

2018 Life Celebration Curriculum

Module One: Life Celebration – Study Easwaran’s Article, “Our Real Identity”

Read the excerpt from Easwaran’s article, “Our Real Identity.” What strikes you about this reading?

1. Easwaran describes how everything has changed for him due to meditation and the “demanding disciplines” of the eight points that he’s followed daily. In what ways has your life changed since you started meditating? Are there specific examples you can think of in your life when you’re identifying more with the Self within you – not separate from others, compassionate, secure – and not thinking of yourself so much as a separate, physical being?
2. When you taste the “spiritual fulfillment” that this brings, what benefits do you notice – for yourself and/or others?
3. Feel free to share any of your responses on the Life Celebration event page in the [BCCM Living & Learning Facebook Group](#).
4. **Try an experiment.** Over the next few days, look for a small instance of when you feel an inner tension between your yearning to be a spiritual being and your past conditioning as a separate, physical creature, “like a ball batted back and forth.” For example, you could be trying to put someone else first, or resist a small selfish desire. In that moment, recall Easwaran’s story about the two forces within, and try putting more effort into one of the eight points. What do you notice?

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. Read the whole article “Our Real Identity” from the Blue Mountain Journal.
2. What does Easwaran’s description of “a higher image of who we are” mean to you? If Easwaran were to describe who you really are, what would he say about you? What hidden strengths of yours are waiting to shine forth?
3. Try weaving the eight points throughout your days and nights even more than usual this week to let your real Self shine. Can Easwaran’s tips and insights from this article help you to do this?



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.

