

O MA!: *Honoring the Mother Aliveness*

We have to open our imagination and experience as far as we can to grasp what is happening at every moment of our seemingly “ordinary” lives. Science now views the universe emerged from “nothing” roughly 14 billion years ago and is being sustained, moment by moment, through time, as it grows from an incredibly small seed smaller than an atom, to now contain an estimated 2 trillion(!) galaxies, each with an average 100-billion-star systems like our own sun and Earth. Our birth from nothing visible points to an unutterably powerful, generative ground. This infinitely deep and powerful source is called the “Meta-Universe” by science and the “Mother Universe” by many wisdom traditions. I speak of the “Mother Universe” as the “Mother Aliveness” but these words only point the infinitely deep and subtle reality in which we are fully immersed. The Mother Aliveness is so close to us and within us that she is easy to take for granted and overlook. To bring this vital “original wisdom” into my life, I have developed a simple practice that is described below.

O MA!

Honoring the Mother Aliveness

Many times over the past half-century I have encountered the extraordinary insight that our universe is born from and growing within an even larger reality than our universe being called, for example, the Meta-universe or Multiverse. Science and spirituality are converging in this understanding that our universe exists within this infinitely greater reality that holds us in its embrace while our infant universe grows and matures over billions or trillions of years before completing its evolutionary cycle. We live in a Daughter Universe born from and nurtured by the infinite, eternal womb of the Mother Universe, which has existed forever, holding countless daughter universes in her embrace as they grow and mature through eternity. In turn, we humans have the astonishing gift of learning, in freedom, to live within this infinite aliveness.

To bring the miracle of Mother Aliveness into felt presence in my everyday life, for years I have silently spoken the phrase “O MA!” as an expression of wonder, awe, and gratitude for the Mother Aliveness that, moment by moment, gives birth to the totality of existence. Now, I move through the day with prayerful regard, and am often moved to express these words of welcome in my innermost being:

O MA! Oh! Mother Aliveness!

Every moment, the Mother Aliveness sustains and regenerates our entire daughter universe. She is me. I am her. This awareness awakens feelings of astonishment and amazement. The soulful exclamation “O MA!” captures in a moment my inseparable connection to her Infinite Aliveness. I have discovered that in every situation, it is fitting to murmur this silent cry of wonder, reverence, and connection to our existence within the Mother Aliveness. “O MA!” conveys the mystery and meaning that life is magnificent, profound, and beautiful. I have found that reverence and respect for the Mother Aliveness is appropriate for all occasions:

- When creating something, I often quietly say to myself, “**O MA!** *Let’s dance!*”
- When seeing humanity’s harm to life on Earth, I may silently say, “**O MA!** *How can we be doing this to ourselves?*”
- When looking at a flower or a sunset, I murmur, “**O MA!** *What a miracle of creation!*”
- When feeling disappointment in myself, I may whisper, “**O MA!** *What have I done?*”
- When feeling gratitude, I often say, “**O MA!** *Thank you, thank you.*”
- When taking out the compost for recycling, I regularly say, “**O MA!** *Thank you for these blessings that I return to you.*”

“O MA!” evokes within me profound reverence for the creative and nurturing Aliveness of existence. The simplicity and spontaneous expression of this phrase makes it accessible to all. Its meaning is shaped by the emotions,

experiences, and soulful intentions of each person and unique situation. “O MA!” captures the essence of wonder and astonishment for our inseparable bond with Mother Aliveness. I share the gift of these words with a smile and soulful gratitude. ***O MA!***