress, or under the misapprehension that they need to obtain "X" to be happy and for life to be worthwhile, it may help for them to realize that the reason humans and all other life forms are here is because the universe was kind/amenable/supportive/generous/patient enough to allow us to live and even flourish.

Harmony is the way to relate to everything in the universe. Harmony is for people to share at all times. However, humans have "transcended" what are unfairly lumped into "base animal tendencies": to kill only what is needed, and not to kill for fun. Hmm, those aren't so bad to have as practices. Say, didn't the native Americans show those tastes to the White invaders? Surely some Whites appreciated such consciousness, because, for other reasons too, they joined tribes and didn't want to return to the master slave/property/have-have not culture. Perhaps I exaggerate. Okay, it was the buckskin fashions that was the big attraction.

If we need harmony, a state which we can and must have, it may come for some by way of thinking about the kindness we enjoy from the universe. In addition to appreciating harmony and ceasing our senseless killing, as we hurt each other and drive extinct fellow universe dwellers, we may further decide we must return to the animal community. This could result in a more rational, kind species, and allow more harmony that nature tends to provide. Sure, death and extinction are part of life. But we need not accelerate them with wars, climate changing industrialism, and poisoning the land, air, water, food, and body.

The body temple, as they used to say, deserves only the best! Bon apppétit mes amis! Nous laisser boire à la déesse! (Happy appetite my friends. Let's drink to the goddess!). Or just meditate on the fact that you would not be here unless the Universe were kind. Thank you,

Depaver Jan



Art by Jane Evershed, Culture Change reader. Top: "Hilaria"; bottom "Fireworks Flower." See Evershed.com