



One Earth Sangha

Evolutionary Remembering

A Guided Meditation with Rupert Marques

Rupert Marques offered this practice to participants in our October 2023 EcoDharma Exploration. Visit the program page for the full recorded gathering, as well as additional resources: [A Seamless Belonging](#)

So this practice, I first was offered it from Joanna, and she would often offer this when we would go back out into the world after spending some time together, whether it be a week or sometimes a month in training and exploring how to meet our times. And she knew that it was a challenging world to go back out into and she would offer this meditation for us to know, she would say, so you can begin to act your age, so you really know your larger ground of belonging. So it's a beautiful meditation and an evolutionary remembering. So really to know that we weren't born yesterday and that we can act and live from that larger ground of belonging.

So, finding yourself wherever is comfortable, you're welcome to be with your eyes closed or however you are. It's going to be kind of like, if you were here at my time, it would be like a bedtime story as dusk is coming, but for most of you, it'll probably be an afternoon story, but it'll be a contemplative reflection kind of meditation.

Okay. So, feeling your body here, the breath keeping you alive, and when there is space between my words, feel free to come back to this breath that is keeping you alive, this breath that you share with so many. So come back with me now into a journey that we all share.

Right there, before the beginning, the story doesn't say how it happened, but there must have been some great urge and that urge, that movement, that whatever that



One Earth Sangha

has no name brought forth Creation. In the very beginning Creation was infinitesimally small, so the story says, white hot burning, this great dense ball of energy. But as soon as it was birthed, it started to spill out, not into the universe, because there was no universe. As it expanded, it created the universe, created space, created time. You were there then, I was there then, right there in the very beginning. If in some way, like the acorn and the oak, in some way, if the seed of your life, the potential of your life was not there from the very beginning, how could you ever be here now? In that way, we could say the universe has been dreaming you up for a long time.

Right in that very first moment, those white hot, lacy, stellar gases, those nebulae spilling out, creating the universe, these white hot gases, twisting and turning, undulating like lace against the dark blackness of space. In time, pulling upon one another, contracting and then expanding, the first primary stars being born. And out of those primary stars, those great supernova explosions out of those debris, second generation stars being born. Like the one that we spiral around, the one here that is just setting over the hill, that great ball of fire, our own sun. From the debris that coalesced into our sun, the debris of that explosion as it spiraled around the sun, that debris coalesced into the planets that we know in our solar system. Our own planet formed from that explosion that created our sun.

At that time, this Earth was fiery red hot. We were there then, although our bodies looked very different. The metals and minerals, the complex structures, the primary building blocks of our body were there then, formed. Although we look different, the very origins of our body was there then, in that period of red hot burning, pummeled by asteroids and meteorites for the longest time, this red hot globe hanging there in space. But after a while, as the planet began to cool, those



One Earth Sangha

asteroids and meteorites that would bring frozen water, that water began to condense. And yet, the planet still being so hot, as soon as the rain poured down, immediately it would evaporate, eon after eon, the rain pouring down and then quickly evaporating.

But again, in the patience that the universe has, our planet cooled sufficiently that there came a time when the rain would pour down and it would not evaporate. That hot planet starting to form a crust, land being formed and the rain kept coming. Soon that crust hardened sufficiently, but the water would accumulate and accumulate on the surface of the planet such that it was this blue marble of a jewel hanging there in space, a whole planet covered with this great miracle, water. So rare in the known universe. It is said that in the depths of those oceans that have formed right there in the volcanic vents, the mineral spewing into that ocean, the first life was formed. The first life was born.

Simple cells at first, then complex multicellular beings. The great eons of bacteria were beginning. Again, we were there. When you breathe now, as you take a breath in and exhale, when you feel the length of your body, know that your own body is mostly a walking column of bacteria. That's what's here now. Bacteria speaking, bacteria looking, bacteria contemplating. That is the largest movement of this planet, the story of bacteria. It's right here now, even after eons of evolutionary journeying, adaptation through so many shapes. But back then in the story, the multicellular forms combining in so many different ways. Complex life forming, small shellfish and then fish with spines. As you lie or sit there now, if you move and articulate your spine, know that that spine is a gift from our fishy ancestors who first developed that capacity to form calcium into bones and then to articulate



One Earth Sangha

it in the way you can articulate your own spine. We were there then. Our long journey of evolution.

