

2019 Life Celebration Curriculum

Week 2

Module Two: Life Celebration – Read the Passage, “The One Appearing As Many”

1. Saturday, October 26 is a special day. It’s our worldwide celebration of Easwaran’s life. Be sure to save the date on your calendar.
2. Read the passage "[The One Appearing as Many](#)" from the Shvetashvatara Upanishad which you can also find on p.192 of *God Makes the Rivers to Flow*. The Shvetashvatara Upanishad is dedicated to Lord Shiva as the bestower of immortality. You could also listen to Christine Easwaran reading it in [this audio clip](#).
3. Watch this [seven-minute video](#) of Easwaran explaining what it means to experience “the One appearing as many.”
4. How does Easwaran’s commentary add to your understanding of the passage? Are there ways in which it helps you see “the One appearing as many”? Feel free to share your thoughts in the BMCM eSatsang.
5. An experiment:

You might continue last week’s experiment, keeping your eye out for the divine core in people, creatures and nature throughout your daily spiritual schedule. Can you glimpse the divine even in those who rub you the wrong way?

For families with young children:

Focus on the first five stanzas of “[The One Appearing as Many](#).” You might enjoy sharing it with your children in one or more of these ways:

- Read it aloud chorally, and taking turns.
- [Listen to Christine](#) reading those five stanzas.
- Memorize it together.
- Enact one of the stanzas, with each family member playing a part.
- Illustrate one of the stanzas with a drawing that everyone works on together.

Your BMCM eSatsang friends will be eager to hear about your experiment!



For teens and youth:

Would you like to get a taste of meditation? Focus on the first five stanzas of “[The One Appearing as Many](#),” and here is how you could try out meditation:

- Memorize these verses.
- Find a quiet place and sit on the floor or in a chair with your back, neck and head in a straight line.
- Close your eyes and go through the words of the passage slowly and silently in your mind.
- If distractions come, just give more attention to the words of the passage.
- If you get to the end of the passage, you can simply start again.
- Try this for 15 minutes. (Adults meditate for 30 minutes, but Easwaran recommends 15 minutes for teens.)

Does meditating on these words affect your ability to see “the One appearing as many” during the day? Share your thoughts – maybe you will encourage someone else to give meditation a try!

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. Continue 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. 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.
3. In the Easwaran Digital Library watch Part 2 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 Of the Easwaran Digital Library visit www.bmcm.org/join-edl to sign up.

