“The sun is, with each second, giving itself over to become energy that we, with every meal, partake of. We so rarely reflect on this basic truth from biology, and yet its spiritual significance is supreme.

The Sun converts itself into a flow of energy that photosynthesis changes into plants that are consumed by animals.

So for four million years, humans have been feasting on the Sun’s energy stored in the form of wheat or maize or reindeer as each day the Sun dies as Sun and is reborn as the vitality of Earth.
And every child of ours needs to learn the simple truth: she is the energy of the Sun. And we adults should organise things so that her face shines with the same radiant joy.

BRIAN SWIMME The Hidden Heart of the Cosmos
What is the golden thread that ties us all together

Absolute, unassailable belief, strong as life, in the goodness of every child born and the right of all human beings to fulfil their potential