

Summary

- The golden thread
- Shankara on unity
- Seeing the world as a family
- Being and becoming
- Lack of unity: causes and effects
- Analogy of the waves and the ocean
- Analogy of gold and ornaments
- Unity and the natural meeting point

Practice

1. During the week observe any situations where we feel separate or where we are excluding anyone. Remember the unity which includes us all. Try to find the meeting point where the unity is experienced. The wise see the world as a family.
2. Remember to use the question, 'How would a wise man or woman act here?'
3. Continue to practise the awareness exercise.

Quotations

Shankara

The wise see the whole world as a family.

Additional Quotations

Paul Coelho

The Moment of Dawn

A Rabbi gathered together his students and asked them:

'How do we know the exact moment when night ends and day begins?'

'When it's light enough to tell a sheep from a dog?' said one boy.

Another student said: 'No, when it's light enough to tell an olive tree from a fig tree.'

'No, that's not a good definition either.'

'Well, what's the right answer?' asked the boys.

And the Rabbi said:

'When a stranger approaches, and we think he is our brother, and all conflicts disappear, that is the moment when night ends and day begins.'

Shri Shantananda Saraswati

Conversations, 1973, Day 7

OCEAN & WAVES

The ocean is full of rich treasures, the waves on the surface of the ocean are also beautiful. If one is satisfied with the surface beauty, then the rich treasures on the ocean bed will be missed. The deeper one goes, the more one finds.

Shri Shantananda Saraswati

Conversations, 1987, Day 7

GOLD & ORNAMENTS

Gold can be transformed into many ornaments of various shapes, sizes and weight. These ornaments can be melted down and then new designs of ornaments can be made. But the weight of gold before ornamentation, during ornamentation and after melting will always remain the same. Weight signifies the ultimate existence of the gold, which remains the same.