Also in the depths of those dark waters, the first primary organs capable of sensing light were formed. The eyes that you have now, the fact that the universe can see itself through your own eyes, that's a gift from those times when we lived in that ocean. First detecting light may be all the better to avoid predation or indeed to pray. Those first primitive eyes being formed that have evolved themselves into those eyes that now look through your own skull. We were there in that long journey of evolution in that great salty water. In fact, when you cry or when you bleed, those tears and that blood holds the same salinity of that ocean as we evolved within it. Still to this day, the salt of your tears and blood reminding us of our aquatic origins.

At this time in our story, life begins to move onto land. The simple fungi, algae, lichens, mosses starting to colonize that rocky surface. Meanwhile in the oceans, as forms diversified, some of those fishy ancestors getting stranded in the shallows, having to push themselves out with those fins, having to gulp oxygen through their mouths. Eventually through time, those creatures moving onto land. What were once fins becoming appendages, small arms and even legs, the lungs developing to breathe air.

Life flourishing, the first plants and then trees and flowering trees starting to colonize much more of the Earth's interior, the land masses breaking apart. Plant life amazingly developing this capacity to harness energy traveling at the speed of light, harnessing the sun's energy, photosynthesis happening. And we too, as we moved onto land, aquatic at first, needing to go back into the ocean to lay our eggs.



One Earth Sangha

But after time, developing the capacity to lay our eggs on land as we evolve through the reptilian times. That movement to fight or flight that you know so well in your own body, that reptilian stem of your own brain still here reminding us of that evolutionary journey.

Again, time moves on. The time of those great reptiles, those dinosaurs ending, opening up niches for other creatures such as mammals. We were there then too. We were small rodents at that time, able to carry our young in our own wombs now. No longer having to lay our young in the sea, no longer in eggs, but carrying our young in our own wombs and able to travel so far on this planet. Those small rodents eventually climbing trees, morphing, and in evolutionary times, changing. Those mammals morphing into primates. When you hold your thumb and forefinger together in a circle, it's just the right diameter that would hold a branch that would support your weight as we swung from the trees in that time of being primates. And this time was a great evolutionary journey for us because we came together with our kin, developing basic primitive language, learning to care for one another, learning to defend one another.

The great complexity of social relationships, enhancing this brain, developing, maturing this brain. Again in evolutionary time, descending the canopy, the limbs of our legs elongating, our hair falling away, the brain going even larger with complex language, the use of tools with these opposable digits, the forming of small bands, and now evolutionary time really speeds up for us.

Those small bands forming tribes, domesticating animals, in time domesticating plants, in time the evolution of complex societies with languages and sciences and possessions. The nation state, concrete, the development of plastic all in the blink of an eye, the worldwide web. As we grew, as the humans grew, as we became so



One Earth Sangha

successful, other species shrinking away in our presence, as we became stronger and able to dominate whole land masses, ecosystems starting to wear thin, starting to fray away. But still so much of the animal within us, still the movement of violence and domination expressing itself as warfare, possession, competition. And now we come to the point where we are now in this time where even the climate is being affected by our species. Other species, dwindling whole ecosystems and their services fraying away, the rise of the petrochemicals.

And in this time though, we see something else extraordinary unfolding. The maturation of consciousness. As you feel now into your own body, you imagine that salty blood, knowing the reptilian brain is within you, knowing the articulation of your spine, the calcium from the rocks forming your bones, the opposable digits and uniqueness of how with these fingers, the fingers that can come together to write a love letter or to wield a dagger that would stab someone. Know that the evolution of the very person you are now is so dependent upon this great gift of consciousness that holds your life in this long evolutionary journey. This time in our own species maturation, where we are able to consciously reflect on life, to consciously explore our original instructions, know that from the very beginning, this universe has dreamt you into existence.

And now for a handful more breaths in evolutionary time, that your life is here in this crucial time. Feel the potential of collaborating with others and weaving that more beautiful world our hearts know is possible. Feel how long it has taken your life to get to where you are now. You were not born yesterday. All of your ancestors in that long, unbroken evolutionary line are standing behind you. All those who are yet to be born are standing in front of you, waiting to see what we write in these times. Know the significance of the one thread of your own life as you weave it into



One Earth Sangha

our collective tapestry. Feel what you might wish to offer with this life. Our life itself has always been yearning to bring itself through you. To taste this gift of life, the preciousness of this life, and knowing that there is only one of you in the whole of Creation. Feel the blessing of your own life, the significance of your life. That Creation has been working a long time to bring you here. Feel the blessing of your own life. Breathing in and breathing out.

Well thank you for spending these handful of breaths with me this afternoon. I'm really hoping that the life that was attended to this afternoon collectively will ripple out and in some way Creation is a little more beautiful for what we've shared together. Thank you.