

2018 Life Celebration Curriculum

Module Two: Life Celebration – Focus on a Passage, “You Are That”

1. Read the passage "[You Are That](#)" from the Chandogya Upanishad, which you can also find on p.22 of *God Makes the Rivers to Flow*. (*The Chandogya is one of the most ancient of the Upanishads. Shvetaketu is pronounced “Shway-tah-kay-too.”*) You could also listen to Christine Easwaran reading it in [this audio clip](#).
2. Watch this [five-minute video](#) of Easwaran explaining the passage.
3. How does Easwaran’s commentary add to your understanding of the passage? Are there ways in which it helps you see “who you really are?”
4. A growing awareness of who we are also throws light on the identity of all around us. How could this passage help you to improve your relationships with others?

For those who have more time

Some friends are retired, semi-retired, or setting dedicated time aside each week to honor Easwaran in this season of celebration. If you’d like to put more time into your spiritual practice, read on!

1. Begin memorizing this passage. It’s long, but there are lots of patterns which can make it easier to memorize. What patterns can you find? Can you break the passage into smaller sections, and memorize one small section at a time?
2. Listen to Christine Easwaran reciting it, as an inspiring way to absorb the passage.
3. Try using the passage in your meditation. Even before you have the whole passage memorized, you could add a small section in at the beginning of your meditation, and then go on to another passage that you’ve fully memorized already.

Extra Resources and Ideas

This is a special time to absorb yourself in Easwaran’s talks and writings, as our worldwide passage meditator community joins together in reflection and rededication. If you’d like to get closer to Easwaran in this month of October, you could find more ways to regularly get *darshan*, the experience of being in his presence. Here are two sample ways you could do this:



- Subscribe to the [Easwaran Digital Library](#) and watch a few minutes of a video talk every day.
- Read the book, [With My Love and Blessings](#), which is full of beautiful photos and Easwaran's words documenting his teaching years from 1966–1999. This is a wonderful resource to turn to regularly.

