

2019 Life Celebration Curriculum

Week 1

Module One: Life Celebration – Study Easwaran’s Article, “Seeing God Everywhere”

1. Be sure to set aside some time on Sunday, October 26 to join our worldwide celebration of Easwaran’s life. More details later, but for now, please save the date!
2. Please read and savor the article “[Seeing God Everywhere](#)” in the Fall 2019 *Blue Mountain Journal*.

Choose one or two sentences or paragraphs that speak to your heart. You might capture them in a way that makes sense to you. If you’d like to share your thoughts with others, join the discussion on the BMCM eSatsang. [Sign up](#) if you are not yet a member.

3. An experiment:

In this article, Easwaran says:

“It is the urgent need of our time to recognize the unity of all forms of life, and the intimate relationship between water, earth, air, plants, and all creatures.”

This week, allow your own daily spiritual rhythm to connect with the cosmic rhythms of nature. Begin the day by waking with the mantram, then meditate, work one-pointedly, interact lovingly with others, and go off to sleep at night with the mantram. How does this daily spiritual rhythm help you to notice and appreciate “the unity of all forms of life”?

Feel free to share reflections on this experiment in the BMCM eSatsang.

For families with young children:

In the article “Seeing God Everywhere” Easwaran says:

“Particularly where children are concerned, it is our duty to remind others, as my spiritual teacher, my grandmother, reminded me, that we must respect our kinship with all living creatures. This can be conveyed in simple language like my granny’s. She used to tell me, “Squirrels have grannies, and if you hurt a squirrel, it’ll go complain to its granny.” I had never thought about animals like that, and it really opened my eyes. Similarly our children can understand the simple story that little fish have grandmas and grandpas to whom they run complaining and crying when we hurt them.”



You might share this story from Easwaran with your children. Then, as a family, take some time this week to be in nature together. Be on the lookout to discover creatures, insects, or birds who may have a granny who loves them.

Tell us about your experiment in the BMC M eSatsang!

For teens and youth:

In the article “[Seeing God Everywhere](#)” Easwaran challenges us to find the divine core in everyone and in nature. Try reading the article and doing an experiment yourself this week to “see God everywhere.” Here are some possibilities to get you started:

- Eat vegetarian this week to honor the divinity in all creatures, including yourself.
- Be patient with someone who rubs you the wrong way, remembering that both you and that person have a divine core.
- Look for opportunities to include those who might be excluded, because we all have divinity within us.
- When you look in the mirror, silently repeat your mantram to honor the radiant divine core within you.

Feel free to share the results of your experiment on the [BMC M eSatsang](#). People of all ages will be interested.

For those who have more time:

Some friends are retired or semi-retired, or in any case are setting aside dedicated time 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. This month, we are putting special focus on the passage “[The One Appearing as Many](#).” Quite a few of us will be meditating on this passage throughout the month. You might spend time with the passage in a number of other ways as well, making it a part of your personal spiritual schedule:
 - [Read](#) the passage.
 - [Listen](#) to Christine reciting the passage.
 - Work on memorizing the passage, taking one stanza at a time.
2. In the Easwaran Digital Library, start watching Part 1 of Easwaran’s commentary from July 17, 1995 on the entire Shvetashvatara Upanishad. You



could try watching a few minutes each day as a part of your personal spiritual schedule. If you are not yet a member visit www.bmcm.org/join-edl to sign up.