

Season 3

Episode 5: The Cost of Living

Original Air Date: November 1st 2006

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Episode Information:

A delirious Eko wrestles with past demons; some of the castaways go to the Pearl station to find a computer they can use to locate Jack, Kate and Sawyer; Jack does not know who to trust when two of the Others are at odds with each other.

New Characters:

- Amina - Nigerian Clinic Worker – Flashback off Island
- Daniel - An alter boy in Yemi's church - Flashback off Island
- Emeka - Nigerian Militant - Flashback off Island

Overall Episode Discussion Theme:

- "The Cost of Living" deals primarily with Mr. Eko's struggle to forgive himself for the terrible actions he took part in throughout his life.

Key Show Facts:

- Eko has vision of his brother, Yemi, encouraging him to confess. As a result Eko wanders off into the jungle toward The Pearl station (also the site of his brother's body).
- Locke, Desmond, Sayid, Nikki, and Paulo leave the beach in search of both the Pearl station, in an attempt to contact the "Others", and find Eko.
- Eko confronts his brother, (the smoke monster), who tells him to confess. Eko refuses, claiming that he did the best with the life he was given, and that he feels no remorse for doing what he had to do to survive.
- Eko is beaten to death by the "smoke monster".
- Flashbacks reveal more about Eko's past, the time he spent pretending to be a priest in Nigeria and in general his unwillingness to ask for forgiveness.

Time to speculate on the show – Sample Topics

- Will Jack help Ben Linus?
- What was the reason for Eko's death?

Scripture: **Psalm 25:8-11 (The Message)**

"God is fair and just; He corrects the misdirected, Sends them in the right direction. He gives the rejects his hand, And leads them step-by-step. From now on every road you travel Will take you to God. Follow the Covenant signs; Read the charted directions. Keep up your reputation, God; Forgive my bad life; It's been a very bad life."

- What does Psalm 25:8-11 mean to you?
 - What is the main theme/point of the passage?
 - What does it imply in terms of forgiveness?
- What would it mean to Mr. Eko?

Clip 1 – Forgiveness – 0:37 – 2:36 – Confess

Definition: Forgiveness

Forgiveness is the mental and/or spiritual process of ceasing to feel resentment or anger against another person for a perceived offence, difference or mistake, or ceasing to demand punishment or restitution. Forgiveness may be considered simply in terms of the feelings of the person who forgives, or in terms of the relationship between the forgiver and the person forgiven. In some contexts, it may be granted without any expectation of compensation, and without any response on the part of the offender (for example, one may forgive a person who is dead).

- Since in the religious sense confession leads to forgiveness, why is it important that Eko confess?

- Is forgiveness a tangible thing?
 - Something that can be taken with us?
 - Why then, if he is about to die, does he need to be forgiven by his brother?
 - Has he not already asked for forgiveness in the episode “?”?

Why do we ask for forgiveness?

- Think of some characters in the show - if they were in Eko’s position - would they ask for forgiveness?
 - If so, for what?

Do you think forgiving someone is an entirely selfless act?

What about confession - is it somewhat selfish?

Locke told Mr. Eko that he was sorry for preventing Eko from pushing the button in the hatch but Eko refuses to ask Yemi for forgiveness.

- Throughout the series, Locke and Eko have been symbolically attached.
 - They are often in opposition but also attempt to accomplish similar goals.
 - They both destroy and support one another.
 - There seem to be traces of one in the other and vice versa.

Remind you of anything?

The concepts of Yin and Yang originate in ancient Chinese philosophy and metaphysics, which describes two primal opposing but complementary forces found in all things in the universe. Yin (Chinese: 陰/阴; pinyin: yīn; literally "shady place, north slope (hill), south bank (river); cloudy, overcast") is the darker element; it is sad, passive, dark, feminine, downward-seeking, and corresponds to the night. Yang (陽/阳; yáng; "sunny place, south slope (hill), north bank (river); sunshine") is the brighter element; it is happy, active, light, masculine, upward-seeking and corresponds to the day. Yin is often symbolized by water, while Yang is symbolized by fire.

Everything can be described as both Yin and Yang.

1. Yin and Yang are not opposites.

Everything has its opposite—although this is never absolute, only relative. No one thing is completely Yin or completely Yang. Each contains the seed of its opposite. For example, winter can turn into summer; "what goes up must come down".
2. Yin and Yang are interdependent.

One cannot exist without the other. For example, day cannot exist without night. Light cannot exist without darkness.
3. Yin and Yang can be further subdivided into Yin and Yang.

Any Yin or Yang aspect can be further subdivided into Yin and Yang. For example, temperature can be seen as either hot or cold. However, hot can be further divided into warm or burning; cold into cool or icy. Within each spectrum, there is a smaller spectrum; every beginning is a moment in time, and has a beginning and end, just as every hour has a beginning and end.
4. Yin and Yang consume and support each other.

