



The Essence of Setu

“Setu” means “bridge” in Sanskrit – a bridge from who we are now to who we can become; a bridge from this life to what is beyond. Here is a short description of the Setu program, which is based on daily practice of the eight points of passage meditation as taught by Eknath Easwaran:

1. We recognize that the purpose of the second half of life is to learn who we really are and how to reach our full potential.
2. As our family and career responsibilities have been completed, we take up a new career and a new family: our career is our spiritual life, and our family extends to the world.
3. Our doorway to this infinitely expanded horizon is the eight-point program of passage meditation. We seek and discover new interest in each of the eight points, and a fresh approach.
4. We face bravely and humbly the mistakes we made in the past, we undo them through our spiritual disciplines, and we forgive ourselves.
5. We face compassionately and lovingly the errors others have made and we forgive them.
6. We face gently the selfish desires we still harbor and we transform them.
7. We face the things we still cling to for support, which we know will be taken away at the time of death. Voluntarily, we let go. We learn to hold on to the support that cannot be taken away, which is always there for us – the Lord – by whatever name we call Him or Her.
8. We put our loved ones under God’s care, rather than holding them up ourselves. In this process, we discover the more we can love our family with detachment, the more our love spreads beyond family ties.
9. We use every challenge of old age as an opportunity to turn to God.

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10. We fill our minds with thoughts of God, so we slowly and methodically fill our daily schedule with one or another of the eight points.
 11. We are ordinary, humble people. But when we practice the Setu program sincerely, as the body fails and mental capacities fade, our spirit soars and we become shining beacons to others. We call this “bringing heaven to earth.”