**Resources from April 7 Online Handheld Finger Labyrinth Walk with Judith Tripp**

**Brian Swimme**

Ninety-three million miles the light has to come, and already we’re being warmed up by it. You know, if it weren’t for the sun, the entire Earth would be 400 degrees below zero. It just constantly pours out all of that light, and what’s amazing is to think about the sun being a million times as huge as the Earth. It’s just this vast fire that enables all of life to take place here. And what I really find fascinating is the way in which the sun produces this light. Right at the core it’s transforming hydrogen into helium. And in that transformation it’s converting some of its mass into energy. Every second, four million tons of the sun is being transformed into this light. That’s like a million elephants. So there’s another million elephants, another million elephants, and if it weren’t for that ongoing bestowal of energy, we wouldn’t have any life on earth. So one way to think about the sun, every time you see it at dawn, is to think of it as an act of cosmic generosity. It’s this vast giveaway of energy that enables us to survive, enables all of life to thrive. So we are surfing around the source of ongoing cosmic generosity.

greet the sun each morning just by reflecting for just a moment on the vastness of the sun, a million times the size of the Earth, in bestowing all this energy. And just in that moment, I remember that we are spinning around the star, and it’s because of the star’s energy that we exist. So that we are this star in a new form. And by doing that I remember my cosmological dimension. And it puts everything in perspective for the whole day.

**And poem by David Ladinsky**

Even

After

All this time

The sun never says to the Earth

You owe me

Look

What happens

With a love like that

It lights the

Whole Sky.