Yin and Yang are usually held in balance—as one increases, the other decreases. However, imbalances can occur. There are four possible imbalances: Excess Yin, excess Yang, Yin deficiency, and Yang deficiency. They can again be seen as a pair: by excess of Yin there is a Yang deficiency and vice versa. The imbalance is also a relative factor: the excess of Yang "forces" Yin to be more "concentrated".
5. Yin and Yang can transform into one another.

At a particular stage, Yin can transform into Yang and vice versa. For example, night changes into day; warmth cools; life changes to death. However this transformation is relative too. Night and day coexist on Earth at the same time when shown from space.
6. Part of Yin is in Yang and part of Yang is in Yin.

The dots in each serve:

A - as a reminder that there are always traces of one in the other. For example, there is always light within the dark (e.g., the stars at night); these qualities are never completely one or the other.
B - as a reminder that absolute extreme side transforms instantly into the opposite, or that the labels Yin and Yang are conditioned by an observer's point of view. For example, the hardest stone is easiest to break. This can show that absolute discrimination between the two is artificial.

In what ways are Locke and Eko the same as yin and yang?

- Locke and Fire and Eko and water
- Mr. Eko vs. Locke's vision of the smoke monster
- Dissimilar ideas of how to save the 815 survivors

Do we as Christians understand the world in terms of yin and yang?

- Is the world balanced with interconnectivity?
- An important element to remember is that there is the seed of yin in yang and the seed of yang in yin.
 - Is our belief about God that he is wholly good?
 - Is Satan holy bad?

The logo for Station 3: "The Swann" of the DHARMA Initiative contains a Yin and Yang

Broadly speaking, Dharma means "right way of living" or "proper conduct," especially in a religious sense. With respect to its significance for spirituality and religion, dharma might be considered the Way of the Higher Truths. Dharma is a central theme in religions and philosophies originating in India. These religions and philosophies are called Dharmic religions. The four main ones are Hinduism (Sanatana Dharma), Buddhism, Jainism, and Sikhism, all of which emphasize Dharma in their teachings. [1][2][3] In these traditions, beings that live in accordance with Dharma proceed more quickly toward Dharma Yukam, Moksha, Nirvana (personal liberation). Dharma also refers to the teachings and doctrines of the various founders of the traditions, such as Gautama Buddha in Buddhism and Mahavira in Jainism. As the religious and moral doctrine of the rights and duties of each individual. Dharma can refer generally to religious duty, and also mean social order, right conduct, or simply virtue.

What do you believe are some of these "higher truths"?

- Kindness
- Peacefulness
- Patience
- Honesty
- Loyalty
- Love
- Thankfulness
- Service
- Forgiveness

Why is forgiveness so important?

- Forgiveness is essential to all successful relationships.
 - Why?
 - If you refuse to forgive - you put a wall between you and the other person that will prevent you from moving on - suffocating your relationship.
 - What are some times when you have had to forgive people?
 - Was it hard?
 - What does this mean in terms of our relationship with God?
 - Sometimes we need to ask for forgiveness.
 - Sometimes we need to forgive God.
 - We expect God to always protect us.
 - One of the number one reasons for atheism is feeling as though God let you down, that he failed you.
 - But life is not without pain - they are interconnected.

Clip 2 – Forgiveness – 37:10 – 42:55 – I ask for no forgiveness.

Who is the smoke monster? - “You speak to me as if I was your brother?”
- Who is telling Eko to confess?

Devotional Activity:

Forgiveness Meditation -

Reflect for a moment on that quality we call forgiveness. Bring into your mind, actually into your heart, the image of someone for whom you have much resentment.

Take a moment to feel that person right there at the center of your chest in the heart center. And in your heart say to that person: "I forgive you for anything you may have done in the past, either intentionally or unintentionally, through your thoughts, words, or actions that caused me pain. I forgive you."

Slowly allow that person to settle into your heart.

Don't judge yourself for how difficult it is.

No force, just opening slowly to them at your own pace. Say to them: "I forgive you. I forgive you for the pain you caused me in the past, intentionally or unintentionally by your thoughts your deeds, your words. I forgive you."

Gently, gently open to them. If it hurts, let it hurt. Gradually open to that person. That resentment, that incredible anger, even if it burns, ever so gently though. Forgiveness.

"I forgive you."

Let your heart open to them.

It is so painful to hold someone out of your heart.

"I forgive you."

Let your heart open just a bit more to them. Just a moment of opening, of forgiveness, letting go of resentment.

Allow them to be forgiven.

Further Speculation:

- Were Eko's last words actually "We're next"?
- Were they "We're next" or "You're next" or "You are next"?
- There is some speculation that Locke lied about what Eko said. It is possible that Eko actually said, "I saw the devil".
 - What do you think?
 - What would it mean if it were true?

Clip times refer to episodes presented without commercials (i.e. On a DVD or legally downloaded through iTunes - <http://phobos.apple.com/WebObjects/MZStore.woa/wa/viewTVSeason?i=203968378&id=200507719&s=143441>).

Most recent episode also available at <http://dynamic.abc.go.com/streaming/landing> - streaming only.

Scripture courtesy of <http://www.biblegateway.com>. Definitions courtesy of <http://www.wikipedia.com>.

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